

Tang Soo Do Ho Sin Sul – Grading Syllabus

Introduction

Practicing Hyungs:

The grading syllabus is very important as it defines the objectives of the school as well as the technical content.

Application forms have been selected to give a balance between the Southern and Northern Chinese schools with the emphasis on Ho Sin Sul.

Up to 1 st Dan we concentrate on the Pyung Ahn hyungs which provide excellent all round defence at various distances. They are well structured and not too difficult to learn. They were created approx 100 years ago by the renowned Okinawan Master Anko Itosu. In my interpretation these five forms contain 25 Ho Sin Sul applications which are all tested.

Naihanchi Chodan is then added from the Northern style to provide a variation in movement and power as well as close range protection.

Learning the Naihanchi Kup So sequence will give some pointers to the vital point strikes and applications available. Tando hyung provides an insight into defence against a knife or dagger and to complete the picture the first Chil Sung Hyung serves as an introduction to Tai Chi movement. The result should be a disciplined and well balanced student with good self defence skills.

For 2 nd Dan we continue the theme adding the second Naihanchi and Chil Sung forms. At this stage we have the concept of a Free Form choice. Students can choose from Seishan (Northern) or Rohai (Southern) style). Whichever form is chosen it must be complete with Ho Sin Sul applications and an appreciation of the unique characteristics of the form. This will require some research on the part of the student.

For 3 rd Dan all of the aforementioned forms must be reprised as well as the 3 rd Naihanchi and Chil Sung Hyungs. It must be stressed that a form is never tested solely on the movements alone. The performance is not the end result. A student must progress to a deeper understanding of the significance of the form and it's particular Ho Sin Sul application. In times gone by a form represented a style or the defensive applications for a particular school or family. They all therefore have hidden secrets to be discovered. It is at this point the student is introduced to aspects of Korean Soo Bahk in Tang Soo Do. The first Yuk Ro hyung (Du Mun) is taught which is based on Grand Master Hwang Kee's translation of the art of Soo Bahk described in the Moo Yei Dobo Tongji written over 300 years ago. The founder states "I sincerely wish the discipline of Yuk Ro Hyung will be passed down from generation to generation, for the betterment of the practitioners' balance of mind and body."

The concept of close range Parry & Strike is also tested. This is a training drill derived from the double hand parry and strike which increases reflex action and speed for close range punching. As your partner punches with either hand - parry then strike with the free hand. Your partner parries in response and returns the punch. Si it continues at an increasing pace until one side decides to parry & pull the opponent off balance before striking, thereby making it impossible for a counter punch.

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In addition the basic Kup So and Naihanchi Kup So sequences may be required by the grading examiner.

For Master Belts, Chil Sung 4 and 5 are tested which now show Chinese movements from Dum Toi, So Ho Yun as well as Tai Chi. In addition further movements from Korean Soo Bahk are included in Yuk Ro (Joong Jol) and Yuk Ro (Po Wol). At 5th Dan the highest level, the Kwon Bop Do Hae Hyung is tested which was translated by Grand Master Hwang Kee with great importance. To maintain the balance we also have the application form O-Sip Sa Bo (Tiger Form) from the Chinese/Okinawan style.

The Tai Chi application form was devised so that older members could continue their forms and Ho Sin Sul training well into old age. They can study this form rather than the higher Chil Sung or senior traditional forms. In any event there are elements of each in the Tai Chi form itself.

We therefore have three different routes for advancement - Junior members can grade to 1st Dan (but no further) by skilfully demonstrating basics, forms, one step sparring and free fighting. Senior members will incorporate Ho Sin Sul and progress further through the ranks 2nd Dan to 5th Dan. Finally, Senior Citizens can continue to progress with the Tai Chi Ho Sin Sul application form.

There are many forms and we simply can not do them all justice. So we have to choose the most appropriate forms for our own self defence regime. We still retain the following forms for demonstration purposes – Bassai, Shisus, Chinto, Kong Sang Kun, Wangshu & Jion.

Please note the grading syllabus is subject to change at the discretion of the Chief Instructor.

