

# **MARTIAL ARTS**

## **Of the Palm Beaches**



**ADULT & YOUTH**  
**TAE KWON DO / KARATE**

**STUDENT / PARENT MANUAL**

## **Table of Contents**

|  | <b>Page</b> |
|--|-------------|
| <b>Introduction</b>                          | <b>2</b>    |
| <b>Rules, Regulations, and Etiquette</b>     | <b>4</b>    |
| <b>Letter from Master Jarrett</b>            | <b>6</b>    |
| <b>Bio of Shihan Roger Jarrett</b>           | <b>8</b>    |
| <b>Important Membership Information</b>      | <b>10</b>   |
| <b>Annual Association Dues Information</b>   | <b>11</b>   |
| <b>Examinations</b>                          | <b>14</b>   |
| <b>Sparring Equipment</b>                    | <b>13</b>   |
| <b>Yellow Stripe Belt Requirements</b>       | <b>17</b>   |
| <b>One Step Sparring Techniques</b>          | <b>18</b>   |
| <b>Yellow Belt Requirements</b>              | <b>22</b>   |
| <b>Orange Belt Requirements</b>              | <b>24</b>   |
| <b>Green Belt Requirements</b>               | <b>26</b>   |
| <b>Blue Stripe Belt Requirements</b>         | <b>28</b>   |
| <b>Blue Belt Requirements</b>                | <b>30</b>   |
| <b>Brown Stripe Belt Requirements</b>        | <b>31</b>   |
| <b>Brown Belt Requirements</b>               | <b>32</b>   |
| <b>Black Stripe Requirements</b>             | <b>33</b>   |
| <b>Black Belt Requirements</b>               | <b>34</b>   |
| <br>   |             |
| <b>Kata and Hyung of the Chong Shin Kwan</b> | <b>35</b>   |
| <b>USA Martial Arts Lineage</b>              | <b>38</b>   |
| <b>Chong Shin Patch</b>                      | <b>39</b>   |

# USA MARTIAL ARTS

## ***ADULT / YOUTH TAE KWON DO KARATE PROGRAM***

Welcome to USA Martial Arts and congratulations on having taken the first step on your journey toward a worthwhile goal, Martial Arts Excellence.

For a person to learn and retain the skills of the Martial Arts, classes must be attended on a regular basis. Rank advancement tests occur at regular intervals and are announced several weeks in advance. Students will find that, in order to achieve a higher rank, they must also practice their techniques at home. Private lessons are also a way for students to receive additional help and practice.

At USA Martial Arts, we believe that the self control and discipline we teach should be seen in other parts of the student's life. In order to be considered for rank advancement, a student's attitude and adherence to our martial arts principles both inside and outside of class is taken into account.

All students in the Tae Kwon Do / Karate program are encouraged to participate in our other classes such as Aikido and the Judo/Jujitsu programs if they can find the time. These classes are offered at the main school in St. Albans and can be of great benefit to your overall martial arts training.

Rank test fees vary and cover the student's new belt, certificate of promotion, and other test expenses. Our information sheet entitled EXAMINATIONS provides more details about testing. Test requirements up through Black Belt (1st Dan) are included in this manual.

Annual association fees are required for the for the Chong Shin Tae Kwon Do Karate Association and the USA National Karate-Do Federation for registration and insurance requirements. Part of this fee is paid with your enrollment fee.

Consider this manual a reference to guide you throughout your training. Please feel free to call the training center if you have any questions. Once again, congratulations on the beginning of your exciting journey into the world of Martial Arts.

## **Dojang/Dojo Rules and Etiquette**

1. Remove your shoes before entering the training area.
2. Bow when entering and leaving the training area.
3. Bow to the Chief Instructor and any other Black Belts present when entering and leaving the dojang/dojo area.
4. Bow to Black Belts and other senior belts before addressing them and bow again when the conversation is finished.
5. Bow to Black Belts when they first enter the dojang/dojo.
6. Address all Black Belts as Sensei or Sabum.
7. The title of Master (Sabum Nim or Shihan) can be used for Black Belts 6th Dan or above.
8. If you are late for class, get dressed for training, and wait at the edge of the training area in seiza until you are invited into the class.
9. Do not face your instructor when tying your belt or straitening your uniform.
10. No profanity, no loud talking, and no horseplay in the dojo.
11. Everyone is responsible for the appearance of the dojang/dojo.
12. No matter who conducts the class, the attitude of students must always remain the same; Discipline, respect, obedience, humility, and concentration are to be maintained at all times.
13. Always be respectful and helpful to your fellow students.
14. No one is allowed to teach without permission from an instructor.
15. Have a clean uniform at all times. If you wish to wear something else besides your full uniform, you must get an instructor's permission.
16. No free sparring is allowed without the permission of an instructor.
17. Always be loyal to your instructor and your dojang/dojo, and represent them with honor at all times.

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

18. Never misuse your Martial Arts training.
19. Always show respect for other instructors and students from other schools.
20. Never be disrespectful to the instructor. Though a student may disagree, he must follow the Instructor.
21. Refrain from the abuse of alcohol, tobacco, or drugs. No Black Belt is allowed to smoke.
22. Anyone who cannot follow the rules will be:
  - a) Held back in rank.
  - b) Reduced in rank.
  - c) Dismissed.

## **USA MARTIAL ARTS STUDENT CREED**

I develop myself for success;  
mentally, physically, and spiritually,  
by avoiding negative habits and attitudes.

I develop self-discipline to be my best  
and to bring out the best in others.

I use my martial arts constructively and defensively;  
building a strong community through courtesy and integrity

## **ATTENTION PARENTS!**

Dear Parents,

This letter is concerning the purpose of your child's Tae Kwon Do Karate training, and what future training will involve. Many parents and children sometimes do not fully understand the purpose or reasons behind Tae Kwon Do Karate training techniques.

Tae Kwon Do Karate classes are not just for teaching children how to kick, punch, and defend themselves. Tae Kwon Do Karate training is to develop a more disciplined, more well adjusted child with a great desire to learn and succeed. When a child enters a Martial Arts program, he or she enters a world that is designed to affect every aspect of their life. But, in order for Tae Kwon Do Karate training to help your child, three principles must be followed:

**1) Effort    2) Cooperation    3) Communication**

These principles are not just for your child to follow, but it is a very important part of the parent's involvement.

**EFFORT** - Every parent must put forth the effort to see that their child attends as many classes as possible. Support your child in the different programs, tournaments, demonstrations, etc. sponsored by USA Martial Arts. Observe your child in class and encourage hard training. Becoming involved yourself doesn't hurt either.

**COOPERATION** - Parents need to cooperate with the instructor in each aspect of their child's training. Learn the rules and discipline used in the class. Oriental training theories and discipline can seem harsh and quite different at first, and both the child and the parent must become accustomed to it. In this day and age, when discipline and respect seem to be rusted ideals, Martial Arts training rubs hard to bring them a new luster. Too many parents have made the mistake of letting their child quit Martial Arts lessons after they have been disciplined or worked hard. In cases like this, I have often felt that parents needed the Martial Arts discipline more than the child. Don't let your child develop the habit of running from discipline or hard work, or they will be running the rest of their life.

**COMMUNICATION** - It is important for every parent to communicate often with the instructor. Discuss your child's training with the instructor and how you as a parent can help in that training. It is also very important for the instructor to know of any problems the child may have at school or at home. Tae Kwon Do Karate training is designed to help a child improve their schoolwork and ability to concentrate. To curtail or remove training in order to improve their schoolwork is a complete reversal of one of the main goals of that training. If your child is having trouble in school, let the instructors know so they can encourage and help your child. Also, don't punish your child by stopping their Martial Arts training. Take away television, take away parties, or take away movies; but don't take away an important learning tool!

*(continued on reverse)*

***USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual***

And lastly, communicate with the instructor about your child's feeling about their training. Any Martial Arts student has peaks and valleys with their training and it is important for the instructor to be aware of a child's slump or loss of training spirit so the instructor may help the child deal with the problems. Too many parents fail to encourage their child and allow them to quit because they have become "bored" with their training. If a child is allowed to quit too easily, they will bring this habit into other aspects of their lives. So the point is, don't let them quit without first consulting the instructor.

