



VISION AND MISSION

Our Vision is to inspire all people to live peaceful and compassionate lives by embracing the traditional values of Martial Arts training.

Our Mission we are a “pay-it-forward” culture that empowers quality relationships, effective leadership, and life-long learning.

MARTIAL ARTS EDUCATION

CHL offers an innovative martial arts curriculum through:

- **The Physical Art of Soo Bahk Do/Tang Soo Do:** Developing body fitness, physical self-defense skills and the beauty and art of transcendent movement.
- **Conflict Avoidance and Resolution Strategies:** Developing the skills and confidence to dispel, reduce or prevent harmful aggression by:
 - Defining the fundamental causes of anger, defensiveness, and aggression.
 - Developing creative non-violent alternatives (“mental self- defense”) through role-playing, visualization, and trust building exercises.
 - Practicing vigorous martial art self-defense techniques that result in physical self-confidence.
 - Reduce “defensive behavior” and build physical confidence by working through or “acting out” aggressiveness within the physical martial form in a safe environment and, thereby, transforming seemingly hostile gestures (punching, kicking, etc.) into an art form.



- Revitalizing the family unit with an enriched environment that encourages family interactions, personal sharing and family bonding.
- Offering an alternative peer group for student interaction that emphasizes opportunities for students to discover their “true self” apart from the social pressures of work or school.
- Promoting a “warrior” mentality focusing on the tenets of:
 - Courage
 - Honor
 - Loyalty
 - Obligation
 - Justice
- A Multidisciplinary approach to social education consisting of psychology, nutrition, health and social behavioral norms.
- Character development and relationship skills: Developing ethical behavior and humane and intelligent values for living through the martial arts with strategies that enable students to build successful relationships with:
 - Themselves
 - Their Faith
 - Other Individuals
 - Their Environment
- **Promoting a positive and productive society by:**
 1. A renewed and energized focus on the integrity of the family unit.
 2. Addressing out of control violence and bullying.
 3. Providing quality leadership education.
 4. Focusing on personal and global accountability.
 5. Teaching relationship/conflict management skills.
 6. Emphasizing preventative health and fitness.
 7. Demonstrating respect for life and the environment.
 8. Creating action to reduce poverty and famine.
 9. Teaching acceptance and tolerance.
 10. Proving education for making positive social choices.

VOLUNTEER HOURS

Volunteering your time and talent to CHL will not only aid in allowing the organization to function more effectively, but it will open you to new experiences, new friendships, and promote self-growth. The Board has devised a plan to keep all students engaged as active members of CHL.

- As a testing requirement, each student’s volunteer hours for various “CHL jobs” or CHL committee participation will be evaluated by the testing committee prior to each rank advancement test.
- Volunteering is one piece of criteria necessary to advance in rank. Upon acceptance of a testing invitation it is the student’s responsibility to provide the designated black belt board member with documentation of approved volunteer hours.
- Below is a breakdown of hours per test period per rank that is obligatory by each student. Read it as the rank you are seeking is the number of hours needed.

First Yellow	5 hours
Second Yellow	5 hours
Green	10 hours
First Blue	25 hours
Second Blue	25 hours
Third Red	50 hours
Second Red	50 hours
First Red	50 hours
Black	50 hours/each dan

- For low and middle ranks, the above volunteer hours are to be completed prior to your rank advancement test. For red and black belts, the 50-hour requirement is a yearly obligation.
- Volunteer hours are meant to promote the growth of our school while providing you with accountability and responsibility to the organization and society at large. A comprehensive list of volunteer opportunity suggestions is available on our website, centerforhumaneliving.com.
 - Identifying grants and/or writing a grant proposal is a volunteer activity that the CHL Board of Directors sees as a highly valued commodity for the organization. This project can be undertaken by one or multiple individuals collaborating together.
 - Chairing a fundraising event or securing corporate sponsorship for fundraising events, thus creating an alliance that will provide value for both organizations, are also examples of ways CHL can benefit from your volunteer efforts.
 - Committee work is an excellent opportunity for all ranks to accomplish



the required hours needed. Please see the website and contact the champion directly for current committee projects. Also, e-mails are sent to all students when various school events are in progress. Where can you be of assistance?

- Camp Chaos is an annual school event, held during the summer, that holds many opportunities for volunteer assistance.
- Teaching is a volunteer option that is highly encouraged for the red and the black belt candidates.
- It is the student's responsibility to log one's own hours and have a Sensei or committee chairperson sign off upon completion.

****Remember, completion of volunteer hours is one of the requirements used to determine if a student is eligible to test. So be creative, embrace the experience, and grow.****

RED AND BLACK BELT COMMUNITY SERVICE PROJECTS

In **addition** to the above noted volunteer hours for each rank of red and black belt advancement, you are required to submit a written proposal for a community service project that is directly related to the specified interests of CHL. Submit this document for board approval to any 5th Dan or above or by hard copy at least **two weeks** prior to the exam for red belts and one month prior to the exam for black belts.

- This 50-hour project should demonstrate the true essence of the "Martial Spirit". If this project has the possibility for continuing, and has your ongoing participation and commitment, it can be started for one level of rank promotion and if continued, the same project can be used for additional promotions. However, if it is a one-time, limited project it may only be used for one rank promotion and a new project must be completed for further rank advancement.
- Please note that students achieving the rank of black belt are expected (as an adult) to start their own training program under the premise of free martial arts education. Alternatively, become actively involved with teaching in an already established CHL school.
- Training and teaching are life-long commitments for those achieving the rank of black belt at CHL.



RANK PROMOTION FEES

As a 501-C3 non-profit organization; The Center for Humane Living does not charge training fees for participation in classes thru CHL. As students are evaluated and tested for belt rank promotion, there are required fees in order to pay for the cost incurred with supplies, and belts provided to the student as they are promoted. The fee schedule for each belt rank is referenced below.

If a student is unable to pay for testing fees, they are to contact the SBN or Sensei responsible for the test to discuss cost reduction to \$15.00 in order to defray some of the expenses incurred for testing supplies. Students unable to pay the minimum \$15.00 fee may continue to attend classes, and aid in fundraising until fees are obtained to be eligible for the next rank promotion.

Orange	\$50
Yellow	\$50
Second Yellow	\$50
Green	\$100
First Blue	\$100
Second Blue	\$150
Third Red	\$150
Second Red	\$150
First Red	\$150
Black	\$300

RANK PROMOTION ELIGIBILITY

In order to be considered for belt rank promotion at The Center for Humane Living, student meet the following participation criteria.

Belt Ranks **ORANGE-2ND YELLOW**

- 3-month minimum training period after last rank promotion
- Attendance of 2 classes per week or 24 total classes
- A minimum of 70% of 24 classes (17 classes) are required in order to be eligible to test.
- Referral for consideration of rank promotion by Sensei of Sa Bum Nim

Belt Ranks **GREEN-1ST RED**

- 6-month minimum training period after last rank promotion
- Attendance of 2 classes per week or 48 total classes
- A minimum of 70% of 48 classes (34 classes) are required in order to be eligible to test.
- Referral for consideration of rank promotion by Sensei of Sa Bum Nim

KOREAN TERMINOLOGY/GENERAL INFORMATION

ENGLISH	KOREAN
Style of Martial Arts we study?	Soo Bahk Do – Tang Soo Do
Chief Teacher (3 rd Dan and Higher)	Sa Bum Nim
Training Hall	Dojang
Belt Ranks (Colored)	Gup
Belt Ranks (Black)	Dan, Sa Bum Nim
Bow to Instructor	Kyunag Yet
Attention	Cha Ryat
Back (Return)	Baro
Return Bow	Sho
Forms	Kyung/Hyung
Turn Around	Chu Ru Ra
Uniform	Do Bahk
One	Il (Cho)
Two	Ee
Three	Sam (Sa Bum Nim level)
Four	Sa
Five	Oh (Master level)
Six	Yuk
Seven	Chil
Eight	Pal (Grand Master level)
Nine	Ku
Ten	Sip



GENERAL INFORMATION

- **Chief Instructor of The Center for Humane Living, Inc.**
 - Grand Master Michael R. Foley, M.D.
- **Michael R. Foley, M.D.'s Instructor**
 - Carl Clarizio, Jr. (Illinois): Trained under Hwang Kee, Osan-Korea,
- **Soo Bahk Do-Tang Soo Do's Country of Origin**
 - Korea
- **Founder of Soo Bahk Do: Tang Soo Do**
 - Hwang Kee 1945
- **Chaos Symbol/Kanji:**
 - Used to emphasize that before we become "brilliant" martial artists, we first must look "foolish" to the crowd. Currently represents the name of our Annual Summer Camp – "Camp Chaos."
- **Our School Logo** – The symbolism of our Logo represents our open hand to humanity. Each of the 5 fingers in our logo represents the 5 basic Tang Soo Do.

