

# Tang Soo Do Concepts, LLC

## Rank Testing Requirements

Students will be tested for their knowledge about the Art of Tang Soo Do which includes:

1. History
2. Theory
3. Terminology
4. Physical Performance for the correct execution of Stances including both hand and foot Techniques
5. Physical Performance for the correct execution of Techniques in the required Rank Hyung (form/pattern)
6. One step sparring (Il Soo Sik Dae Ryun)
7. Advanced Belts / ALL Ranking Black Belts - Weapons forms plus all other advanced requirements.

ALL Students that Test must write an Essay which includes the following:

(9<sup>th</sup> to 2<sup>nd</sup> Gup Belts – 1 Page Essay / 1<sup>st</sup> Gup and ALL ranking Black Belts – 2 Page Essay)

1. Explain what the student has learned about the Art of Tang Soo Do.
2. Explain how have the classes helped the student learn self-defense, self-discipline, self-respect, respect for others (includes respect for parents and teachers) and respect for the Tang Soo Do Instructors.
3. Explain how have the classes helped improved the character of the student - Is the student more mature in their growing environment? Has the student become more honest to oneself and to others?
4. Explain how has Tang Soo Do helped the student mentally – Has the student become more responsive in intelligence? Has it helped in their studies at school or (For adults) has it improved his/her work skills?
5. How has it helped the student physically - Is the student more limber? Does the student feel stronger or healthier? Has the student gained more body control and coordination?
6. The Student may add any other additional comments pertaining to the Art of Tang Soo Do or Classes.
7. All Students must date and sign their written Essay.

*Parents may write any additional comments or anything pertaining to the above statements 1-6 separate from the student Essay. Parents may attach these additional comments to the student's Testing Essay if the student is under 18 years of age. We appreciate any input from Parents.*

Thank you,

Tang Soo Do Concepts, LLC



**ALL STUDENTS SHOULD ATTEMPT TO MAKE AS MANY CLASSES AS POSSIBLE**

