

Independent Tang Soo Do Association



唐秀协会独立于丹查测试要求

YU DAN JA TESTING REQUIREMENTS

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Dan Ranking Designations

In order to assure proficiency at the Dan level, The Independent Tang Soo Do Association has instituted a recertification testing process at the Dan level. The requirements for each Dan level recertification are detailed in the Dan Testing Requirements section.

Dan members of the Independent Tang Soo Do Association should prepare to recertify at 6 month intervals in order to maintain rank. Each Dan level recertification level is designated by chevrons which are to be attached in ascending order on the **right sleeve** of the dobalk just under the Independent Tang Soo Do Association Patch as shown below. Each Dan Recertification Level is designated as follows:

Cho Dan

Cho Dan Recertification - Level #1



Cho Dan Recertification - Level #2



Cho Dan Recertification - Level #3



Ee Dan

Ee Dan Recertification - Level #1



Ee Dan Recertification - Level #2



Ee Dan Recertification - Level #3



Ee Dan Recertification - Level #4



Ee Dan Recertification - Level #5



Sam Dan

Sam Dan Recertification - Level #1



Sam Dan Recertification - Level #2



Sam Dan Recertification - Level #3



Sam Dan Recertification - Level #4



Sam Dan Recertification - Level #5



Sam Dan Recertification - Level #6



Sam Dan Recertification - Level #7



Dan Testing Requirements

Cho Dan 1st Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

Advanced Combinations 1-6

Form Requirements

Pyong Ahn Cho Dan

Jin Do

Pyong Ahn Ill Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Cho Dan

Pyong Ahn Cho Dan - Ill Bon

Pyong Ahn Cho Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Pyong Ahn Cho Dan and one actual application of techniques Contained in Jin Do hyung using one or more partners

Dae Ryun

Ja Yu Dae Ryun

One on one sparring

Breaking (Kyok Pa)

Reverse Punch

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Tanto

Short Knife Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 seconds each leg

Oral Examination

Discuss the meaning, history and characteristic of the Jin Do hyung

Cho Dan 2nd Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

Advanced Combinations 1-6

Form Requirements

Naihanchi Ee Dan

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Ahn Cho Dan

Pyong Ahn Cho Dan - III Bon

Pyong Ahn Cho Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Naihanchi Ee Dan

Dae Ryun

Ja Yu Dae Ryun One on one sparring

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Tanto Short Knife Defense

Breaking (Kyok Pa)

Ee Dan Sang Bal Cha Gi Double Jump Front Kick

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi Front Kick, Hopping 30 seconds each leg

Oral Examination

Discuss the meaning, history and characteristic of the Naihanchi hyung

Cho Dan 3rd Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

Advanced Combinations 1-6

Form Requirements

Pyong Ahn Cho Dan

Jin Do

Naihanchi Ee Dan

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Cho Dan

Pyong Ahn Cho Dan - III Bon

Pyong Ahn Cho Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

At the request of the examiners

Dae Ryun

Ja Yu Dae Ryun One on one sparring

Breaking (Kyok Pa)

Reverse Punch

Ee Dan Sang Bal Cha Gi

Double Jump Front Kick

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Tanto

Short Knife Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 seconds each leg

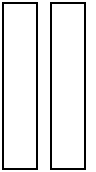
Oral Examination

Discuss the meaning, history and characteristic of the Chil Sung Sa Ro Hyung.

Cho Dan To Ee Dan Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

Advanced Combinations 1-6

Form Requirements

Pyong Ahn Cho Dan

Jin Do

Naihanchi Ee Dan

Chil Sung Sa Ro (Optional)

Yuk Ro Cho Dan (Du Mon) (Optional)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Cho Dan

Pyong Ahn Cho Dan - III Bon

Pyong Ahn Cho Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

At the request of the examiners

Dae Ryun

Ja Yu Dae Ryun

One on one sparring

Da Soo In Dae Ryun

Two on one sparring

Breaking (Kyok Pa)

Reverse Punch

Ee Dan Sang Bal Cha Gi

Double Jump Front Kick

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Tanto

Short Knife Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 seconds each leg

Oral Examination

Discuss the meaning, history and characteristic of the Jin Do hyung

Discuss the meaning, history and characteristic of the Naihanchi hyung

Written Examination

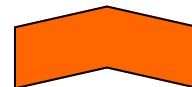
Why I Continue To Study Tang Soo Do (250 words)