Tenets:

- Courage
- Honor
- Loyalty
- Obligation
- Justice



The focus of the organization is on children and families working together as a unit promoting growth, harmony, and leadership. The midnight blue color represents our traditional Korean "Black Belt" in Soo Bahk Do/Tang Soo Do.



THE EVOLUTION OF CENTER FOR HUMANE LIVING, INC. 2005



Foley Family Tang Soo Do
1991-1994



Shuhari Martial Arts for Peace
1994-1997



Children's Path to Peace, Inc.
1997-2005



The Center for Humane Living, Inc.
2005-Present



THE CENTER FOR HUMANE LIVING COMMITTEES

- Testing
- Community Outreach Programs
- Communication
- Information Technology/Website Development
- Performance Team
- Member Services
- Grappling Instruction

WELLNESS WARRIORS PROGRAM



DOJANG ETIQUETTE **(Norms for expected behavior)**

The Dojang is the place where we cleanse and enrich our minds and bodies. This enrichment can only be accomplished in an environment that is replete with feelings of respect, gratitude, the right attitude, and positive mutual support.

Ring the Gong

At the start and end of class, there is a traditional ringing of the gong. This signifies to the students that it is time to stop talking/training and line up traditionally. The message conveyed by ringing the gong is an “awakening” to living in the present.

Lining Up Traditionally

When facing the instructor: the highest ranked student stands to the right and front of the room.

The lowest ranked student, therefore, stands in the back, left side position.

All others line up from right to left (between the highest and lowest ranked students) based on Rank (highest to lowest). Junior ranks line up to the left of similarly colored belt adults.

Bowing

The bow is simple; it is a pure demonstration of human respect; nothing more, and nothing less.

The bow is the most important movement in the martial arts because it is the one physical action that wholly represents the intent of our training – to peacefully resolve conflict by understanding the importance of other human beings.

When bowing, say silently to yourself – “You are more important than I am”.

When to Bow

1. Upon entering and exiting the Dojang.
2. Before each training session – to the instructor as directed by the highest ranked student. The class should bow first to the highest ranked participating Black Belt student, then separately to each Black Belt in descending rank. The teaching Black Belt is the last to be bowed to – as directed by the Highest Ranked Student. This approach may be replaced, at the discretion of the lead teacher, by “Bow to all Black Belt Instructors”, if the number of Black belts is prohibitive.
3. Bow whenever requesting or receiving help from an instructor.
4. Bow whenever greeting a Black Belt in or out of the Dojang.

DOJANG ETIQUETTE: DURING CLASS

1. When responding to the teacher in the affirmative or following assistance or correction by the teacher, the student should respond by saying “ooh!” or “Thank you Sensei.”
2. The instructor is referred to as Sensei or Sa Bum Nim (or other rank appropriate names— i.e., Grand Master) at all times, in or out of the Dojang (unless otherwise directed).
3. Refrain from leaving the Dojang during class without first obtaining permission from the Sensei.
4. There should never be conversation of any kind while the Sensei is demonstrating. When training with your partner, please keep conversation to an absolute minimum.
5. Refrain from arguing about a technique. If there is a problem that cannot be resolved, ask the Sensei for assistance.
6. Don’t interrupt another student’s training to ask for assistance. Wait until the Sensei is available to help.
7. When receiving personal instruction, remain quiet until the Sensei has completed his/her explanation, then bow and acknowledge.
8. It is inappropriate for a student (including Black Belts) to offer instruction when he or she is not formally teaching the class or has not been specifically requested to assist by the Sensei. This is an essential point to your personal development, and should be followed carefully, particularly among those who assist or teach in other classes.
9. When sitting in the Dojang during a formal class – always sit in either seiza (sitting on knees) or in the half – lotus (cross legged) position.
10. Be aware of your tone of voice and body language during all Dojang interactions.
11. If you believe that a technique is being interpreted incorrectly by the sensei--the best approach is to ask the Sensei, discreetly, during or after class, for clarification.
12. Always act respectful to the other students in class regardless of rank. If Dojang Etiquette is being violated by a student during class – it is the responsibility of any Black Belt to make a respectful correction – avoiding embarrassment of the student.
13. During sparring class – Students must wear complete and appropriate safety equipment to participate- mouthpiece, head protection, hand pads, foot pads, shin pads, groin or breast pads (as appropriate), and rib protection.



DOJANG ETIQUETTE: PREPARING FOR CLASS

1. Always make yourself aware of any needs of the Sensei prior to the start of class. Bricks, boards, Weapons, Pads, Mats, books, notes or anything else the Sensei may require. These must be attended to properly and placed appropriately.
2. If you are teaching a class – you should arrive ~15-30 minutes before class begins.
3. As a student, always arrive at the Dojang with plenty of time to stretch, warm up and socialize before class begins. Do not practice on the Heavy Bag prior to class.
4. If you are late to class – you must line up in the back row. It is important not to disrupt the line as established.
5. Refrain from eating or chewing gum while on the Dojang floor.
6. Make sure your mind is positive as you enter the Dojang. Any negative feelings you may be harboring must be left outside the Dojang. (“Please leave your ego at the door.”)
7. No rings, watches, or jewelry of any kind should be worn during practice.
8. If you are ill, do not attempt to train or teach in the Dojang.
9. Your body and your feet must be clean and kept before stepping on the Dojang floor.
10. All street shoes must be lined up neatly at the entrance to the Dojang. Only specific Dojang shoes will be allowed on the floor.
11. Always enter the Dojang with an empty mind. If you think you know already, it will be difficult for you to learn. Think like a beginner – have “an empty cup!”
12. Refrain from training or teaching when you have ingested any type of drug or alcohol.
13. The student must demonstrate patience and never ask to test, or request rank promotion.
14. Any questions pertaining to training should be referred to the Black Belt instructor(s).
15. Always make it your priority to greet the teaching Sensei upon entering the Dojang.
16. Always make sure your Do Bohk is clean and pressed prior to class. Black belt students may choose the color of their Do Bohk for class. For all formal rank advancement testing both students and instructors must wear their formal black pants/white top – with black trim. For students under the rank of Black Belt – only a white uniform (top / bottom) is appropriate.
17. For students (of rank) transferring from an outside martial arts school – they will be allowed to wear their outside rank and uniform until they are ready for their first rank promotion test. Thereafter, they will be required to wear a white student uniform and their new rank (from our school).
18. If you become injured during class -please immediately inform the teaching Black Belt. The teaching Black Belt should inform SBN Dado or GM Foley of the occurrence as soon as reasonably possible.



DOJANG ETIQUETTE: IN AND AROUND THE DOJANG

1. Always see that the Dojang waiting room and bathrooms are kept clean. Make sure the toilet paper is kept well supplied.
2. Make sure all water bottles and trash are picked up from the waiting room and outside. Sweep the Dojang floor following each class. This is part of your training!
3. There is no smoking or vaping in or around the Dojang.
4. Do not wear heavy scented perfume or cologne in the Dojang.
5. Don't compare one instructor with another. Every Sensei has something unique to share with you. Your job is to discover it. Also, do not criticize other instructors, whether they are from other schools or your own school.
6. Any instructor or student who is invited to teach or attend an outside martial arts school must first obtain permission from his/her Chief Instructor. When returning from this school – The first opportunity must be taken to report the results of their experience to the Black Belt Instructor.
7. Students / Instructors are not encouraged to participate in tournaments or other competitions without first obtaining permission from their Black Belt Instructor.
8. If you have a problem with an individual teacher or student – go directly to them with your concerns. Do not communicate negative feelings to others – this will only create a negative environment. Be open and honest – “Deliver your mail to the correct address—and be open to receive your mail”
9. If you anticipate a prolonged absence from class – please inform the Black Belt Instructor.
10. When wearing a shirt under the Do Bahk top – it should only be a black or white collarless shirt and should be tucked in the pants. Sweatpants or equivalent should not be allowed to show beyond the leg cuff of the Do Bahk pants.
11. If a student desires to wear a scarf or headband to control perspiration during class, it should be simple and without symbols of any kind. No hats or visors are appropriate during class—unless the class is held outdoors.
12. During class, when not actively participating or when waiting to participate, students should stand quietly and pay close attention to the Sensei. Students should only sit when directed to do so by the Sensei.

