

U.S. SOO BAHK DO MOO DUK KWAN FEDERATION®
U.S. TANG SOO DO MOO DUK KWAN FEDERATION®
SINCE 1976

GUP & DAN MANUAL



武德館



“Individual participation is the Key Energy necessary to strengthen our foundation”.

H.C. Hwang,
Kwan Jang Nim



“What you can do, or dream you can do, begin it.

Boldness has genius, power and magic in it.”

Goethe



“Great opportunities to help others seldom come, but small ones surround us daily.”

Sally Koch





This Member Manual Belongs to:

Name: _____

Date Started Training: _____

Instructor's Name: _____

Federation ID: _____

Target Date To Become a Jo Kyo: _____

Target Date To Become A Dan: _____

Target Date To Become a Kyo Sa: _____

Target Date To Become A Ko Dan Ja _____

Target Date To Become a Sa Bom: _____



Founder Hwang Kee



1914 - 2002

Gain a deeper understanding of the Founder's lifetime achievements through these publications:
"History of The Moo Duk Kwan" and the *"Moo Do Chul Hak"*

DEDICATION

This Gup and Dan member manual is dedicated to Founder, Hwang Kee and the rich history of the Soo Bahk Do Moo Duk Kwan martial art he created.

His personal actions as demonstrated throughout his life have become the Moo Do theory practiced by thousands of Moo Duk Kwan practitioners worldwide.

Thanks to Founder Hwang Kee and the continued leadership of Kwan Jang Nim H.C. Hwang, each of us as practitioners now have the powerful and personal opportunity to improve the quality of our life and the quality of the lives of those around us by embodying and demonstrating Moo Do values in all our actions.

