



Cary Tang Soo Do
Raleigh NC 27606 ...PH 919. 219.9950
www.carytangsoodo.com
Musa Kwan Tang Soo Do Federation



When/Where are classes held?

Class Schedule:

Monday and Thursday ó 6:15 pm-8:00pm -2717 Alloway Ct Raleigh NC 27606

Tuesday ó 6:00 pm-8:00 pm - Hope Community Church -Crossroads Campus- Free

No classes held on Sundays, legal holidays, and other days as determined by Master Marsh (i.e: Halloween).

Inclément weather- If Wake county/Raleigh schools are closed due to weather. TSD Classes are cancelled

What is the cost of classes?

Classes at Hope Community Church are Free.

Classes at the Home Dojang are \$65 per month

With what organization is the studio affiliated?

Cary Tang Soo Do is a member of, the MuSa Kwan Tang Soo Do Federation headed by Grand Master Greg Boliard, 9th degree black belt. *Grand Master Boliard (Master Marsh's direct instructor)* has been training in the martial arts since 1969. The name translates to ðWarrior [Musa] School [Kwan] for the Way [Do] of the Chinese [Tang] Open Hand [Soo]ö. He trained under the guidance of Grand Master Jae Joon Kim, head of the World Moo Duk Kwan Tang Soo Do Association.

Who is the head Instructor? Who teaches the classes?

Master Ken Marsh 6th Dan, MuSa Kwan Tang Soo Do Federation is the head instructor. Master Marsh began martial arts training in Japan at the age of 4. His training Tang Soo Do training began in 1989 under the guidance of Grand Master Jae Joon Kim, head of the World Moo Duk Kwan Tang Soo Do Association. Transferred to MuSa Kwan Tang Soo Do Federation in May 2011.

Master Marsh teaches most of the classes himself. He is assisted by other black belts during classes; these black belts fill in for him as needed. As part of their training, senior students (red belts) may be asked to assist with teaching. However, this is always done under the supervision of a black belt.

What rank will a new student have?

A new student with no prior martial arts experience will enroll as a white belt ó a beginner.

New students who have had prior martial arts training are usually allowed to join at their previous school's rank, subject to Master Marsh's approval until their first Musa test, at which time Master Marsh will decide what their Musa equivalent rank should be.

What are the colors of students' belts, and what do they mean?

Cary Tang Soo Do 10 gup, or student, ranks, before black belt.

These are spread among 4 colors of belts:

White belt ó 10th / 9th gup ó beginner White belt w/ 1 stripe- 9th gup

Purple belt/1 stripe ó 8th gup (novice rank) Purple belt/ 2 stripes ó 7th gup

Green belt/1 stripe ó 6th gup (intermediate) Green belt /2 stripes ó 5th gup Green belt w/3 stripes ó 4th gup

Red belt w/1 strip ó 3rd gup (Advanced rank) Red belt w/2 stripes ó 2nd gup Red Belt w/3 stripes ó 1st gup

Black belts, or Dans, wear midnight blue belts with gold (white) stripes. The number of stripes designates what degree (level) the Dan has earned. A 4th Dan or higher is a master and has a red-bordered, midnight blue belt.

Who can participate in the class? What if I have physical issues?

Class is open to both children and adults, who train together in the same classes. Please contact Master Marsh for information about the lower age limit for children (7 years old).

Physical limitations should be discussed with Master Marsh; he can best advise a person how to train with his/her particular limitation. Most people find that regardless of their physical issues, they are able to find ways to train in the martial arts. Safety and control are taught along with techniques, with an emphasis on when it would be appropriate for students to use their training.

Are uniforms required?

When attending the class on a trial basis, a uniform is not required. We ask that you wear loose-fitting, comfortable clothing. No shorts or tight fitting workout clothing are allowed.

If you decided to enroll as a student, attain rank and/or attend special seminars, you must purchase a uniform, currently priced at \$55 (includes patches). If you are attending at Hope community church classes and do not wish to attain rank and/or attend special seminars you are not required to Purchase a uniform.