WHITE BELT

Students will be awarded a uniform and a White Belt as their first promotion. This is done formally in front of the class recognizing the student's commitment to training.

Expectations: The student should show commitment to training by regularly attending at least 5 classes. During these classes, the student should demonstrate attention to Dojang Etiquette and an openness to learning.

ORANGE BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances:

Front Stance, Horseback Stance, Back Stance (Fighting Stance)

Blocks:

Downward, High, Inside to Outside, Outside to Inside

Strikes:

Center Punch, Low Punch, High Punch, Combination (Lunge- only)

Kicks:

Stretch Kicks: Straight Up, Inside to Outside, Outside to Inside

Front Snap Kick

Lead Leg Round House

Lead Leg Side Kick

Turning Round House

Turning Side Kick

Spinning Back Kick

Forms:

Basic Form # 1 (Ki cho hyung il bu)

One-Step Sparring:

2 One Steps

Evade to the RIGHT in horseback stance, cup and saucer on the LEFT- punch with LEFT to face (great bone orifice), cup and saucer on the RIGHT - punch with RIGHT to face (great bone orifice)- simultaneous knife hand chop with LEFT to the forearm (crooked pond).

Step in with RIGHT leg, RIGHT high block under opponent's arm - slide down opponent's arm- RIGHT downward elbow strike to the armpit (brachial plexus).

Sparring: Basic Distancing ONLY- No Contact

Breaking: Introduction: single weapon only (Hammer-Fist, Palm Heel or Elbow)

*Note: No breaking of wood until age 8 or greater; Bricks - age 12 or greater.

Self Defense:

Break Falling

Rear over arms Bear Hug (S.I.N.G.)

Bear Hug from Behind w/ Arms Free - Complete Krav Maga (CKM) pp. 136- 137

Bear Hug from Behind w/ Arms Caught - CKM p. 139

Bear Hug from Behind and the Front w/ Lift - CKM pp. 200-201

Role Playing: Introduction to Role Playing (12 ways)

Why is Everybody Always picking on Me? (WIEAPM) pp. 59-67.

Required Community Service:

5 hours

YELLOW BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances: Extremely Strong Front Stance

Blocks:

Cross Blocks- Upward, Downward (from reverse position)

Strikes:

American Back Fist

Traditional Back Fist

Reverse Punch (Center/High)

Kicks:

Slide Side kick

Jump Side kick

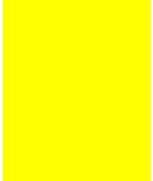
5 different three combination kicks

Forms:

Basic Form #2 (Ki cho hyung e bu)

One Step Sparring:

3 One Steps



RIGHT Outside-in block to forearm (crooked pond) into a horseback stance, grab opponents' forearm with left hand, step-in RIGHT- sided elbow strike to the temple (temporal plexus) with RIGHT while simultaneously pulling with left hand and stomping with right foot to the instep (sunken valley).

Sparring:

Basic hands and feet (Light Contact)

Breaking:

Demonstrations of breaking with two weapons (hands/elbows)

Self Defense:

Lapel Grab (against wall)

Lapel Grab (off wall)

Side Arm Grab (single and dual attackers)

Escape from Side Headlock - CKM pp. 70-71

Wrist Releases - CKM pp. 72-76



CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

Philosophy

Required Community Service

5 hours

YELLOW BELT WITH BLACK TIP (2nd YELLOW)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances:

- Strong Front and Back Stance (Fighting Stance)
- Deep Horseback Stance

Blocks:

- Center Knife Hand Block
- Downward Knife Hand Block

Strikes:

- Side Center Punch
- Knife Hand Chop
- Ridge Hand Strike

Kicks:

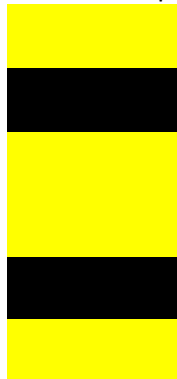
- Lead Leg Double Round House
- Slide Lead Leg Round
- 10 different three kick combinations

Forms:

- Basic Form # 3 (Ki cho hyung sam bu)
- Introduce concept of Shuhari Form

One-Step Sparring:

5 One Steps



LEFT Inside-out block to the forearm (crooked pond), double handed ear strike (ear drum), pull head downward into RIGHT upward knee strike to the nose (white bone orifice).

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT inverted knuckle strike to Adam's apple (thyroid cartilage).

Sparring:

Improved hand / foot combinations, distancing

Breaking:

Demonstration of two weapon breaks: hand and foot breaking

Self Defense:

Escape from the Choke (Front, Behind, Side, w/ Push)— CKM pp. 60-69

Choke from Front and Behind Against Wall - CKM pp. 124 and 125

Air and Blood Choke application (Front)

Application of Rear Naked Choke

Headlock from Behind (Arm Bar)- CKM pp. 128-129

Headlock from Behind (Carotid Choke)- CKM pp. 130-131

Philosophy

Required Community Service

5 hours

GREEN BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

Stances:

Strong Front and Back Stance (Fighting Stance)
Deep Horseback Stance

Blocks:

Center Knife Hand Block
Downward Knife Hand Block

Strikes:

Lung Spear Thrust
Groin Strike
Palm Heel (Lunge and Reverse)

Kicks:

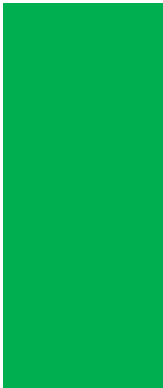
Lead Leg Hook Kick
Turning Hook Kick
Angular kick (Lead leg/Turning)
Fluidity on 10 different three-combination kicks
Jump Front Snap kick
Jump Flying Side
Double- Alternating Jump Front Snap Kick

Forms:

Basic Form # 4 (Pyung ahn cho dan)

One-Step Sparring:

7 One Steps



LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT groin strike (pelvic plexus) with pull back.

RIGHT Outside-in crescent kick block to the forearm (crooked pond) then in continuous motion, RIGHT side kick to solar plexus.

Sparring:

Concepts of distancing, countering, and improved combinations

Breaking:

Demonstration of multiple weapon breaking

Self Defense:

Front, Round, and Side Kick from Ground - CKM pp. 78-84

Introduction to Grappling - mounted position - CKM pp. 142-143
Escape from mounted position- "Touchdown"
Trap and Roll Against Full Mount - CKM pp. 144-145
Choke w/ Attacker in Mount - CKM pp. 146-147
Headlock while Mounted - CKM pp. 148-149
Application of arm bar
Hair Grab from Front, Side, and Back - CKM pp. 194, 196, and 197

Philosophy

Required Community Service

10 hours

BLUE BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong Front, Back and Horseback Stances

Blocks:

Open Hand Block

Grab Technique

Strikes:

Inverted Side and Upward Wrist

Kicks:

Spinning Hook Kick

Jump Lead Leg Hook Kick

Slide Back Kick

Jump/Flying - Front Snap Kick to Round House (alternating legs)

Double Simultaneous Jump Front Snap Kick

12 different three-combination kicks

Forms:

Basic Form # 5 (Pyung ahn e dan)

One-Step Sparring:

10 One Steps

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to nose (white bone orifice), grab opponents' wrist with LEFT hand to overhead sweep, sweeping RIGHT upward punch to solar plexus.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), LEFT vertical punch to floating rib.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to the face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), RIGHT hand traps opponents' wrist, LEFT outside-in block, elbow break.

