

Reaching New Heights

2016



MEMBER'S MANUAL

Thank you for downloading the 2016 Manna's Martial Arts Member's Manual. We know that this will be a great training tool and provide great knowledge.

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“The truest form of leadership is one which is bestowed upon you by those whom share your journey.

I continue to be overwhelmed and honored by the respect, commitment and loyalty shared by those sharing the journey of life that I call students, friends and teachers. This journey's kindness to my students, family and me is never over looked.”


Brian D. Manna





This Membership Manual Belongs To:

Name: _____

Student's Number: _____

Student's TEMAS Number: _____

Journey Start Date: _____

Address: _____

Phone: _____

Teacher/Instructor: _____

Instructor Email: _____

Tang Soo Do / Songin Do / Hapkido **and Ancient Tae Kwon Do**

Member's

Location: _____

at Manna's Martial Arts, Inc.

12285B World Trade Drive, San Diego, California 92128

Voice: (858) 487-6470 Email: office@manna.us

Website: www.manna.us

Like Manna's Martial Arts on Facebook



MANNA'S NEWEST UPDATES



September 6, 2014 date marked PGC Student Testing, Black Belt Presentations and Certifications, each special, presentation was highlighted by: Master Chris A. Brandt, and Master Janet K. Manna completed a journey of countless miles to embark on a greater new beginning as they received their 6th Dan Senior Master Certification. Faith Andrews set new goals on her journey in receipt of her 4th Dan Master Certification and Master's Ring from KJN Manna. This book includes the names of the Black Belts recipients of this year.

Thank you to all of the Senior Masters and Grandmasters that have supported and provided guidance. Special thanks to Grandmaster James Wilson and Grandmaster Darryl Khalid for sharing and aiding for more than 35 years on this journey .

Brian D. Manna aka: Sir

Grandmasters (Front L/R): Darryl Khalid, Brian Manna and James Wilson
Masters (Back L/R): Wil Dieck, Chris Brandt, Janet Manna and Faith Andrews.



MANNA'S MARTIAL ARTS INC. TRAINING LIFETIME MEMBERS

Clyde Robin Parrish III
Clyde Robin Parrish IV
Stuart Rosenberg
Christopher A. Brandt
Alexander Szeto
Mabel Szeto
Colin Szeto

The "Lifetime Training Membership" entitles the individuals named to receive training at Manna's Martial Arts, Inc. for their lifetime. All classes indicated on the Manna's Class Schedule related directly to martial arts and kickboxing are included, person named left must be a minimum age of twelve to participate in the kickboxing workout. We are honored to have these individuals join us for long term at Manna's Martial Arts, Inc.

MISSION STATEMENT



Brian D. Manna, Kwon Jang Nim

*Manna's Martial Arts Founder and President
International Grandmaster Instructor*

I would like to take this opportunity to welcome you to Manna's. Your instruction has been designed to provide you with unique mental and physical coordination. You will find that these courses stress the development of individual character, integrity and respect for others.

Manna's strives to provide a safe environment for children and adults to improve their daily lives both physically and mentally, using the martial arts of Tang Soo Do, Hapkido and Songin as a positive tools to achieve daily life goals. We aim to create a community for friendship and social activity and strive for excellence in innovative teaching skills for the modern life's schedule.

Manna's has been a pillar in the martial arts community for over two decades. Beginning in Rancho Bernardo, California where I began the studio as the sole instructor. In 2015, we celebrated our 30th anniversary and have grown to employ numerous instructors and childcare providers. We are very proud of our programs, teachers and continue to develop and integrate new programs into the studio. Because of our commitment to our students and the arts, Manna's has been locally and nationally recognized as a primary leader in the martial arts community.

This Member's Manual was designed to provide you with guidance and to assist you in achieving your goals. It is my honor to give you good physical and mental guidance through the martial arts.

Welcome to your journey,

Brian D. Manna



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"We are Humbly Thankful".....	Inside Back Cover

Grandmaster Andy Ah Po, Grandmaster James Wilson and
Grandmaster Darryl Khalid

Invited the Martial Arts Community to the
Grandmaster Entitlement and Rank Certification

To Honor Grandmaster Brian D. Manna
July 29, 2006 in San Diego California.



Grandmasters and Masters present at Grandmaster Event

(Back) Mark Pattison, Patricia Olekszyk, Steve Simpson, Janet Manna, Pely Ferrer, and Chris Brandt

(Middle) Ricky Jackson, Jack Black, and Michael Wynn

(Front) Darryl Khalid, James Wilson, Brian Manna, Andy Ah Po, Larry Spears and Louis De La Rosa

ABOUT GRANDMASTER BRIAN D. MANNA



Brian David Manna

Kwon Jang Nim/Grandmaster

The Educational Martial Arts System 1990, Founder & Kwon Jang Nim Varsity Martial Arts League, VMAL, President/Founder 2012
8th Dan/ Professor Certification 2011 - Bunbu-Ichi Zendo/Bugei Remmei
Pal Dan - 8th Dan Certification 2011 - C.M.K. Tae Kwon Do
Grandmaster Induction Ceremony July 26, 2006 - S.A.M.A. & S.D.A.M.A.
TSD 7th Dan Certification, 2006 & 2008 - T.S.D.M.W.A.
Infragrad Sector Chief, Community Service, San Diego 2006 - 2007
FBI Citizens' Academy Graduate, San Diego CA 2005
Founder of the Songin Do style of martial arts 2003
Tactical Master of CDT Non-Deadly Force Training 2001 thru 2008
Hall of Fame Inductee 1999 and July 1st, 2000 - World Karate Union
Tiger Team, MMA Olympic Taekwondo Coach 1999-2000
Bunbu Ichi Zendi Kyo Ki, Shihan and Region Head appointment 1990
March Air Force Base Tang Soo Do Program Former Director
After School Enrichment (ASE) Founder, Martial Arts Programs 1986
Manna's Martial Arts / United Tang Soo Do Karate Founder 1985

After seeing a picture of a black belt in a book at the age of three it was clear. Mr. Brian Manna has held a passion, fascination and vision of being a martial artist ever since. While attending Junior High and High School he was inspired by Patricia Olekszyk (formerly Patricia Gane), a traditional Shotokan style martial artist. While attending college, Tyler School of Art a part of Temple University, Mr. Brian Manna was recommended and referred to Kwon's Karate in Drexel Hill, Pennsylvania by Patricia Olekszyk. He began his distinguished career in the martial arts in a suburb of Philadelphia, Pennsylvania, training under the instruction of Grandmaster Young K. Kwon at Kwon's Karate, in the U. S. Tang Soo Do (Tang Soo Do Moo Duk Kwan Soo Bak Do Association).



left to right: Grandmasters Jae C. Shin, Young H. Kwon and Young K. Kwon

Mr. Brian Manna moved to California in 1976 and continued his training with Grandmaster Young H. Kwon. While training he won the World Tang Soo Do Association Headquarters Design Contest from WTSDA Founder Grandmaster Jae C. Shin and later received the No. 10 Life-Time Membership with the WTSDA. He began his teaching with Grandmaster Young H. Kwon in San Diego. Mr. Brian Manna was honored to be present and assist in the formation of the United Martial Arts Federation with Grandmaster Young K. Kwon and Grandmaster Young H. Kwon.



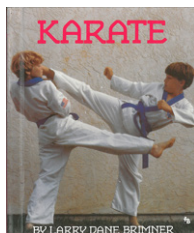
Mr. Brian Manna opening a location was a serious undertaking. Knowing first, was the understanding that once he began teaching in an area he was committed to stay in that area, forming life long relationships with students, families and the community. After researching the community and demographics Mr. Brian Manna began teaching at the Westwood Club Community Center in San Diego, California, 1985.

In 1986, with overwhelming support from 100% of the members the doors of the original United Tang Soo Do Karate (UTSDK) located two blocks away, the first studio, were opened. In 1988 Mr. Manna had the pleasure and opportunity to begin training in combat applications and weapons concepts with Soke Dai Ralph Black Jr, of the Bunbu Ichi Zendi Kyo Ki. The Rank of 4th Dan in Tang Soo Do was awarded to Master Manna in 1990. On September 8, 1994, the new UTSDK, Carmel Mountain Studio now Manna's Martial Arts in Carmel Mountain Ranch, San Diego, CA was opened. At 8,500+ square feet, MANNA'S is proud to be one the finest studios in the



GRANDMASTER BRIAN D. MANNA CONT.

United States. Today Grandmaster Manna continues to service the same communities. For Master Manna's support and dedication to the Martial Arts, he has received numerous awards of recognition. He has held special demonstrations and exhibitions for many communities, sponsored many youth organizations. Developed a martial arts scholarship program for higher education. Directed and produced instructional videos and DVDs through TEMAS for Grandmasters and masters in the arts. Master Manna and members during martial arts training at the Westwood Club were featured in a nationwide book published by Franklin Watts, Inc. a Fist Book Edition (Karate by L.D. Brimmer). Master Manna with the support of Mr. Tom Patire, the creator of Know & Go, was the invited Child Safety Expert featured on KMFB News 8, (August 2002) Master Manna has presented Know & Go Child Safety Courses to entire elementary schools, through assemblies on campus of the schools, since 2005.



In the fall of 1997 at the request and encouragement of Grandmaster James Wilson, Manna's entered into Olympic Style Tae Kwon Do competition. In 1997, in support of the 12th Annual Manna's Martial Arts Camp, Century Martial Arts Supply sent Herb Perz, Kim Dodson-Peck and Kevin Padilla to the three day event. With the hard work and commitment of thirty members competing in 1998 and 1999 Grandmaster Manna was appointed CA State Coach of the Year



TEMAS - International Ko Dan Ja 2012

at the 1999 Tae Kwon Do Jr. Olympics. The team had earned twenty-eight California State Championship medals, a National Silver and a National Gold Medal in those two years

Over more than three decades, Grandmaster Manna has helped guide many outstanding Students, over 700 Black Belts, Grand Champions, Instructors, Master Instructors, Senior Master Instructors and studio owners.

Grandmaster Manna continues to teach, guide and speak proudly of those who have entered the ranks of Master (Ko Dan Ja and Sabum Nim) through his tutelage: Christopher A. Brandt; Mark W. Pattison; Janet K. Manna, Steven T. Simpson; Faith L. Andrews and Christian R. Hunter.

In 2003, after more than 3 decades of study and interpretation Grandmaster Manna, the style founder, introduced Songin Do martial arts. Songin Do a martial arts style designed for the mature adult to regain confidence, strength, longevity, and effective self-defense in a style maintaining physically conscientious approach.

As a Graduate of the 2005 FBI Citizens Academy and an active member of the San Diego Infragard Chapter Grandmaster Manna and MANNA'S continues to sponsor Community Awareness Events with the support and direction of the San Diego FBI Field Office and San Diego Police. Some of the subjects have been: Predator Awareness, Internet Security, Home Network Security, Domestic Terrorism, Child Safety and Finger Printing, How to be a Good Witness and Insight into the use of Explosive Devices in Middle East Terrorism. Grandmaster Manna believes that growing the awareness of the community will help build a stronger America, exemplifying the proactive good in each one of us.



As an instructor, his commitment and dedication to enhancing each student's personal growth is infallible. Offering many special clinics, camps, leadership



development courses and training programs for martial arts students, instructors, community families and corporate retreats. One of his main areas of focus is to reach out to the community and offer them an introduction to the benefits of Martial Arts. In addition to instructing full time at Manna's he has directed programs in over twenty-five Southern California locations with the aid and assistance of many fine instructors.

He has mentored and shared martial arts learning, ideas, techniques and concepts for more than thirty years with Grandmaster Darryl Khalid, Grandmaster James Wilson and Grandmaster Ralph Black Jr. At a seminar sponsored by Grandmaster Khalid he was introduced to Grandmaster Andy Ah Po. May 20, 2006, Grandmaster James Wilson and Grandmaster Darryl Khalid announced at the TEMAS International Dan Test, with more than 170 attending Black Belts and Ko Dan Ja, that from that date on Master Manna would be herby recognized as Grandmaster Manna, for his continued contribution and development of the martial arts.