What is the Meaning Of Ru Pa (250 words)

Ee Dan 1st Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

None

Form Requirements

Pyong Ahn Ee Dan

Ro Hai

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Ee Dan

Pyong Ahn Ee Dan - III Bon

Pyong Ahn Ee Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained

in Pyong Ahn Ee Dan and one actual application of techniques

Contained in Ro Hai hyung using one or more partners

Dae Ryun

Ja Yu Dae Ryun

One on one sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Jong Bong

Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 alternating leg for 90 seconds

Oral Examination

Discuss the meaning, history and characteristic of the Ro Hai Hyung

Ee Dan 2nd Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

None

Form Requirements

Pyong Ahn Sam Dan

Naihanchi Sam Dan

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Sam Dan

Pyong Ahn Sam Dan - III Bon

Pyong Ahn Sam Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Naihanchi Sam Dan and one actual application of techniques Contained in Pyong Ahn Sam Dan using one or more partners

Dae Ryun

Ja Yu Dae Ryun

One on one sparring

Da Soo Dae Ryun

Three on one sparring

Breaking (Kyok Pa)

Downward Punch - men 2 boards, women 1 board

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Jong Bong

Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 alternating leg for 90 seconds

Oral Examination

What is the meaning of Moo Sung and Yu Sung and how does this philosophy pertain to you and your training and every day life.

Ee Dan 3rd Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

None

Form Requirements

Pyong Ahn Sa Dan

Chil Sung Oh Ro (optional, 1st half only)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Sa Dan

Pyong Ahn Sa Dan - III Bon

Pyong Ahn Sa Dan - Ee Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Chil Sung Oh Ro or one actual application of techniques

Contained in Pyong Ahn Sam Dan using one or more partners

Dae Ryun

Ja Yu Dae Ryun

One on one sparring

Da Soo Dae Ryun

Three on one sparring

Breaking (Kyok Pa)

Head But break

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Jong Bong

Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 alternating leg for 90 seconds

Oral Examination

Discuss the scientific benefits of hip movement and the eight key concepts. Discuss how the integration of these two concepts improves physical performance.

Ee Dan 4th Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

None

Form Requirements

Chil Sung Oh Ro (optional, complete hyung)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Sa Dan

Pyong Ahn Sa Dan - III Bon

Pyong Ahn Sa Dan - Ee Bon



Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained
in Chil Sung Oh Ro or one actual application of techniques
Contained in Pyong Ahn Sam Dan using one or more partners

Dae Ryun

Ja Yu Dae Ryun One on one sparring
Da Soo Dae Ryun Three on one sparring

Breaking (Kyok Pa)

Ee Dan Dwi Doll Ro Cha Gi - jump back spinning heal kick

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Jong Bong Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi Front Kick, Hopping 30 alternating leg for 90 seconds

Oral Examination

Discuss the history and philosophy of the Master Garbowsky's instruction.

Ee Dan 5th Recertification Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

None

Form Requirements

Pyong Ahn Oh Dan
Naihanchi Sam Dan
Ro Hai
Chil Sung Oh Ro (optional)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Oh Dan
Pyong Ahn Oh Dan - III Bon

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained
in contained in Pyong Ahn Oh Dan and one of the other above tested
Hyung using one or more partners

Dae Ryun

Ja Yu Dae Ryun One on one sparring
Da Soo Dae Ryun Three on one sparring

Breaking (Kyok Pa)

Ro Hai Hyung Kyok Pa- Head But break and Downward Punch - men 2 boards, women 1 boards
Ee Dan Dwi Doll Ro Cha Gi - jump back spinning heal kick

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Jong Bong Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi Front Kick, Hopping 30 alternating leg for 90 seconds

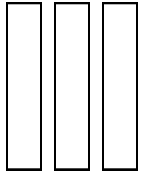
Oral Examination

At the request of the examiners

Ee Dan To Sam Dan Test

Basic Hand and Foot Techniques

At the request of the examiners



Combination Requirement

None

Form Requirements

Pyong Ahn Sam Dan
Naihanchi Sam Dan
Ro Hai
Kong Sang Koon So (optional)
Chil Sung Oh Ro (optional)