Sparring:

Attack/Counter Attack Concepts

Breaking:

Two to Three Weapon Breaking (move to cinder block as appropriate)

Self Defense:

Grappling - improved control

Escape from guard position - CKM pp. 212-213

Arm Bar from the Guard - CKM pp. 202-203

Choke while Attacker is Punching in Guard - CKM p. 269

Triangle Choke from Ground - CKM p. 270

Guillotine from Guard Bottom Position - CKM p. 271

Headlock from Behind on Ground - CKM p. 274

Defense from Headlock from Behind on Ground -CKM p. 275

Side Mount (Arm Lock) - CKM p. 215

Stick Defense Against Overhead Swing (Bursting) - CKM pp. 242-243

Stick Defense Against Baseball Bat Swing - CKM pp. 246-247

Philosophy

Required Community Service

25 hours

BLUE BELT WITH BLACK TIP (2nd Blue)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong consistent stances -with little head variation as moves across the floor.

Blocks:

Very consistent with all blocks. Strength derived from rotation of waist.

Strikes:

Combinations of open and closed hand strikes.

Variation of target and weapons displayed consistently.

Kicks:

Kicks with sweeps (variation)

Flying Side Kick

Jump Spinning Back Kick

Jump Turning Round House

Jump Turning Side Kick

Forms:

Basic Form # 6 (Pyung ahn sam dan)

One-Step Sparring: 12 One Steps



RIGHT Outside- in block to the forearm (crooked pond) while stepping forward- spin inward 180 degrees, LEFT backwards elbow to the solar plexus, LEFT backfist to nose (white bone orifice), LEFT openhanded groin strike (pelvic plexus).



LEFT Outside-in block to the forearm (four rivers), spin outward 180 degrees, RIGHT elbow to floating rib, LEFT punch over the shoulder to face (great bone orifice).

Sparring:

Well-rounded capabilities.

Able to demonstrate breadth and depth of basic and advanced techniques during free sparring.

Breaking:

Multiple Weapon Breaking

Self Defense:

Knife defense (Front and Rear)

Gun Defense from side (behind arm) - CKM pp. 255-256

Gun from Front - CKM p. 259

Gun from Behind (Touching)- CKM pp. 260-262

Defense against Hand Gun: Behind from a Distance - CKM pp. 334-335

Machine Gun Takedown -CKM pp.290-291

Step in Take Down Against Kick

Spinning Under Take Down Against Kick

Scissor Take Down Against Kick

Teaching: With supervision students will be introduced to teaching lower ranked students.

Philosophy

Required Community Service

25 hours

RED BELT WITH NO TIPS (3rd Red)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong consistent stances.

Blocks:

Very consistent with all Blocks - powerful, rotational energy.

Strikes:

Elbow strikes- Upward, Downward, Cross, Side, Back

Knee strikes- Up, Side

Kicks:

Slide Hook Kick

Hook- Round House Kick

Wheel Kick

Forms:

Basic Form # 7 (Pyung ahn sa dan)

One-Step Sparring:

15 One Steps

RIGHT Inside-out block to the forearm (four rivers) while stepping forward with RIGHT foot to inside of opponent's right foot, RIGHT knee takedown moving knee outside to inside, simultaneous LEFT reverse punch to the face (great bone orifice) as opponent falls.

Duck (evade) under strike falling to RIGHT knee with simultaneous RIGHT downward open backhand strike to groin (pelvic plexus). Pickup both pant leg cuffs, stand up while still holding pant leg cuffs, RIGHT heel kick to groin (pelvic plexus).

Duck (evade) under strike falling to RIGHT knee, RIGHT reverse punch to groin (pelvic plexus). RIGHT open-handed cupping- immobilization of opponent's right heel, LEFT hand pushes knee joint outwardly for takedown.

Sparring:

Multiple opponent strategies. Fakes, Sweeps, Take downs now fluent.

Breaking:

Multiple weapon breaking- Board/Bricks

Self Defense:

Knife defense (Front and Rear)

Improved ground fighting

Chokes, arm bars, pressure points

One-Arm Shoulder Throw - CKM p.292

Hip Throw - CKM p. 293

Face to Face Flip (Sacrifice Throw) - CKM pp. 294-295

Teaching:

With supervision students will be introduced to teaching lower ranked students.

Other:

Red Belt Candidates: For each rank of Red Belt advancement you are required to submit a written proposal for a 50-hour community service project that is directly related to the specified interests of CHL. Submit this document to any 5th Dan or above or by hard copy for approval at least two weeks prior to the exam. Also, please bring three copies of your proposal to the test. Once accepted and completed, the student will be awarded red trim for their Do Bahk.

Philosophy

Required Community Service

50 hours

RED BELT WITH SINGLE BLACK TIP (2nd Red)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong consistent stances.

Blocks:

Consistent rotational energy on all blocks and strikes.

Strikes:

A strong comprehensive knowledge of all strikes.

Eye Strike, Ear Strike, Hammer Fist Strike

Kicks:

Jump Spinning Hook Kick

Jump Turning Outside to Inside Crescent Kick

Jump Spinning Inside to Outside Crescent Kick

Forms:

Basic Form # 8 (Pyung ahn oh dan)

One-Step Sparring:

18 One Steps



LEFT Inside-out block to the forearm (crooked pond), RIGHT knife hand chop to the neck (cervical plexus), LEFT palm heel to nose (white bone orifice).

LEFT Outside-in block to the forearm (four rivers), LOOK, RIGHT spinning back knife hand chop to the back of the neck (wind mansion).

Stepping back with the RIGHT leg, upward cross block (w/open hands, right over left) intercept and trapping opponent's wrists. Rotate opponent's arm down (clockwise) while using your left hand to push down on opponent's elbow joint. RIGHT low front snap kick to the nose (white bone orifice), RIGHT downward elbow strike to the back of the neck (wind mansion).

Sparring:

Multiple opponent strategies. Fakes, Sweeps, Take downs now fluent.

Breaking:

Multiple weapons, breaking with confidence and expertise.

Self Defense:

Strong knowledge of self-defense - philosophical and tactical employment.

Defense Against Full Nelson (Finger Leverage) - CKM pp. 300-302.

Defense Against Full Nelson (Sweep) - CKM pp.304-305.

Teaching:

With supervision students will be introduced to teaching lower ranked students.

Other:

See previous red belt rank requirements for community service.

Philosophy**Required Community Service**

50 hours

RED BELT WITH TWO BLACK TIPS (1st Red)

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

A strong comprehensive knowledge of all stances - strongly centered.

Blocks:

A strong comprehensive knowledge of all blocks. Strong rotational energy exhibited.

Strikes:

Strong proficient strikes - Demonstrated with focus and power.

Kicks:

Spinning - Jump - Turning Round House

Unsupported Kicks:

Jump Spinning Back Kick

Jump Turning Round House

Forms:

Basic Form # 8 (Pyung ahn oh dan)

Shuhari Form

One-Step Sparring:

20 One Steps



Evade by stepping back with RIGHT leg, RIGHT over LEFT slap intercept of the fist (re-direct opponents punch downward) with a quick RIGHT eye gouge (eyeballs), RIGHT front snap kick to groin (pelvic plexus), RIGHT upward elbow strike to chin (under the sauce receptacle).



Evade forward LEFT (approx. 45 degrees) in horseback stance, cup and saucer on the RIGHT, RIGHT center punch/LEFT center punch to the left floating ribs; RIGHT high punch/LEFT high punch to face (great bone orifice) then pull shoulder down with LEFT hand and LEFT leg sweep of opponents' right leg. RIGHT heel kick to the chin (under the sauce receptacle).

Sparring:

Multiple opponents, demonstrates the breadth and depth of techniques during sparring.

Breaking:

Multiple weapons - demonstrates with expertise, confidence, and

courage.

Self Defense:

Demonstrates a strong working knowledge of the philosophic, technical, and tactical employment of self-defense techniques.

Knife Defense Against Ice Pick Stab - CKM pp. 306-308.

Knife Defense Against Straight Stab - CKM pp. 312-313.

Knife Defense Against Forward Slash - CKM pp. 316-317.

Knife Defense Against Backhand Slash - CKM pp. 318-319.

Other:

See previous red belt rank requirements for community service.