Grandmaster James Wilson, Grandmaster Andy Ah Po and Grandmaster Darryl Khalid invited the martial arts community to a Grandmaster Entitlement and Rank, 7th Dan, Certification to honor Grandmaster Manna on July 29, 2006 in San Diego California.

In June 2008 Grandmaster Andy Ah Po presented Grandmaster Manna with 7th Dan certification from the Tang Soo Do Martial Way Association. He was a personal student of Grandmaster Andy Ah Po for five years. Grandmaster Manna states, "Over the years I have been honored to meet, train and share with many great people whom not only talk the talk, but walk the walk."

Fall of 2008, Faith L. Andrews of London, England became his first personal international student. During Grandmaster Manna's 2011 London, UK Clinics Master Andrews was presented with her TEMAS 4th Dan Master Rank.

In 2011 he was presented Pahl Dan - 8th Dan Certification by C.M.K. Tae Kwon Do and the Designation of Professor by the Black Family and Certification through the Bunbu-Ichi Zendo/Bugei Remmei by 3rd Generation San Dai Soke Ralph Black Jr.

August 2012 Masters Chris Brandt (#6), Mark Pattison (#10) and Janet Manna (#29) completed a journey of countless miles to embark on a greater new beginning as they received their 6th Dan Belts. September 6th, 2014



Senior Master Chris Brandt and Senior Master Janet Manna were presented their International Senior Master 6th Dan Certificates. It remains an honor to be a mentor, guide, their instructor and extended family of each as they embark on the next level martial arts. (See page 6)

September 1st, 2015 Manna's Martial Arts with Grandmaster Manna celebrated it's 30 year anniversary.

Grandmaster Manna has produced and directed Learning Seminars for martial arts instructors in business world wide.



Grandmaster Manna's greatest reward is to know that his teachings provide students the skills to achieve personal success affect others in positive ways, and progress in their communities, both in martial arts and through the journey of life's many experiences.



MASTER INSTRUCTORS

Christopher A. Brandt, Master



Certified Senior Master/6th Degree Instructor

Chief Instructor Manna's Martial Arts, CA 2006 to present
Tactical Master Instructor of CDT Training 2002 thru 2008
MANNA'S Enrichment Programs Director/Teacher



Christopher Brandt, Master Instructor, was born in Geneva, Illinois in 1974. In 1984 he moved to San Diego with his family, and began training in the martial arts with Grandmaster Brian Manna in 1985 at the Westwood Swim and Tennis Club. He received his Black Belt in June of 1989, and is currently a Senior Master Instructor teaching at Manna's Martial in San Diego, California. Being the director of the Dragons Program (ages 7-11) allows Master Brandt

to share his love of the Martial Arts with others through teaching and training. Teaching children gives Master Brandt a chance to encourage them to understand what it takes to achieve their goals.

"I remember what it was like to be in the children's class with Grand Master Manna and how much I enjoyed having the balance of fun and serious discipline. It helped me to become the person that I am today", says Master Brandt.

He constantly works to expand his knowledge base on and off of the training floor. Master Brandt studied archaeology in college and had the opportunity to do archaeological research living in Togo, West Africa. When not at Manna's Martial Arts Master Brandt enjoys spending time with his wife and pets. He loves cooking and being in the outdoors whether it is hiking, fishing, camping or spending time in his garden.

Janet K. Manna, Master



Certified Senior Master/6th Degree Instructor

Manna's Martial Arts, Inc., Vice President

Tiny Tiger Director

Little Dragons Director

Janet K. Manna began her training in 1987 under the instruction of Grandmaster Brian Manna at United Tang Soo Do Karate in Rancho Bernardo, California. She received her black belt in June of 1990. Today she continues to train and enrich the lives of others through the art of Tang Soo Do at Manna's Martial Arts in San Diego, California.

Committing the time for personal self-improvement has allowed her to serve the community in ways she never thought possible. "I am very fortunate to have the privilege of guiding many young lives into our citizens of tomorrow." She projects the benefits of self-confidence, empowerment and self-awareness while caring and inspiring others has proven to be immeasurable valuable to her.

When Master Manna is not on the training floor you may find her bike riding throughout the diverse terrain of the San Diego Country Estates or tending to her vegetable and rose gardens.



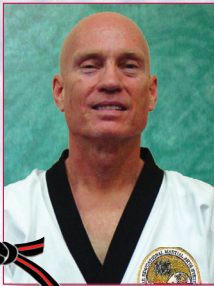


Steven T. Simpson, Master

Fifth Degree Certified Master Instructor

Steven Simpson, Master Instructor, was born in California, Maryland in 1967. His family moved to San Diego in 1972. In 1984 he began training in Tae Kwon Do, receiving his Black Belt in 1988. In that year he began training in Tang Soo Do with Grandmaster Brian D. Manna in Rancho Bernardo and received his Black Belt in Tang Soo Do in September 1990. He assisted in the opening and teaching of The Encinitas Studio from 1992 through 1996. He currently resides in Phoenix, AZ and assists at Manna's Martial Arts H.Q. in San Diego, California. In 1990 he received a bachelor's degree from the UC San Diego. He is a computer technical architect, with work experience in major cities

across the country and in Europe. He loves teaching martial arts and also shares his passion for the ocean as a Scuba Diving Instructor. Other interests he enjoys travel and astronomy.



Wil Dieck, Master

Certified Fourth Degree Master Instructor

YMCA martial Arts, Mead Ave. San Diego



Faith Andrews, Master

Certified Fourth Degree Master Instructor

Snow Heron Martial Arts, London England

Grandmasters and
Masters in attendance
September 2014
Black Belt Presentation
and Belt Test.



Grandmasters (Front L/R): Darryl Khalid, Brian Manna and James Wilson
Masters (Back L/R): Wil Dieck, Chris Brandt, Janet Manna and Faith Andrews.

September 6, 2014 - San Diego, CA USA



MANNA'S BLACK BELTS

Black Belt students trained by Grandmaster Brian D. Manna

Names on this list do not indicate certification or being active.



Abraham, Gabrielle	Bernoski, Chris	Chiu, Cedrick
Abraham, Gayle	Berry, Warren	Chu, Jasper
Abraham, Gianna	Best, Veronica	Clark, John
Abuan, Andrew	Black, Jack	Colton, James
Aguirre, Kyle	Blando, Ed	Colton, Kyle
Alegado, Albert	Blando, Vanessa	Colvin, Paul
Alfonzo, Chris	Blankenship, Morgan	Corah, Christian
Alfonzo, Darci	Bloom, Larry	 Corrales, Chloe
Amadeo, David	Bonfils, Andrew	Covalt, Daniel
Amadeo, Michael	 Brandt, Christopher 	Crees, Jesse
Amadeo, Nicholas	Brown, Patrick	Croft, Matthew
Amadeo, Paul	Bundy, Andrew	 Crosby, Peter
Amadeo, Zachary	Brunson, Sam	Crosby, Alex
Amodeo, Dina	Burchill, Joe	Cruise, Kim
Anderson, Matthew	 Burke, Dennis	Cruise, Owen
 Andrews, Faith 	Burke, Katherine	Crutchfield, Jeff
Ant, Jeffery	Callahan, Kim	Dang, Binh
Ant, Owen	Callahan, Matthew	Darrow, Audrey
Antorietto, Joshua	Callahan, Patrick	Datta, Anirvan
Attard, Michael	Carter, Lori	Davidson, Ryan
Au, Jason	Carter, Bradley	Davis, Mitchel
Azar, Sasha	Carter, Jason	Dean, Keira
Baghai, Cameron	Chambers, Nicholas	Demler, Andrew
Baker, Emma	Chadwick, Stephanie	Demler, Anthony
Baker, Dallin	Chan, Eric	Demler, Alex
Balasubramanian, Archana	Chan, Frances	Dial, Willis
Balasubramanian, Karthika	Chaney, Dennis	Dial, Joshua
Basinger, Jacob	Chao, Juling Wang	Dibble, Shea
Basinger, Matthew	Chao, Mark	 Dieck, Wil 
Barrientos, Matthew	Chavez, Joseph	Dillon, Michael
Batzer, Mike	Chaya, Ziad	Ditta, Gary
Beck, Collin	Chaya, Khalid	Ditta, Annie
Beck, Kristyn	Chen, Young	Do, Audrey
Bergman, Pierre-Yvan	Chen, Kaisen	Do, Phillip
Beidler, Erik	Cherries, Amanda	 Dobbins, Gates




Doppalapudi, Karan
Doppalapudi, Neel
Doppelt, Lawrence
Doty, Patricia
Draper, Joanne
Drew, Daniel
Drew, Mark
Drew, Megan
Dudley, Chris
Dudley, Julian
Dutta, Rahul
Dutta, Monica
Dy, Angeline
Dyck, Rodney
Edillor, Chantle
Ehlers, Daniel
Engineer, Sean
Espinoza, Emma
Espinoza, Isaac
Estrada, Clarice
Frederick, Derick
Feinstein, Joel
Feist, James
Feist, Jessica
Felber, Dillon
Ferond, Laurance
Fiorino, Samuel
Flud, Luke
Fox, Trevor
Fox, Devin
Friedman, Harlan
Friedman, Jordan
Friedman, Joshua
Friedman, Ian
Friedman, Sharon
Friedman, Brett
Gamez, Jacob
Gants, Siera














Gatton, Joey
Gedanken, Mason
Gee, Warren
Glick, Sam
Gibbons, Tyler
Gilchrist, Noel
Godwin, Micheal
Goldman, Zachary
Gomez, Angel
Gonzales-Luna, Jaime
Good, Colin
Good, Melanie
Grande, Myles
Grant, Gordon
Greenburg, Steven
Guerrero, Alexander
Gurevich, Ethan
Hagan, Delco
Hallam, Cassi
Hallam, Colt
Hartsog, Adam
Hammons IV, Thomas
Harris, Andrew
Harris, Jack
Healey, Michael
Heller, Corvus
Henderson, Travis
Hennessy, Roark
Hennessy, Cavin
Herring, Kaylee
Hessom, Cayla
Hessom, Derrek
Higgins, Brian
Higgins, Sarah
Hom, Kevin
Hom, Eric
Hopkins, Grant
Horgan, Nathaniel










Hsu, Elaine
Huey, Sueling
Humphreys, David
Hunter, Christian 
Jacobson, Michael
Jain, Mukal
Johnson, Eric
Johnson, Amanda
Johnson, Elizabeth
Johnson, Michael
Johnson, Therese
Johnson, Steven
Johnson, Daniel
Jozel, Brett
Kammann, Paul
Kammann, Sean
Kaufman, Nathan
Kaufman, Lynn
Kaufman, Matthew
Keating, Jeremy
Kehler, Jeremy
Kempa, Rob
Kim, Brian
Kim, Thomas
Kingsford, Caleb
Kingsford, William
Klein, David
Klein, Richard
Knowles, Jonathan
Koka, Andre
Koka, Ashwin
Kolb, Denny
Korz, Alexander
Kozai, Marc
Kressin, Jeffrey
Lai, Elvin
Le, Minh
Lemly, Zachary



Leone, John
Leone, Michael
LeReverand, Audrey
Leshner, Ami
Leshner, Uri
Lettang, John
Lewin, Harry
Lewin, Michael
Li, Sinclair
Lierman, Ryan
Liao, David
Lin, Weber
Liu, William
Lobo, Sean
Lochtefeld, Andrea
Lomibao, Samantha
Lomnitzer, Andrew
Long, Matthew
Lorentz, Matthew
Lorentz, Jeffrey
Maggio, Eric
Maletz, Christina
Maletz, Amy
Malka, Tina
Manlapid, Zachary
Mann, Tyler
Manna, Joshua
 Manna, Janet
Manna, Tara
Marquardt, Sondra
Marshall, Thomas
Martini, Tony
 Masterson, Park
 Masterson, Paul
May, Alexander
May, II, Allan
McCravy, Sean
McCurdy, Austin