Pyong Ahn Ill Soo Sik - Pyong Ahn One Step Sparring

Applicable to Pyong Cho Dan - Pyong Ahn Oh Dan
All Ill Bon and Ee Bon Applications

Bun Hae (Bunkai) 분해/分解

None

Dae Ryun

Ja Yu Dae Ryun One on one sparring
Da Soo Dae Ryun Three on one sparring

Breaking (Kyok Pa)

Ro Hai Hyung Kyok Pa- Head But break and Downward Punch - men 2 boards, women 1 boards
Ee Dan Dwi Doll Ro Cha Gi - jump back spinning heal kick

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Jong Bong Short Stick Defense

In Neh - Endurance

Ah Bal Ahp Cha Nut Gi

Front Kick, Hopping 30 alternating leg for 90 seconds

Oral Examination

At the request of the examiners

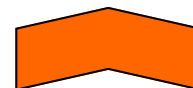
Written Examination

Discuss the meaning and history of the Ro Hai Hyung

Discuss the essential characteristics of Tang Soo Do which make it unique and different from other martial art styles

Discuss your personal understanding and philosophy of self—defense including its meaning, purpose and application.

Sam Dan 1st Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Any lower belt hyung requirement

Pyong Ahn Ill Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

None

Dae Ryun

Jua Dae Ryun Ill Soo Sik

Ja Yu Dae Ryun

Took So Dae Ryun

One step seated sparring

One on one sparring

Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick

Squat thrust / push up with front kick

Oral Examination

What is the concept “Soo Gi” and “Hwa Gi?”

Sam Dan 2nd Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Kong Sang Kuhn

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Kong Sang Khun hyung using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik

One step seated sparring

Ja Yu Dae Ryun

One on one sparring

Took So Dae Ryub

Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick

Squat thrust / push up with front kick

Oral Examination

What is the meaning of “Neh Gung Weh Yu?”

Sam Dan 3rd Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Kong Sang Kuhn

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Kong Sang Khun hyung using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik

One step seated sparring

Ja Yu Dae Ryun

One on one sparring

Took So Dae Ryub

Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick

Squat thrust / push up with front kick

Oral Examination

What is the meaning history and characteristic of the Kong Sang Kuhn hyung?

Sam Dan 4th Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Kong Sang Kuhn

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Kong Sang Khun hyung using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik

One step seated sparring

Ja Yu Dae Ryun

One on one sparring

Took So Dae Ryub

Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick Squat thrust / push up with front kick

Oral Examination

Describe your understanding of how the Association was formed.

Sam Dan 5th Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Sip Soo Hyung

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained
in Sip Soo hyung using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik	One step seated sparring
Ja Yu Dae Ryun	One on one sparring
Took So Dae Ryub	Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick Squat thrust / push up with front kick

Oral Examination

Describe your understanding of the Sip Soo hyung.

Sam Dan 6th Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Passai So

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Passai So using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik

One step seated sparring

Ja Yu Dae Ryun

One on one sparring

Took So Dae Ryub

Special sparring

Breaking (Kyok Pa)

None

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested

Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick

Squat thrust / push up with front kick

Oral Examination

Describe your understanding of the Passai So hyung.

Sam Dan 7th Recertification Test



Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Passai So

Sip Soo

Kung Sang Kuhn

Chil Sung Yuk Ro (optional)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Passai So using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik	One step seated sparring
Ja Yu Dae Ryun	One on one sparring
Took So Dae Ryub	Special sparring

Breaking (Kyok Pa)

6 board total up to 3 stations, personal choice

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick	Squat thrust / push up with front kick
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Oral Examination

At the request of the examiners.

Sam Dan To Sa Dan Test

Basic Hand and Foot Techniques

At the request of the examiners

Combination Requirement

At the request of the examiners

Form Requirements

Passai So
Sip Soo
Kung Sang Kuhn
Chil Sung Yuk Ro (optional)

Pyong Ahn III Soo Sik - Pyong Ahn One Step Sparring

None

Bun Hae (Bunkai) 분해/分解

Demonstration of one actual application of techniques contained in Passai So using one or more partners

Dae Ryun

Jua Dae Ryun III Soo Sik	One step seated sparring
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Ja Yu Dae Ryun
Took So Dae Ryub

One on one sparring
Special sparring

Breaking (Kyok Pa)

6 board total up to 3 stations, personal choice

Ho Shin Sul - Self Defense

All Lower Belt Self-Defense Techniques May Be Requested
Demonstration of original self defense techniques

In Neh - Endurance

Burpee with Alternating Front Snap Kick Squat thrust / push up with front kick

Oral Examination

At the request of the examiners.