Parents, please remember that the USA Martial Arts Training Center is an educational institution, not a playground or entertainment center. We are a very special school that is another branch of your child's education and physical development. We make the training fun and interesting, but it also takes hard work and dedication. Dedication does not come naturally to children. It must be taught and developed. Remember that Martial Arts training is one of the most unique experiences your child will encounter and it is your responsibility, as always, to help guide them in this wonderful learning endeavor. Please let us work together for the building of good character in your child.

Thank you,

**Chris Fortney**

Head Instructor

## **Biography of Shihan Roger Jarrett**

### **Basic Information:**

Name: Roger A. Jarrett  
Born: September 4, 1956 - St. Albans, WV, USA  
Profession: Martial Arts Instructor

### **Martial Arts Ranks:**

8th Dan Tae Kwon Do - Kwan Jang Nim (Sabum Nim)  
8th Dan Karate Do - Shihan  
7th Dan Judo - Shihan  
7th Dan Jujitsu - Shihan  
6th Dan Aikido - Shihan  
6th Dan Iaido - Shihan

### **President and Chief Instructor for the:**

USA Martial Arts Training Centers  
(21 schools nationwide)  
USA Martial Arts Federation  
Chong Shin Tae Kwon Do Karate Association  
USA Aikido Association  
USA Judo/Jujitsu Association  
USA Iaido Shoshin Ryu  
International Iai Tate Do Federation

### **Senior Representative for the:**

USA National Karate-Do Federation  
USA Karate Federation  
United States Jujitsu Federation  
United States Judo Association  
United States Martial Arts Association  
Chudokai Aikido Federation International  
International Yoshinkai Aikido Federation  
World Kobudo Federation  
World Tae Kwon Do Chang Moo Kwan  
Pan American Karate Federation  
World Karate Federation

Shihan Jarrett has over 40 years of experience training, teaching, and competing in the martial arts. A former national Karate champion and All-American, he has trained numerous national and international Karate champions. Shihan Jarrett has traveled throughout the world training, teaching, refereeing, and coaching.

Mr. Jarrett is a national and international Karate Referee for the United States. He holds a Pan American Referee license and World Karate Federation Judge (A) license. He has also served as coach for the USA Karate Team.



## **USA Martial Arts Adult & Youth Tae Kwon Do Karate Program Student/Parent Manual**

In August, 1997, Mr. Jarrett was inducted into the USA Karate Hall of Fame in Akron, Ohio. He was awarded this honor because of his many contributions over the years to the Martial Arts in the United States. He was particularly honored for his work in getting Karate recognized by the United States Olympic Committee and getting Karate into the Pan American Olympic Games.

In September, 2006, Mr. Jarrett was appointed President of the USA National Karate-Do Federation which is the National Governing Body (NGB) for Sport Karate as recognized by the United States Olympic Committee. Mr. Jarrett hosted the 2007 USA National Karate Championships in Charleston, WV. Over 4000 competitors participated for this event. Mr. Jarrett continues to host many major events in the Charleston area.

Master Jarrett gives demonstrations and motivational talks for schools, businesses, and churches throughout the country. He ran a series of self defense tips for WCHS TV8, which aired for a year on "Good Morning West Virginia".

The USA Karate Hall of Fame selected Master Jarrett as the 2001 "Man of the Year." He was also promoted to the rank of 8th Dan, Grandmaster.

### **Aikido Information:**

Jarrett Sensei has trained in traditional Aikido since 1974. He began his Aikido training with Fumio Toyoda Shihan. Mr. Jarrett served as the North Central Regional Director of the Aikido Association of America for many years. He is now a student under Kevin Blok Shihan and is Blok Sensei's most senior black belt. Shihan Blok, in August 2006, promoted Mr. Jarrett to the rank of Rokudan (6th Dan) and awarded him the title of Shihan in Aikido.

Jarrett Sensei is currently the President and Chief Instructor for the USA Aikido Association representing the Chudokai Aikido Federation International.

### **Judo and Jujitsu Information:**

Shihan Jarrett holds the rank of 7<sup>th</sup> Dan in both Judo and Jujitsu. He is a Life Member of the United States Judo Association (USJA) and is a Founding Life Member of the United States Ju-Jitsu Federation (USJJF). He is the President and Chief Instructor of the USA Judo/Jujitsu Association.

### **Iaido Information:**

Jarrett Sensei holds the rank of 6th Dan in Iaido. He has studied many styles of Iaido, Iai Jitsu, and Ken Jitsu including Kashima Shinto Ryu, Katori Shinto Ryu, Omori Ryu, Eishin Ryu, etc. He is the President and Chief Instructor of the USA Iaido Shoshin Ryu. In June 2004, Shihan Kiyoshi Yamazaki retired his position as Chief Instructor of the International Iai Tate Do Federation to Shihan Jarrett.

### **Goals and Philosophy:**

Master Jarrett goal is to constantly perfect his character through his Martial Arts and his Christian beliefs and to help others develop the confidence and focus to be the best that they can be, and enjoy this wonderful life that God has given us. He strives to teach the "True Spirit" of the Martial Arts with an open mind and a trusting heart.

***"Believe in yourself and others will believe in you also."***

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**Important Membership Information**

**EASY PAY MONTHLY FEES:** For all of our monthly payment accounts we use the Easy Pay Tuition Services. Electronic Funds Transfer (EFT) system in which your bank is authorized to make your monthly payments for you on a date that you have agreed upon with USA Martial Arts. This is not a long term contract and can be canceled at any time with proper notification.

**Cancellation of Pay:** In order to cancel an Pay Monthly Account you must come into the office and fill out and sign an Pay Cancellation Form. This should be done 15 days prior to the withdrawal date. **No refunds can be given if you forget to cancel. No cancellations are taken over the phone!**

**Putting Pay on Hold:** If you need to stop your monthly payments for short a period of time and would like to return to class, your membership can be put on hold. As with cancellation, the proper form must be filled out at the office and signed.

**DISCOUNT PAYMENT PLANS:** If you decide to pay either 3, 6, or 12 months in advance, then you will receive a great savings over the Easy Pay monthly payment. These payments are made in one lump sum for the desired period of time and are **not refundable** if you decide to drop out of class before the allotted time is up.

**ANNUAL DUES:** All students and instructors must pay annual dues each January depending on the different arts they are studying.

|                    |                                       |
|--------------------|---------------------------------------|
| Tae Kwon Do Karate | \$35.00 (Family \$55.00)              |
| Aikido             | \$35.00                               |
| Judo/Jujitsu       | \$35.00                               |
| Iaido              | \$35.00                               |
| USA-NKF            | \$50.00 (Karate students - insurance) |



## **USA Martial Arts Federation Annual Association Membership Dues**

**CHONG SHIN TAE KWON DO KARATE ASSOCIATION - \$35**  
Family Rate - \$55                      Due January 31st of Each Year

**USA NATIONAL KARATE-DO FEDERATION - \$50**  
Includes Insurance                      Due February 28th of Each Year

Every student is required to have a membership with the Chong Shin Tae Kwon Do Karate Association, which is the Martial Arts organization that certifies all of our Tae Kwon Do Karate students and instructors. A membership card will be issued. The Chong Shin Kwan also issues certificates for all belt promotions.

The USA National Karate-do Federation (USA-NKF) is the National Governing Body for sport karate within the United States as recognized by the United States Olympic Committee (USOC). As a USA-NKF licensed school, all students 9th gup/kyu (yellow stripe belt) and above must have a USA-NKF membership. This membership includes secondary medical insurance, which is required by the USA-NKF and the USOC. A membership card will be issued by the National Office.



**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**EXAMINATIONS**

The first examination a student must take will be the test for yellow stripe (9th gup). This test may be given by any authorized instructor at their own discretion. A student may take this test after gaining a basic understanding of the yellow stripe requirements (see back).

**HOW OFTEN ARE EXAMINATIONS GIVEN?**

Belt tests are given approximately every two months at the headquarters school in St. Albans. Other examinations may be given at the discretion of the Chief Instructor at other locations.

