

## AMAA - TANG SOO DO - MOO DUK KWAN – REQUIREMENTS

### 10th gup White Belt to 9th gup Yellow Belt

**Stances:** ready stance, front walking stance, horse ride stance. turning in walking stance

**Blocks:** low block, high block

**Strikes:** front punch, reverse punch, sudo hand strike. elbow up strike

**Kicks:** front kick, round house kick, side kick

**Form:** Kee Cho Hyung Il Boo

**Self-Defense:** Wrist grab 1, 2, 3

**Terminology:** Instructor – Kyo Sa Nim. Uniform - Do Bok. Training hail - Do Jang, Belt - Dee

### 9th gup Yellow Belt to 8th gup Purple Belt

**Stances:** backset stance, fighting stance

**Blocks:** in to out block, out to in block, double fist block

**Strikes:** palm strike, back fist, hammer fist

**Kicks:** out to in crescent kick, in to out crescent kick, jump front kick, back kick

**Form:** Kee Cho Hyung Ee Boo

**Self-Defense:** neck grab 1 & 2, head lock

**One Steps:** High block/reverse punch, low block/reverse punch, in to out block reverse punch

**Terms:** 1-10 Korean - Ha na, Dul. Set, Net. Ta sot. Ya sot. Il gop, Yo dol, A hop. Yol

### 8th gup Purple Belt to 7th gup Orange Belt

**Stances:** 4 directional movement (fighting stance), stepping down the floor horse stance punch

**Blocks:** open hand high, open hand low

**Strikes:** elbow across, elbow back (supported), ridge hand

**Kicks:** reverse back kick, hook kick. front kick/round house kick

**Form:** Kee Cho Hyung Sam Boo

**Self-Defense:** Bear Hug front, back

**One Steps:** Open hand high/elbow across face, in to out block/palm strike face, out to in block/spin elbow back

**Terms:** Attention: Cha Ryut, Bow: Kyung Yet, Ready stance: Joon Bee Jase

**Sparring:** Basic hand and foot motions

### 7th gup Orange Belt to 6th gup Green Belt

**Stances:** closed front stance, short back set stance

**Blocks:** scissors block, any block/strike combo, forward sudo hand

**Kicks:** ax kick (in/out). round house/hook kick, flying side kick

**Strikes:** side sudo hand, piercing hand, spear hand

**Form:** Pyung Ahn Cho Dan Hyung

**Self-Defense:** 3 basic wrist bends

**One Steps:** Out to in crescent kick/reverse back kick, Forward sudo hand/elbow across/elbow back, right hand reverse sudo/round house to body/in to out ax to head

**Breakfalls:** side, rollover, back

**Terms:** start/begin: Shi Chak, Stop: Go man

**Sparring:** Proper use of lateral motion

### 6th gup Green Belt to 5th gup Green 1 stripe

**Blocks:** v-block up, v-block down, closed double hand high block (diamond mountain body block)

**Strikes:** reverse action, fingertip strike

**Kicks:** jump ax (in/out), jump front round kick

**Form:** Pyung Ahn Ee Dan Hyung

**Take downs:** leg sweep and leg trap

**One Steps:** Left middle sudo/palm strike to chest/leg sweep take down,

Right hand reverse sudo, palm strike to face, wrist bend #2 take down, and three combos of your own design

**Sparring:** Hands only/Feet only

**Must have competed in AMAA tournament in the past 12 months**

### **5th gup Green 1 stripe to 4th gup Green II stripes**

**Stances:** Cross foot stance

**Blocks:** open double hand high block (bird block), palm heel block

**Strikes:** side hammer fist, hook punch, upper cut

**Kicks:** reverse crescent kick, reverse hook kick, lead leg front round side

**Form:** Pyung Ahn Sam Dan Hyung

**One Steps:** 10 combos (5 left & 5 right side)

**Self-Defense:** full nelson

**Throws:** Arm & Hip throw

**Sparring:** Good use of lateral motions and lead legs

**INTERNATIONAL SPARRING**

### **4th gup Green II stripes to 3rd gup Red Belt**

**Blocks:** low block/vertical face block

**Strikes:** spinning back fist (with and without step) closed fist rib break

**Kicks:** jump reverse crescent kick, jump reverse hook kick, roundhouse/reverse hook

**Form:** Pyung Ahn Sa Dan Hyung

**Self-Defense:** ground fighting

**One Steps:** 5 combos with take downs

**Holds:** Arm bar come along

**Sparring:** Point, ground

### **3rd gup Red Belt to 2nd gup Red Belt I stripe**

**Blocks:** blocking with tension, wedge block (in & out)

**Strikes:** double fist punch, piercing cup strike (plier hand)

**Kicks:** reverse hook/round kick. jump front/reverse back kick

**Form:** Pyung Ahn Oh Dan Hyung

**Self-Defense:** Gun to back/face, knife 1&2

**One Steps:** 20 combos (10 devastation & 10 take downs)

**Breaking:** 12 & under one board hand or foot, 13 & up two boards one hand/one foot

**Sparring:** Defend against two attackers

### **2nd gup Red 1 stripe to 1st gup Red II stripes**

**Blocks:** leg & foot checks

**Strikes:** double sudo hand to neck, throat strike/push

**Kicks:** triple ax kick (hurricane kick), round house/spin round house (both)

**Form:** Ba Sa Hee Hyung

**Self-Defense:** Two hand lapel grab front and back. defend with eyes closed (5 times)

**One Steps:** 15 combos (both sides), 5 take downs (both sides)

**Breaking:** 12 & under - three way break. 13 & up one brick break, 3 boards (one speed break)

**Sparring:** Jumping and flying

**Term paper:** see instructor

### **1st gup Red II stripes to Black Belt 1st Dan**

**Pre-requisite:** Must be at least 16 yrs old and have 30 hours of teaching  
(students under 16 may test for Jr. Black Belt)

**Part-One:** All stances, blocks, strikes, kicks, self-defense

**Forms:** All forms including Naihanchi Cho Dan Hyung & Naihanchi Ee Dan Hyung

**Sparring:** Two person - 15 minute continuous

**Approved Demo 5 minutes long**

**One steps:** 10 combos, 5 take down, 10 blind

**Breaking:** Approved demo -focus, speed, power

**Term paper:** see instructor

**Physical:** 2 mile run, 100 push ups, sit ups, & squats