McCurdy, Kathryn
McKenzie, Robert
 McMahon, Frank
 McMahon, Kane
 McMahon, Rianna
Melanson, Kael
Merkes, Emily
Mesri, Sahar
Meyer, Lauren
Michelon, Daniel
Milano, Jamie
Miller, Robin
Mohseni, Aria
Mohseni, Blake
Mohsenzadeh, Kaivan
Monshian, Mana
Montgomery, Miranda
Moore, Jacob
Moore, Lori
 Moore, Madison
 Morales, Kevin
 Morales III, Ralph
Morales, Victor
Mortison, Ben
Murphy, Cindi
Murphy, Michael
Nagle, John
Nasser, Azmi
Neglia, Chris
Neklia, Steve
Nelson, Kenny
Ng, Eric
 Nguyen, Christian
 Nguyen, Donna
Nicholson, Molly
Nishio, Kyle
Nooe, Joshua
Novak, Peter

O'Donnell, Connor
O'Donnell, Ryan
Okamura, Taylor
Ott, Zachary
Ozaki, Ernie
Paik, Laurence
Pan, Hongyih
Pan, Hongshin
Parker, Blake
 Parrish III, Clyde
Parrish IV, Clyde
Patil, Nita
 Pattison, Mark 
Pavin, John
 Pennington, Larry
Pennington, Jeffrey
Philyaw, Olivia
Pierquin, Marquaux
Pineda, Katrina
Pinto, Jason
 Pircher, Emilia
 Plum, Dana
 Plum, Lindsey
Pollack, Rachel
Pollack, Benjamin
Porter, Caroline
Porter, Katelyn
Pourhamidi, Kamyar
Ramasubramniam,
Shyam Sundar
Reading, Michael
Reid, Dean
Ribera, Jeff
Rice, Timothy
Ridley, Jayden
Ridley III, Melvin
Rief, Taylor
Ritblatt, Lidor



- Ritblatt, Boaz
-  Rosenberg, Stuart
- Rosenberg, Jeffrey
- Ross, Ian
- Ross, Zachary
- Ryan, IV, Thomas
- Saldivar, Enrique
- Saldivar, Jeric
- Saldivar, Norene
- Saldivar, Regine
-  Sales, Neda
- Samii, Kian
- Samii, Armin
- Sandhu, Millan
- Sassano, Marcella
- Schenck, Jeremy
- Schmidt, Sheryl
- Schmorlietz, Savannah
- Scott, Phillip
- Scott, Bradley
- Seines, Jennifer
- Seines, Trevor
- Shackman, Aaron
- Shackman, Kelsey
- Shackman, Kristian
- Shiller, Ari
- Shiller, Joshua
- Shillington, Jackie
- Siefert, Nicholas
- Silva, Andre
-  Simpson, Steve 
- Skaggs, Jerome
-  Smiljkovich, Joey
- Smith, Macstin
- Soleymani, Mehrzad
- Soleymani, Shirzad
-  Soule, Nancy
-  Soule, Nate
- Spear, Scott
- Spiegel, Clay
- Stanley, Alexandra
- Staszak, Martin
- Steinberg, Joshua
- Sullivan, Conner
- Sullivan, Leslie
- Summerhays, Giles
- Sun, William
- Sun, Andrew
- Swanson, Tristan
- Szeto, Alexander
-  Szeto, Colin
-  Szeto, Mabel
- Tate, Hunter
- Taylor, Kevin
- Taylor, Jeffrey
- Taylor, Nicholas
- Taylor, Russell
-  Tedeschi, Gary
- Thai, Andrew
- Thompson, Ryan
- Thompson, Trevor
- Thorne, Matthew
- Thorson, Marco
-  Thouin, Philippe
- Tibbets, Christopher
- Tran, Jonathan
- Tremblay, Jake
- Trieu, Eric
- Trieu, Kaitlyn
-  Trintchouck, Nikolai
- Ugaz, Brian
- Vemuri, Akhil
- Virden, Jeffrey
- Vogel, James
- Walior, Michelle
- Walker, Ana
- Walker, Eric
- Wang, Norman
- Wang, Rosalind
- Warford, Maxwell
- Wass, Grant
- Weatherly-Swanson, Joree
- Weinberg, Emily
- Webb, Alex
-  Willard, Cary
- Williams, Brian
- Williams, Chris
- Williamson, Philip
- Winer, Jason
- Winter, Kenny
-  Wohlford, Zachary
- Wolmarans, Henry
- Wolmarans, Cindy
- Wright, Mike
- Wulff, Monica
- Wulff, Alexander
- Wulff, Esther
- Wulff, Elliott
-  Wycoff, Brian
- Yakkey, Bobby
- Yamane, Ryan
- Yanez, Alejandro
- Young, Paul
- Zhang, Richard
-  Zoppi, Alex
- Zoss, Saeed
- Zustak, Nicholas



Gold Members
see page 56

WHAT WE TEACH AT MANNA'S

PHYSICAL TRAITS

- **Sports and Fitness**
- **Self-Defense**
- **Flexibility**
- **Power**
- **Breathing Technique**
- **Weapons**

30%



MENTAL SKILL SETS



- Self-Discipline
 - On Task
- Self-Confidence
 - Calmness
 - Unity
- Communication
 - Fairness
- Social Skills





STYLE & TECHNIQUES

Tang Soo Do

A style that has become a tradition, this hard style art uses the natural turning and twisting of the body to empower your kicks, punches and blocks exercised and incorporated into line drills, self-defense, patterned forms, sparring, weapons and board breaking. These techniques are inclusive of the sport and fitness facet of martial arts including cardiovascular, resistance training, body mechanics, control and focus.

Songin Tang Soo Do

Physically conscientious program for minimum age thirty, a class designed in practical combative applications, training to be highly aware to defend against an opponent of any size or strength. From advanced modified forms, Ho Sin Sul, Il Soo Sik Dae Ryun, Hapki-Do and weapons are all taught in “Songin” for training throughout the middle and senior years. Grandmaster Manna/Founder

Hapki-Do

Self-defense against a grab using soft style techniques. As water flows around the rock down stream, the defender moves to safety through joint manipulation, pressure points, re-direction and take downs. Understanding of body mechanics, balance and leverage.

Ho Sin Sul

Self-defense against a grab using hard style techniques. Blocks, punches, hand, elbow and foot strikes are directed at the attacker with light or no-contact practice. These exercises begin training the mind and body to defend against various types of grabs at different belt levels. Understanding of body rotation, mechanics and strike points are incorporated into these exercises.

Il Soo Sik Dae Ryun

Self-defense against an attacker using hard style techniques. These exercises incorporate defense against a lunging punch using blocks and counter strikes to various areas of the body, focusing on speed, timing and direct power, through the use of repetitions.

Weapons

Taught at higher belt levels, weapons are incorporated through pattern forms and self-defense techniques. Staff, nunchaku, bokken, cane, three-sectional staff, dagger and at the Master level, sword are taught in a controlled environment. Each student must attend and successfully pass a safety class before they may begin using the weapon designated for their particular belt level.

All non-foam nunchaku & 3- sectional staffs are required to be stored at Manna's Martial Arts.



MARTIAL ARTS OVERVIEW

Martial Arts Definition

It is important to remember that the term “martial arts,” though once aptly defined as “violence and the control of that violence” literally means “military skills,” and encompasses all the individual martial arts. Karate, Kung-Fu, Judo, Aikido and Kobujitsu complete the Oriental line of ancient Asian warfare; however, also important are the tactics of India, Greece, Egypt, France and the Americas.

Though drastically different, all forms of the martial arts can be described as being either a form of sport (Judo, Wrestling, Taekwondo, etc.), a “Jitsu” (combat forms) or “Do”, a way of life or art (those of high cultural value and moralistic intent).

Let us first examine the term “martial.” Though many stylized art forms have derived from the professional warriors, the majority of the arts still in practice today were developed by the civilian populations for the purpose of personal defense. However, the term “martial” is still applicable not only in the militaristic approach with regard to instruction, but also in the warrior ethic developed within each practitioner.

Besides conditioning the body and improving speed, strength and coordination, studying the martial arts increases one’s alertness and self-awareness. It also teaches confidence in one’s abilities to deal with the world around us. With deeper confidence comes calmness and a sense of inner peace; this can penetrate to the very depth of our being.

Any form of self-expression or interpretation can be considered an art. But, the highest level of artistic freedom is found, not in reproduction

but in creative expression. In martial arts this creativity may resonate in one’s resources and mental flexibility to formulate a response appropriate to the needs of any given situation. The term “do” is Japanese for “the way” or “the path”. The way to inner peace is through the control of outer disorder. The way of self-discipline is the path to self-control; and once in control of one’s self, one is better equipped to control one’s environment. Once properly directed and focused, “do” may be a source of unlimited creative energy.

The coordination of body and mind produces great power, and with great power comes greater responsibility.

History of Martial Arts

The roots of the Martial Arts pre-date any written history. Much of the information that has been compiled with regard to the “warrior arts” of early civilizations has been found in the other art forms of its culture such as: statues, pottery and paintings on temple walls which depict combat between two or more warriors. For example, in ancient Egypt, artwork on the walls of Beni-Hassan’s tomb depicts techniques similar to those found in Jiu-Jitsu.

In 2250 BCE (before current era), during the Hsia Dynasty, Emperor Yu noticed that a pond of water collected diseases, whereas a running stream stayed more pure. He then ordered that his people should exercise in sequenced patterns, and with this, first placed the emphasis on the prevention of diseases rather than just their cure. These movements may well have laid the groundwork for Tai Chi Chuan, many centuries later. During the Chou Dynasty (1150 BCE), early Taoist and Confucian texts, including the I Ching (Book of Changes), the Shin Ching



(Book of Poems) and much later, even the Li Chi (Book of Ceremonies and Rites) mentioned the Martial Arts and produced the Kung-Fu Hexagram, or the symbol of “strong yielding”.

The first organized school of combat seems to have been the Palaestra, a school of wrestling in ancient Greece. Greek boxing experienced its classic era from the time of Homer to the close of the 5th century BCE, and may have been the first art to utilize the open-hand as a weapon. The art of Pankration (all powers), a mix of Greek boxing and wrestling was carried across the Himalayas into China by Alexander the Great in 326 BCE. Greek forms of wrestling and especially the art of Pankration are said to have directly influenced the Indian arts of Nata and Vajramushti. These early Indian arts, once coupled with the Buddhist teachings, gave birth to Yoga and later, Kalari Payat.

Just pre-dating the appearance of Buddhism, in the early Han Dynasty in the 200's CE (current era), a famous Chinese surgeon named Hua-To imitated movements of the deer, bear, tiger, monkey and birds for their health aspects. Later these movements were refined for the first Emperor of Sung Dynasty, Tai-Chung, and became the root of modern-day calisthenics.

The T'ang Dynasty

The T'ang Dynasty (618-907 CE) witnessed a great rise in popularity for the Shaolin Temple and its arts. It was during this period that the monks first served a military purpose and became, in essence, a special detachment of the Imperial Army. In quelling internal uprisings and resisting many different invasions, the inhabitants of Shaolin were rewarded with many honors and citations as well as huge

amounts of land on which they built more temples, starting with a second Shaolin in the Fukien province (now an area in Taiwan).

Priests, soldiers, statesmen and scholars, while visiting and studying at these Chinese monasteries were undoubtedly exposed to Chan-Fa and returned to Korea, Japan and the Ryukyu with the seeds of what would soon be their own native arts.

Traveling Shaolin monks were responsible for the birth of several hundred styles of Kung-Fu. They would teach Chuan-Fa to their family, friends, and followers and they, in time, would alter and add on to the style, then call it whatever they wanted – usually after their family name.

Japan, during this time, began to proliferate schools of wrestling and swordsmanship, which would later become Sumo and the arts of Kendo. The earliest forms of Kenjutsu are thought to have existed as early as the 6th century BCE and were most likely developed from techniques exhibited by Buddhist monks and scholars relating what they had learned abroad. The antecedent of this was to be seen in the transmission of Ch'in-Na from China to Japan in the early 900's CE, becoming the basis for Aiki-Jutsu.