TABLE OF CONTENTS

Welcome! 1

What is the U.S. Soo Bahk Do Moo Duk Kwan Federation? 3

 Why is the U.S. Federation Not-For-Profit? 3

 A Brief History of Soo Bahk Do and the Federation 6

 U.S Federation Concept of Unity 7

 Your Federation’s Structure 8

 The Federation’s Core Organizational Functions 9

 Mission 2000 11

About Your Federation Membership 12

 The Value of Individual Federation Membership 12

 Benefits of Federation Membership 13

 What Do Members Say About Federation Membership? 15

 U.S. Federation Membership Code of Conduct 19

 A Word to All Members 20

 A Word to the Parents and Guardians of Children 21

 A Word to Adults 22

Member Resources 23

 Online Resources 23

 Member Service Issues 23

 Member Recognition 23

 Scholarships 23

 Sponsorships 23

 Matching Funds 24

 How to Contact Your Federation Officials 25

Opportunities of Federation Membership 28

 Authentic Legitimate Rank Certification 29

 Do Jang Ownership opportunities 29

 International Goodwill Opportunities 31

Vision Objectives 33

 “A Living Art; Living the Art” 33

 National Vision Tour Committee 35

 Formation and Purpose of the NPVT Committee 35

 Role and Responsibilities of the NPVT Committee 35

Your Personal Training Experience 38

 “There Is Only One Moo Duk Kwan” 38

 The Five Moo Do Values 40

 The Eight Key Concepts 47

 Ten Articles on Mental Faith and Training 49

 5 Requirements & 11 Points of Emphasis on Mental Training 50

 5 Requirements & 10 Points of Emphasis on Physical Training 50

Guidelines for Training 52

 Uniform 53

 Gup belt and uniform requirements: 53

Dan belt and uniform requirements.....	54
The Flags	55
The Moo Duk Kwan Flag (Kwan Gi)	55
The colors of the Kwan Gi.....	56
Hyung (Forms) Training Discipline.....	56
Courtesy and Etiquette	57
General Situations in the Do Jang:.....	57
Entering an Instructor’s office	58
Communication by letter.....	59
Communication by phone	60
At a social event (restaurant)	60
Korean Terminology.....	61
Courtesy And Etiquette	61
General Terminology	61
Basic Stance (Ki Cho Jaseh)	62
Commands In Training	63
Commands In Starting And Ending Class	63
Numbers (Bon)	64
Other Terms	64
Hand Techniques (Soo Gi).....	65
Foot Techniques (Jok Gi).....	67
Sparring (Dae Ryun)	68
Anatomy	68
Tournament Terminology	69
Soo Bahk Do® Moo Duk Kwan® Technical Curriculum	72
Soo Bahk Do® Moo Duk Kwan® Curriculum Overview	73
Instructor Certification Timelines	74
General Information for Test Candidates.....	74
Test Eligibility	74
Vision Participation	76
Tiny Tots Achievement & Belt Striping	77
9 th Gup Promotion Requirements.....	83
8 th Gup Promotion Requirements.....	85
7 th Gup Promotion Requirements.....	87
6 th Gup Promotion Requirements.....	89
5 th Gup Promotion Requirements.....	91
4 th Gup Promotion Requirements.....	93
3 rd Gup Promotion Requirements.....	95
2 nd Gup Promotion Requirements	97
1 st Gup Promotion Requirements	99
Cho Dan Promotion Requirements	101
Ee Dan Promotion Requirements.....	103
Sam Dan Promotion Requirements.....	105
Sa Dan Promotion Requirements	107
O Dan Promotion Requirements	109

Yuk Dan Promotion Requirements	111
Chil Dan Promotion Requirements	113
On Becoming a Dan Member.....	116
Introduction.....	116
The Moo Duk Kwan Dan Bon	123
A Higher Understanding of Your Role as a Dan Member	126
A Word to the Parents of Dan Members.....	129
A Word to Adult Dan Members.....	130
A Word to Senior Age Dan Members.....	133
Additional Member Benefits as a Dan Member in Good Standing.....	134
Exercising Regional Leadership as a Dan Member	135
Regional Team Participation & Sponsorship Opportunities	136
Regional Testing Board Examiner & Proctor Opportunities	136
The Soo Bahk Do Moo Duk Kwan Ko Dan Ja Shim Sa.....	137
Brief Overview of Ko Dan Ja Shim Sa Process	138
Instructor Certification Rewards and Opportunities	139
Are You Certified Instructor Material?.....	139
Jo Kyo Certification Requirements	141
Kyo Sa Certification Requirements	142
Sa Bom Certification Requirements.....	143
Certification Maintenance.....	144
Rank promotion process	146
Gup Promotion Procedures	146
Dan Promotion Procedures	147
Do Jang Ownership Opportunities.....	149
Obtaining Studio Certification	150
Transfers from outside the Federation	153
A Higher Understanding of the Moo Duk Kwan	155
Soo Bahk Do Moo Duk Kwan 1000 Years from Now	156



Artwork by
Adele Bartolacci

Calligraphy by
Dae Kyu Chang
Sa Bom Nim



Greetings!

Congratulations on becoming a member of the United States Soo Bahk Do Moo Duk Kwan Federation, the home of the Moo Duk Kwan in the USA.

Our art is deeply connected with the values of History, Tradition, Philosophy, Discipline & Respect, and Technique, which we call "the 5 Moo Do values." We have been promoting these values since the Moo Duk Kwan was created by our founder in 1945 and there after, many practitioners like yourself worldwide have diligently preserved our art by adding their contributions to its rich history. We are glad to have you adding your energy toward its continuing progress.

You will have many opportunities to better understand, embody and help strengthen the 5 Moo Do values in your classes, in Federation events that will provide regional, national, and international connection opportunities with fellow members. From these experiences, your identity as a Moo Duk Kwan practitioner will grow and your Moo Do example will naturally and positively impact those around you in your community. As a result of your personal actions, we envision these values becoming more visible in communities, nations, and worldwide. I am looking forward your active participation and support for the "Vision in Action." The PVT Committee in your do jang can provide you with more information about how you can contribute.

We are proud to know that you will be taught by the Federation's best trained and educated Kyo Sa and Sa Bom who will guide your study during your Moo Do journey.

This member manual is prepared for all levels of Gups, Dans, Ko Dan Ja, Instructors, future instructors, Studio owners, future studio owners and Federation Officials. I trust you will find useful and educational information and resources in it that will help support you in all your endeavors.