Philosophy

Required Community Service

50 hours

1st DAN BLACK BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Physical Skill Summary:

Proficiency of all physical techniques.

Good Physical Conditioning.

Respect demonstrated through both personal living and Dojang activity.

Blocks:

A strong comprehensive knowledge of all blocks.

Strong rotational energy exhibited.

Strikes:

Strong proficient strikes.

Demonstrated with focus and power.

Kicks:

Spinning Jump Turning Round House

Unsupported Kicks: Jump Spinning Back Kick, Jump Turning Round House

Forms:

Bassai

Shuhari Form

One-Step Sparring:

20 Basic One-Steps

Demonstration of Rank Appropriate One-Steps used in teaching.

Student must demonstrate ability to create new one steps.

Sparring:

Multiple opponents, demonstrates the breadth and depth of techniques during sparring.

Breaking:

Demonstration of multiple weapon breaking. Courage must be demonstrated.

Self Defense:

Must demonstrate a strong working knowledge of the principles and practice of self-defense.

Role Playing:

Must demonstrate the ability to run a role-playing exercise without prior preparation.

Reading:

Must demonstrate a detailed knowledge of all recommended readings. Students should anticipate questions regarding all reading materials during the oral exam portion of the Black Belt Test.

Required Community Service

50 hours annually.

Teaching:

Demonstration of strong ability to teach lower ranked students.

Other:

CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

Black Belt 1st Dan Candidates: For the rank of 1st Dan Black Belt advancement you are required to submit a written proposal for a 50-hour community service project that is directly related to the specified interests of CHL. Submit this document to and 5th Dan or above or by hard copy for approval at least six weeks prior to the exam. Also, please bring three copies of your proposal to the test.

ADVANCED DEGREES OF BLACK BELT

- 2nd Dan: Minimum of 2 years after 1st Dan promotion
- 3rd Dan: Minimum of 3 years after 2nd Dan promotion.
- 4th Dan: Minimum of 4 years after 3rd Dan promotion.
- 5th Dan: Minimum of 5 years after 4th Dan promotion.
- 6th Dan: Minimum of 6 years after 5th Dan promotion.
- 7th Dan: Minimum of 7 years after 6th Dan promotion.
- 8th Dan: Minimum of 8 years after 7th Dan promotion.

CHL RECOMMENDED READING LIST

Throughout your training, concepts, techniques, and philosophy from the above texts will be utilized to provide the student a solid foundation of depth and breadth of the CHL curriculum. Become familiar with the recommended readings to gain a comprehensive working knowledge of the material that can be implemented in all aspects of your life.

Black belts must demonstrate a detailed knowledge of all recommended readings. Students should anticipate questions regarding all reading materials during the oral exam portion of the Black Belt Test.

1. Foley, Michael R, (2019). *Inhale-Reflections from a Beginner on the Path to Mastery*. Chaos Publishing.
2. Foley, Michael R. (2004). *The Art of Humane Living: Martial Arts as a Path to Peace*. Paradise Valley: Chaos Publishing.
3. Foley, Michael R. (2010). *Ancient Wisdom for Life Fulfillment: Inspiring All Individuals to Live Peaceful and Compassionate Lives*. Chaos Publishing.
4. Erickson, Steven M. (2010). *Ki Inspiring Thoughts: Developing a Generation of Honorable Warriors*. Chaos Publishing.
5. Bolden, Diane. (2011). *The Pinocchio Principle: Becoming the Leader You Were Born to Be*. Phoenix: Amazon Publishing.
6. Children, Doc and Martin, Howard. (1999). *The Heart Math Solution*. New York: HarperCollins Publishers.
7. De Becker, Gavin. (1997). *The Gift of Fear: Survival Signals that Protect Us from Violence*. New York: Little, Brown, and Company.
8. Funakoshi, Gichin. (2003). *The Twenty Guiding Principles of Karate: The Spiritual Legacy of the Master*. Tokyo: Kodansha International Ltd.
9. Furuya, Kensho. (1996). *Kodo: Ancient Ways*. Burbank: Ohara Publications.
10. Kee, Hwang. (1995). *Soo Bahk Do Tang Soo Do Volume 1*. London: Paragon Press.
11. Kim, PhD., Sang H. (2008). *Vital Point Strikes: The Art and Science of Vital Target Striking for Self-Defense & Combat Sports*. Santa Fe: Turtle Press.
12. Levine, Darren and Whitman, John. (2007). *Complete Krav Maga: The Ultimate Guide to Over 200 Self-Defense and Combative Techniques*. Berkeley: Ulysses Press.
13. Morgan, Maj. USAF, Forrest E. (1992). *Living the Martial Way: A Manual for the Way a Modern Warrior Should Think*. Fort Lee: Barricade Books.
14. Stevens, John. (2002). *The Art of Peace: Morihei Ueshiba*. Boston: Shambhala Publications.
15. Strong, Sanford. (1996). *Strong on Defense: Survival Rules to Protect You and Your Family from Crime*. New York: Pocket Books (Division of Simon and Schuster).
16. Webster-Doyle, Terrence. (1988). *Facing the Double-Edged Sword: The Art of Karate for Young People*. New York: Weatherhill.
17. Webster-Doyle, Terrence. (1990). *Fighting the Invisible Enemy: Understanding the Effects of Conditioning*. Middlebury: Atrium Society.
18. Webster-Doyle, Terrence. (1991). *Why Is Everybody Always Picking on Me? A Guide to Handling Bullies*. Middlebury: Atrium Society.
19. Webster-Doyle, Terrence. (1992). *Eye of the Hurricane: Tales of the Empty-Handed Masters*. Middlebury: Atrium Society.
20. Webster-Doyle, Terrence. (1992). *Flight of the Golden Eagle: Tales of the Empty-Handed Masters*. Middlebury: Atrium Society.
21. Webster-Doyle, Terrence. (1992). *Maze of the Fire Dragon: Tales of the Empty-Handed Masters*. Middlebury: Atrium Society.
22. Webster-Doyle, Terrence. (1995). *Breaking the Chains of the Ancient Warrior: Tests of Wisdom for Young Martial Artists*. Middlebury: Atrium Society.

TWENTY BASIC ONE STEPS

1.

Evade to the RIGHT in horseback stance, cup and saucer on the LEFT- punch with LEFT to face (great bone orifice), cup and saucer on the RIGHT - punch with RIGHT to face (great bone orifice)- simultaneous knife hand chop with LEFT to the forearm (crooked pond).

2.

Step in with RIGHT leg, RIGHT high block under opponent's arm - slide down opponent's arm- RIGHT downward elbow strike to the armpit (brachial plexus).

3.

RIGHT Outside-in block to forearm (crooked pond) into a horseback stance, grab opponents' forearm with left hand, step-in RIGHT- sided elbow strike to the temple (temporal plexus) with RIGHT while simultaneously pulling with left hand and transferring weight to the RIGHT foot as you step in.

4.

LEFT Inside-out block to the forearm (crooked pond), double handed ear strike (ear drum), pull head downward into RIGHT upward knee strike to the nose (white bone orifice).

5.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT inverted knuckle strike to Adam's apple (thyroid cartilage).

6.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT groin strike (pelvic plexus) with pull back.

7.

RIGHT Outside-in crescent kick block to the forearm (crooked pond) then in continuous motion, RIGHT side kick to solar plexus.

CURRICULUM

8.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to nose (white bone orifice), grab opponents' wrist with LEFT hand to overhead sweep, sweeping RIGHT upward punch to solar plexus.

9.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), LEFT vertical punch to floating rib.

10.

RIGHT Inside-out block to forearm (four rivers), LEFT high punch to the face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), RIGHT hand traps opponents' wrist, LEFT outside-in block, elbow break.

11.

RIGHT Outside- in block to the forearm (crooked pond) while stepping forward- spin inward 180 degrees, LEFT backwards elbow to the solar plexus, LEFT backfist to nose (white bone orifice), LEFT openhanded groin strike (pelvic plexus).

12.

LEFT Outside-in block to the forearm (four rivers), spin outward 180 degrees, RIGHT elbow to floating rib, LEFT punch over the shoulder to face (great bone orifice).

CURRICULUM

13.