Not every student is allowed to test at each examination. You may sign up to take an examination only after sufficiently, according to your instructor, learning and practicing the requirements for each examination.

**WHAT IS THE COST OF A PROMOTION EXAMINATION?**

The test fees that are listed below must be prepaid and turned in with your promotion application, parent survey, and teacher survey at least two days before the examination. This fee covers costs of materials used on the test, certificates, new colored belts, association fees, and examiners' fees.

**Test Fees:**

|                         |            |
|-------------------------|------------|
| Yellow Stripe (9th Gup) | - \$30.00  |
| Yellow Belt (8th Gup)   | - \$35.00  |
| Orange Belt (7th Gup)   | - \$40.00  |
| Green Belt (6th Gup)    | - \$45.00  |
| Blue Stripe (5th Gup)   | - \$45.00  |
| Blue Belt (4th Gup)     | - \$50.00  |
| Brown Stripe (3rd Gup)  | - \$60.00  |
| Brown Belt (2nd Gup)    | - \$65.00  |
| Black Stripe (1st Gup)  | - \$75.00  |
| Black Belt (1st Dan)    | - \$150.00 |

**WHAT IS THE PURPOSE OF PROMOTION EXAMINATIONS?**

Promotion examinations are a very important part of a student's total martial arts training. Colored belt levels are designed to give a student a constant goal to aim for so their training does not become unmotivated. Each rank has certain skills which must be learned before moving on to the next step and in so doing gives a student a more coordinated technique development.

The pressure that is put on a student during promotion examinations is also a very important part of Tae Kwon Do Karate training. When put under the stress of a belt test a student learns better how to react under pressure and will become better prepared to handle a self-defense situation, or any other situation which might arise in everyday life.

# SPARRING EQUIPMENT

Sparring equipment is a very important requirement for all Tae Kwon Do / Karate students. This equipment serves a dual purpose of protecting the wearer as well as protecting their opponent from injury. Although our Tae Kwon Do / Karate sparring is basically non-contact or controlled contact, depending on the student's level, sparring gear is important for overall safety.

**WHEN SHOULD I PURCHASE SPARRING EQUIPMENT?** As soon as a beginner begins to spar in class, this should serve as a signal that it is time to begin to acquire sparring equipment. By the time a student receives their Yellow Stripe Belt (9<sup>th</sup> Gup), they should have basic sparring gear. Students must have their own sparring gear prior to testing for Yellow Belt (8<sup>th</sup> Gup) and/or prior to participating in tournament competition.

**WHAT SPARRING EQUIPMENT DO I NEED?** There are many types, brands, and styles of sparring equipment on the market. We at USA Martial Arts have a basic requirement that must be met due to the USA-NKF rules and Olympic standards that we are licensed and insured to follow.

Basic equipment requirements:

- A) Sparring Gloves
- B) Mouth Guard
- C) Cup and Supporter (male only)
- D) Shin and Instep Pads (recommended)

Other equipment that can be used in class, but is not required includes:

- A) Headgear
- B) Sparring Boots
- C) Female Chest Guards
- D) Rib Protectors
- E) Forearm Guards

**WHERE CAN I GET THE SPARRING EQUIPMENT?** All equipment should be purchased through USA Martial Arts to insure that you get the proper style and type. Many students that purchase their equipment from other sources often end up with improper or non-regulation gear. Also, purchasing your all your equipment at USA Martial Arts helps to support your dojo.

**WHAT IS THE COST OF THE EQUIPMENT?** Prices vary depending on what you want and need. Family rates are available.

## **TOURNAMENTS**

The USA Martial Arts Training Centers have long been known as one of the most successful sport karate schools in the country. Shihan Jarrett has produced countless National, International, and World Champions. In addition, USA Martial Arts Training Center is the official representative of the USA National Karate-do Federation (USA-NKF) for the state of West Virginia. The USA-NKF is the National Governing Body for Sport Karate within the United States as recognized by the United States Olympic Committee.

Our school hosts three major karate tournaments each year. These tournaments are:

|  |                         |
|--|-------------------------|
| <b>WV USA-NKF Regional Karate Qualifier</b>    | <b>Held in February</b> |
| <b>Mountain State Karate Championships</b>     | <b>Held in April</b>    |
| <b>USA Martial Arts National Championships</b> | <b>Held in November</b> |

In addition to these major tournaments, we often host and/or participate in other events across the United States.

All colored belt students are **required** to participate in the **Mountain State Championships** and the **USA Martial Arts National Championships** as part of their overall training within our organization. Participation in these events is a part of students testing requirements. Students who do not participate will be unable to test until they attend either the next required event, or another event approved by the Chief Instructor.

Karate tournaments are an important part of any student's complete martial arts training. We understand that not every student who enrolls in Karate class desires to compete in Sport Karate, but we do see the importance of some amount of competition to help students in many ways which include:

- 1.) control of fear and anxiety**
- 2.) develop self-discipline**
- 3.) to deal with pressures and stress**
- 4.) learning to support your fellow students**
- 5.) developing better martial arts technique**

Not everyone will win a trophy or a medal at any event like this, but everyone can be **successful** when they begin to understand that their biggest opponent is themselves.

## **Private Lessons**

Private individualized instruction is available on request. Private lessons can be a very helpful and motivating experience for any level of martial arts training. A student's reasons for requesting a private lesson may vary greatly, but here are a few major possibilities:

1. **HELP WITH TECHNIQUES** Students may have trouble learning one or more particular techniques, form weapon, etc., and may need more personal attention.
2. **PREPARING FOR AN EXAMINATION** Many students enjoy taking private lessons to help prepare for a promotion test. Not only does it help them to be able to pass a test, but also can help in the possibility of double promotion.
3. **PREPARING FOR COMPETITION** Karate competition can be a fun and rewarding experience and private lessons can help lead to success.
4. **UNABLE TO ATTEND REGULAR CLASSES** Sometimes a student may not be able to attend regularly scheduled classes due to job, school, sports, or other activities. Private lessons can help keep up training and motivation.
5. **FASTER PROGRESSION** Some students have the ability to progress faster than others and wish more individualized instruction in order to do so.

. . . The list can go on and on, private lessons are the answers to many problems.

### **HOW MUCH DOES IT COST?**

\$45.00 - For a ½ hour lesson

\$75.00 - For a 1 hour lesson

Group rates are available.

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**Adult and Youth  
Yellow Stripe Requirements (9th Gup)**

The test for the Yellow Stripe Belt (9th Gup) is done in a three step process that is designed to help a student become accustomed to the examination program. The first two stripes are given out in informal quizzes in class to help show a student's progression toward the actual test for the 9th Gup Belt. There is a \$30.00 examination fee on the final yellow stripe belt test.

**1ST YELLOW STRIPE**

KICKS

1. Front
2. Side
3. Roundhouse

STANCES

1. Forward
2. Back
3. Horse
4. Ready

BLOCKS

1. Low
2. Rising

HAND STRIKES

1. Forward Punch
2. Reverse Punch

**2ND YELLOW STRIPE**

KICKS

1. Back
2. Crescent
3. Jump Front

STANCES

1. Cat
2. Natural

BLOCKS

1. Inner Forearm
2. Inward Forearm

HAND STRIKES

1. Backfist
2. Kima Punch
3. Knife Hand

**YELLOW STRIPE BELT (9TH GUP)**

1. KIBON CHODAN
2. Demonstrate all techniques from first two tests.
3. Have a working knowledge of Dojang rules and etiquette.