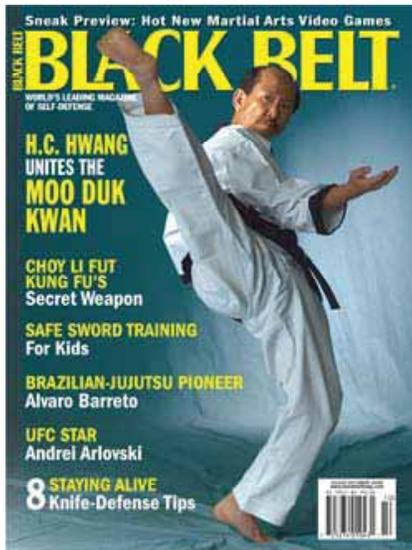
I extend my best wishes to you for a long and rewarding membership in the Federation that will provide you with unlimited opportunities and Moo Do experiences

May God bless you, your work and your loved ones.

A handwritten signature in blue ink that reads "H.C. Hwang". The signature is stylized and fluid.

*In Moo Duk Kwan,
H.C. Hwang*

H.C. Hwang, Kwan Jang Nim



Born March 4, 1947
Seoul, Korea
Jin Mun Hwang

Brief Biography & Accomplishments

- 1954, May 5: Entered the Moo Duk Kwan discipline
- 1957, October 27: Promoted to Cho Dan (1st Dan) in Moo Duk Kwan
- 1959, March: Graduated Yong San Elementary School
- 1962, March: Graduated Sun Rin Middle School
- 1965, March: Graduated Yang Jong High School
- 1965, November 15: Promoted to Sa Dan (4th Dan) in Moo Duk Kwan
- 1969, September: Graduated Korea University (Major in Philosophy)
- 1970, May 24: Promoted to O Dan (5th Dan) and Sa Bom in Moo Duk Kwan
- 1970-1973: Served as the Chief Sa Bom at the Central Headquarters Do Jang
- 1973-1974: Served as the Chief Moo Duk Kwan Sa Bom in Athens, Greece
- 1975, June 30 – 2002, July: Served as the Chairman of Technical Advisory Committee of the U.S. Tang Soo Do Moo Duk Kwan Federation
- 1978, January: Featured on cover of Black Belt Magazine
- 1980, March: Featured on cover of Black Belt Magazine
- 1984, September: Featured on cover of Black Belt Magazine
- 1989 – 2002, July: Served as the Vice President for the World Moo Duk Kwan
- 1999, August 31: Promoted to Gu Dan (9th Dan) in the Moo Duk Kwan.
- 2002, July - Present: Serving as the President of the World Moo Duk Kwan and Life President of U.S. Soo Bahk Do Moo Duk Kwan Federation
- 2003: Initiated Worldwide Vision Tour
- 2004, July: Black Belt Magazine Hall of Fame 2004 Man of Year
- 2005, September: Feature story in Black Belt Magazine
- 2006, June: Featured on cover of Black Belt Magazine



Welcome!

Your fellow Federation members welcome you as our newest member!

Your Certified Instructor and Certified Do Jang Owner has introduced you to the home of warm and caring family of martial artists who are the community of members comprising the U.S. Soo

Bahk Do Moo Duk Kwan Federation. You now share a common bond and a common cause with all members of our 501c4 non-profit member's organization as chartered to pursue the study of and public promotion of, the Soo Bahk Do Moo Duk Kwan martial art system. You are now officially recognized as a "member in good standing" in one of the most prestigious and long standing martial art organizations in the world.

Your Instructor is a Federation member who has chosen to elevate their study and practice of Soo Bahk Do Moo Duk Kwan to the level of making a significance difference in the world by helping others like yourself to learn Soo Bahk Do Moo Duk Kwan history, traditions, philosophy, discipline/respect and techniques that can enhance their life and the lives of those around them.