RIGHT Inside-out block to the forearm (four rivers) while stepping forward with RIGHT foot to inside of opponent's right foot, RIGHT knee takedown moving knee outside to inside, simultaneous LEFT reverse punch to the face (great bone orifice) as opponent falls.

14.

Duck (evade) under strike falling to RIGHT knee with simultaneous RIGHT downward open backhand strike to groin (pelvic plexus). Pickup both pant leg cuffs, stand up while still holding pant leg cuffs, RIGHT heel kick to groin (pelvic plexus).

15.

Duck (evade) under strike falling to RIGHT knee, RIGHT reverse punch to groin (pelvic plexus). RIGHT open-handed cupping- immobilization of opponent's right heel, LEFT hand pushes knee joint outwardly for takedown.

16.

LEFT Inside-out block to the forearm (crooked pond), RIGHT knife hand chop to the neck (cervical plexus), LEFT palm heel to nose (white bone orifice).

17.

LEFT Outside-in block to the forearm (four rivers), LOOK, RIGHT spinning back knife hand chop to the back of the neck (wind mansion).

18.

Stepping back with the RIGHT leg, upward cross block (w/open hands, right over left) intercept and trapping opponent's wrists. Rotate opponent's arm down (clockwise) while using your left hand to push down on opponent's elbow joint. RIGHT low front snap kick to the nose (white bone orifice), RIGHT downward elbow strike to the back of the neck (wind mansion).

CURRICULUM



19.

Evade by stepping back with RIGHT leg, RIGHT over LEFT slap intercept of the fist (re-direct opponents punch downward) with a quick RIGHT eye gouge (eyeballs), RIGHT front snap kick to groin (pelvic plexus), RIGHT upward elbow strike to chin (under the sauce receptacle).



20.

Evade forward LEFT (approx. 45 degrees) in horseback stance, cup and saucer on the RIGHT, RIGHT center punch/LEFT center punch to the left floating ribs; RIGHT high punch/LEFT high punch to face (great bone orifice) then pull shoulder down with LEFT hand and LEFT leg sweep of opponents' right leg. RIGHT heel kick to the chin (under the sauce receptacle).

VITAL POINT STRIKES

Vital Point: is a pressure sensitive point on the surface of the human body. They allow you to use pain to influence the actions and reactions of an opponent.

When fighting, these things matter:

1. Size
2. Power
3. Speed
4. Aggression

However, by practicing and understanding vital point strikes, your power can be 3-5X more effective.

Vital Points follow NERVES, PLEXUSES, and BLOOD VESSELS.

Lethal Points: damage Central Nervous System and Cardiovascular System. Fatal consequences occur usually due to secondary hemorrhages.

Paralyzing Points: cause temporary paralysis of an area of the body or incapacitating trauma.

Tactical Points: reduce your opponent's capacity or stamina, or to force them to react in a way advantageous for you.

Pain Tolerance: the measure of the amount of pain a person can endure before breaking down emotionally or physically giving up.

Factors that affect it:

- Biology (red/blonde/brunette)
- Culture
- Environment
- Physical Condition (fever/illness/dehydration)
- Mental Condition ("mind over matter" vs. Anxiety)

The #1 rule: once engaged in a fight, strike the most vulnerable targets in the shortest time to cause maximum damage to the opponent.

Physical Manifestations of Fear:

- Face: Fixed stare, eyebrows up or down, clenched teeth, squinting, dilated pupils, tight lips.
- Posture: clenched fists, raised arms, hunched shoulders, tense, expanded chest.
- Increased sweating
- Increased respiratory rate
- Pale face or arms (blood diverted to vital organs, brain and spinal cord)
- Dry mouth (decreased saliva)

VITAL POINT STRIKES

Weapons:

1. Hands
 - a. Fingers: Poke or pinch
 - b. Closed hand punch, open, or cupped
 - c. Knuckles
2. Elbows
 - a. All directions: up, down, rear, lateral
3. Knee
4. Foot
 - a. Heel
 - b. Ball
 - c. Dorsum
 - d. Side
5. Head Butt

12 Vital Plexuses

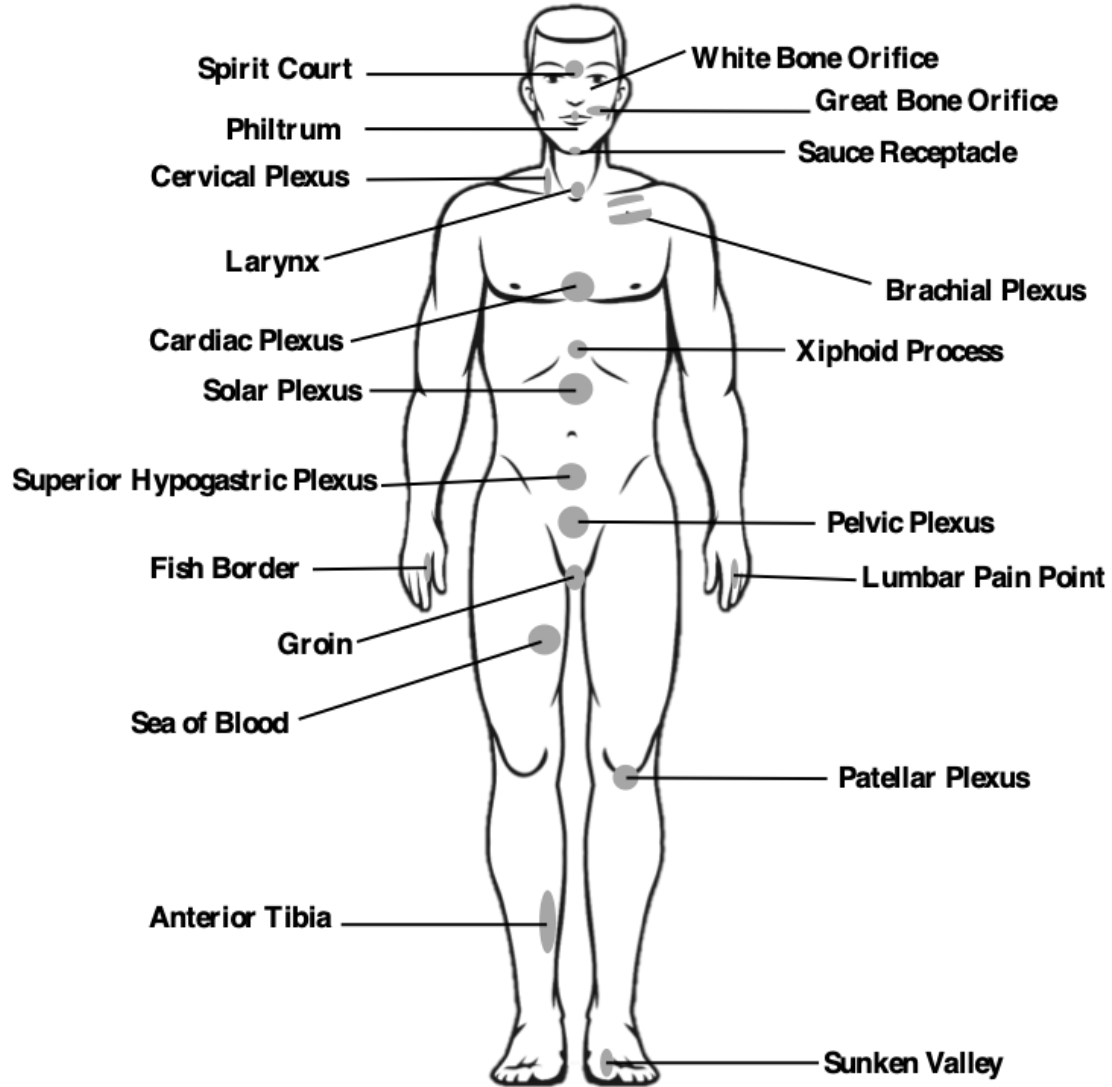
1. **Anterior**
 - a. Temporal
 - b. Cervical
 - c. Brachial
 - d. Cardiac
 - e. Celiac (Solar) hit when they inspire
 - f. Superior Hypogastric
 - g. Pelvic
 - h. Patella
2. **Posterior**
 - a. Pulmonary
 - b. Sub-trapezial
 - c. Lumbar
 - d. Sacral