What kind of martial art is Tang Soo Do?

Tang Soo Do is a traditional Korean martial art using kicks, punches, and blocks. Commands are given in English and Korean, so that students will learn the correct terminology as they learn the techniques. Korean martial arts etiquette, involving such things as bowing and specific ways of addressing instructors, is practiced.

Testing: When are student tests held? Who decides when a student is ready to test? What is the cost of a test?

Testing are scheduled a quarterly basis. Master Marsh with input from other instructors will make the decision as to whether or not a student is ready to test (based on a student's attitude in class, attendance record, and knowledge of required techniques for their current rank and rank for which they'd be testing. An invitation to test is considered an honor and is not guaranteed, but most students who attend regularly and work hard are allowed to test when the opportunity comes up. It is also required that the student must be a member of the Musa Kwan Tang Soo Do Federation in order to test, wear a Musa uniform with required patches, and be paid up to date for class fees.

The cost for testing to a certain ranks is as follows:

White and purple belts- \$35

Green Belts- \$45

Red Belts- \$55

The format of a test is very much like a regular class requiring the performance of basic moves in a marching formation; one-step drills for hand techniques, foot techniques, self-defense, forms and freestyle sparring. The last requirement for a candidate is the breaking of boards which are supplied by Cary Tang Soo Do, who also chooses what technique and size of boards to be used.

Blackbelt tests are held twice per year by GM Boliard, usually in March and September. The cost varies according to rank. Please contact Master Marsh for information about black belt testing requirements and costs.

Are there study materials available?

Grand Master Boliard has written the Musa Kwan Tang Soo Do Federation Handbook. It is STRONGLY recommended that all students purchase a copy of the handbook, which covers information needed from White Belt through Black Belt Master. He has also created DVDs dealing with the various hyungs (katas, or forms) that the students will be learning. Please contact Master Marsh for a list of available DVDs and their prices. Informal information will be distributed by Master Marsh and is required to be included in the student developed notebook.

Is there a Federation website?

Yes - please see www.musawarrior.com. It has information about the Federation, its member studios and the studio head instructors, testing requirements, Musa events, and testing study guides.

Are there Federation-sponsored tournaments?

Yes ó Grand Master Boliard sponsors a yearly open tournament in the spring in Detroit MI. An open tournament is one where any martial artist, regardless of style or school, may compete. The rules for the tournament are similar to other tournaments's rules, and judging is handled by the black belts who compete, regardless of style or school. Any Federation member, regardless of age or rank, may compete.

Occasionally we will receive tournament flyers from other martial arts schools. When he makes these available to his students, this indicates that he has given his ok for his students to participate if they so choose. For any other tournaments that you become aware of and want to participate in, please consult Master Marsh.

Is sparring done in class? Is equipment required?

Sparring between students of all ranks is done on a regular basis. If there are limiting factors that would prevent students from sparring (physical, religious, etc.), they must inform Master Marsh.

Required equipment: Mouth guard and (for males) cup are required.. It is strongly suggested that Hand and feet protection is used during sparring. (Available on many websites

Optional equipment: helmet, shin guards, and forearm guards, but it is strongly recommended that students purchase gear as soon as they can.

Are there any additional opportunities to train?

Twice yearly Grand Master Boliard will present special seminars, using his own material and conduct testing at our facility. He will also invite masters to visit and instruct using material related to their particular martial arts specialties. Hard copies of flyers for seminars are made available in the studio.

DISCIPLINE OF THE DOJANG

Students must arrive at least 15 minutes before class and remove shoes and socks. All students should salute the flags and bow to the instructor on the floor as soon as they enter the dojang. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

_When the Head Instructor enters the room for the beginning of class: The highest-ranking member present will clap hands and say *õCha Ryut. Sa Bom (Nim) Kyung Yet*" (attention bow). The class will come to attention and bow to the Head Instructor.

_ When any Master (unless a higher rank is present in the room) enters, whether in a dobok or not, they are to be bowed to. The first person that sees the Master will clap and bring the class to attention, and then the highest ranking member will give the commands "*Cha Ryut, Kyung Yet*" (attention, bow). Then class or warm-ups will resume.