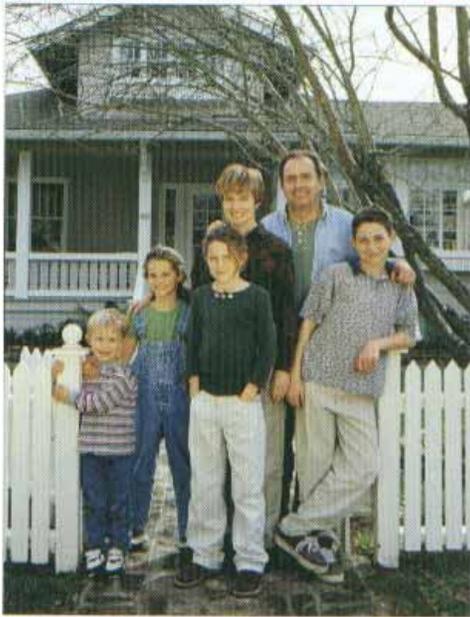
Your do jang owner is a Federation member who has chosen to make an even bigger difference in the world by actively advocating Soo Bahk Do Moo Duk Kwan training to the general public and by seeking to share our art's Moo Do values with even more students like you.

Your exciting new journey into the world of Soo Bahk Do Moo Duk Kwan is made possible today by the convergence of your instructor's personal commitment to the Moo Duk Kwan philosophy and their membership in the Federation that has supported them along their path to being here for you today.

As you read through your membership manual you will learn much more about the living art that you are studying and the rewarding experiences and opportunities that await you as a Federation member. You will also learn about the:

- Benefits that training will bring into your life.
- Opportunities you will have to pursue rank certification and even someday potentially making a significant difference in the world by becoming an instructor and /or do jang owner.
- Federation's history, its founders, its structure, its officials, and how your membership dues support your Federation to pursue its Chartered Purposes, Mission 2000, and the President's Vision Objectives.

Federation Membership



Is For Everyone

You will also learn how to connect with fellow members across the nation, international affiliates around the world, and how you can become a leader in your do jang and your local community.

Many rewarding and exciting opportunities and experiences await you as a Federation member connected to a network of martial artists that spans the nation and the globe.

You can join some of the most active members in your new global network at your Federation's web site (<http://www.soobahkdo.com>) and on your Federation's fully interactive wiki (<http://soobahkdo.editme.com>). By accessing the wiki you can keep up to date on many Federation activities and seize the opportunity for your voice to be heard directly by every Federation Official and fellow wiki users. You can add your own input or suggestions for improving your Federation to the wiki and we want to hear from you.

During your study, your Certified Instructor will assure your rank accomplishments are properly documented and legitimately certified by Kwan Jang Nim H. C. Hwang and recorded on your permanent member record to document your history as a legitimate Moo Duk Kwan practitioner.

You can be proud of the legitimacy and credibility of your accomplishments because the U.S. Soo Bahk Do Moo Duk Kwan Federation® is the only organization in the United States authorized to issue Soo Bahk Do® Moo Duk Kwan® rank certification.

Once again, congratulations and welcome to the home of the Federation's family of Moo Duk Kwan® practitioners. "The Federation" is "every member" and we are happy you've joined us as a member-owner of the U.S. Soo Bahk Do Moo Duk Kwan Federation®.

Welcome to your Federation!

What is the U.S. Soo Bahk Do Moo Duk Kwan Federation?

First, last, and always, your Federation is a members' organization focused on teaching and promulgating the Moo Do values of the Soo Bahk Do Moo Duk Kwan martial art system as intended by Founder Hwang Kee.

The word "Federation" means a group of individuals bound together by a common cause and the Federation's 501c(4) not-for-profit status conveys that our cause is for the general good of the community. The Federation is neither a company nor a governmental body. It is every member working toward a common objective.

Your Federation is not a building, a person, or an employee; it is "every member." It is every instructor and every student. When we say, "the Federation," we are referencing ourselves because "every member" is the Federation. Because of that fact, the good things about the Federation are credited to every member, past, present, and future.

Your Federation's primary purpose is promoting the study of our martial art and working toward world peace by improving human relationships through the study of our art. We look forward to your personal contributions toward these goals and want to ensure that you enjoy the most rewarding experience possible as a member.