**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**ONE STEP SPARRING  
WHITE BELT TO YELLOW BELT**

1. Step left foot forward into a left front stance and execute a left low forearm block; deliver a right reverse punch to the solar plexus; lunge back slightly maintaining the same stance and bring hands to a guarding position; deliver a right front kick.
2. Step left foot forward into a left front stance and execute a left rising block; deliver a right reverse punch; step left foot back to a right horse stance; deliver a right stepping side kick and set down into a right front stance to execute a left reverse punch to the face.
3. Step left foot forward into a left front stance and execute a left inner forearm block; deliver to the solar plexus a right reverse punch and follow with a left forward punch, then a right reverse punch to the face; step left foot back to a right front stance then perform a right jump front kick.
4. Step right foot forward, slightly pulling left foot, into a right horse stance and execute a right inward forearm block; deliver a right side elbow strike; slide back to a right natural stance and execute a right backfist; perform a right jump side kick.
5. Step out to the left at an angle into a right natural stance; execute a right side kick to the ribs and then set down into a right horse stance and deliver a right knifehand strike to back of the neck; grab opponent's gi with right hand while sliding up to natural stance; perform a major outer reap take-down (o soto gari) and finish with a right reverse punch to the downed opponent.

**ONE STEP SPARRING  
YELLOW BELT TO ORANGE BELT**

6. Drop left foot to a right back stance; execute a left inside-out crescent kick to opponent's arm then a right roundhouse kick to the head.
7. Drop right foot back to a left back stance; execute a right outside-inside crescent kick to opponent's arm then a left back kick to the body.
8. Step left foot back to the right at a slight angle into a right cat stance and execute an inward knifehand block; grab the back of opponent's punching hand, execute a right front kick to the groin; and perform a standing "ikkyo" wrist lock.
9. Step right foot back into a left front stance and execute an open hand high cross block; twist opponent's arm in large clockwise circle; deliver a right front kick to the face and then a right downward elbow strike to back of head or spine.
10. Step forward into a left front stance and execute a left outer forearm block; deliver a right forearm strike to the face while grasping opponent's arm; execute a major outer reap take-down (o soto gari) and finish with a right reverse punch to the downed opponent.

These one-step sparring techniques are described with the opponent attacking with a right forward punch. The defender should also be able to demonstrate these one steps on the left side.

**USA Martial Arts Junior Tae Kwon Do Karate Program  
Student/Parent Manual**

**ONE STEP SPARRING  
ADVANCED**

1. Step left foot forward into a left front stance and execute a left low forearm block; deliver a right reverse punch to the solar plexus; lunge back slightly maintaining the same stance and bring hands to a guarding position; deliver a right roundhouse kick to the head setting down in a right front stance; deliver a left reverse punch and then pivot both feet to a left front stance and deliver a right reverse punch; adjust the left foot slightly in and execute a minor inside reap (ko uchi gari) with the right foot and finish with a reverse punch or a stomp kick to the downed opponent.
2. Step left foot forward into a left front stance and execute a left rising block; deliver a right reverse punch; step left foot back to a right natural stance; deliver a right stationary side kick and set down into a right front stance to execute a left forearm strike to the head striking the right palm; execute a major inside reap (o uchi gari) with the left leg and finish with a stomp kick or reverse punch to the downed opponent.
3. Step left foot forward into a left front stance and execute a left inner forearm block; deliver to the solar plexus a right reverse punch and follow with a left forward punch, then a right palm heel strike to the face; step left foot back to a right front stance then perform a right jump roundhouse kick.
4. Step right foot forward, slightly pulling left foot, into a right horse stance and execute a right inward forearm block; deliver a right side elbow strike; deliver a right hammerfist to the opponents groin while grabbing the punching arm with the left hand; execute a right one arm shoulder throw (ippon seoinage) and deliver a reverse punch to the downed opponent.
5. Step out to the left at an angle into a left front stance and execute a right knifehand block; grasp the punching are and execute a right roundhouse kick to the midsection; set down into a right front stance and deliver a left reverse punch to the head; adjust the right foot in and execute a minor outside reap (ko soto gari) with the left foot; and follow up with a reverse punch to the downed opponent.
6. Drop left foot to a right back stance; execute a left inside-out crescent kick to opponent's arm; step out to the left side and deliver a right double roundhouse kick (low/high); set the right foot down on the other side of the opponent's right foot in a small horse stance with your back to the opponent; place both hands on the ground between your feet and execute body scissors takedown (kani basami); follow up with a left axe kick to the downed opponent.
7. Drop right foot back to a left back stance; execute a right outside-inside crescent kick to opponent's arm then without setting the foot down deliver a right side kick to the ribs (double kick); set down in a right back stance and deliver a right knifehand strike to the side of the head; shift to right front stance and deliver left upset punch to the solar plexus; grab opponent's punching arm with the left hand while bringing the right arm around the back of the opponent's neck and execute hip wheel throw (koshi garuma); follow up with a reverse punch to the downed opponent.

**USA Martial Arts Junior Tae Kwon Do Karate Program  
Student/Parent Manual**

**ONE STEP SPARRING  
ADVANCED (Continued)**

8. Step right foot back to the left at a slight angle into a left cat stance and execute left pressing block; grab the back of opponent's punching hand and execute a left front kick; step across in front with the right foot and perform a wrist reversal throw (kote gaeshi); follow up with a strike or kote gaeshi pin.
9. Step right foot back into a left front stance and execute an open hand high cross block; twist opponent's arm in large clockwise circle; deliver a right front kick to the face and then a right downward elbow strike to back of head or spine; grab around the head and under the right arm; execute a rice bag reversal throw (tawara gaeshi).
10. Step back into a left back stance and execute a twin forearm block; shift into a left front stance and deliver a right upset punch while holding the punching arm; execute a major outer reap (o soto gari) and finish with a cross body arm lock (juji gatame).

These one-step sparring techniques are described with the opponent attacking with a right forward punch. The defender should also be able to demonstrate these one steps on the left side.

**USA Martial Arts Junior Tae Kwon Do Karate Program  
Student/Parent Manual**

**DOUBLE PUNCH ONE STEP SPARRING**

1. Step left foot forward into a left front stance and execute a left low forearm block; execute right inner forearm block to the second punch; deliver a left forward punch to the face and a right reverse punch to the solar plexus; lunge back slightly maintaining the same stance and bring hands to a guarding position; deliver a right front kick.
2. Step left foot forward into a left front stance and execute a left rising block; step back into a right horse stance and execute a right low block to the second punch; deliver a right stepping side kick and set down into a right front stance to execute a left reverse punch to the face.
3. Step left foot forward into a left front stance and execute a left inner forearm block; execute a right inner forearm block to the second punch; deliver a right reverse punch and follow with a left forward punch to the solar plexus, then a right reverse punch to the face; step left foot back to a right front stance then perform a right jump pivot side kick.
4. Step left foot forward into a left front stance and execute left outer forearm block; shift into a left horse stance and execute left inward forearm block to the second punch; deliver a left side elbow strike; slide left foot back into a left natural stance and deliver a left backfist strike to the opponents head; deliver 180° Jumping back kick to the ribs.
5. Step back into a left back stance and execute a left knifehand guarding block; shift to the left angle into a left front stance and execute a right low block to the second punch; deliver a right roundhouse kick to the ribs and set down into a right front stance; deliver a left reverse punch across the face; step left foot across to right walking stance facing front and deliver a right reverse elbow strike; reverse neck hook with the right arm and support with the left arm on top and step back and drop to the right knee to perform neck drop throw (kubi otoshi); follow up with downward backfist to the face.