VITAL POINT STRIKES

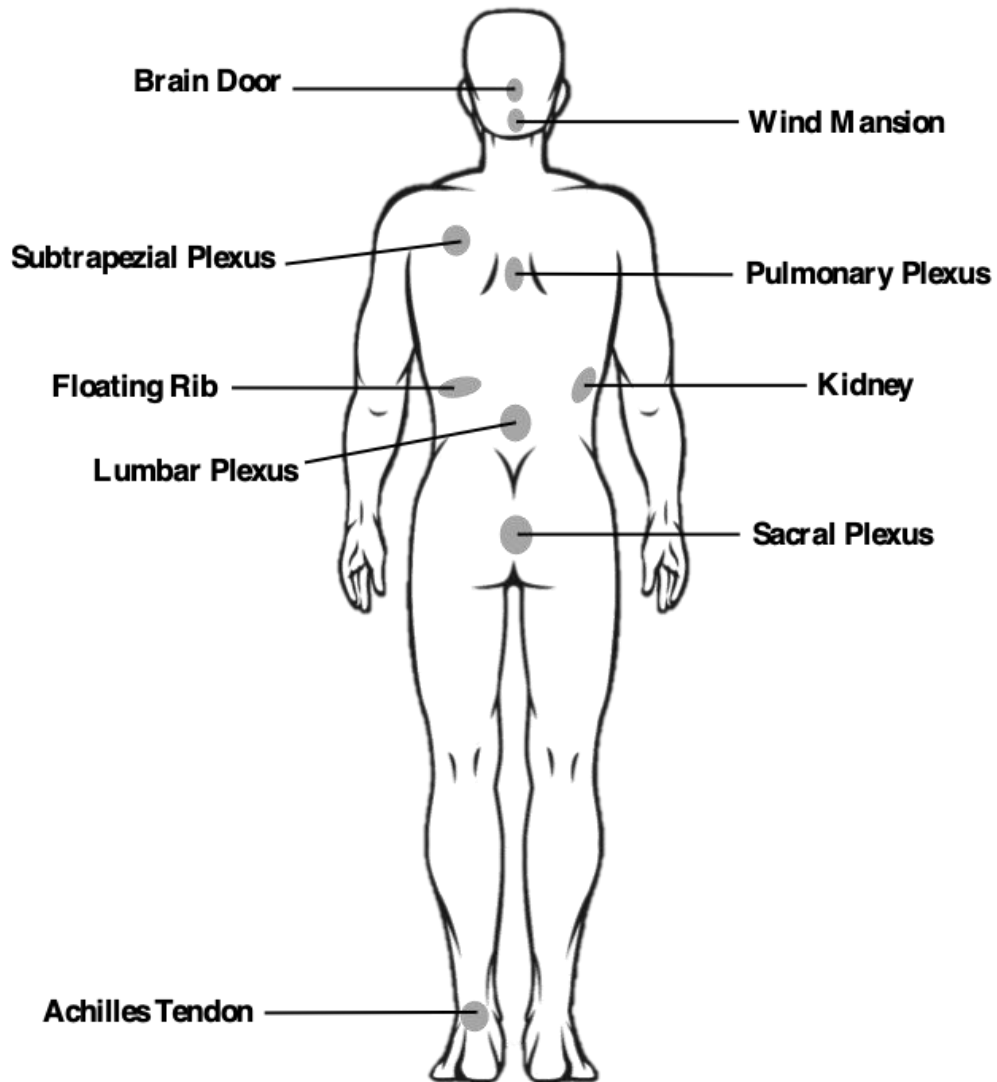
Vital Points

1. Spirit Court (mid forehead frontal nerve)
2. White bone orifice (tip of nose)
3. Philtrum (upper lip)
4. Sauce Receptacle (tip of chin)
5. Great Bone Orifice (cheek bone, facial and infraorbital nerves)
6. Eyeball
7. Temple
8. Eardrum (and auricle)
9. Brain Door (Brain-brainstem junction)
10. Wind Mansion (C1-C2 junction)
11. Adam's Apple (Thyroid cartilage)
12. Celestial Chimney (Trachea/ "dolphin")
13. Groin
14. Floating Rib
15. Kidneys
16. Four Rivers (between the ulna and radius 5cm below the olecranon on medial side)
17. Crooked Pond (brachio-radialis nerve)
18. Fish Border (on hand at the base of the thumb)
19. Lumbar Pain Point (dorsum of the hand L/R ulnar/radial nerve)
20. Sea of Blood (Inner Thigh)
21. Patella
22. Anterior Tibia (Shin)
23. Achilles Tendon
24. Sunken Valley (Anterior Foot)