For more information about your Federation, visit the interactive wiki at <http://soobahkdo.editme.com/FederationInformation>

Why is the U.S. Federation Not-For-Profit?

Our Federation exists to assure the long-term preservation of Soo Bahk Do Moo Duk Kwan by serve and helping every practitioner excel and achieve the highest possible level of personal growth and success through study of and practice of Soo Bahk Do Moo Duk Kwan.

The Federation operates as a not-for-profit entity to assure the maximum amount of member resources are re-invested in supporting member opportunities to grow, excel and prosper. Through your training under your personal instructor, do jang owner, and the community of fellow members who are the Federation you have an opportunity to join the ranks of those who have achieved exceptional personal success.

Founder Hwang Kee stated that his original motivation for establishing the Moo Duk Kwan[®] in 1945 was to help human beings improve their internal power (Neh Gong), external power (Weh Gong) and spiritual power (Shim Gong).

He expressed that such personal improvements would enable practitioners to improve their relationships with others and thus help them contribute a positive energy toward world peace through their study and practice of Soo Bahk Do Moo Duk Kwan.

When the Federation's founding members structured the Federation, they did so based on Founder Hwang Kee's original intentions for his art and did so in a manner that would assure the Federation's activity is properly recognized by United States law. In order to qualify for 501(c4) not-for-profit status, the IRS code states:

“To establish that your organization is organized exclusively for the promotion of social welfare, your organization must operate primarily in a way that furthers the common good and general welfare of the people of the community (such as bringing about civic betterment and social improvements in some way).”

The Federation's founders knew that non-profit institutions do something very different than business or government and thus their motivation for establishing the Federation as non-profit.

Peter Drucker states in his book, **“Managing the Non-Profit Organization”** that:

“The ‘non-profit’ institution neither supplies goods or services nor controls. Its ‘product’ is neither a pair of shoes nor an effective regulation. Its product is a changed human being. The non-profit institutions are human change agents. Their ‘product’ is a cured patient, a child that learns, a young man or woman grown into a self-respecting adult; a changed human life altogether. The non-profit institution is not merely delivering a service. It wants the end user to be not a user but a doer. It uses a service to bring about change in a human being.

Giving is necessary above all else so that the non-profits can discharge the one Mission they all have in common: to satisfy the need of the American people for self-realization, living out our ideals, our beliefs, our best opinions of ourselves. To make contributors out of donors means that the American people can see what they want to see-or should see- when each of us looks at himself or herself in the mirror in the morning: someone who as a citizen takes responsibility. Someone, who as a neighbor cares.

Non-profit institutions exist for the sake of their Mission. They exist to make a difference in society and in the life of the individual. They exist for the sake of their Mission and this must never be forgotten.

Non-profit institutions depend heavily on volunteers to deliver the catalyst of change that result in its “product” (changed human beings) and therefore cannot command them. The non-profit institution must inspire, motivate, encourage, and recognize those whom it depends on to accomplish its particular goals and ultimately its Mission.”

Perhaps Founder Hwang Kee’s personal life experiences with oppression and war in Korea at a very early age gave him a keen understanding of the unfortunate consequences of human conflict and helped him forge the Moo Duk Kwan® philosophy and discipline which he taught relentlessly his entire life (1945-2002). Perhaps those early experiences gave him a wisdom and insight well beyond his years which resulted in his vision for the Moo Duk Kwan® and its practitioners.

Whatever his reason, he has clearly stated that our Federation is, “to continue to develop as a “Moo Do” organization while developing an atmosphere of **respect, courtesy, friendship, brotherhood, cooperation and goodwill** that can help improve human relations world-wide and contribute to world peace.”

This is the Mission we are charged with and which we must never forget.

As Federation members no one will make us do these things, rather our leaders will show us how to do these things and encourage us to follow their personal example. Only we can change ourselves and become an “action” oriented person or a “doer”. These are reasons why the Federation is a non-profit organization.

As a members’ organization, your Federation depends heavily upon your membership dues to fund the ongoing and active pursuit of its Chartered Purposes, Mission 2000 and Vision Objectives. Without your financial support our cause would be lost.