Master David Allerton 5th Dan

Senior Master Instructor
Chief Grading Examiner

Tang Soo Do Ho Sin Sul – Grading Syllabus

Beginners Grading Syllabus 9th Gup to 7th Gup

Grading to 9th Gup

WHITE BELT - YELLOW TAG

Verbal Requirements:

Recite 5 Basic Principles of Tang Soo Do

Can demonstrate where middle Kup So point is located

Demonstration of Basic Movement:

Front leg raise

10 Middle & High Punch in Horse Stance with Ki-hap

Hyungs (forms):

Kee Cho Hyung Il Bu (Basic Form 1)

Kee Cho Hyung Ee Bu (Basic Form 2)

Grading to 8th Gup

YELLOW BELT

Verbal Requirements:

Recite 5 Basic Principles of Tang Soo Do

Can demonstrate where high Kup So point is located

Demonstration of Basic Movement:

Hammer-fist strike in front stance

Outside in block in back stance

Front snap kick (middle)

Hyungs (forms):

Kee Cho Hyung Il Bu (Basic Form 1)

Kee Cho Hyung Ee Bu (Basic Form 2)

Kee Cho Hyung Sam Bu (Basic Form 3)

Sparring:

3 Step Sparring

Impact Technique:

Front Snap Kick

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Grading to 7th Gup

YELLOW BELT - ORANGE TAG

Verbal Requirements:

Recite 5 Basic Principles of Tang Soo Do & Give their meaning
What does belt colour signify?

Demonstration of Basic Movement:

Pyung Ahn Cho Dan Sequence 3
Side snap kick (middle)

Hyungs (forms):

Kee Cho Hyung Sam Bu (Basic Form 3)
Pyung Ahn Cho Dan

Sparring:

1 Step Sparring

Impact Technique:

Side Snap Kick

Grading Notes:

The main skill being tested at this beginner stage is a sense of balance and co-ordination.

An understanding of basic principles including offensive and defensive hip twist, focus and discipline. 3 months are required between each grading test. White belt to yellow & orange signifies the uncovering of great potential as winter turns to spring.

Impact Technique is into Air Shield or Focus Pad

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Intermediate Grading Syllabus 6th Gup to 4th Gup

Grading to 6th Gup

ORANGE BELT

Verbal Requirements:

What have you learned so far during the beginner stage?

What is Ho Sin Sul?

Demonstration of Combination Movement:

Pyung Ahn 2 sequence 5

Round Kick

Hyungs (forms):

Pyung Ahn Cho Dan

Pyung Ahn Yi Dan

Ho Sin Sul (self defense):

Perform 3 Applications from Pyung Ahn Yi Dan

Sparring:

1 Step Sparring

Controlled Free Fighting

Impact Technique:

Round Kick

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Grading to 5th Gup

ORANGE BELT - GREEN TAG

Verbal Requirements:

What do you understand about the phrase Pyung Ahn ?

Demonstration of Combination Movement:

Outside to in Chop kick
Inside to out Chop kick

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan

Ho Sin Sul (self defense):

Perform 3 Applications from Pyung Ahn Cho Dan

Sparring:

1 Step Sparring
Controlled Free Fighting

Impact Technique:

Back Kick & Uppercut Punch (on focus pad or air shield)

Grading Notes:

Ho Sin Sul testing begins at intermediate stage for members over 15 years or at the Senior Masters discretion.

Young children may demonstrate breaking technique on focus pads. Hyungs should demonstrate good focus, speed and power. One step sparring must show principles of evasion and counter. Free Fighting flows with good basic combinations.

Impact Technique is into Air Shield or Focus Pad

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Grading to 4th Gup

GREEN BELT

Verbal Requirements:

What does Moo Duk Kwan mean ?
What does your belt colour signify ?

Demonstration of Combination Movement:

Pyung Ahn 3 sequence 4

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan
Pyung Ahn Sam Dan

Ho Sin Sul (self defense):

Perform 3 Applications from Pyung Ahn Sam Dan

Sparring:

1 Step Sparring (demonstration of kicking techniques)
Controlled Free Fighting

Impact Technique:

Crescent Kick

Grading Notes:

Towards the end of the intermediate stage, the student is becoming increasingly proficient in Ho Sin Sul as well as basic and combination movement.