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**YELLOW BELT TEST - 8TH GUP**

I. Terminology (See Back)

II. Forms: Kibon Chodan

III. Able to perform:

**KICKS**

- |                  |                  |
|------------------|------------------|
| 1. Front         | 8. Jumping Kicks |
| 2. Pivot Side    | a. Front         |
| 3. Back          | b. Side          |
| 4. Roundhouse    |                  |
| 5. Crescent      |                  |
| 6. Knee          |                  |
| 7. Stepping Side |                  |

**STANCES**

- |            |          |
|------------|----------|
| 1. Forward | 4. Horse |
| 2. Back    | 5. Ready |
| 3. Natural |          |

**HAND STRIKES**

- |                  |              |
|------------------|--------------|
| 1. Forward Punch | 6. Knifehand |
| 2. Reverse Punch | 7. Palm Heel |
| 3. Kima Punch    |              |
| 4. Back Fist     |              |
| 5. Hammer Fist   |              |

**BLOCKS**

- |                           |           |
|---------------------------|-----------|
| 1. Low                    | 4. Inward |
| 2. Rising                 |           |
| 3. Inner Forearm (Middle) |           |

**UKEMI (FALLING)**

1. Back Fall
2. Side Fall

IV. One-Step Sparring Techniques

V. Street Defense:

1. Front Choke
2. Rear Choke
3. Wrist Grab

VI. Fighting: One-on-One

VII. Breaking: Stepping Side Kick

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**YELLOW BELT TERMINOLOGY - 8TH GUP**

FEDERATION NAME: USA Martial Arts Federation  
ASSOCIATION NAME: Chong Shin Tae Kwon Do Karate Association  
SCHOOL NAME: USA Martial Arts Training Center  
STYLE NAME: Chong Shin Kwan

TAE KWON DO - "The Way of the Hands and Feet"  
KARATE - "Empty Hand" or "China Hand"  
CHONG SHIN - "True Spirit"

**COUNTING**

|   | <u>ENGLISH</u> | <u>KOREAN</u> | <u>JAPANESE</u> |
|---|----------------|---------------|-----------------|
| 1 | One            | Hana          | Ichi            |
| 2 | Two            | Dool          | Ni              |
| 3 | Three          | Set           | San             |
| 4 | Four           | Net           | Shi             |
| 5 | Five           | Tauset        | Go              |
| 6 | Six            | Yauset        | Roku            |
| 7 | Seven          | Ilgope        | Shichi          |
| 8 | Eight          | Yaudul        | Hachi           |
| 9 | Nine           | Ahop          | Ku              |
| 0 | Ten            | Yaul          | Ju              |

**BASIC TERMS**

| <u>ENGLISH</u>    | <u>KOREAN</u> | <u>JAPANESE</u> |
|-------------------|---------------|-----------------|
| Free Sparring     | Dae Ryon      | Kumite          |
| Uniform           | Do Bak        | Gi              |
| Instructor        | Sa Bum        | Sensei          |
| Master Instructor | Sa Bum Nim    | Shihan          |
| Training Hall     | Dojang        | Dojo            |
| Begin             | Shijak        | Hajime          |
| Stop              | Goman         | Yame            |

1. Q. From what country does Tae Kwon Do originate?  
A. Korea
2. Q. From what Country does Karate originate?  
A. Japan (specifically Okinawa)

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**ORANGE BELT TEST - 7TH GUP**

I. Terminology (See Back)

II. Forms:

1. Kibon Chodan

2. Kibon Yidan

III. Able to perform: All kicks, stances, hand strikes, and blocks from all previous tests.

**ADDED**

**KICKS**

1. Stepping Crescent
2. Stepping Roundhouse
3. Stepping Front
4. Stepping Hook

5. Jumping Roundhouse
6. Wheel
7. Jumping Back (180°)

**STANCES**

1. Half-Facing Front
2. Cat

3. Phasic Bent Knee

**HAND STRIKES**

1. Ridgehand

2. Elbow (5 Major)

**BLOCKS**

1. Guarding

2. Outer Forearm

**UKEMI (FALLING)**

1. Forward Roll

IV. One-Step Sparring Techniques

V. Street Defense: Review Previous Test

VI. Fighting: Fight One-on-One

VII. Breaking: Back Kick

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**ORANGE BELT TERMINOLOGY - 7TH GUP**

| <u>ENGLISH</u>                    | <u>KOREAN</u> | <u>JAPANESE</u> |
|-----------------------------------|---------------|-----------------|
| Attention                         | Charyut       | Keoitskei       |
| Bow                               | Kyungye       | Rei             |
| Yell (Spirit meeting)             | Kihap         | Kiai            |
| Form (Pattern)                    | Hyung         | Kata            |
| Grade Level<br>(Under Black Belt) | Gup           | Kyu             |
| Degree                            | Dan           | Dan             |
| Black Belt                        | Yu Dan Ja     | Yu Dan Sha      |

1. Q. From what country does Aikido originate?  
A. Japan
2. Q. From what country does Judo originate?  
A. Japan
3. Q. Who is the President of the Chong Shin Tae Kwon Do Karate Association?  
A. Master Roger A. Jarrett, 8th Dan



**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**GREEN BELT TEST - 6TH GUP**

I. Terminology (See Back)

II. Forms:

1. Kibon Yidan

2. Chong Shin No Kun (Bo I)

III. Able to perform: All kicks, stances hand strikes, and blocks form all previous tests.

**ADDED**

**KICKS**

- |                       |                              |
|-----------------------|------------------------------|
| 1. Shuffle Side       | 5. Spin Back Crescent        |
| 2. Shuffle Roundhouse | 6. Jump Inside-Outside Cres- |
| cent                  |                              |
| 3. Shuffle Front      | 7. Jump Outside-Inside Cres- |
| cent                  |                              |
| 4. Shuffle Hook       | 8. Jumping Back (360°)       |
| 5. Shuffle Crescent   |                              |

**HAND STRIKES**

- |            |                |                   |
|------------|----------------|-------------------|
| 1. Eye Jab | 2. Throat Grab | 3. Vertical Punch |
|------------|----------------|-------------------|

**UKEMI (FALLING)**

1. Forward Roll Side Fall

IV. One-Step Sparring Techniques

- V. Street Defense:
- |                |
|----------------|
| 1. Full Nelson |
| 2. Head Lock   |
| 3. Bear Hug    |

VI. Fighting:

- |                     |
|---------------------|
| 1. Fight One-on-One |
| 2. Fight Two-on-One |

VII. Breaking: Junior - Flying Side Kick  
Adult & Youth - Ball Roundhouse Kick

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**GREEN BELT TERMINOLOGY**

ENGLISH

Front Stance  
Back Stance  
Horse Stance  
Ready Posture  
Cat Stance  
Front Kick  
Side Kick  
Back Kick  
Roundhouse Kick  
Forward Punch  
Reverse Punch  
Knife Hand  
Back Fist

KOREAN

Chongul Sogi  
Fugul Sogi  
Kima Sogi  
Chunbi  
Twitpal Sogi  
Ap Chagi  
Yop Chagi  
Tiro Chagi  
Tolyo Chagi  
(Ap) Jirugi  
Pandae Jirugi  
Sudo  
E Kwon

JAPANESE

Zenkutsu Dachi  
Kokutsu Dachi  
Kiba Dachi  
Yoi  
Neko Ashi Dachi  
Mae Geri  
Yoko Geri  
Ushiro Geri  
Mawashi Geri  
(Oi) Zuki  
Gyaku Zuki  
Shuto  
Uraken

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BLUE STRIPE TEST - 5TH GUP**

I. Terminology

II. Forms:

1. Kibon Samdan

2. Chong Shin No Kun

III. Able to Perform: All kicks, stances, hand strikes, and blocks from all previous tests

**ADDED**

**KICKS**

1. Drop Side  
2. Drop Back

3. Jump Butterfly  
4. Jump Spin Back Crescent

**STANCES**

1. Fixed

2. Crossed

**HAND STRIKES**

1. Spear Hand

2. Upset Punch

**BLOCKS**

1. Double Forearm

2. Twin Forearm

3. Wedging

**UKEMI (FALLING)**

1. Backward Roll

IV. One-Step Sparring Techniques

V. Street Defense: Review Previous Tests

VI. Fighting: One-on-One

VII. Breaking: 180° Jumping Back Kick

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BLUE STRIPE TERMINOLOGY**

**ENGLISH**

High Section  
Middle Section  
Low Section  
Low Block  
Rising Block  
Inner Block  
Inward Block  
Major Hip Throw  
Major Outer Reap  
Four Corner Throw  
Wrist Reversal Throw  
Formal Sitting on the Knees  
Sitting Cross-Legged

**KOREAN**

Sangdan  
Chungdan  
Hardan  
Hardan Marki  
Chukyo Marki  
An Marki  
Anuro Marki

**JAPANESE**

Jodan  
Chudan  
Gedan  
Gedan Barai  
Age Uke  
Uchi Uke  
Soto Uke  
O Goshi  
O Soto Gari  
Shihonage  
Kotegaeshi  
Seiza  
Anza

