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 All American Tang Soo Do | Student Manual
 Tang Soo Do Mi Guk Kwan is considered a classical martial art. As an art form, it is primarily concerned with scientific and martial theory, form and aesthetics. Because of its evolvement of practical and effective self-defense techniques. Tang Soo Do, being a classical art, draws upon a vast body of knowledge from Eastern Philosophy.
 Tang Soo Do Mi Guk Kwan Association, Inc. GUP MANUAL
 Tang Soo Do is a classical martial art and not a sport. It is not a game to be played solely for the sake of winning, but rather a physical and intellectual activity

designed to foster physical, mental, and spiritual health. As a classical martial art, Tang Soo Do aims to develop and express the individual's true self.

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History of Tang Soo Do

Tang Soo Do is a Korean martial art and thus can trace its lineage back almost 2,000 years. The ancestral Martial Arts of Korea can be traced back to the period when Korea was divided into three kingdoms: Goguryeo was founded in 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula.

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Meaning of Tang Soo Do. "Soo" means hand, but it implies fist,

punch, Strike, or defense, etc. "Do" means way of life or art. Thus "Tang Soo Do" means the Korean classical martial art which legendarily was influenced by the Tang method of martial art.

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contestant to score three points wins) or a two-minute rule (a tally of points over one two-minute round, but see also AAU Taekwondo point sparring handbook). Tang Soo Do - Wikipedia As you progress you will realize that Tang Soo Do is a way of life. It provides a way of thinking and acting which will guide you and teach you in all areas of your life, so that you will be happier, healthier, and wiser. This manual is meant to provide guidance to all beginners. soartsd.files.wordpress.com The Tang Soo Do Mi Guk Kwan system is a classical martial art concerned with scientific and martial theory, form and aesthetics. Tang Soo Do is a composite style

influenced by the Northern Chinese arts, the Southern Chinese arts, and the Okinawan discipline of Karate. Tang Soo Do Mi Guk Kwan Tang Soo Do is a traditional martial art in the sense that we are not sport oriented, rather our purpose is self-defense, health and to become a better person through training. To learn more about history of Tang Soo Do and World Tang Soo Do Association please follow the link below. Ola Myszka - Get to know us Texas Tang Soo Do San Antonio is dedicated to teaching the martial arts in a family oriented environment. The goal of our training is to promote better health, teach self-defense and build better character through endurance and

hard work. Book - WTSDA Gup Manual - Texas Tang Soo Do Complete Tang Soo Do Manual, from White Belt to Black Belt, Vol. 1. Over 1,500 pictures, 240 pages (24 in color), and 35 years of heart and soul are in this book. Contains explanations of each Hyung (form) and its characteristics, as well as detailed step-by-step illustrations with feet diagrams, different angle shots and traditional pictures. Complete Tang Soo Do Manual, from White Belt to Black Belt ... tang soo do federation The International Tang Soo Do Federation™ is an organization founded on an authentic martial art. Each member school operates under strict guidelines with specific standards and

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The Best Illustrated Manual on the Korean Art of Tang Soo Do (Moo Duk Kwan). Over 1500 pictures, 240 pages and 35 years of heart and soul are in this book. Explanation of each hyung (form) and its characteristics, detailed step by step illustrations with feet diagrams, different angle shots and transitional pictures.

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Web site for Elmhurst Tang Soo Do Karate a school of traditional Korean Martial Arts, located in Elmhurst, IL.
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As you progress you will realize that Tang Soo Do is a way of life. It provides a way of thinking and acting which will guide you and teach you in all areas of your life, so that you will be happier, healthier, and wiser. This manual is meant to provide guidance to all beginners.

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Complete Tang Soo Do

Manual: From White Belt to Black Belt v. 1 by Ho Sik Grand Master Pak (1-Jan-2002)
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