Written Examination

Discuss your personal understanding and philosophy of and method of instructing basics, hyung, sparring, history and philosophy.

Kyo Sa Nim Certification Certified Instructor

General Requirements

- ◆ Must be a good member in standing with the Association
- ◆ Must be of sound and moral character
- ◆ Consistent and regular attendance at all advanced trainings sessions, class and clinics
- ◆ Regular and weekly class attendance at a certified Sa Bom's dojang
- ◆ Regular attendance at supported tournaments
- ◆ Must be teaching for a minimum of one year consistently either on own or at a Sa Bom Nim's dojang

Demonstration of Techniques

Demonstration of any lower belt requirement including basics, combinations, hyung, sparring, Ill Soo Shik Dae Ryun, Ho Sin Sul, and self defense

Demonstration of class instruction will be required

Written Examination

Describe in detail how you would handle an adult student who has lost their temper while free sparring. Would you handle a child student differently and how so? How do you handle students who's attendance has been sparse? How do you interact with parents and handle questions and concerns from them?

500 word minimum essay addressing all of the above

South Hills Karate

Pyong Ahn III Soo Shik Dae Ryun

평화 한 걸음조손

Pyong Ahn III Soo Shik Dae Ryun (One Step Sparring) is exactly as the name implies. That is one step sparring from the first five traditional Pyong Ahn Hyung. Pyong Ahn one step sparring should not be confused with Bun Hae Ki Sul or true application of techniques from hyung. They are entirely two separate concepts.

What the Pyong Ahn One Steps drills are intended as are two person practice sets using loose combative concepts from the traditional forms. They are intended to have a combative flow as well as intent and purpose. However, they should not be confused as true combative techniques to be utilized in a realistic combative environment.

Pyong Ahn III Soo Shik Dae Ryun Drills

The Pyong Ahn drills begin as typical Tang Soo Do one steps, with the attached going back into a challenge position. That is stepping back with the right leg into the left foot forward low block position.

Pyong Ahn Cho Dan III Bon

Attacker

1. Right leg middle front snap kick
2. High block right side forward
3. Middle knife hand block stepping back with the right leg into fighting stance

Defender

1. Pulling low block from Pyong Ahn Cho Dan with right hand stepping back left leg into fighting stance
2. Overhead hammer fist with the right hand
3. Walking high punch, right side forward

Pyong Ahn Cho Dan Ee Bon

Attacker

1. Right leg middle front snap kick
2. High punch with the right hand
3. Outside/inside knife hand block left hand
4. Stepping back with the right leg into fighting stance

Defender

1. Low block with the left hand stepping back right leg into fighting stance
2. Left hand inside/outside knife hand block remaining in fighting stance
3. Reverse high punch with the right hand while forming front stance left leg forward. *An alternative is to step forward and execute a stepping high lunge punch with the right*

Pyong Ahn Ee Dan III Bon

Attacker

1. Walking high punch in front stance with the right hand
2. Reverse middle punch with the left hand in front stance
3. Stepping back with the right leg into fighting stance, execute a low knife hand defense

Defender

1. Step back with the right leg into fighting stance executing a simultaneous right handed high defense and left hand inside/outside block (palm out)
2. Left hand outside/inside middle block grabbing the opponent's left wrist or Do Bok
3. While retaining the opponents arm execute a right handed upper cut to the chin
4. Left handed side punch while moving into a horse riding position

Pyong Ahn Ee Dan Ee Bon

Attacker

1. Walking high punch with the right hand in front stance

Defender

1. Stepping outside to a left leg forward 45 degree pivoted front stance executing a knife hand block with the right hand
2. Grabbing the attacker's wrist perform a middle front snap kick with the right leg and a reverse high punch with the left hand in front stance
3. Utilizing a wrist grip, sweep the attacker's right leg with a crescent motion using the bottom of left foot. Execute a downward reverse punch with the right hand