One step sparring should include kick blocks and some jumping kicks.
All techniques are becoming stronger. Free fighting shows good spirit.

Orange to Green coloured belt signifies the change from spring into early summer. It is a period of bloom and increasing confidence.

Where there is difficulty performing a certain technique the examiner may require to see movement applied to a focus pad until satisfactory standard is achieved. For example, outside to in crescent kick striking with the sole of the foot, or uppercut punch, etc.

Impact Technique is into Air Shield or Focus Pad

Tang Soo Do Ho Sin Sul – Grading Syllabus

Advanced Level 1 Grading Syllabus 3rd Gup to 1st Gup

Grading to 3rd Gup

GREEN BELT - BLUE TAG

Verbal Requirements:

What have you learned most from the intermediate stage ?
Who was the creator of the Pyung Ahn forms ?

Demonstration of Combination Movement:

Pyung Ahn Sa Dan sequence 3
Jumping Front Kick

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan
Pyung Ahn Sam Dan
Pyung Ahn Sah Dan

Ho Sin Sul (self defense):

Perform 3 Applications from Pyung Ahn Sah Dan

Sparring:

1 Step Sparring
Controlled Free Fighting

Impact Technique:

Side kick to right and left

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Grading to 2nd Gup

BLUE BELT

Verbal Requirements:

How do you hope to progress during Advanced level 1?
Who introduced the Pyung Ahn forms in to TSD(MDK)

Demonstration of Combination Movement:

Selection from previous gradings
Jumping chop kick

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan
Pyung Ahn Sam Dan
Pyung Ahn Sah Dan
Pyung Ahn Oh Dan
Kup So Sequence

Ho Sin Sul (self defense):

Perform 3 Applications from Pyung Ahn Oh Dan

Sparring:

1 Step Sparring
Controlled Free Fighting

Impact Technique:

Hook Punch (on focus pad)

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Grading to 1st Gup

RED BELT

Verbal Requirements:

What does red signify in the coloured belt system ?

What is the essential difference between Pyung Ahn and Naihanchi hyungs?

Demonstration of Combination Movement:

Selection from previous gradings

Round kick to Spinning back kick

Hyungs (forms):

Pyung Ahn Cho Dan

Pyung Ahn Yi Dan

Pyung Ahn Sam Dan

Pyung Ahn Sah Dan

Pyung Ahn Oh Dan

Naihanchi Cho Dan

Naihanchi Kup So Sequence

Ho Sin Sul (self defense):

Perform 3 Applications from Naihanchi Cho Dan

Sparring:

1 Step Sparring

Controlled Free Fighting

Impact Technique:

Jumping Side Kick

Grading Notes:

At Advanced 1 level the candidate demonstrates excellent basic technique and hyungs

Ho Sin Sul becomes more fluid and natural.

Free Fighting shows good spirit with more advanced combinations.

Very young, older members or those with a disability can elect for an alternative breaking technique. Basic and Naihanchi Kup So sequence provides the student with an introduction to vital point strikes and application. Impact Technique is into Air Shield or Focus Pad.

Blue belt changing to red signifies the maturity of late Summer. Red is for energy and fire.

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Advanced Level 2 Grading Syllabus 1st Dan to 3rd Dan

Grading to 1st Dan

MIDNIGHT BLUE BELT

Requirements:

Verbal test: What does midnight blue signify in the coloured belt system?

Written test: Explain, in detail, the philosophy and application of Ho Sin Sul?

Demonstration of Combination Movement:

Selection from previous gradings

Outside in kick block into 360° jump spinning chop kick

Hyungs (forms):

Pyung Ahn Cho Dan

Pyung Ahn Yi Dan

Pyung Ahn Sam Dan

Pyung Ahn Sah Dan

Pyung Ahn Oh Dan

Naihanchi Cho Dan

Tando

Chil Sung IL Ro

Ho Sin Sul (self defense):

Perform All 25 Applications from the Pyung Ahn Forms

Sparring:

1 Step Sparring

Controlled Free Fighting

Impact/Breaking Technique:

Knifehand Chop on Tiles

Grading Notes:

At advanced 2 level the candidate should have become proficient and at ease with Ho Sin Sul practise drills demonstrating an effective knowledge of Self Defence. Answers to the written test should include the legal implications of Ho Sin Sul. Older members, those under 18 or with a disability can elect for an alternative breaking technique. Under 18's will not demonstrate their technique using bricks or tiles.