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BLUE BELT TEST - 4TH GUP**

I. Terminology

II. Forms:

- |                 |                         |
|-----------------|-------------------------|
| 1. Kibon Samdan | 3. Shushi No Kun No Sho |
| 2. Hwa-Rang     |                         |

III. Able to Perform: All kicks, stances hand strikes, and blocks from all previous tests.

ADDED

KICKS

- |                    |                  |
|--------------------|------------------|
| 1. Drop Roundhouse | 3. Jumping Wheel |
| 2. Drop Wheel      | 4. Axe           |

HAND STRIKES

- |                   |               |
|-------------------|---------------|
| 1. Uppercut Punch | 2. Hook Punch |
|-------------------|---------------|

IV. One-Step Sparring Techniques

V. Street Defense: Basic Club and Knife Attacks

VI. Fighting:

- |               |               |
|---------------|---------------|
| 1. One-on-One | 2. Two-on-One |
|---------------|---------------|

VII. Breaking: Junior - Hammer Fist  
Adult & Youth - Reverse Punch

BLUE BELT TERMINOLOGY

ENGLISH

JAPANESE

|                         |                |
|-------------------------|----------------|
| One-Arm Shoulder Throw  | Ippon Seoinage |
| Stomach Throw           | Tomoe Nage     |
| Rice Bag Reversal Throw | Tawara Gaeshi  |
| Foot Sweep              | Ashi Barai     |
| One Point               | Ippon          |
| Two Points              | Nihon          |
| Three Points            | Sanbon         |
| Red                     | Aka            |
| Blue                    | Ao             |
| Out of Bounds           | Jogai          |

1. Q. What is Kobudo?  
A. The art of oriental weapons. (specifically Okinawan)
2. Q. From what country does Kung Fu originate?  
A. China
3. Q. What is Iaido?  
A. The way of the Japanese Sword.

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BROWN STRIPE TEST - 3RD GUP**

- I. Terminology
- II. Forms:
  - 1. Bassai
  - 2. Chung Mu
  - 3. Shushi No Kun No Sho
- III. Able to Perform: All kicks, stances, hand strikes, and blocks from all previous tests.

**ADDED**

**HAND STRIKES**

- 1. Crescent Punch
  - 2. Extended Knuckle Punch
- IV. One-Step Sparring : Ten Double Punch Only
- V. Street Defense:
  - 1. Gun Attack
  - 2. Chokes, holds, grabs
- VI. Fighting: One-on-One
- VII. Breaking: 360° Jumping Back Kick and student may choose 2 additional techniques

- 1. Q. What are the original tenets of Tae Kwon Do Karate?  
A. 1. Courtesy 2. Integrity 3. Perseverance  
4. Self Control 5. Indomitable Spirit
- 2. Q. What are the tenets added by Grandmaster Han Cha Kyo?  
A. 1. Love 2. Community Service
- 3. Q. What is the tenet added by Master Roger Jarrett?  
A. Spirituality
- 3. Q. What are the principles of the Theory of Power in Tae Kwon Do Karate?  
A. 1. Reaction Force 2. Concentration 3. Equilibrium  
4. Breath Control 5. Speed 6. Mass
- 4. Q. Who is considered the Father of Tae Kwon Do?  
A. General Choi Hong Hi
- 5. Q. Who is considered the Father of modern Karate Do?  
A. Funakoshi Gichin
- 6. Q. Who was the founder of Aikido?  
A. Morihei Ueshiba
- 7. Q. Who is the founder of Judo?  
A. Jigoro Kano

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BROWN BELT TEST - 2ND GUP**

I. Terminology (Review all tests)

II. Forms:

- |             |                         |
|-------------|-------------------------|
| 1. Bassai   | 4. Chong Shin No Kun    |
| 2. Chung Mu | 5. Shushi No Kun No Sho |
| 3. Seisan   |                         |

III. Able to Perform: All kicks, stances, hand strikes, and blocks from all previous tests.

IV. One-Step Sparring (Single and Double Punch)

V. Perform formal Judo and Aikido Techniques:

JUDO

- |                |                   |
|----------------|-------------------|
| 1. O Soto Gari | 4. Ippon Seoinage |
| 2. O Uchi Gari | 5. Tomoe Nage     |
| 3. O Goshi     | 6. Tawara Gaeshi  |

AIKIDO

1. Katatori Ikkyo
2. Katatekosatori Kotegaeshi
3. Katatetori Shihonage

VI. Street Defense: Knife, Gun, and Club Attacks

VII Fighting:

- |               |                 |
|---------------|-----------------|
| 1. One-on-One | 2. Three-on-One |
|---------------|-----------------|

Breaking: Wheel Kick Speed Break  
Reverse Punch Speed Break  
Instructor will choose additional techniques

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BLACK STRIPE TEST - 1ST GUP**

(Minimum 6 months since receiving Brown Belt)

- I. Written Examination
- II. Forms:
  1. Kouh Shang Kouh
  2. Chinto
  3. Nunchaku Sho
  - \* Any Previous Form
- III. Able to perform any technique from all previous tests.
- IV. One-Step Sparring: Five techniques against each kick.
  1. Front Kick
  2. Step Side Kick
  3. Roundhouse Kick
- V. Perform formal Judo and Aikido techniques:

JUDO

  1. Uki Goshi
  2. Harai Goshi
  3. Utsuri Goshi
  4. Sode Tsuru Komi Goshi
  5. Tani Otoshi
  6. Juji Gatame

AIKIDO

  1. Katatori Nikyo
  2. Katatetori Sankyo
  3. Munetsuki Gokyo
- VI. Street Defense: Any Attack!
- VII. Fighting
- VIII. Breaking: Student may choose 4 techniques.

**\* Candidates for 1st gup must attend at least one Instructor's Seminar to be eligible to test. This can include the seminar of your 1st gup test.**



**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program  
Student/Parent Manual**

**BLACK BELT TEST - 1ST DAN**

- I. Essay on any Martial Arts subject.
- II. Written Examination
- III. Forms: Any previous form may be asked.
  - 1. Kouh Shang Kouh
  - 2. Chinto
  - 3. Empi
  - 4. Nunchaku Sho
  - 5. Chong Shin Bong Sool
  - 6. Your own form
- IV. Able to perform any techniques from all previous tests.
- V. One-Step Sparring: Ten single punch and five double punch
- VI. Perform formal Judo and Aikido techniques:

JUDO

- 1. Uki Waza
- 2. Tai Otoshi
- 3. Ko Uchi Gari
- 4. Ko Soto Gari
- 5. Ude Gatame
- 6. Ude Garami
- 7. Hadaka Jime
- 8. Kesa Gatame

AIKIDO

- 1. Katatekosatori Kokyunage
- 2. Katatetori Kaitenage

- VII. Street Defense: Any Attack!
- VIII. Fighting:
  - 1. One-on-One
  - 2. From the ground
  - 3. Four-on-One
- IX. Breaking: A planned series break.

**\* Candidates for 1st dan must attend at least one Instructor's Seminar to be eligible to test. This can include the seminar of their 1st dan test.**



## **KATA AND HYUNG OF THE CHONG SHIN KWAN**



**KIBON CHODAN** - “Basic Form One” - Developed by Master Roger Jarrett for the Chong Shin Kwan style.

**KIBON YIDAN** - “Basic Form Two” - Developed by Master Roger Jarrett for the Chong Shin Kwan style.

**CHONG SHIN NO KUN** - “Staff of True Spirit” - Developed by Master Roger Jarrett for the Chong Shin Kwan style.

**KIBON SAMDAN** - “Basic Form Three” - Developed by Master Roger Jarrett for the Chong Shin Kwan style.

**HWA-RANG** - “Flowering Manhood” - Named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. An International Tae Kwon Do Federation (ITF) form originally used at the brown (red) belt level.

**SHUSHI NO KUN NO SHO** - Okinawan Bo Kata of unknown origin. There are many variations of this form used in numerous styles of Karate and Kobudo. This particular version is one of the most popular and well known. “The first staff of a man” is a loose translation.