In Korea, early developments in Taekyong and Subak (the base arts of Tae Kwon Do), Hwarang Do (the ancient military art form) and Tang Soo Do (traditional Korean martial art with legendary influence by China, literally T'ang Hand Way) were interpretations of Wai-Chia, the external systems of Chuan-Fa. The northern external styles were known for their intricate kicking techniques... and once these were combined with the spectacular acrobatics of the native Korean kicking arts, the two made for a formidable union know as Tang Soo Do.



THE CYCLE OF THE SEASONS

The seed lay nestled in the earth's warm embrace as snow coated the exposed ground above. The lands had succumbed to the grip of winter but the protected seed radiated potential, power, energy, and ... life. Yet through the layers of time, the energy born of the sun slowly and gradually warms the earth more and more, stealing away all traces of winter as the absence of this cold season unveils the next season, Spring.

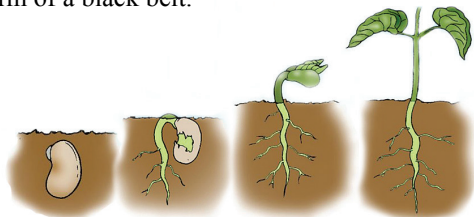
The new season carries the promise of growth as the sun beckons the seed to break free of its almost lethargic hibernation. Struggling, with visible efficacy, the seed opens up as a small green limb strains to pierce the earth's hold and bask in the glory of the sun, deeply drinking in its rejuvenating energy.

Spring makes way for Summer as the cycle of seasons presses on and the little plant continues to grow. But now more components become evident in the process of growth as the plant is soon found to rely not only on the sun's energy, but the sky and water as well. As the sky and water prove to be key factors in the growth process as well, the plant continues to prosper and grow in size. Yet as the plant grows upward and outward, its roots grow also as the roots help to deeply anchor in and support the plant. And then finally, the plant shines forth life's vibrant energy as the plant erupts into full beauty by blooming and ripening.

In this season now of early Fall, the plant is on the edge of total maturity. Ultimately, the plant becomes fully mature and initiates its preparation for the final step in the first cycle of life. This seed, this life cycle, however are merely symbols. Symbols representing students and the path they follow in Tang Soo Do Karate as I myself have come to realize that I possess the honor of having been a "seed" and following the cycle's path also. I have now reached the point that as a sincere student of Tang Soo Do, I must prepare for the next cycle of life which is found in the form of a black belt.

Written By:
Mr. Chris Alfonzo
Black Belt No. 136-0190

1990



MANNA'S BELT SYSTEM

The Manna's belt system begins at White Belt and continues into the higher ranks of Black Belt. Each color represents a stage of achievement and symbolizes the cycle of the seasons. This reflects the oriental philosophy: "That which is born must grow, reach maturity, die, and leave behind the seeds of a new birth."

WHITE

The White belt is the beginning of life's cycle, and represents the seed as it lies beneath the snow in winter.

ORANGE

The Orange belt represents the sun as it warms the earth to prepare for new growth in spring.

GREEN

The Green belt represents the new plant that has begun to grow as summer arrives.

BLUE

The Blue belt represents the nourishment received from the sky and water as the plant prepares to flower in late summer.

RED

The Red belt represents life's energy as the plant begins to bloom and ripen in early fall.

CHO DAN BO

The Cho Dan Bo Belt represents the mature plant. The Cho Dan Bo student is a candidate for Black Belt and now must prepare for the final step in the first life cycle.

BLACK

The Black Belt represents maturity, respect and honor and is the final stage of one life cycle and the beginning of the next. Reaching this goal starts the student on the path towards true mastery in the ranks of Black Belt.



PROCEDURES

COMPOSURE

Members should maintain composure and self-control at all times in the school. Responses should be with a loud, clear voice. Members are expected to bow to Instructors and acknowledge thanks to those that assist them in class.

DURING CLASS

The senior belt holder is expected to deliver commands such as lining the class up in rows; acknowledging the Master or Instructor entering the floor by calling the class to attention and directing the class to bow and saluting the United States of America flag. When seated on the floor, students sit cross-legged with back straight and fists on knees. If questions arise, they should be addressed to the member's immediate senior thus maintaining the chain of command. When asking or answering a question to a senior stand at attention and speak with a clear voice. Leaving class early and joining class late is permitted with approval, see your class Instructor for details.

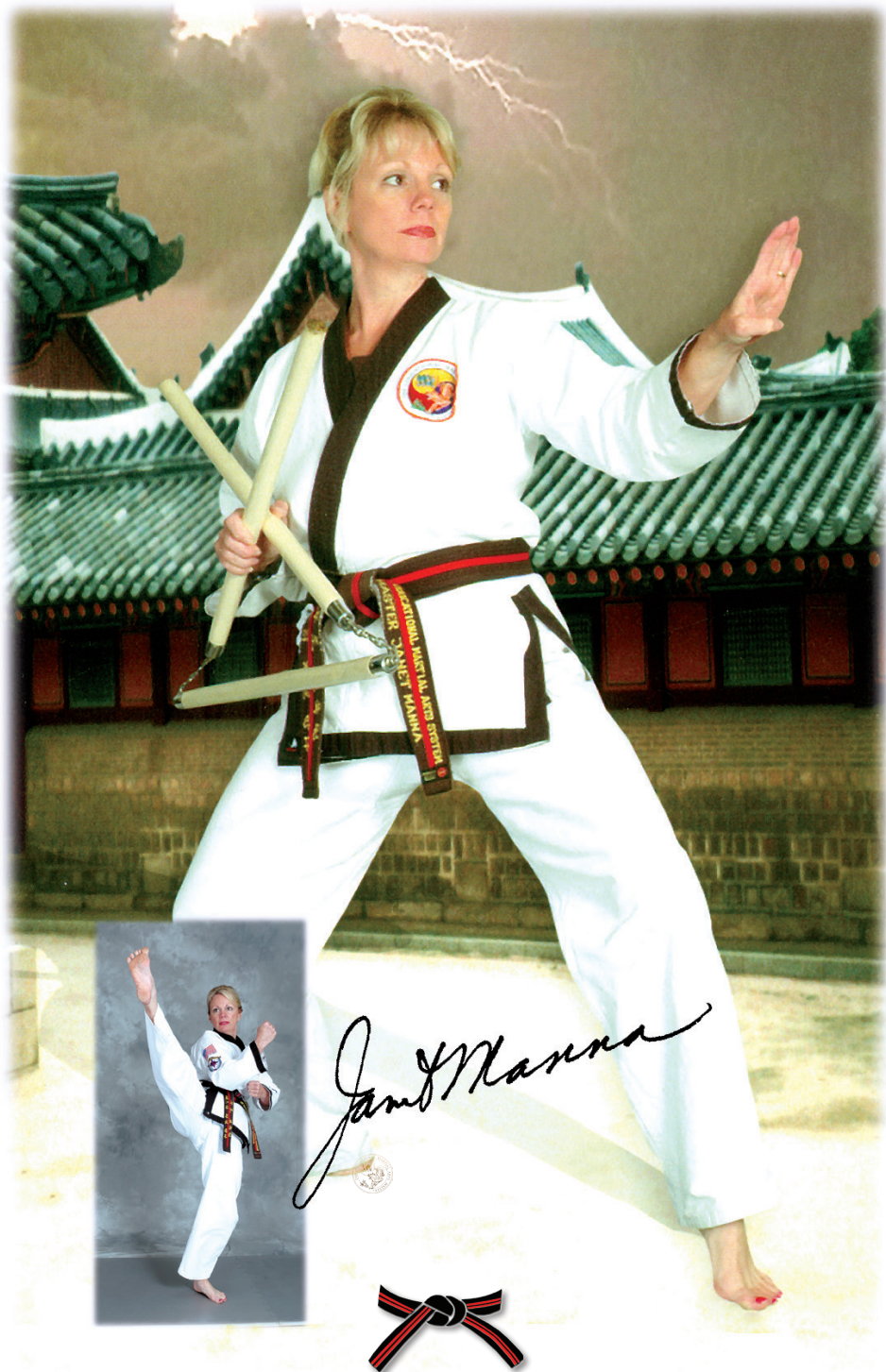
MAINTENANCE

Maintenance of a clean and correctly marked uniform is required. No jewelry is to be worn, if members wear earrings and are unable to remove them they are required to place tape around or on both sides for safety. All members with glasses are required to use bands or an athletic strap to hold them in place. All nails should be clipped short to prevent injury. Female members will wear a t-shirt under their uniforms. We recommend male members wear a protective cup (required minimum age 7 or when instructor requires). Members with long hair are required to have it tied back away from the face. Members are to inform the Instructor prior to class of any injury and when missing classes.

OUTSIDE OF SCHOOL

Members should handle themselves with respect and honor when they are outside of the school, as well as when they are training. The school and other members are reflected by your behavior. The Master Instructors should be greeted and shown the same respect and protocol outside as within the school/studio environment.





SCHOOL FLAGS DISPLAYED

UNITED STATES OF AMERICA FLAG

The United States of America flag is to be displayed to show proper respect for our nation, and hangs on the left side. It can be hung horizontally or vertically. When hung horizontally or vertically, the stars should always be in the upper left hand corner.

THE EDUCATIONAL MARTIAL ARTS SYSTEM FLAG

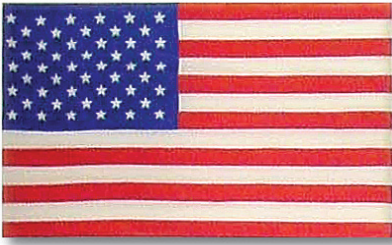
The Educational Martial Arts System flag is to be displayed to show our studio's membership in the organization that unifies and supports us as a group. It is hung in the center and is always to be displayed horizontally.

SOUTH KOREAN FLAG

The South Korean flag is to be displayed to show our Korean Tang Soo Do style's origin, and hangs on the right side. It can be hung horizontally or vertically. When hung horizontally, the red half circle is on the top and the three long bars are on the left. When hung vertically, the blue half circle is on the left and the two long bars with two short bars are in the upper left corner.



SCHOOL FLAGS



UNITED STATES OF AMERICA FLAG (Kookgi)

The white stripes represent our purity of spirit, the red stripes represent valor and the blood shed to protect and uphold our freedom. The 13 stripes represent the 13 original colonies. The blue represents tranquility and justice, and each star represent each one of the 50 states in our nation. We display our country's flag in our studio to show the loyalty and pride we have for our great nation.

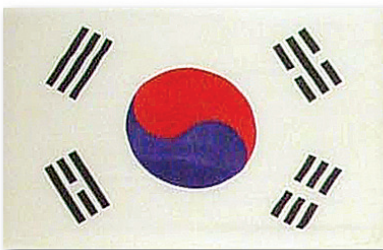
SYSTEM FLAG (Hyup hoi gi)

The Educational Martial Arts System is the organization to which our school belongs and is joined together with other martial arts schools to enhance and ensure the high standards of our art. The details of this flag can be found on page 47 in this handbook.



SOUTH KOREAN FLAG

(Tae kookgi) The circle in the center represents the essential unity of all being. The blue section "Um" and the red section "Yang" represent the ancient symbol of the creation of the universe; constant movement within the sphere of infinity, and also balance and harmony.



This oriental symbol represents the universal concept of opposing but complementary forces, fire/water, day/night, hot/cold, etc.

Each set of three bars placed at each corner of the flag continues the concept of equal but opposing forces. The three unbroken bars stand for Heaven while the three broken bars on the opposite side stand for Earth. At the lower left hand corner the two bars with a broken line between stand for fire, and the opposite one bar with two broken stand for water.



