



## Complete Tang Soo Do Master Manual: From 2nd Dan to 6th Dan, Vol. 2

By Jack Pistella

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### Complete Tang Soo Do Master Manual: From 2nd Dan to 6th Dan, Vol. 2

By Jack Pistella

The bestseller Complete Tang Soo Do Manual series illustrates in detail the art of Tang Soo Do and other martial arts styles. Volume 2 is a full color 296 pages book with over 2,000 photographs covering techniques from 2nd Dan to 6th Dan Black Belt. The Complete Tang Soo Do Manual series includes for the first time a total of 5 Chil Sung Hyungs (forms).

Vol.2 includes chapters on history, teaching, running a Dojang, the most complete Tang Soo Do lineage ever published and much more. The belt requirements chapters include step by step photos of 14 Forms, Self-Defense (Wooden Knife, Short Stick, Sword, Knife and Gun), Breaking, Sparring and Endurance for each Dan level.

As a bonus chapter there is also Self-Healing Form that increases the flow of oxygen to the body, developing your chi and promoting healing.

Vol. 2 is the 1st Full Color Tang Soo Do book. Pictures were shot against beautiful backgrounds in Korea, New Zealand, Hawaii, and across the USA to create a book that not only teaches but inspires. This is a book for every serious martial artist, regardless of style!

2nd Dan Requirements: Nai Han Chi Ee Dan, Jin Do, Chil Sung Sam Roh Hyung, Self Defense against a wooden knife, Breaking, Sparring and Endurance.

3rd Dan Requirements Nai Han Chi Sam Dan, Ro Hai, Chil Sung Sa Roh Hyung, Self Defense against short stick, Breaking, Sparring and Endurance.

4th Dan Requirements Kong San Kun, Sip Soo, Chil Sung Oh Roh Hyung, Self Defense against sword, Breaking and Sparring (Chwa Deh Ryun, sitting position).

5th Dan Requirements Wang Shu Hyung, Sei San Hyung and Sparring (Chwa Deh Ryun against knife, sitting position).

6th Dan Requirements Ji On Hyung, Oh Sip Sa Bo Hyung and Self Defense against gun.

## Bonus Chapter Healing Form

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### **Bibliography**

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## **Editorial Review**

### **Review**

This book will greatly enhance all martial artists and influence all human beings. --Senior Grand Master Joon P

Grand Master Pak's books provides a wealth of information on the art of Tang Soo Do. --Martial Arts Success Magazine

I offer congratulations to Grand Master Ho Sik Pak for his efforts in bringing Martial Arts to future generations. --Arnold Schwarzenegger

### **About the Author**

Grand Master Ho Sik Pak began his study of Tang Soo Do Moo Duk Kwan at the age of 10 in Yong Mun, a small town in Kyung Ki province of South Korea. He was awarded Cho Dan at the age of 13 and continued his study there until 1977.

From 1977 to 1979, Grand Master Pak served in the Korean Army and taught combat and self-defense skills to his fellow servicemen. Following his discharge from the military, he was employed as an instructor of Tang Soo Do at the American Air Force Base in Kun San province, Jun Ra Buk Do, South Korea. There he taught those same techniques to U.S. Military Personnel until 1982.

In 1982, he was chosen as a member of the Korean Olympic Tang Soo Do team and traveled to the International Tang Soo Do Championship in Atlantic City, New Jersey, contributing to the team's victory. At this time, he decided to make the United States his permanent residence.

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