Your voluntary participation in advanced member development programs such as instructor training programs, studio ownership programs, events, and educational seminars also help fund the long-term preservation of Soo Bahk Do Moo Duk Kwan as the most genuine of martial arts.

Individual membership support from every student is crucial to your Federation’s cause and every member has a high opportunity to be an active advocate of the value of Federation membership to every parent, student, non-training Alumni, and the people in your community.

Learn more about how you can become a stronger advocate for the art on the Federation’s wiki <http://soobahkdo.editme.com/Advocacy>.

A Brief History of Soo Bahk Do and the Federation

Soo Bahk Do[®] is a Korean traditional martial art whose history dates back many centuries. Kicking techniques, for which Soo Bahk Do is renowned, are based on the Moo Duk Kwan[®] style as developed by the late founder Hwang Kee.

Soo Bahk Do is both a hard and soft style.

Founder Hwang Kee was a martial arts prodigy, having mastered Tae Kyun (another Korean system not related to Tae Kwon Do) at the age of 22. At that time (1936), he traveled to Northern China where he encountered a Chinese variation of martial artistry. From 1936 to 1945, he combined Eastern wisdom and developed what is now known as Soo Bahk Do.

Soo Bahk Do is not a sport. Though it is not essentially competitive, it has great combat applications. As a classical martial art, its purpose is to develop every aspect of the self, in order to create a mature person who totally integrates his/her intellect, body, emotions, and spirit. This integration helps to create a person who is free from inner conflict and who can deal with the outside world in a mature, intelligent, forthright, and virtuous manner.

Because of the aforementioned qualities of Soo Bahk Do, Founder Hwang Kee established his first Soo Bahk Do school under the name 'Moo Duk Kwan'. This school developed into a force that has become one of the most influential martial art styles in modern times.

A brief definition of the words 'Moo Duk Kwan' is a "brotherhood and school of stopping inner and outer conflict and developing virtue through Soo Bahk Do training."

- The Moo Duk Kwan name gives us direction and focus in our mental training. Soo Bahk Do is the technique; Moo Duk Kwan is the philosophy.
- Soo Bahk Do technique requires the mental discipline that Moo Duk Kwan offers.

The two combined produce a total development that increases the benefits of both. From their harmony is created an awareness of being that makes Soo Bahk Do Moo Duk Kwan training a valuable art form.

Over the past twenty years, thousands of Americans have studied Soo Bahk Do in Korea. Korean instructors have been sent around the world and there are now major Soo Bahk Do organizations worldwide. There are roughly 200,000 Soo Bahk Do students with over 40,000 Dan holders. Anyone who has studied with the Grandmaster knows how demanding he is. (He was once heard to say: "If you want to do front and reverse punches correctly, you must spend ten hours a day, six days a week for three years doing nothing else.")

Prior to 1974 there were many Americans holding degrees and teaching and promoting without standardization, regulation, communication, or leadership. The Grandmaster decided that a United States organization must be established to unify and standardize the art.

As a result of this decision, the United States Soo Bahk Do Moo Duk Kwan Federation was formed in 1975, guided by an elected and appointed Board of Directors, and originally operated by volunteer members. The Federation is devoted to the growth and continuation of Soo Bahk Do® in the United States and to the maintenance of the standards of excellence set by Grandmaster Hwang Kee.

It is of testimony to the Grandmaster and his teachings that he commands such respect and devoted effort from so many mature, intelligent, independent individuals, and Charter Members who worked to create the Federation and those who were elected to the Board of Directors. There are certain qualities that characterize the Grandmaster, the members of the Board, and Soo Bahk Do® practitioners in general— openness, personal closeness, independence, rock-hard determination, maturity, and unshakable solidarity. These qualities bind us together as kinsmen. This, more than anything else, assures future generations that they will inherit the way of Soo Bahk Do Moo Duk Kwan.

U.S Federation Concept of Unity

“The Federation's purpose is to prepare a home in the United States for a unified Moo Duk Kwan assembly. It must earn the right and the privilege of having many Master, Dan, and Gup members who study Soo Bahk Do.