STUDIO RULES

- 1. Try to arrive at least 10 minutes before class begins.**
Late arrivals: Bow to Instructor and take next spot in the junior line.
Early Departure: Request at front desk prior to class (fill out Early Release form).
- 2. Show respect by bowing to Masters and Grandmasters**
- 3. Maintain a clean, correctly marked uniform at all times.**
- 4. No shoes worn in the training areas, without permission.**
- 5. Salute the USA flag when entering and leaving the training areas.**
- 6. Refrain from loud talking, and calm your mind.**
- 7. Class photos are prohibited***, due to security and safety of members.
*Photos may be taken at all open events, championships and belt examinations.
- 8. All members take part in keeping the school neat and clean.**
- 9. Notify an Instructor in case of absence or injury.**
- 10. Observe MANNA'S 7 Codes, Principles, and 4 Purposes at all times.**

MARTIAL ARTS SPIRIT



Chris Hunter Age 7

Strong spirit is very important in your training. One way of demonstrating this strength is a “Ki Hap” (yell), which is designed to throw your opponent off guard and to strengthen your mind and body. (Example: “Ahzah”)

Another way to show spirit in Tang Soo Do studios, is by shouting, “Tang Soo!” Tang Soo is short for Tang Soo Do, the Korean traditional martial art style we are studying. Training in the martial arts is for the physical and mental growth of each individual student, learning at their own pace. As practitioners we share this

in common. With this goal in mind, at the end of each class or martial arts gathering, we raise our right arm with the hand in a fist and shout “Tang Soo!”. This shows our unity and expresses our knowledge that this spirit will be carried on until our next gathering together.



MANNA'S 7 CODES

1. LOYALTY TO COUNTRY

To support and uphold as true, right and proper, our nation's beliefs and honor, even in the face of challenge or indifference.

2. OBEY PARENTS

To act and behave without conflict to the guidance and wishes of our mothers and fathers. Also, to show respect to our elders for their sense and wisdom.

3. HONOR FRIENDSHIP

To value and protect relationships with honesty and integrity.

4. ACHIEVE MY GOALS

To carry to a successful conclusion a particular challenge that we have set for ourselves.

5. IN BATTLE, USE SENSE AND WISDOM

To deal with opposition with the acquired knowledge we have gained of what is right and true for the betterment of all.

6. NO KICKING OR PUNCHING OUTSIDE OF MARTIAL ARTS CLASS, "I AM ALLOWED TO BLOCK!"

7. HAVE FUN!!

PRINCIPLES OF TANG SOO DO

JUSTICE • SINCERITY • RESPONSIBILITY

FOUR PURPOSES

SURVIVAL
SAFETY
EDUCATION
ENTHUSIASM



UNIFORM INSTRUCTIONS

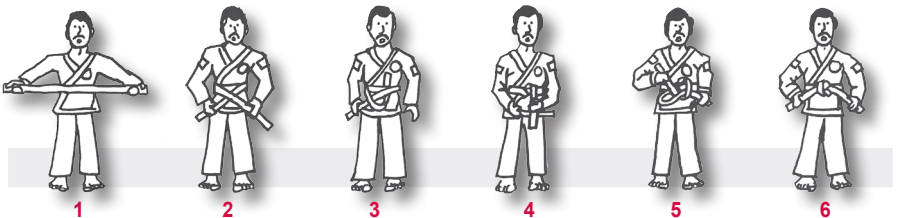
UNIFORM MARKING

The uniform (Do Bohk) has approved patches located on the top. The TEMAS patch placed on the left chest, with the United States flag patch placed on the right sleeve below the shoulder seam, and the South Korean flag patch placed (red up) on the left sleeve below the shoulder seam. Black belt holders may also have an Assistant Instructor patch, Instructor patch, or Junior Black Belt patch below the South Korean flag patch. Additionally, program members are required to display their respective patch under the South Korean flag patch. Green, blue and red belt holders will have matching uniform lapel trim, which matches their belt color, on their uniform top. Cho Dan Bo belt holders will remove the red trim, symbolizing the return to the basics in preparation for Black belt. Black belt holders will have black trim on the lapel, cuffs and around the bottom edge of the uniform top.

TYING YOUR BELT

1. Fold your belt (Dee) in half with the ends together to find the center. Place center of the belt on stomach.
2. Wrap both ends around waist and cross in back. Bring ends back around to front, crossing the end in your right hand over the end in your left hand.
3. Switch hands on your belt ends and take the end in your left hand and slip it under both pieces of your belt around your waist. Pull both ends up and down to tighten.
4. Take top end that is in your left hand and hold it out in front of you. Take the end in your right hand and bend it over to the left.
5. Take the left end and bend it over the right end, up and through the knot hole.
6. Pull both ends tight with a couple of pulls. Note, you have just made a square knot. Pull ends down to see that they are even.

NOTE: Your Belt is NOT to be washed at anytime.



AGE SPECIFIC PROGRAMS



Ages 3 & 4



Ages 5 & 6
Maybe Age 7



Ages 7 - 11
Maybe Age 6



TEEN/ADULT
Ages 12-29



SONGIN
Min. Age 30

UNIFORM DESCRIPTIONS



TINY TIGER



LITTLE DRAGON



INTRO - VIP



BEGINNER



BEGINNER
SONGIN



GREEN &
BLUE BELTS



RED BELTS



BLACK BELTS



KO DAN JA
& MASTER

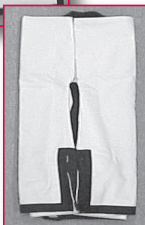


FOUNDING
MASTER

UNIFORM FOLDING



1. Place uniform top on back, fold sleeves inward at the shoulder seam, towards the center.



2. Fold left and right side of top inward to meet center.



3. Fold pants legs in half together and fold in half length wise twice. Place on bottom half of uniform top and fold the top in half width wise.



4. Fold belt in half and wrap around uniform with an overhand knot.



ASK THE MASTERS - FAQ

WHY DO WE PRACTICE FORMS?

Forms incorporate the visual aspect of defending yourself. These repetitive combat-patterned movements aid in learning coordination, balance, control, tempo, execution of power and torque while allowing the student to add his/her own personal style.

WHY DO WE REPEAT THE SAME TECHNIQUES OVER AND OVER AGAIN?

Repetition creates muscle memory. In this way you are conditioning your body to respond immediately if you have a need to defend yourself. Repetition also allows for mastery of the technique. Correct hand and foot positions, chambers and execution are achieved after repetition and practice.

WHY SHOULD I HAVE A SECOND UNIFORM?

Having the flexibility to attend class at your convenience, while your other uniform is being laundered or tailored.

WHAT IS MY FIRST LEVEL OF SELF-DEFENSE?

Awareness of your environment is your first level of self-defense. Knowing your surroundings and removing yourself from dangerous situations combined with verbal communication is key. Avoiding confrontation is the first step before using physical application of learned techniques.

WHY DO I TEST?

Testing is an important exercise in performing what you have learned for your current rank. It is not only a test of your memorization or technical skills; it is also a vehicle to measure personal achievement and effort. In addition, testing builds self-confidence working in front of an audience and with a large group.

HOW OFTEN DO I TEST?

Promotional Graduation Ceremonies are held once every 3 months. Testing cycles vary for each student depending upon concepts grasped, techniques performed, spirit, attitude and rank level.

WHEN DO I GET TO PARTICIPATE IN SPARRING?

Sparring is an achievement through the demonstration of specific skills and meeting the belt level specific to your program. Sparring allows practice executing techniques in a controlled light to no contact environment.

WHEN DO I LEARN MARTIAL ARTS WEAPONS?

Weapons are traditionally learned at green belt and above. You may have special access to learning weapons through special classes and age specific programs. Before working with any weapon, you will attend a safety class for that specific weapon. (Example: Songin learns weapons at first rank level.)





HOW LONG WILL IT TAKE ME TO ACHIEVE BLACK BELT?

The amount of time it takes to achieve Black Belt depends upon each individual. If one were to take and pass every Promotional Graduation Ceremony technically it would take about 5 years to achieve Certified Black Belt (Adult and Junior Black Belt achievement times vary).

WHAT DOES IT MEAN TO BE A BLACK BELT?

To be a Black Belt is to train regularly, display a positive Black Belt attitude, and have achieved the rank 2nd Dan. Just as a new student wears a white belt, (s)he has no knowledge of that level. As you advance, you have completed the rank you were and *becoming* your new rank. This philosophy carries on through the ranks. Black Belts are those students who have made a commitment to train, give back and represent the lessons Manna's Martial Arts instills.

WHERE DOES MY JOURNEY LEAD?

A student's journey is specific to themselves. It is a personal journey of learning the art with Manna's Martial Arts, which will allow you to grow, mature and experience a heightened level of self-awareness. You will travel down a path that will supply you with the physical and mental tools to assist you in making better choices in life.



GENERAL TERMINOLOGY

STARTING CLASS

Cha Ryut.....	Attention
Kookgi Ba Rae	Salute to flag
Ba Ro.....	Return
Muk Nyum	Meditation
Ba Ro / Cha Ryut.....	Return / Attention
Kyung Yet	Bow to Instructor (see below)
Kwon Jang Nim - Grandmaster or Founding Master	
Soonam Kookja Sah Bum Nim - Senior/International Master	
Sah Bum Nim - Master Instructor by Appointment	
Bo Sah Bum Nim - Assistant to Master Instructor by Appointment	
(Level) Dan Ja - ex. 2nd Degree Black Belt would be: E Dan Ja	

GENERAL COMMANDS

Choon Bae.....	Ready
Shi Jak.....	Begin
Sheo	Relax or Rest
Ahn Jo	Sit
Yul Chung Shu.....	Rest Position
Tora.....	Turn
Kyo Dae.....	Change
Dwi Ro Tora	Turn to Rear
Ku Ryung E Mat Cho Soh	By the Count
Ku Ryung Up Shi.....	Without Count

NUMBERS

Hana.....	One	Tasot.....	Five	Ahop.....	Nine
Tul.....	Two	Yosot.....	Six	Yol.....	Ten
Set.....	Three	Ilgop.....	Seven	Sumal.....	Twenty
Net.....	Four	Yodol.....	Eight	Sarun.....	Thirty

CLASS ACTIVITIES

Bahl Cha Ki Choon Bae.....	Ready for Kick Stretch
Pahl Put Ki.....	Center Punch in Horse Stance
Hyung	Form or Pattern
Ho Sin Sul.....	Self Defense
Il Soo Sik Dae Ryun	One Step Sparring
Ja Yu DaeRyun.....	Free Sparring
Kyuck Pa	Breaking
Chi Na Ga Num	Passing Techniques

STANCES

Choon Bee Ja Seh	Ready Stance
Chun Kul Ja Seh.....	Front Stance
Hu Kul Ja Seh.....	Sparring (Fighting) Stance
Kee Ma Ja Seh.....	Horseback Stance
Sah Go Rip Ja Seh.....	Fighting Horseback Side Stance



TECHNIQUE LOCATIONS

Ha Dan	Low Part (groin to knee area)
Choong Dan	Middle Part (solar plexus area)
Sang Dan.....	High Part (nose and face area)
Ahp	Front
Yup	Side
Dwi.....	Back or Spinning
E Dan.....	Jumping
Corro Dwi.....	Step (Walk) Back

HAND TECHNIQUES

Soo Ki.....	Hand Techniques
Mahk Ki.....	Block
Ha Dan Mahk Ki	Low Defense
Sang Dan Mahk Ki.....	High Defense
Pahl Put Ki.....	Center Punch, Horse Stance
Kong Kyuck	Attack or Punch
Jung Kwon.....	Fore Fist
Choong Dan Kong Kyuck	Middle Section Punch
Sang Dan Kong Kyuck	High Punch
Ahneso Pahkuro Mahk Ki	Inside/Outside Block
Pahkeso Anuro Mahk Ki	Outside/Inside Block
Chun Dan Han Jin	Side Punch, Horse Stance
Soo Do.....	Knife Hand
Ha Dan Soo Do	Low Knife Hand Block
Choong Dan Soo Do	Middle Part Knife Hand Block
Sang Dan Soo Do.....	High Knife Hand Block
Kwan Soo	Spear Hand
Kwan Soo Kong Kyuck.....	Spear Hand Punch
Chun Kul Sang Soo	Double Reinforced Block, Front Stance
Hu Kul Sang Soo.....	Double Reinforced Block, Fighting Stance
Jang Kwon.....	Heel Palm
Yuk Soo Do.....	Ridge Hand
Kwon Do.....	Hammer Fist
Kap Kwon	Back Fist

BODY PARTS

Mawree.....	Head	Pal Koop.....	Elbow
Olgul	Face	Soo	Hand
Noon.....	Eye	Myong Chee	Solar Plexus
Ko	Nose	Hawree (hoodee)....	Waist
Ip.....	Mouth	Nang Shim.....	Groin
Tuk.....	Chin	Moo Roop.....	Knee
Kwee.....	Ear	Bahl	Foot
Pahl	Arm	Toong.....	Back



