KUGTAR

PROMOTION

PACKET



CONTAINS THE FOLLOWING:

1. Requirements
2. Testing Rules
3. Codes, Tenets, Creed
4. History & Flags
5. Attack drills
6. Defense Drills
7. Techniques

Kugtar TSD BELT **Requirements**

All students are required to complete or do the follow listed below before test date:

* All paperwork and testing fee must be turned in by required date or student will not be tested. \***NO EXCEPTION**\*
* Must wear Traditional White or Lil Dragons for TSD Belt Testing.
* Students that go to school must present an academic report card or progress report
* Must memorize the TSD Codes, Tenants and Student Creed
* All students must be able to do the following amount of push up and sit ups
* All students must turn in required essay 1 day prior to testing. Essay must be handwritten (essays may be typed as long as a handwritten copy is also provided)

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| --- | --- |
| Belt Color | Word Count |
| Orange | 250 Word Essay |
| Purple | 350 Word Essay |
| Green | 500 Word Essay |
| Brown | 800 Word Essay |
| Red | 1000 Word Essay |
| Jr. Black | 2500 Word Essay |
| Full Black | 5000 Word Essay |

|  |  |
| --- | --- |
| **Belt Color** | **Push Up/Sit Up Amount** |
| White/White Orange-Stripe | 25 |
| Orange/ Orange-Stripe | 35 |
| Purple/Purple-Stripe | 40 |
| Green/Green-Stripe | 45 |
| Brown/Brown-Stripe & Up | 50 |

**Kugtar Rules**

1. All students must wear a clean uniform to EACH class (washed & dried).
2. Arrive 20 minutes before testing time to fill out additional paperwork
3. All students must purchase their own equipment, gear and uniform for each class.
4. All students must have clear gear for all classes (TSD,MMA&MuyThai)
5. All students must have their hair tied back, fingernails and toenails clipped.
6. All uniforms must have a Kugtar symbol patched or embroidered.
7. Students cannot be more than 10 minutes last for class or they will not be allowed to participate. This does not include those students who have provided prior notice to the instructor.
8. All students must respect one another. If a problem occurs, please inform the head instructor immediately so the issue may be resolved as soon as possible.
9. All students must greet the instructor before class.
10. We reserve the right to dismiss any student from class should we feel they are unsanitary.
11. **ATTENTION ALL PARENTS:** We appreciate your encouragement and support. However, we kindly ask you do not interfere or coach during class as this causes confusion.

**Kugtar MMA: Codes, Tenets, Creeds**

**5 Codes of Tang Soo Doo**

1. Loyalty to country
2. Obedience to parents
3. Honor to Friendship
4. No retreat in battle
5. In fighting, choose with sense and honor

**7 Tenets of Tang Soo Doo**

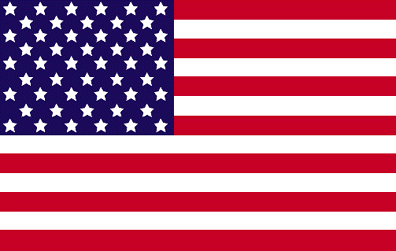
1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

**Student Creeds**

1. I will l commit to develop myself in a positive manner and to avoid anything that will reduce my mental growth or physical health.
2. I will commit to develop self-discipline in order to bring out the best in myself and others.
3. I will commit to use what I learn in class, constructively and defensively, to help myself and my fellow man and never be abusive or offensive.

**Flags**

**The American Flag**



* 50 stars represent our 50 states
* 13 stripes represent the original 13 colonies
* The colors mean:

Red = Hardness,

White = Purity& Innocence,

Blue= Vigilance, perseverance & Justice

**The Korean Flag**



The Korean Flag (Tae Keus Ki) symbolizes much of the thought, philosophy and mysticism of the orient.

* Symbol dedicated in the center is a circle divided equally in perfect balance
* Circle represents the absolute or the essential unity of all beings.
* Upper red section called “Yang”
* Lower Blue called “Um (Ying)”
* Ancient symbol of the creation of the universe: day/night, passive hot and cold
* Ying & Yang: Balance and Harmony
* Three UNBROKEN Bars: Heaven
* Three BROKEN Bars: Earth
* BROKEN Bar in the middle: Fire
* Three SOLID Bars: Water

Attack Drills

(FL=Front Leg, BL=Back Leg)