Students under the age of 15 will only be tested on Ho Sin Sul or taught Tando hyung at the sole discretion of the Chief Instructor. Otherwise, advancement will be by way of

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basics, hyungs, one step sparring and controlled free fighting. Particular emphasis will be placed upon discipline and correct etiquette . 1st Dan (Junior) grade will be awarded to successful candidates under the age of 15. A further test for 1 st Dan (Senior) must be completed (including Ho Sin Sul) before further advancement to 2 nd Dan and above.

Existing 1 st Dans will be reassessed to 1st Dan Senior free of charge to ensure they can meet the requirements of the new standard Ho Sin Sul test. All Dan Grade candidates must select a Senior to act as Mentor . The chosen person will oversee the students progress and ensure they can comply with all the test requirements. The Mentor should take this responsibility seriously and countersign the grading form before submitting it to the Chief Instructor for examination. There is a minimum time period of 12 months between 1 st Gup and 1 st Dan.

Grading to 2nd Dan

MIDNIGHT BLUE BELT

Requirements:

Verbal test: Explain the Philosophy of Tang Soo Do ?

What are the basic requirements of a good Instructor ?

Written test: Explain how you can enhance your self defence skills using Practical Training Drills ?

Demonstration of Combination Movement:

Selection from previous gradings

Hyungs (forms):

Pyung Ahn Cho Dan

Pyung Ahn Yi Dan

Pyung Ahn Sam Dan

Pyung Ahn Sah Dan

Pyung Ahn Oh Dan

Naihanchi Cho Dan

Naihanchi Yi Dan

Tando

Chil Sung IL Ro

Chil Sung Ee Ro

Yuk Ro (Du Mun)

+ Students can choose from Seishan (Northern) and Rohai (Southern) forms

Ho Sin Sul (self defense):

Perform All 25 Applications from the Pyung Ahn Forms

Freerighting Naihanchi Ho Sin Sul

Perform 3 Applications from Tando

Perform 3 Applications from Form Choice

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Sparring:

1 Step Sparring
Controlled Free Fighting against 2 attackers

Impact/Breaking Technique:

Backfist Strike on Brick or Tiles or alternative for students under 18 years.

Grading Notes:

Minimum period of 2 years between 1st Dan and 2nd Dan

The written test should be submitted one week prior to the grading using a word processor - note to include mental as well as physical training drills in your answer. Younger or Older members or those with a disability can elect for an alternative breaking technique

Ho Sin Sul is now well understood and there is a broad spectrum of defences available to the student. This is the first Assistant Instructor grade and the candidate should have good experience of teaching junior members and regular involvement in the school. One Step Sparring should include several demonstration techniques to promote the art.

Grading to 3rd Dan

MIDNIGHT BLUE BELT

Requirements:

Written test:

How do the principles of Um & Yang relate to Ho Sin Sul?
Explain how we teach special populations ie: very young, older, disabled, etc.

Demonstration of Combination Movement:

Selection from previous gradings

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan
Pyung Ahn Sam Dan
Pyung Ahn Sa Dan
Pyung Ahn Oh Dan
Naihanchi Cho Dan
Naihanchi Yi Dan
Naihanchi Sam Dan
Tando
Chil Sung IL Ro

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Chil Sung Ee Ro
Chil Sung Sam Ro
+ 1 Free Form selection from (Seishan or Rohai)
Yuk Ro (Du Mun)
Yuk Ro (Joong Jol)
Moo Pal Dan Khum

Ho Sin Sul (self defense):

Perform All 25 Applications from the Pyung Ahn Forms
Freefighting Naihanchi Ho Sin Sul
Perform 3 Applications from Tando
Perform 3 Applications from Chil Sung Forms
Perform 3 Applications from Free Form Choice

Sparring:

1 Step Sparring
Controlled Free Fighting against 3 attackers

Impact/Breaking Technique:

Knifehand Strike on Brick or Tiles

Grading Notes:

Minimum period of 3 years between 2nd Dan and 3rd Dan

Younger or Older members or those with a disability can elect for an alternative breaking technique

Ho Sin Sul should be well rehearsed and becoming almost second nature

This is the first Instructor grade and the candidate should have a thorough knowledge and good experience of teaching all junior members and show an active involvement in the promotion and running of the school.