GENERAL TERMINOLOGY

FOOT TECHNIQUES

Jok Ki.....	Foot Techniques
Cha Ki.....	Kick
Ahp Bahl.....	Front Foot
Ahp Cha Ki.....	Front Kick
Tollyo Cha Ki.....	Roundhouse Kick
Yup Cha Ki.....	Side Kick
E Dan Ahp Cha Ki.....	Jump Front Kick
Corro Yup Cha Ki.....	Step (Walk) Side Kick
Nearyo Cha Ki.....	Downward Kick
Dwi Yup Cha Ki.....	Spinning Back Kick
E Dan Yup Cha Ki.....	Jump Side Kick
Nado Ban Cha Ki.....	Step Around Round House Kick
Huryo Cha Ki.....	Hook Kick
Pandal Cha Ki.....	Crescent Kick (outside/inside)
Dwi Pandal Cha Ki.....	Spinning Crescent Kick
Hweajun Cha Ki.....	Wheel Kick
E Dan Tollyo Cha Ki.....	Jump Roundhouse Kick
Dwi Huryo Cha Ki.....	Spinning Hook Kick
Dwi Nearyo Cha Ki.....	Spinning Downward Kick
E Dan Nearyo Cha Ki.....	Jump Downward Kick
E Dan Dwi Yup Cha Ki.....	Jump Spinning Back Kick (180°)
E Dan Dwi Yup Cha Ki.....	Jump Spinning Back Kick (360°)
E Dan Dwi Nearyo Cha Ki.....	Jump Spinning Downward Kick (360°)
E Dan Dwi Pandal Cha Ki.....	Jump Spinning Crescent Kick (360°)
Tae Poong Cha Ki.....	Typhoon Kick
Peet Cha Ki.....	Twist Front Kick
E Dan Hweajun Cha Ki.....	Jump Wheel Kick
E Dan Dwi Huryo Cha Ki.....	Jump Spinning Hook Kick
Bahl Poto Oly Ki.....	Front Stretch Kick
Yup Poto Oly Ki.....	Side Stretch Kick

CONVERSATION

Go Map Sum Nee Da.....	Thank you very much
Shil-lye Ham Nee Da.....	Excuse me
Ahn Nyong Ha Sa Yo.....	How are you?
Nay Il Pup Sha Da.....	See you later
Chan Man Na O.....	You're welcome



SCHOOL EQUIPMENT

Dojang	Training Hall, Studio or School
Do Bohk	Uniform
Dee	Belt
Kookgi	National Flag
Tae Kookgi	Korean Flag
Hyup Hoigi	Organizational Flag

RANK TITLES

Kwon Jang Nim	Grandmaster or Founding Master
Sah Bum Nim (Rank)	Master Instructor by Appointment
Ko Dan Ja (Rank)	Senior Black Belts (4 th Dan or above)
Bo Sah Bum Nim (Rank)	Assistant to Master by Appointment (3 rd Dan)
Kyo Sah Nim (Rank)	Instructor by Appointment (2 nd Dan)
Shim Sa Kwan Nim	Grading Examiner
Yu Dan Ja	Black Belt Holder
Yu Gup Ja	Color Belt Holder
Hu Bae	Junior Member
Cho Bo Ja	Beginner
Cho Dan Bo	Candidate for Black Belt
Cho Dan	1 st Degree Black Belt
E Dan	2 nd Degree Black Belt (E Dan Ja)
Sam Dan	3 rd Degree Black Belt (Sam Dan Ja)
Sa Dan	4 th Degree Black Belt (Sa Dan Ja)
Oh Dan	5 th Degree Black Belt (Oh Dan Ja)
Yuk (or yook) Dan	6 th Degree Black Belt (Senior Master)

HARMONIZATION

Ki Hap	Yell (focus of mind & energy)
Nae Kong	Internal Power Exercise
Weh Kong	External Power Exercise
Shim Kong	Spiritual Power Exercise
Shi Son	Focus of Eyes (Look)
Joong Shim	Balance
Chung Shim	Spirit
Ho Hup	Breathing
Weh Ga Ryu	Active - External - Hard
Neh Ga Ryu	Passive - Internal - Soft
Chung Ga Nyu	Active - Natural - Hard/Soft

WEAPONS

Moo Gee	Weapons
Dan Gum	Knife
Bong	Staff
Dan Bong	Short Staff
Jang Bong	Long Staff
Jee Pang Ee	Cane
Chang	Spear
Gum	Sword
Nunchaku	Roped Sticks



TANG SOO DO FORMS AT MANNA'S

FORMS

The names of Forms were handed down by word of mouth. Many of the names are unclear in their exact origin. Many descended from the Shōrin School and the Shōrei School of China.

BELT RANKS

WHITE BELT

10th Gup	#1	Kyo Yook Hyung	Educational Form
9th Gup	#2	Dae Ryun Hyung	Fighting Form

ORANGE BELT

8th Gup	#3	Pyung Ahn Cho Dan	Peace & Calm Form #1
7th Gup	#4	Il Chul Hyung	Sunrise Form

GREEN BELT

6th Gup	#5	Pyung Ahn E Dan	Peace & Calm Form #2
5th Gup	#6	Pyung Ahn Sam Dan	Peace & Calm Form #3
	#7	Kyo Yook Bong	Educational Staff

BLUE BELT

4th Gup	#8	Pyung Ahn Sa Dan	Peace & Calm Form #4
	#9	Kyo Yook Nunchaku	Educational Nunchaku
3rd Gup	#10	Pyung Ahn Oh Dan	Peace & Calm Form #5
	#11	Bong Hyung Il Bu	Staff Form #1

RED BELT

2nd Gup	#12	Naihanchi Cho Dan	Horseback Warrior 1 st Form
	#13	Nunchaku Il Bu	Nunchaku Form #1
1st Gup	#14	Bassai	To Penetrate a Fortress and Fortress of Many Weapons
	#15	Bong Hyung E Bu	Staff Form #2

BLACK BELT

Cho Dan	#16	Naihanchi E Dan	Horseback Warrior 2 nd Form
	#17	Jin Do	Jin's Way
	#18	Dan Bong Il Bu	Black Belt Staff #1

*See TEMAS Black Belt Manual for Forms required for higher Black Belt ranks.





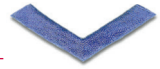


SONGIN



SONGIN FORMS AT MANNA'S

ENLIGHTENMENT FORMS



Forms designed to guide the *Mature Adult* in technical combative application and self-defense strategies. When demonstrating forms, breathing patterns are used. Inhaling during techniques draws in life flowing energy and exhaling when delivering a striking technique gives an energy force of strength and power.

BELT RANKS

WHITE BELT

9th Gup	#2	Dae Ryun Hyung	Fighting Form
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ORANGE BELT

8th Gup	#3	<i>Songin</i> Cho Dan	Enlightenment Form #1
7th Gup	#4	Il Chul Hyung	Sunrise Form

GREEN BELT

6th Gup	#5	<i>Songin</i> E Dan	Enlightenment Form #2
5th Gup	#6	<i>Songin</i> Sam Dan	Enlightenment Form #3
	#7	Kyo Yook Bong	Educational Staff

BLUE BELT

4th Gup	#8	<i>Songin</i> Sa Dan	Enlightenment Form #4
	#9	Kyo Yook Nunchaku	Educational Nunchaku
3rd Gup	#10	<i>Songin</i> Oh Dan	Enlightenment Form #5
	#11	Bong Hyung Il Bu	Staff Form #1

RED BELT

2nd Gup	#12	Naihanchi Cho Dan	Horseback Warrior 1 st Form
	#13	Nunchaku Il Bu	Nunchaku Form #1
1st Gup	#14	Bassai	To Penetrate a Fortress Fortress of Many Weapons
	#15	Bong Hyung E Bu	Staff Form #2

BLACK BELT

Cho Dan	#16	Naihanchi E Dan	Horseback Warrior 2 nd Form
	#17	Jin Do	Jin's Way
	#18	Dan Bong Il Bu	Black Belt Staff #1



BELT RANKS AND LEVELS

ENJOY THE JOURNEY

The achievement levels and certified ranks are mile markers on your journey to black belt. Each age specific program has specific requirements for advancement of levels and ranks. Manna's is proud to enable, through guidance and personal development, achievements for members age three and older.



INTRODUCTION
Ages 5 & 6
(May Include 7)

PRE-KARATE
Ages 3 & 4



THE BELT YOU WEAR

We are always in the act of becoming the belt that we are wearing. Once you have acquired the skills at a belt level or rank the teacher of your program will recommend you for advancement to your next learning level.



YOUTH
Ages 7 to 11
(May Include 6)



TEEN/ADULT
Ages 12 to 29



**PHYSICALLY
CONSCIENTIOUS**
Min. Age 30



AGES 3 TO 6 PROGRAMS



TINY TIGERS
AGES 3 & 4
PRE-KARATE
30 MINUTES

Tiny Tigers program is designed to improve listening skills, focus, discipline, core development and gross motor skills for ages three and four.

Pre-Karate classes for ages 3 & 4 are 30 minutes in length and focus on physical, emotional, social and interactive development with fun games and colorful tools within a disciplined environment.



TINY TIGERS

LITTLE DRAGONS



LITTLE DRAGONS
AGES 5 & 6
INTRODUCTION
55 MINUTES

The Little Dragons or the Introduction to Martial Arts program is designed to teach your child how to learn, by improving listening skills and following directions.

Martial Arts skills teach respect, self-discipline, on task, focus and self-confidence. Core development and gross motor skills are developed through games and Martial Arts activities.

Little Dragons classes are a 55 minute high energy fun class that focuses on core development and gross motor skills using games and Martial Arts activities.

(Little Dragons may include some age 7)

Both programs offer late afternoon and weekend classes, which allows flexibility for parents to create their own schedule. Giving your children and loved ones the best through these crucial developing years! We look forward to sharing and aiding in your children's growth potential!



WHITE BELTS WILL LEARN



WHITE BELT

10TH gup White belt & 10th gup White belt/yellow stripe*



*To achieve advanced 10th Gup (yellow stripe), student is required to perform most requirements for 10th Gup and exhibit leadership characteristics.