**BASSAI** - “To Penetrate the Fortress” - Very old Okinawan Shorin Karate kata that contains repeated switching of the blocking arms, motions that represent the feeling of shifting from a disadvantageous position to an advantageous one. The feeling implies a similar will that would be needed to break through an enemies fortress. The original name of the kata was “Passai” and was designed for fighting at night.

**CHUNG-MU** - An ITF hyung of the Chang Han School. Chung Mu was the given name to the great Admiral Yi Sun-sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship, which was the precursor to the modern day submarine, in 1592 AD. The hyung was originally used for Black Belt testing.

**SEISAN** - “Thirteen Hands” - An Okinawan Shorei Karate Kata bearing the name of its founder. Seisan was the first kata taught by Okinawan Karate Masters prior to 1903 when Yosutsune Itosu taught in the public school system. Since then, most karate schools have taught the Pinan (Heian) kata before moving into the classical ones. Some masters, however, still cling to tradition and teach this form first.

**USA Martial Arts Adult & Youth Tae Kwon Do Karate Program**  
**Student/Parent Manual**

**KOUH SHANG KOUH** - Named after a Chinese military officer who taught Martial Arts in Okinawa. This kata has many versions and is one of the most popular karate kata taught in the world. We use the Korean version of the Japanese Shoto Kai form. Also known as KU SAN KU, KWAN KU, KANKU DAI, KANKU SHO, KUN SAN GOON, KOSOKUN

**CHINTO** - An Okinawan Karate kata whose name is said to literally mean “Fighting Toward the East,” despite the confusing fact that it is also named after Chinto, the famous Chinese military attaché who influenced the early development of “Te”. Originally based from the Shorin-ryu school of Karate, the Chinto kata has many versions. We use the Korean version of the Japanese Shoto Kai style which, in 1922, Gichin Funakoshi changed the name of the kata to GANKAKU (“Crane on the Rock”)

**NUNCHAKU SHO** - Basic Okinawan flail pattern (So Setsu Kon) developed by Master Roger Jarrett for the Chong Shin Kwan Style. Traditionally, there are no Okinawan nunchaku kata

**EMPI** - “Flying Swallow” - The movements of this kata resemble the swift ascending and descending flight of a swallow. The original name of this kata is WANSHU, named after a Chinese envoy who taught on Okinawa in 1683. Originally the “Hidden Fist” kata. We practice the Korean version of the Japanese style.

**CHONG SHIN BONG SOOL** - Korean “True Spirit Staff Art” that was developed from an old Korean spear form. The original name is unknown.

**KORYO** - The word “Korea” derives from “Koryo,” the name of an ancient dynasty (AD 918 - 1392). This is a World Tae Kwon Do Federation (WTF) form and is the most popular hyung in Korea.

**GAE-BAEK** - Name of a great Korean general of the Paekchae Dynasty (AD 660). An ITF form of the Chang Hon school.

**PYONG SAN** - “Peaceful Mountain” - Old Korean “village” pattern developed from Tae Kyon forms.

**HAKUTSURA NO SAI** - “Sai of the White Crane” - Basic Okinawan sai kata with distinctive crane stances.

**SAN-KIL** - “Mountain Road” - Old Korean “village” pattern developed from Tae Kyon forms.

**TSUKENSHITAHAKU NO SAI** - A kata for the Okinawan sai carrying the name of the district where it was created.

**KYONGE JU** - Old Korean “village” pattern named after an old Korean temple.

## OTHER KATA AND HYUNG USED IN THE CHONG SHIN KWAN STYLE

### KOREAN

CHIL-JANG\*  
YUL-KOK\*  
CHON JI  
TAN GUN  
TO SAN  
WON-HYO  
TOI GYE  
CHUNG GUN  
KWAN GYE  
HANGETSU  
NAIHANCHI 1-3

### KOBUDO

SHUSHI NO KUN NO DAI  
TOKUMINE NO KUN NO DAI  
URASHI BO  
SHUJI BO  
SAKUGAWA NO KUN  
SUNAKAKE NO KUN  
TOZAN NO GAMA  
HAKUTSURA NO GAMA  
CHATAYARA NO SAI  
CHIBANA NO SAI  
ISHIMINE NO TONFA NO SHO  
HAMAHIGA NO TONFA

### JAPANESE/OKINAWAN

PINAN (HEIAN) 1-5  
PASSAI  
BASSAI DAI  
BASSAI SHO  
KANKU DAI  
KANKU SHO  
SHIHO KOSOKUN  
SEIPAI  
NIPAPO  
SEIENCHIN  
ANNAN  
ROHAI  
SUPAREMPEI  
SAIFA  
SOCHIN

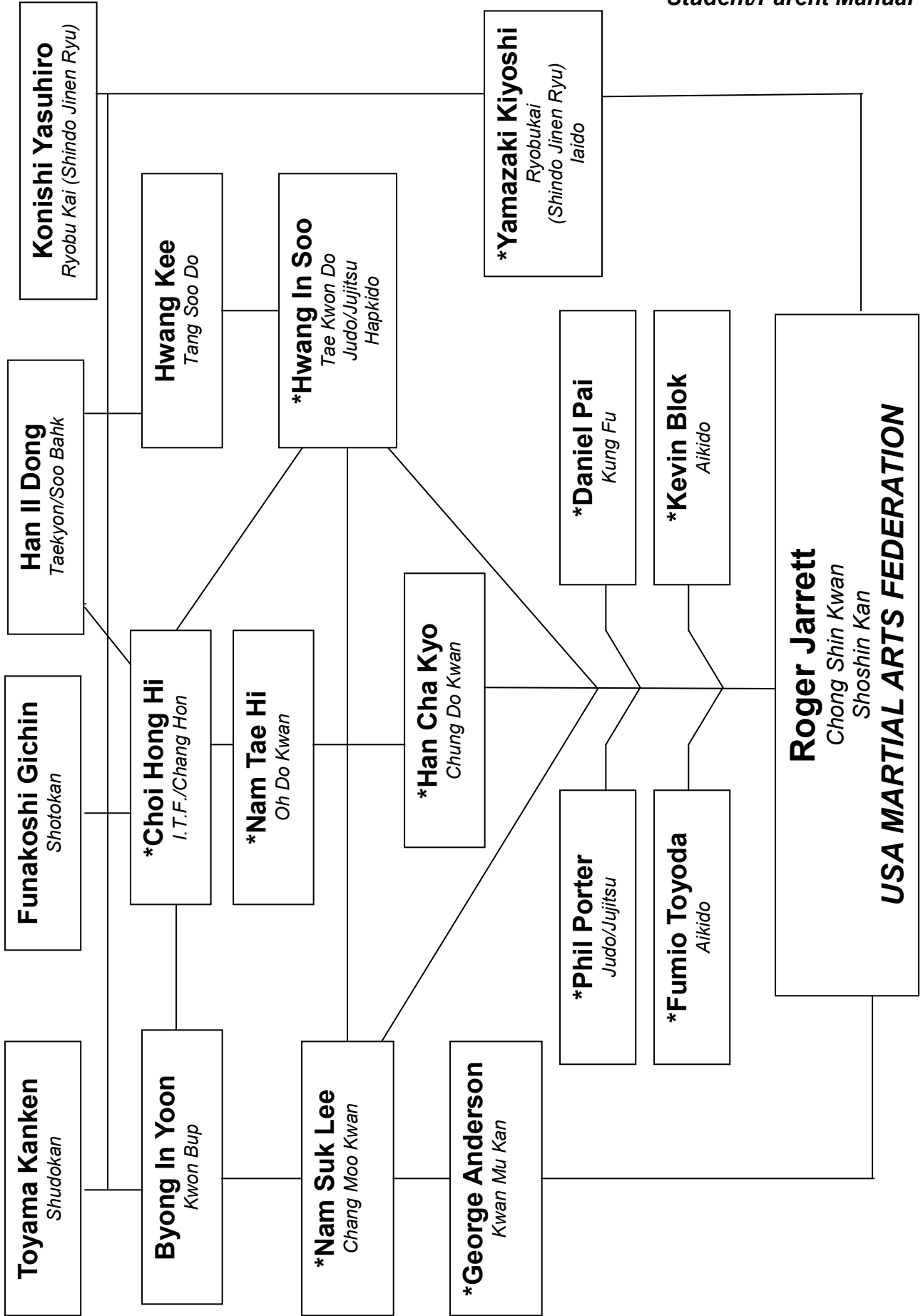
JION  
JIIN  
JITTE  
KURURUNFA  
UNSU  
ENPI  
GOJUSHIHO SHO  
GOJUSHIHO DAI  
GOJUSHIHO  
HEIKU  
PAIKU  
PACHU  
SHISOCHIN  
MEIKYO

(\* indicates recently removed from curriculum)

These kata and hyung have either been part of the Chong Shin Kwan curriculum at one time, or are taught as supplemental forms of the Chong Shin Kwan / Sho Shin Kan style as taught by Master Jarrett.