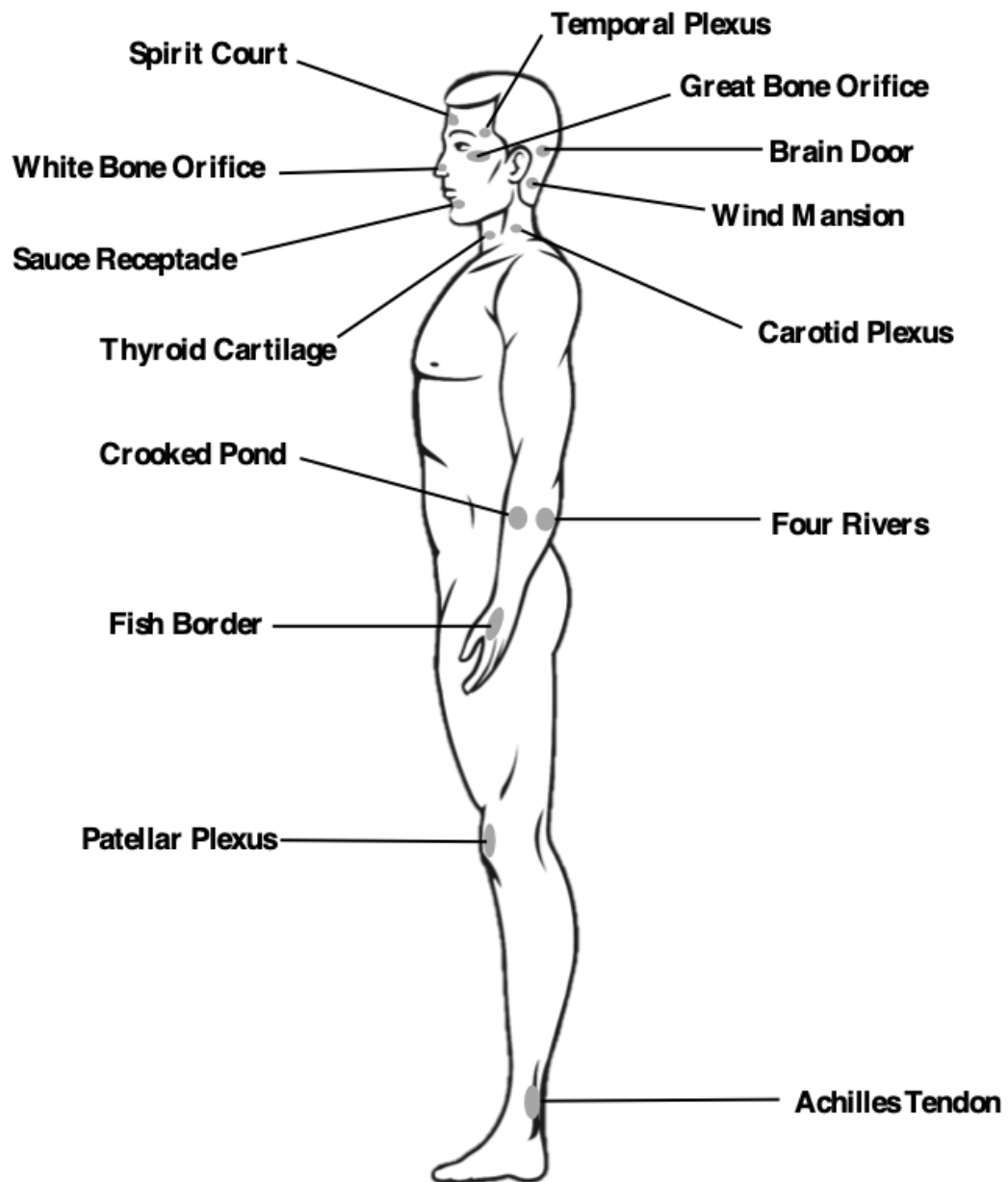
VITAL POINT STRIKES



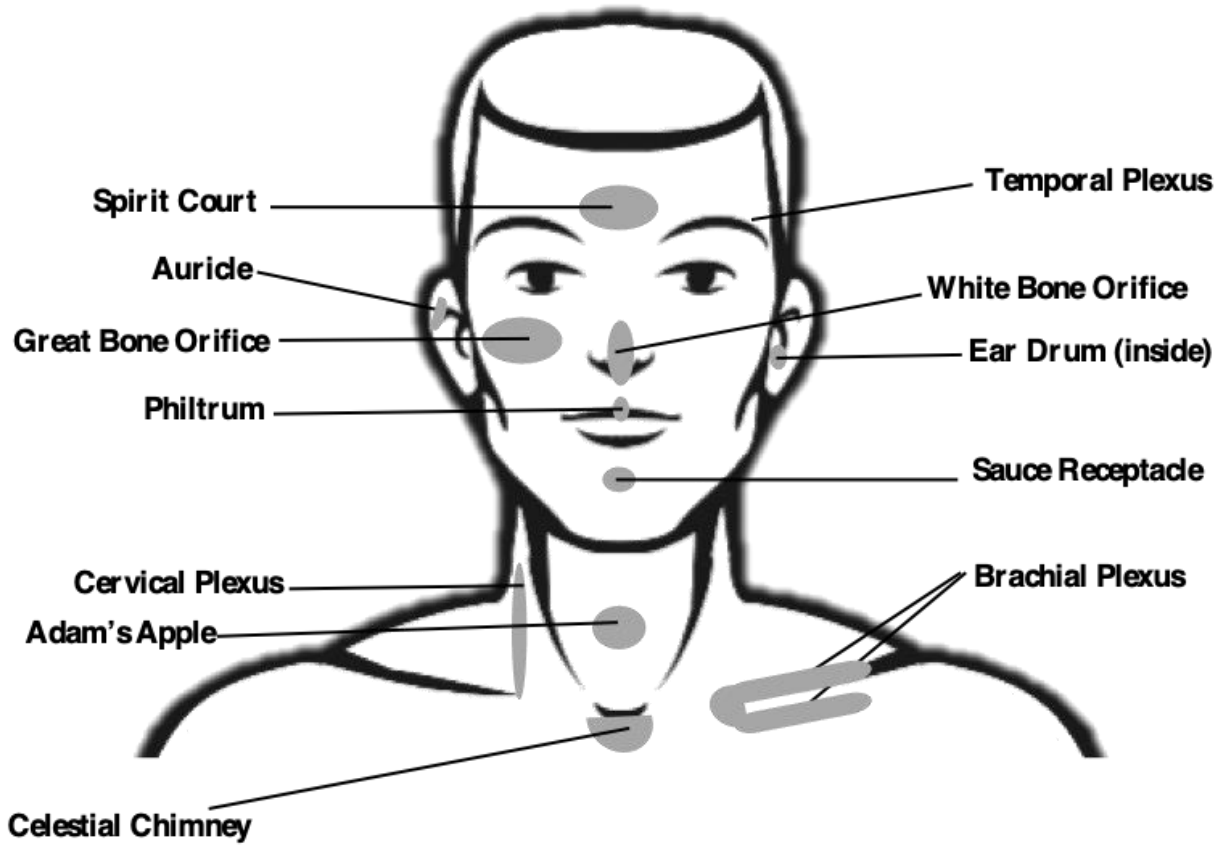
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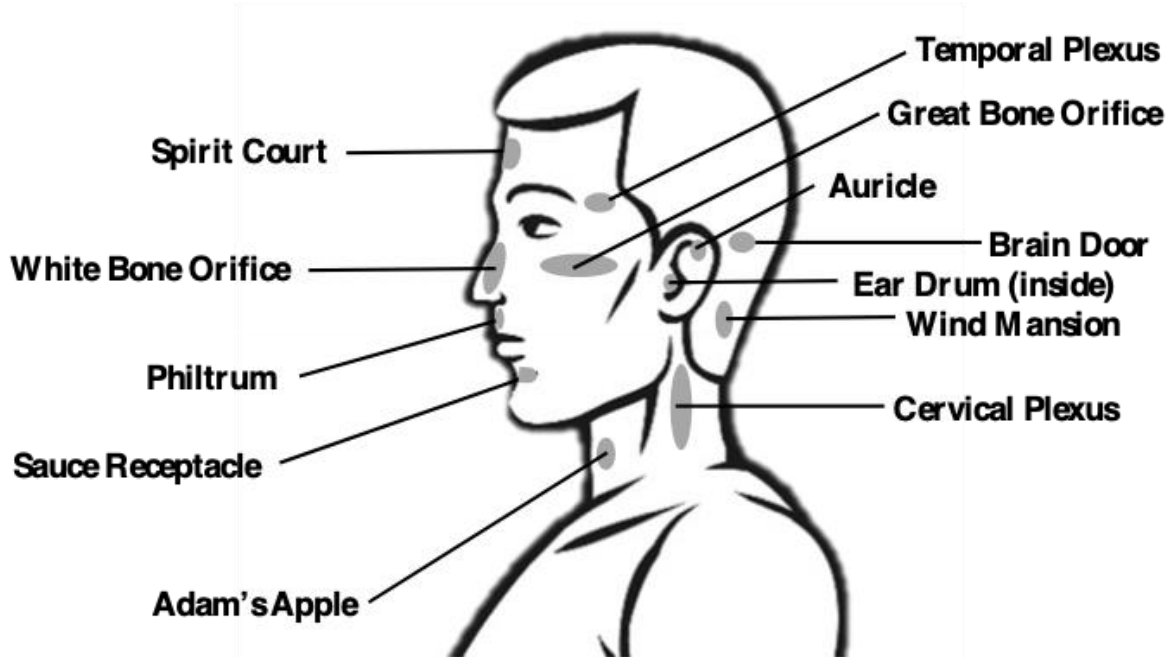
VITAL POINT STRIKES



VITAL POINT STRIKES



VITAL POINT STRIKES



TEA CEREMONY

The Center for Humane Living Tea Ceremony is a customized version of the ancient “Gung Fu” tea ceremony.

1. Lay out tea wares and pots and bring participants together. *(Assign responsibilities of tea family – kettle, Yixing pot and cups, tea, spoon and serving dish, clean up)
2. Arrange Yixing pot and cups on draining tray and kettle pot and service pot with tea wares and tea to the side. *(discuss importance of “order”)
3. Rinse kettle pot and fill with pure water. Place on heat source. Achieve water temperature just below boiling.
4. Place tea leaves in serving dish utilizing tea spoon from tea ware.
5. Rinse Yixing pot, cups and serving pot with hot water from kettle. *(each member to discuss 3 focuses of thankfulness)
6. Add tea leaves from serving dish to Yixing pot using spoon. Cover 1/3 of bottom of Yixing pot with tea leaves.
7. Rinse tea leaves with hot water from kettle and pour rinse into tray.
8. Add hot water to Yixing pot until it overflows then replace lid. Pour water over lid until water drains from spout, warming pot.
9. Fill all cups (to overflowing) with hot water to warm them – then with tongs empty the water out by turning the cup over into the tray. Replace. *(Discuss the value of the “Empty Cup”)
10. Allow 3-5 minutes for steeping of tea leaves. *(Discuss the virtue of patience)
11. Pour contents of Yixing pot into serving pot and replace lid of serving pot.
12. Warm pot by pouring hot water from kettle over pot.
13. Fill cups – beginning with guests (from serving pot) and serve (server to tell each recipient what they see as their most positive attribute – followed by a bow)
14. Enjoy tea *(discuss Tiger & Strawberry story or the importance of Living in the Moment)
15. Clean/empty tea from Yixing pot with tea pick/spoon.
16. May repeat steeping times 3 as desired. Rotate responsibilities among tea family. (All members to express thanks to each other) Rinse all with hot water and store equipment. Do not use soap, only hot water.