10th Gup testing for 9th Gup:

Basic Techniques:

- Front Kick
- Roundhouse Kick
- Side Kick
- Jump Front Kick
- Stepping Side Kick
- Low Block and High Block
- Center Punch and High Punch
- Knife Hand Chop
- Heel of Palm Strike
- Center Punch in Horse Stance

Form: Kyo Yook Hyung

Self Defense: Ho Sin Sul #1 - 3 & Hapki-Do #1 and 2

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul #1

AT 9TH GUP YOU LEARN



WHITE BELT

9th Gup White belt with black stripe

Training time = Minimum 2 to 3 months

9th Gup testing for 8th Gup:

Basic Techniques:

- All techniques previously required including:
- Ridge Hand Strike
- Outside / Inside Block
- Outside / Inside Block
- Horse-Stance Side Punch

Form: Dae Ryun Hyung

Self Defense: Ho Sin Sul #1 - 5 & Hapki-Do # 1 – 4

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 and 2

Free Sparring: Ja Yu Dae Ryun

White Belt Knowledge:

Korean terminology for basic techniques

Basic Korean terminology:

uniform, belt, studio, numbers, instructor

Studio Seven Codes

Why we Ki Hap (yell)

Basic knowledge of their organization:

Name of style, school, system, instructor and rank



AT 8th GUP YOU LEARN



ORANGE BELT

8th Gup Orange belt

Training time = Minimum 6 months

8th Gup testing for 7th Gup:

Basic Techniques:

- All previously required techniques including:
- Downward Kick
- Low Knife Hand Block
- Jump Side Kick
- Hammer Fist
- Spinning Back Kick
- Back Fist
- Step Around Back Roundhouse Kick

Form: Pyung Ahn Cho Dan / Songin Cho Dan

Self Defense: Ho Sin Sul #1 – 8 & Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 3

Free Sparring: Ja Yu Dae Ryun

AT 7th GUP YOU LEARN



ORANGE BELT

7th Gup Orange belt/white stripe

Training time = Minimum 9 months

7th Gup testing for 6th Gup:

Basic Techniques:

- All previously required techniques including:

Form: Il Chul Hyung

Self Defense: Ho Sin Sul #1 – 10 & Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 4

Free Sparring: Ja Yu Dae Ryun

Orange Belt Knowledge:

- All previously required knowledge including:
- Korean terminology for basic techniques
- Basic understanding of the use of techniques
- The meanings of the Studio Flags
- Three Principles of Tang Soo Do



AT 6th GUP YOU LEARN



GREEN BELT

6th Gup Green belt, minimum age 7 years old
Training time = Minimum 12 months

6th Gup testing for 5th Gup:

Basic Techniques:

- All previously required techniques including:
- Hook Kick
- Crescent Kick
- Spinning Crescent Kick
- Wheel Kick
- Jump Roundhouse Kick
- Spear Hand Punch
- Double Reinforced Block
- High Knife Hand Block

Form: Pyung Ahn E Dan / Songin E Dan

Self Defense: Ho Sin Sul # 1- 10 & Hapki-Do # 1 – 8

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 5

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 3

Staff One Step Fighting: Bong Soo Sik # 1 – 3

Breaking: One board kick technique

AT 5th GUP YOU LEARN



GREEN BELT

5th Gup Green belt/white stripe
Training time = Minimum 15 months

5th Gup testing for 4th Gup:

Basic Techniques:

- All previously required techniques including:

Forms: Pyung Ahn Sam Dan / Songin Sam Dan & Kyo Yook Bong

Self Defense: Ho Sin Sul # 1 – 10 & Hapki-Do # 1 – 8

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 6

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 5

Staff One Step Fighting: Bong Soo Sik # 1 – 5

Breaking: One board kick technique

Green Belt Knowledge:

- All previously required knowledge including:
- Korean terminology for basic techniques
- Basic understanding of the use of techniques
- The meanings of the Belt System
- The benefits of training





 **Wil Dieck**



AT 4th GUP YOU LEARN



BLUE BELT

4th Gup Blue belt

Training time = Minimum 18 months

4th Gup testing for 3rd Gup:

Basic Techniques:

- All previously required techniques including:
- Spinning Hook Kick
- Jump Downward Kick
- Jump Spinning Back Kick (180°)
- Spinning Downward Kick

Form: Pyung Ahn Sa Dan / Songin Sa Dan & Kyo Yook Nunchaku

Self Defense: Ho Sin Sul # 1 – 10 & Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 7

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 8

Staff One Step Fighting: Bong Soo Sik # 1 – 8

Breaking: One board kick technique

AT 3rd GUP YOU LEARN



BLUE BELT

3rd Gup Blue belt/white stripe

Training time = Minimum 21 months

3rd Gup testing for 2nd Gup:

Basic Techniques:

- All previously required techniques

Forms: Pyung Ahn Oh Dan / Songin Oh Dan & Bong Hyung Il Bu

Self Defense: Ho Sin Sul # 1 – 10 & Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 8

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 10

Staff One Step Fighting: Bong Soo Sik # 1 – 10

Breaking: One board kick technique

Blue Belt Knowledge:

All previously required knowledge including:

Korean terminology for basic techniques

Basic understanding of the use of techniques

What techniques you should practice to achieve speed

Meaning of Tang Soo Do & the history of the martial arts



AT 2nd GUP YOU LEARN



RED BELT

All red belts are required to test at all Gup tests.

2nd Gup Red belt

Training time = Minimum 24 months

2nd Gup testing for 1st Gup:

Basic Techniques:

- All previously required techniques including:
- Twist Front Kick
- Jump Spinning Back Kick (360°)
- Jump Wheel Kick
- Jump Spinning Crescent Kick (360°)
- Jump Spinning Hook Kick

Form: Naihanchi Cho Dan and Nunchaku Il Bu

Self Defense: Ho Sin Sul # 1 – 10 and Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 8

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 13

Staff One Step Fighting: Bong Soo Sik # 1 – 13

Breaking: One board kick technique

AT 1st GUP YOU LEARN



RED BELT

1st Gup Red belt/white stripe

Minimum training time = 30 months

1st Gup testing for Cho Dan Bo:

Basic Techniques: • All previously required techniques

Forms: Bassai and Bong Hyung E Bu

Self Defense: Ho Sin Sul # 1-10 & Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 8

Free Sparring: Ja Yu Dae Ryun

One Step Fighting: Il Soo Sik Dae Ryun # 1 – 15

Staff One Step Fighting: Bong Soo Sik # 1 – 15

Breaking: One board speed break

Red Belt Knowledge:

All previously required knowledge including:

Korean terminology for basic techniques

Understanding of the use of techniques

Demonstrate teaching and leadership ability

Basic knowledge of First Aid





AT CHO DAN BO YOU LEARN

'CANDIDATE FOR BLACK BELT'



CHO DAN BO

Red belt/black stripe

Training time = Minimum 36 months

Black Belt Pre-Test training time = Minimum 39 months

Cho Dan Bo testing for Black Belt:

Basic Techniques:

- All previously required techniques including:
- Jump Spinning Downward Kick (360°)

Forms: All previously required

Self Defense: Ho Sin Sul # 1 – 10

Self Defense: Hapki-Do # 1 – 6

Knife Defense (Age specific programs Only): Dan Gum Ho Sin Sul # 1 – 8

Free Sparring: Ja Yu Dae Ryun (2 on 1)

One Step Sparring: Il Soo Sik Dae Ryun # 1 – 15

Staff One Step Fighting: Bong Soo Sik # 1 – 15

Breaking: Multiple board breaks

Cho Dan Bo Knowledge:

All previously required knowledge including:

Korean terminology, understanding of the use of techniques

Demonstrate teaching ability

Understanding of Tang Soo Do spirit, discipline & attitude

Overall knowledge of martial arts principles, mental as well as physical

Written Essay:

1000 words essay for adults, 500 words essay for children, to be submitted before testing. The theme will relate to Tang Soo Do (i.e. training experience, what being a Black Belt means to you or How Tang Soo Do has influenced your life.)

A minimum of 5 months probationary period exists before any Cho Dan Bo is presented with their Black belt.

A minimum of 6 months probationary period exists before any Black Belt will be presented with their monogrammed Black Belt.

A minimum of 6 additional months probationary period exists before any monogrammed Black Belt member will be certified and receive his/her certificate of rank at Manna's Martial Arts. Manna's requires all Black Belts to be First Aide Certified, ages 15+ are required to be CPR Certified.



TEMAS BLACK BELTS RANKS

A mental and physical journey of self improvement and self awareness.

FIRST DEGREE



Training Time - minimum 42 months to test date

Cho Dan - Presentation of Black Belt *

Named Cho Dan - with monogrammed belt *

(Minimum 6 months from receipt of black belt)

Certified Cho Dan - presented with certificate *

(Minimum 6 months from receipt of monogrammed black belt)

Assistant Instructor Cho Dan

SECOND DEGREE



Minimum Training of 24 months from Cho Dan test

E Dan - Stripe Presentation *

Certified E Dan (Certification 12 months from stripe presentation) *

Assistant Instructor E Dan

Instructor E Dan

THIRD DEGREE



Minimum Training of 36 months from E Dan test

Sam Dan - Stripe Presentation *

Sam Dan (Certification 12 months from stripe presentation) *

Assistant Instructor Sam Dan

Instructor Sam Dan

FOURTH DEGREE



Minimum Training of 48 months from Sam Dan test

Sa Dan - Stripe Presentation *

Sa Dan Instructor (Certification 12 months from Master belt) *

Instructor Sa Dan

Minimum age 19

FOURTH DEGREE

MASTER



Requires Leadership and Instructors Training

Junior Master Instructor Rank / Sah Bum Nim *

By appointment by TEMAS Founding Master Only

Certified Junior Master Instructor Sa Dan *

(Certification 12 months minimum from Master Belt)

Minimum age of 30

White Tape Stripe, Yellow Embroidered Stripe and Red Ribbon Stripe.

Training Times and Grades listed above are to be used only as a guideline, and for those members that train on a 2 to 3 times weekly schedule and attend regularly scheduled advanced workouts and clinics.

All Black Belts ages 12 through 15 will be ranked "JG", Junior Grade Black Belt, and will wear a patch indicating this rank. At the age of 16 years, with Chief Instructor approval, they will be re-certified at their current full rank. All TEMAS Black Belts under the age of 12 will be ranked and titled "Dragon Black Belt", and will wear a patch.

The title of "Chief Instructor" is given to the head instructor of a school or studio. TEMAS Founding Master or a Regional Director appoints this title.

* Indicates Public Presentation



FREE SPARRING RULES

The purpose of free sparring (Ja Yu Dae Ryun) is to enable the student to practice their unarmed techniques in a safe and controlled environment, while learning focus, control, movement and timing. These primary rules for free sparring are set as guidelines and may be varied by the Chief Instructor of each studio.

- All students must wear approved protective hand, foot, and head gear (mouth pieces optional except members with braces must use one).
- All male students are to wear protective cup and supporter.
- Free sparring will begin and end as instructed by the Instructor, and according to protocol. You must have the Instructor's approval to practice free fighting at any other time.
- Free sparring is to be light touch or no contact.
- Students are to only use techniques at their belt level.
- When a point is scored, the students will stop and bow to each other to acknowledge that an effective technique was displayed, then they will return to a sparring ready stance, Ki Hap and continue free sparring.
- Kicks and punches are to be above the belt and only to front and sides of the torso (except for leg sweeps and Songin techniques).
- There is to be no pushing, grabbing, throwing, tackling or striking your opponent when they are down.
- Sweeps to the leg must be done to the back of the front leg with the bottom of the foot. Only 2nd Gup Red belts to Black Belt level may use low wheel sweeps.
- Punches towards the face are only to be done by Blue belts and above (Green Belt for Songin). There are to be no backhands, forearm or elbow strikes or striking to the throat.
- On excessive contact the person hit will back away protecting them self, bow and say "Excuse me, you have hit me too hard." Bow and continue.

Free sparring must be conducted with mental and physical control at all times.

This is a learning experience for both partners, and respect and protocol must be followed. Work together to improve techniques and enjoy yourselves!



LEADERSHIP PROGRAMS



The Leadership Program provides separate youth, teen and adult students challenging Leadership Classes in a variety of classroom environments. Open discussions, stories, interactions and group exercises are incorporated into the class to expand each student's awareness of the characteristics and actions of a leader. Through this program, students learn through a leadership role, how to positively influence those in their life and community. Participants will have the opportunity to meet a minimum of 44 Wednesdays year round and work with handouts that guide the class. Assignments may be given to take home for continued learning and preparation for specific classes. Course calendars provide opportunities for participants to select individual training sessions. You may receive a letter of invitation to attend this program or request a Leadership Development course description and application from your class instructor.

- **Teaching Course** is a hands on course for the individual interested in learning and developing the skills needed to express and share teaching concepts. This course is a must for those members who choose to travel the path to instructor.
- **Business Course** focuses on developing entrepreneurial skills in a practical environment, enabling each participant to build their understanding of business success through presentation, market development, discussion and stage planning.
- **Master's Course** is designed to teach the development of how to view and develop other leaders around you from basics through advanced motivation.



VARSITY MARTIAL ARTS LEAGUE



Star pitcher, quarterback, point guard, forward, center, marksman, goalie are some of the many words associated with positions and or titles of the traditional sports of varsity and junior varsity programs.

The Varsity Martial Arts League (VMAL) presents to the martial arts athlete an opportunity to expand their recognition by striving to be their best. VMAL awards are obtainable by any martial artists that meets the requirements. In 2011 the VMAL welcomed the first of many martial arts associations, TEMAS, in joining the ranks to expand recognition for the martial artist. VMAL programs will offer specially designed emblems, pins and certificates of achievement, exclusively for martial arts. Programs are designated for Junior Varsity Letter, Varsity Letter membership and Collegiate Varsity Letters. Martial artists starting in eighth (8) grade through the completion of their higher education will be able to apply for this personal achievement.