Besides this very basic list, Master Jarrett has practiced and/or taught many other Korean, Japanese, Okinawan, and Chinese forms. He is constantly striving to further his knowledge of the Martial Arts and improve his understanding of its principles.

Lineage of the USA Martial Arts Federation



\* Instructors Master Jarrett personally trained with

## **PATCHES**

Within the USA Martial Arts Federation, we use several patches to distinguish our sub associations. Our Tae Kwon Do Karate Program uses three of these patches. Students are required to have a patch affixed to the left breast of their uniforms prior to testing for Yellow Belt (8th gup).

Below you will find requirements and regulations regarding the patches and on the following pages, you will find detailed information about each patch.

### **CHONG SHIN TAE KWON DO KARATE ASSOCIATION**



This patch is the primary emblem and seal of the Chong Shin Tae Kwon Do Karate Association, which is the Martial Arts organization which oversees our Tae Kwon Do Karate Training. This patch was designed by Shihan Roger Jarrett in 1978.

The CSTKDKA patch may be worn by all Tae Kwon Do Karate students 9th gup and above.

### **USA MARTIAL ARTS FEDERATION**



This patch is the emblem of the USA Martial Arts Federation, the organization that oversees the various associations within the USA Martial Arts family. This patch was designed by Shihan Roger Jarrett in the mid-90's.

The USAMAF patch may be worn by TKD Karate Instructors and Assistants 2nd gup and above.

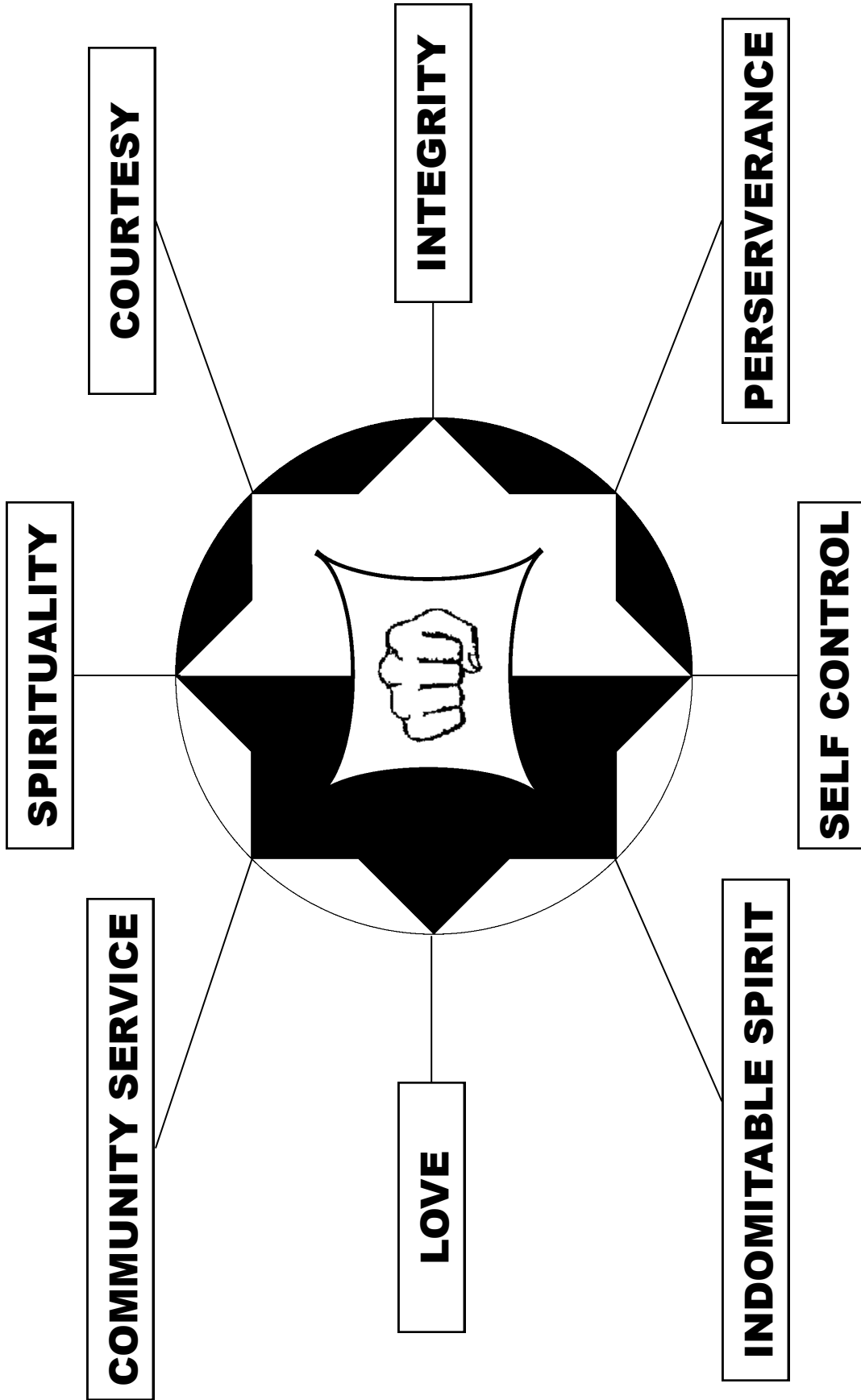
### **USA NATIONAL KARATE-DO FEDERATION**



This patch is the emblem of the USA National Karate-do Federation. The USA-NKF is the National Governing Body for Sport Karate within the United States as recognized by the United States Olympic Committee.

The USA-NKF patch may be worn by all TKD Karate and is required for certain tournaments. See and instructor for additional information.

Symbolism within the Chong Shin Patch

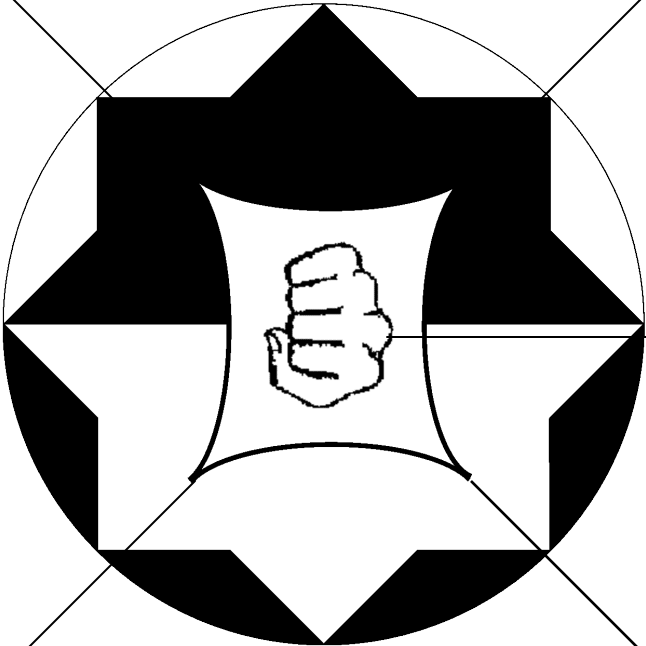


Symbolism within the Chong Shin Patch

**MIGHT FOR  
RIGHT**

**TAE KWON DO  
TANG SOO DO**

**KARATE  
KOBUDO**



**JUDO  
JUJITSU**

**AIKIDO  
IAIDO**