As a vehicle that promulgates the Korean Martial Art of Soo Bahk Do, it must keep developing the environment, atmosphere and respectability that will encourage many individuals to join in this unification effort and process.

The home that is being built must be a warm, comfortable and peaceful place that can be respected by all the Moo Duk Kwan stylists. It should have the ability to understand and serve each member's needs.

The present Federation members are the carpenters of this home. If the job is well done, tenants will surely move in and the Moo Duk Kwan assembly will finally have a home in the United States other than in their minds and hearts.”

*Larry Seiberlich, Sa Bom Nim
Lyn Stanwich, 1978 Board Chair*

Your Federation's Structure

In 1975 Founder Hwang Kee and the Charter Members conceived and formed the U.S. Federation to promote the continued growth and public recognition of Soo Bahk Do Moo Duk Kwan in the USA.

You may already be familiar with the many volunteer officials who have served and managed your Federation; however, if any of the officials, entities or groups listed below are unfamiliar to you, then you can read about each of them and meet the current members of each entity on the wiki:

- <http://soobahkdo.editme.com/FedOfficials>
- <http://soobahkdo.editme.com/FederationEntities>

1. Founder Hwang Kee
2. H.C. Hwang Kwan Jang Nim
3. U.S. Federation President, H.C. Hwang
4. Senior Advisory Committee
5. Hu Kyun In Members
6. Technical Advisory Committee
7. Appointed Regional Examiners
8. Regional Administrators
9. Regional Leadership
10. Charter Members (founding officials)
11. Board of Directors
12. National Member Newsletter Committee
13. National President's Vision Tour Committee
14. Regional PVT Representatives
15. Local PVT Committee Members
16. Committees, Teams and Workgroups (formed under the authority of various entities)



The Federation's Core Organizational Functions

By John Johnson Ph.D., Sa Bom Nim

1. Sustaining an ongoing international relationship with the Kwan Jang Nim and the World Moo Duk Kwan.
2. Developing and implementing a comprehensive curriculum and program of instruction in the martial art, Soo Bahk Do Moo Duk Kwan.
3. Developing and implementing standards of accreditation and evaluation including competency-based performance standards required for:
 - a. Promotion for each level of rank
 - b. Instructor certification (i.e., Jo Kyo, Kyo Sa & Sa Bom)
 - c. Studio certification
4. Establishing and implementing procedures for conducting and monitoring testing and evaluation for rank promotion, instructor certification and studio certification.
5. Developing and implementing procedures for processing and issuing certification
6. Organizing and conduction regional and national training seminars and clinics.
7. Organizing and conducting events for national and international demonstration, competition, education, training and cultural exchange
8. Producing, printing, publications, dissemination, and sale of educational and training materials including newsletters, books, publications, audio and videotapes and other media.
 - a. Members Services
 - b. Contact with individual members
 - c. Membership recruitment
 - d. Assisting members with membership status
9. Providing technical assistance and information related to the organization and/or Soo Bahk Do Moo Duk Kwan
10. Developing and implementing fundraising and revenue generating activities necessary to achieve organizational goals.
11. Conducting legal activities necessary to comply with federal, state and local laws and protect intellectual, physical and trademark property rights.

Policy on Equal Opportunity, Affirmative Action and Harassment

By the Board of Directors

The commitment of the U.S. Soo Bahk Do Moo Duk Kwan Federation (referred hereafter as “the Federation”) to the most fundamental principles of equality of opportunity and human dignity requires that decisions involving employees, volunteers, and members be based on individual merit and be free from invidious discrimination in all its forms.

It is the policy of the Federation not to engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, marital status, disability, sexual orientation, unfavorable discharge from the military, or status as a disabled veteran or veteran of the Vietnam era and to comply with all local, federal and state nondiscrimination, equal opportunity and affirmative action laws, orders and regulations. This nondiscrimination policy applies to employment, access to and treatment in each Federation program and activity.

“Mission 2000 #1: Human Relationships (U.S.): Continue to develop the atmosphere of Respect, Courtesy, Friendship, Brotherhood, Cooperation and Goodwill, within the Soo Bahk Do membership.”