“The martial arts athlete have earned the right to level the playing field and to be recognized among the most dedicated athletes,” shared Grandmaster Brian Manna, TEMAS Executive Director. “Week in week out the martial artist is putting in the hours to train their mind and body for personal development and compete in a sport that they love, at the same time sharing and building the members they train beside.”

Until now very few of the eighth grade through collegiate martial artists have had the opportunity to letter in martial arts. So many of the world class athletes improve their skills cross training in the martial arts. We remain excited about the recognition that the martial artist will now receive throughout the sport. This will enable the martial artist to earn the recognition they deserve, on a level playing field alongside other athletes and classmates.



Grandmaster Brian Manna, Founder of the Educational Martial Arts System presented Gayle Abraham with her 2012 Varsity Letter in the art of Tang Soo Do and Emma Baker with her 2012 Junior Varsity Letter in the art of Tang Soo Do.

Lifetime Master Instructor Members: Chris Brandt, Janet Marina and Wil Dieck were on hand at this special presentation at the TEMAS International Headquarters.

For specifics about the VMAL program ask one of the Instructors for assistance or review the information on line at go to www.vmal.org



MANNA'S AFTER SCHOOL PROGRAM



A CALIFORNIA LICENSED DAYCARE
In continuing to meet our community needs we offer an educational environment of respect and discipline. The staff and educators presents the **MANNA'S After School**. This offers an alternative to day care and other extended school programs.

Program offers many features:

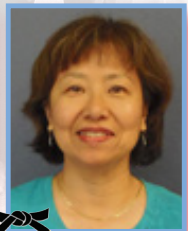
- Our award winning and world recognized martial arts program.
- Transportation is included in our full service school age day care.
- Daily monitored home work time.
- Trained, enthusiastic and caring staff.
- Skills development classes which includes: skill sets, awareness and manners.
- Age specific martial arts classes 2 or 3 times weekly.
- Chess, arts & crafts, sports and holiday activities.
- Full day Sports Camp days on most school holidays
- No payment for weeks not attended.
- Focus, confidence, respect, discipline and **LOTS OF FUN!**
- Parent's Night Out and Sleep Overs throughout the year.
- Summer Sports Camp begins at 7 AM
- Sports Camps may includes: Park days, swimming, arts and crafts, field trips days, games, and chess instruction.



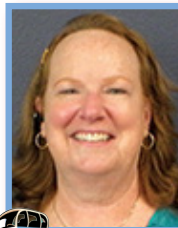
Jennifer Brandt
*CA Daycare Director
Summer Camp Coordinator*



Erika Covalt
*After School Program
Assistant Director*



Sue Huey
*Instructor
Teacher/Assistant*



Shaun Alcorn
After School Program



Marella Good
After School Program



Alexandra Hamel
After School Program

All teachers and instructors meet state and county licensed day care requirements.



ENRICHMENT CLASSES AT LOCAL SCHOOLS



TEMAS in cooperation with Manna's make a dynamic team to present to the private and educational communities the opportunity to share the martial arts and individual growth.

Manna's has provided instruction at several PUSD schools for more than 28 years. Our Enrichment Programs are designed to help your child develop self-confidence, strong character, and self-discipline while learning to be safe through the Martial Arts.

All class teachers are back ground checked and Life Scanned, approved by TEMAS and are active members of Manna's Leadership Development Program.

Active locations may include and are not limited to:

Creekside Elementary School
Highland Ranch Elementary School
Monterey Ridge Elementary School
Rolling Hills Elementary School
Shoal Creek Elementary School
Stone Ranch Elementary School
Turtleback Elementary School
Willow Grove Elementary School
YMCA Youth & Family Center (Meade Ave., SD)

We are currently developing programs at additional locations. Please contact us if you would like to have one of our programs offered to at your facility.

www.temas.org/outreach



ENRICHMENT
PROGRAM AT YOUR SCHOOL



TEMAS Instructional DVD's



TEMAS Instructional DVD's are a priceless opportunity for the serious martial artist and a useful tool for all ranks and levels through the continued advancement and further enhancement in your martial arts training.

Instructional DVD's



Tang Soo Do Forms
Gup Forms



Hand Defense
Ho Sin Sul 1-15



Hand Defense
HapkiDo 1-8



Bong Soo Sik Dae Ryun
Staff Defense 1-20



Il Soo Sik Dae Ryun
Hand Defense 1-15



Dan Gum Ho Sin Sul
Knife Defense 1-6



Black Belt Forms
Tang Soo Do



Songin Do
Gup Forms



COMBINATIONS 3 DISK SET
Grandmaster Andy Ah Po



CHI GONG
Grandmaster D. Khalid

Available through your studio location or www.temas.org



TEMAS SYMBOL

EDUCATIONAL – Bringing all to a higher understanding of one's self and the community around us.

MARTIAL ARTS – A study of the mind and body as one. To have the knowledge necessary to avoid conflict. Betterment of the whole person.

SYSTEM – A way, structured to assist in achieving our goals.

INTERNATIONAL GLOBE:

Viewing the entire world of knowledge.

OUTER ORANGE RING:

A full circle of unity and brotherhood.



**GOLD LIFETIME
MEMBERSHIP PATCH**

THREE EQUAL FORCES:

Representing the whole person concept of mind, body and spirit and the principles of justice, sincerity and responsibility. Yellow represents the sun, life and energy and a new beginning. In addition, the yellow, red and blue represent the primary colors, which are the basis of all other colors in the world.

LAUREL LEAVES:

Balance of nature. The twelve leaves symbolize the full year cycle of growth. Laurel leaves represent achieving our goals through personal victory. These are the twelve branches to mastery.

TIGER:

Strength & Flexibility. The outstretched arm reaching to achieve new goals, down from the mountain, showing strength. Orange symbolizes warmth & internal power. Brown symbolizes the earth and nature.



THE EDUCATIONAL MARTIAL ARTS SYSTEM



The Educational Martial Arts System, Inc. (TEMAS) was established in 1990, and a non-profit corporation in 1992 for the further enhancement of the martial arts. TEMAS acknowledges martial art styles from around the world as well as the inherent cultural and historical differences. Members of TEMAS are not bound by geography, organizational affiliations, or political associations. Instead, they are encouraged to keep an open mind and share in the differences, rather make all of the styles unique, further enhancing the martial arts.

In continuing the enhancement of the martial arts, TEMAS will, on a qualifying basis, make available grants and/or scholarship funds exclusively to martial artists. Those individuals who have attained certain levels of excellence in their educational pursuits may apply for these types of financial aid. The rules, qualifications, and amounts for these grants and/or scholarships will be determined by the Board of Directors of TEMAS.

Unique to the martial arts, TEMAS provides an unbiased opinion regarding the safety, durability, and effectiveness of all available martial art equipment. These results are published for the benefit of both industry and users.

TEMAS operates solely through donations and fund-raising events. Donations are given from individuals, local and private schools, and businesses who are committed to the enhancement of the martial arts. TEMAS provides educational, tutorial, and training programs via instruction, DVD's, and martial arts sports letter awards certification (VMAL). TEMAS has established enrichment programs at community schools to instill self-defense skills, self-confidence, self-discipline, and respect that come with the martial arts. Many parents and teachers have attested to marked improvements in attitudes, grades and basic learning skills for the students enrolled in our programs.



TEMAS LIFETIME GOLD MEMBERS

GM Grand Master **M** Master **K** Ko Dan Ja **B** Black Belt **D** TEMAS Director

G01 Brian D. Manna, GM D	G23 Colin Szeto, B	G45 Kevin Morales, B	G67 Margau Pierquin, B
G02 Christopher A. Brandt, M	G24 Mabel Szeto, B	G46 Victor Morales, B	G68 Jonathan Knowles, B
G03 Mark W. Pattison, M	G25 David Lam, B	G47 Kyle Aguirre, B	G69 Stephen Dobbins
G04 Steve T. Simpson, M	G26 Ralph Morales III, B	G48 Dennis Burke, B	G70 Gates Dobbins, B
G05 Janet K. Manna, M	G27 Patricia Olekszyk, M	G49 Neda Sales, B	G71 Donald Gants
G06 Clyde R. Parrish III, D B	G28 Brian Wycoff, B	G50 Lesley Andrews, B	G72 Emilia Pircher
G07 Warren Gee, D B	G29 Nikolai Trintchouk, B	G51 Brian Higgins, B	G73 Miles Jones
G08 Stuart Rosenberg, D B	G30 Joe Zamora II, B	G52 Kaylee Herring, B	G74 Oliver Jones
G09 Darryl Kahlid, GM	G31 Emma Espinoza, B	G53 Frank McMahon, B	G75 Katharine Trintchouk
G10 James Wilson, GM	G32 Philippe Thouin, B	G54 Garrett McGuinness	G76 Nicholas Radtke
G11 Andy Ah Po, GM	G33 Peter Crosby, B	G55 Rex McGuinness	G77 John Brady
G12 David Humphreys, B	G34 Gary Tedeschi, B	G56 Matt Goodsell, K	G78 Nathan Brady
G13 Tom Ladewig	G35 Daniella Page-Pattison, B	G57 Manuel Corrales	G79 Alex Zoppi, B
G14 Faith Andrews, M	G36 Caitynn Stringer, B	G58 Caleb Brady	G80 William Kingsford, B
G15 Sueling Huey, B	G37 Alexander Zeto, B	G59 Zachary Wohlford, B	G81 Caleb Kingsford, B
G16 Cary Willard, B	G38 Ralph D. Black Jr., GM	G60 Paul Masterson, B	G82 Emilia Pircher, B
G17 Wil Dieck, M	G39 Chloe Corrales, B	G61 Park Masterson, B	G83 Jeffrey Kressin
G18 Christian Nguyen, B	G40 Adam Rosenberg, B	G62 Larry Pennington, B	G84 Jenna Kressin
G19 Donna Nguyen, B	G41 Daniel Gehlhaar, K	G63 Nancy Soule, B	G85 Thomas Krumenacker
G20 Rob Kempa, B	G42 Jeremy Stamer, B	G64 Nate Soule, B	G86 Jacob Griffin
G21 Dana Plum, B	G43 Alexander Trintchouk	G65 Rianna McMahon, B	G87 G87
G22 Lindsey Plum, B	G44 Joey Smiljkovich, B	G66 Kane McMahon, B	G88

TEMAS Lifetime Gold Memberships are acquired worldwide through donation or appointment by the TEMAS Founding Master.



MY PROMOTION TIME LINE

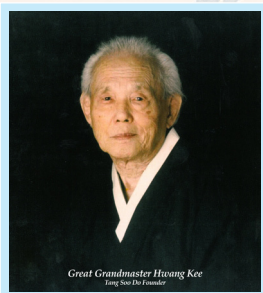
BELT	RANK	PROMOTION DATE
WHITE	10th Gup	
	Adv. 10th Gup	
	9th Gup	
ORANGE	8th Gup	
	7th Gup	
GREEN	6th Gup	
	5th Gup	
BLUE	4th Gup	
	3rd Gup	
RED	2nd Gup	
	1st Gup	
	Cho Dan Bo	
	Cho Dan Pre-Test	
	Cho Dan Rank Test	
BLACK 1 st Dan Cho Dan	Black Belt	
	Monogrammed Belt	
	Certified Cho Dan	
2 nd Dan E Dan	E Dan Pre-Test	
	E Dan Rank Test	
	E Dan Belt	
	*Certified E Dan	

* Please see TEMAS Dan Manual

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"We are humbly thankful."



The Great Grandmaster
Hwang Kee

November 9, 1914 - July 14, 2002

Founder
Tang Soo Do
(Soo Bahk Do) Moo Duk Kwan



Grandmaster
Jae Chul Shin

December 20, 1936 - July 9, 2012

Founder
World Tang Soo Do Association



Grandmaster
James Wilson

February 14, 1943 - February 8, 2015

Founder
South Western Martial Arts
Association

*"For all you each have brought us,
the life of honor and integrity that you shared,
we are humbly thankful for the guidance you provided."*

B D Manna



*An Educational System for
the Further Enhancement of the Arts*

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