

## FIRST STUDY BASICS

As new students of the Art of Tang Soo Do, it's important to begin learning the principles, history and philosophy of our Art.

Start with these basics. How many of these questions can you answer correctly?

1. What are the Five Codes of Tang Soo Do?
2. Do you know the Seven Tenets of Tang Soo Do? What does each of the Seven Tenets mean?
3. How many of the Fourteen Attitude Requirements can you list?
4. What do the symbols on the WTSDA Flag (Association Flag) stand for?
5. What do each of the symbols on the Korean Flag mean?
6. What do the stars and stripes on the American Flag stand for? What do the red, white and blue colors symbolize?
7. Do you know the Korean terms for....
  - Bow
  - Come to Attention
  - Ready Stance
  - Thank you
  - Front Stance
  - Fighter Stance
  - Low Defense
  - High Defense
  - Center Punch (Attack)
  - Front Kick
  - Side Kick
  - Round House Kick
  - Back Kick
8. What does White Belt stand for?
9. What does "Sae Kye Hyung Il Bu" mean?

Use your *Tang Soo Do Student's Manual* and the worksheets and other materials handed out in class to build your AMWMA Study Guide Notebook.

Make flashcards for the terms, facts and other information that you have trouble remembering. Be sure to bring your Notebook with you to class each night - you will be given many opportunities to use it!