One Step Sparring should include several demonstration techniques to promote the art

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Advanced Level 3 Grading Syllabus 4th Dan & 5th Dan

Grading to 4th Dan Master Instructor

MASTERS BELT

Requirements:

Written test: Describe how you would train a student both mentally and physically if they asked you how to train for all round Self Defence effectiveness?

2nd Written test: Describe the many factors involved in running a martial art school?

Demonstration of Combination Movement:

Selection from previous gradings

Hyungs (forms):

Pyung Ahn Cho Dan
Pyung Ahn Yi Dan
Pyung Ahn Sam Dan
Pyung Ahn Sah Dan
Pyung Ahn Oh Dan
Naihanchi Cho Dan
Naihanchi Yi Dan
Naihanchi Sam Dan
Tando
Chil Sung IL Ro
Chil Sung Yi Ro
Chil Sung Sam Ro
Chil Sung Sah Ro
Yuk Ro (Du Mun)
Yuk Ro (Joong Jol)
Yuk Ro (Po Wol)
O-Sip Sa Bo
Moo Pal Dan Khum

Ho Sin Sul (self defense):

Perform All 25 Applications from the Pyung Ahn Forms
Freefighting Naihanchi Ho Sin Sul
Perform 3 Applications from Tando
Perform 3 Applications from each Chil Sung Form
Perform 3 Applications from Free Form

Sparring:

Ho Sin Sul - Free Fighting

Breaking Technique:

A selection from previous breaking techniques

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Grading Notes:

Minimum period of 5 years between 3 rd and 4 th Dan Master Instructor

Free form selection must be different to 2 nd Dan and 3 rd Dan tests. Ho Sin Sul free fighting involves a partner attacking at will with any attack and the candidate reacting with an appropriate defence

Candidates over 50 may elect to demonstrate Tai Chi application form instead of Chil Sung and Free Form. Tai Chi form Ho Sin Sul must also be demonstrated.

Grading to 5th Dan Senior Master Instructor

MASTERS BELT

Requirements:

Written test: Describe an original method of personal or teaching practise? Give your opinion on how the school may be improved upon.

Demonstration of Combination Movement:

Selection from previous gradings

Hyungs (forms):

Pyung Ahn Cho Dan

Pyung Ahn Yi Dan

Pyung Ahn Sam Dan

Pyung Ahn Sa Dan

Pyung Ahn Oh Dan

Naihanchi Cho Dan

Naihanchi Yi Dan

Naihanchi Sam Dan

Tando

Chil Sung IL Ro

Chil Sung Yi Ro

Chil Sung Sam Ro

Chil Sung Sa Ro

Chil Sung Oh Ro

Yuk Ro (Du Mun)

Yuk Ro (Joong Jol)

Yuk Ro (Po Wol)

O-Sip Sa Bo

Kwon Bop Do Hae Hyung

Moo Pal Dan Khum

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Ho Sin Sul (self defense):

Perform All 25 Applications from the Pyung Ahn Forms
Perform 5 Applications from Naihanchi
Perform 3 Applications from Tando
Perform 3 Applications from each Chil Sung Form
Perform 3 Applications from Free Form Choice

Sparring:

Ho Sin Sul Free Fighting Against 2 Attackers

Grading Notes:

Minimum time requirement since 4th Dan is 7 years.

According to the principles of Ryu Pa you should have found your own way and developed a self defence regime suitable for you alone.

For the written test explain a method which has not been transmitted by your teacher. This could include something which is part of your personal training or a system of teaching within the school.

The Chief Instructor has set this grade as the highest testing available within our school.