1. Back fist, reverse punch
2. Back fist, ridge hand
3. Back fist, reverse punch/step forward, turn, ridge hand
4. Reverse punch/step, back fist
5. Back fist/step, FL axe kick
6. Back fist/step, FL side kick
7. Back fist/step, FL round kick
8. Back fist/step, FL hook kick
9. Back fist, reverse punch/ FL axe kick
10. Back fist, reverse punch/ FL round kick
11. Reverse punch/back fist / BL axe kick
12. Reverse punch/back fist / BL round kick
13. Reverse punch/back fist / BL hook kick
14. FL Round house/FL Round house/ Back fist/Reverse punch
15. FL Round house/FL axe kick/back fist/reverse punch
16. FL Hook kick/ FL round house/ FL axe kick/Back fist/Reverse punch
17. FL sidekick/FL round house/Back fist/Reverse punch
18. FL side kick/FL axe kick/Back fist/reverse punch
19. Back fist /Spinning back kick
20. Nadovan/Back kick
21. Nadovan/spinning heel kick
22. Cut kick/axe kick/back fist/reverse punch
23. Cut kick/ spinning back kick
24. Running kick

Defensive Drills

(FL=Front Leg, BL=Back Leg)

1. Low block/reverse punch
2. High block/ reverse punch
3. Middle block/ reverse punch
4. Side step/back fist, reverse punch
5. Side step/BL short round house
6. Side step/FL hook kick
7. Slide back/back fist/reverse punch
8. Slide back/FL axe kick
9. Slide back/FL side kick

10. Step back/back fist/ reverse punch

11. Step back/back kick

12. Step back/spinning heel kick

13. Step back/nadovan

14. Counter kick

15. Switch Back kick

16. Switch spinning heel kick

17. Slide back/cut kick/back kick

18. Slide back/back fist/reverse punch

19. Slide back/ side step/back fist/reverse punch

20. Slide back/side step/BL round house

21. Slide back/Side step/BL hook kick

**Techniques**

(RL=Right Leg, LL= Left Leg, RH= Right hand, LH=Left hand)

Punches:

1. RL step forward, LH black, RH reverse punch

2. RL step forward, RH outside inside black, LH punch to stomach, RH punch to head

3. RL step forward, RH outside inside block, RH elbow to body

4. RL step forward, RH outside inside block, RH elbow to body, LH spinning elbow

5. RL step forward, RH outside inside block, RH inside outside chop to neck

6. LL step follow, LH outside inside block, 2 punches to stomach, 1 to head

7.RL step forward, LH block, RH outside inside chop

8. RL step back, LH block, pull, RH elbow

9.RL step forward, RH outside inside block, RH elbow to body, BRUCE LEE.

Kicks:

1. LH low block, RL sweep
2. RH low block, LL sweep
3. LH low block, RH reverse punch
4. Side step to LEFT, RF kick to groin, LH punch to head
5. LH low block, hook the knee, then take down
6. Like #1, but being attacked with a roundhouse
7. Like #2, but being attacked w/ sidekick
8. Side step to Right, LL kick to groin, RH punch to head
9. Side step to LEFT, catch leg w/ RH, push opponent back
10. Like #2, but being attack with back kick

Grabs:

1. LH hold, RH palm, PH low block to arm tearing it away, RH goes under other arm creating an arm bar

2. Scrape eyes w/RH, grab opponent’s RH, twist opponent to your Right, take down

3.RH grab opponent’s RH, then twist opponent to your LEFT

4. RH goes under opponent’s RH creating an arm bar, take down

5. Double inside outside block, RH punch

6. Double low block, RH chop to neck, twist the RH towards your LEFT, take down

7. Step to RIGHT, pull one leg between your legs, take down, and kick to groin

8.Step to RIGHT, pull both legs from your left, drop opponent, then finish

9.RH goes over opponent’s shoulder, LH goes between his legs, carry opponent, back breaker

Knives:

1. LH outside inside, twist opponent to your left, take down

2.sidestep to LEFT, LH outside inside block, open opponent, RH palm, RH grabs shoulder, RL knee, take down

3. RL step forward, LH low block, RH reverse punch

4. RH low block, RH grabs weapon hand, LH cross face, LL sweep

5. LH outside inside, twist opponent to your LEFT, take down

6. LH outside inside, RH grabs weapon hand, arm bar, take down

7.LH outside inside, open opponent, RH palm, RH grabs shoulder, RL knee, take down

8. LH parry, twist arm to opponent’s back, choke

Sticks:

1. RH high block, figure four, RL sweep
2. LH highblock, RH grab weapon hand, arm bar, take down
3. Double block, LH goes under elbow, shoulder lock, take down
4. LH low block, RH over stick grabbing hand, twist opponent to your LEFT, take down

5. Same as #5 Knives 6. Same as #6 Knives 7. Same as #7 Knives

8. Low X block, high X block, inside outside Axe kick, take away stick