



Tang Soo Do Complete Book of Hyungs

Len Losik Ph.D

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Tang Soo Do Korean Empty Hand Self-Defense Complete Book of Hyungs includes step-by-step written instructions and drawings for learning the 25 Tang Soo Do Hyungs including: Kee Cho Il Bu, Kee Cho E Bu, Kee Cho Sum Bu, Pyung Cho Dan, Pyung Ahn E Dan, Pyung Ahn Sum Dan, Pyung Sa Dan, Pyung Oh Dan, Nai Hanji Cho Dan, Nai Hanji E Dan, Nai Hanji Sum Dan, Bassai Cho, Bassai Dai, Jiin, Ship Sum (Sip Soo), Jion, Ginto, Jitti, Wang Shu, Kang Sang Koon So, Kang Sang Koon Dai, O Sip Sa Bo Dai, Tae Kuek Kwan So, Tae Keuk Kwon Dai and Sojin. Also included is a unique history of Tang Soo Do, the relationship between each Hyung and it's symbol (usually an animal), the importance to Tang Soo Do as taught by the early Korean Kwans and a definition of the Korean Kwan leaders. All the early minor and major Kwans and the Kwan creators and their styles taught at each Kwan is included. Almost 1000 new drawings have been added for the reader to better understand each step of each Hyung. Each drawing is numbered and matches with a numbered written instruction. Line drawings are included matching Hyung movements and directions of motion for each of step of the Hyungs providing a high level perspective drawing of the area a practitioner moves through as he executes each Hyung. These diagrams allows the practitioner to see the Hyungs in several perspectives to better understand what the creator had intended. It also includes is a matrix for correlating the Korean Hyungs to its Japanese and Okinawan Kata counterpart illustrating which ones are the same or similar. An East-West chronology included illustrates the development of Korean Martial Arts to events around the world and over centuries. The book is to be used only as a learning aid to supplement the formal instructions from a Black Belt Tang Soo Do Instructor. These aids are not intended to replace an Instructor nor to be used to learn the Hyungs before an Instructor decides a student is ready to do so.

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