_When the Grand Master enters the room, the same format, as specified above, is followed. Any other Masters, including the Head Instructor, who enter thereafter, are not acknowledged.

ENTERING CLASS WHEN ALREADY IN PROGRESS

_ Wait to be acknowledged by instructor, then request permission to join class.

_ If leaving class early or leaving room briefly, approach instructor and ask permission.

GENERAL

_ When wishing to talk to another member of club while in the dojang, exchange bows (the lower ranking member bowing first).

_ When you are training, try to clear your mind of any problems outside of the club.

_ Drinking of water during class is permitted in small quantities, to help prevent heat cramps, heat exhaustion, hyperventilation, and heat stroke.

_ Groin protectors are mandatory for all males at all times

_ Glasses with safety lenses are encouraged.

_ Mouth guards are required for members under 18 unless braces or other dental work is worn, and are encouraged for adults.

_ Wearing of protective pads for sparring is **Strongly recommended** for all on hands and feet. Optional equipment on head, forearms, and shins. *Note:* for tournaments, headgear and mouth-guards are MANDATORY.

_ Federation and club patches are to be displayed in the approved manner.

_ If you attend class at another Mu Sa Kwan dojang, behave in a manner befitting your rank and home dojang association. If you visit a studio of another style, make sure you know what their rules are and abide by them. If they single you out as a target - LEAVE! You are not a target, nor should you make one of another person.

_ Members of another style attending class will only be permitted with the Head Instructor's permission.

_ Respect for your fellow dojang members is encouraged. We are a family.



GENERAL RULES AND ETIQUETTE IN THE DOJANG

1. There will be no ill tempers in the Dojang. No arguing.
2. Teaching is only to be conducted by Black belts unless otherwise directed.
3. Be on time and ready to start at the appointed time. We have limited time. **ōThis means show up early!ö**
4. Immediately upon entering or leaving the Dojang show respect by bowing to the flags (if present) and instructors.
5. Do not enter when the class is in meditation. Wait quietly outside until meditation is over then enter, stand in ready stance, and wait for the instructor to acknowledge you and invite you to join the class.
6. Do not cross the floor with your shoes on. Place all shoes and personal items neatly in there appropriate places. (Mat shoes are permitted after approval of the instructor.)
7. All roughhousing and playfulness will cease upon entering the Dojang
8. No talking, playing or laughing during class. Social conversations should take place outside the dojang.
9. Body cleanliness is Mandatory. Fingernails and toe nails must be trimmed to avoid injury. Watch for athlete's foot and use fungicide if necessary.
10. Uniforms are to be properly worn: belts tied correctly and uniform clean. Wash uniform after each class. Does not use bleach. You represent the organization and style. Act accordingly. Those without uniforms wear Sweats with tops or T-shirts. No Shorts, tank tops or tight clothing.
11. All students will address a Blackbelt with SIR or MAM in respect to the rank, regardless of age. Blackbelts will be addressed as Mr. or MS. (last Name) Master rank and above will be addressed as Master (last name) or Sah Bum Nim.
12. Jewelry is not permitted in class. We suggest removal of wedding bands to prevent injury however, wedding bands are allowed only if they are taped securely
13. Do not ask a higher rank to spar. Request assistance with sparring techniques.
14. Sparring is NOT to take place without an instructor present. Only light to no contact is made during sparring. Mouth pieces and groin protection (Males) are required. Other sparring equipment is optional.
15. Eye, groin, throat, and sweep techniques are not to be used in free sparring, but can be simulated during one-steps.
16. The following items will not be allowed on the Dojang floor: Shoes, Gum, Candy, Smoking, Food, Drinks, Profanity, Guns/weapons or Jewelry.
17. Be aware of the class starting and ending commands. You never know when *you* may be the most senior member present. If you are, you~~o~~ll be called upon to give the commands. This could occur either in class or during testing
18. If you have a severe cold or contagious illness of any type, do not attend class.