Hwang Kee, Founder Moo Duk Kwan

“Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.”

USA President Dwight David Eisenhower

Mission 2000

By Founder Hwang Kee

Mission 2000 is a statement of goals or ends that comprises a vision of the global impact of Soo Bahk Do Moo Duk Kwan by the Founder Hwang Kee.

It includes six objectives, ends or outcome statements or policies delivered to U.S. Federation members in 1989.

1. **Human Relationships (Internal - U.S.):** Continue to develop the atmosphere of respect, courtesy, friendship, brotherhood, cooperation, goodwill within the Soo Bahk Do Membership.
2. **Human Relationships (external - Global):** The atmosphere identified in number one should become consistent throughout the world. The U.S. should be the leading energy force developing this atmosphere.
3. **Moo Do Organization:** We are a martial (Moo Do) organization and we must continue to develop properly.
4. **Administration of the Organization:** The officers and the Board of Directors should take a more active role regarding the administration of the Federation.
5. **Members' Organization:** This is a members' organization. We must all work to produce a caring and helpful atmosphere for mutual benefit.
6. **Financial Stability:** We should take a more aggressive approach toward creating a more financially stable organization.



Moo

“stop spear”~ “prevent, avoid conflict”



Do

“way”

About Your Federation Membership

excerpt from, “The Value of Membership” by John Johnson Sa Bom Nim

<http://soobahkdo.editme.com/ValueofMembership>

“The value of what is offered by your membership and any certification or endorsement is cumulative. It cannot be measured in dollars or tangible benefits, rather only in terms of the cumulative value of your knowledge and skill, authenticity, legitimacy, validity, and credibility. However, this cumulative value is only afforded through the institutionalization of the values, skills, and knowledge related to Soo Bahk Do Moo Duk Kwan and your connection to it.

The value of a membership is the full support and backing of an institution not only in preserving and promoting a way of life but in offering opportunities to individual members to build a community - a community of individuals with common beliefs and a common purpose. Without this connection there can be no institution, individuals become isolated, learning becomes fragmented, and ways of life quickly die. Thus, an organizational membership is basic to the organizing of a community of Soo Bahk Do practitioners. It is the only way in which Soo Bahk Do Moo Duk Kwan can be effectively preserved and institutionalized as a Martial Art. It is the only way in which our Martial Art becomes a Living Art—it lives through its members and its institutions.

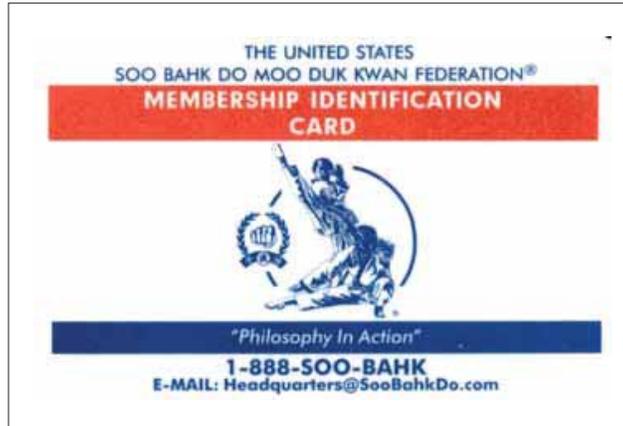
Through the membership in a community, one gains an understanding of the Martial Art of Soo Bahk Do Moo Duk Kwan in ways that a single instructor cannot possibly hope to communicate alone or an individual member learn in isolation. In addition, to conclude that one could effectively learn, teach, and progress in their study and practice of Soo Bahk Do Moo Duk Kwan without this connection is false because the Kwan Jang Nim has clearly established that this connection is an essential element of Soo Bahk Do Moo Duk Kwan.

This is consistent with the two elements of military strategies and tactics, “great leadership” and “social atmosphere”. In other words, you cannot be studying and practicing Soo Bahk Do Moo Duk Kwan if you are not a member because a key element of the Martial Art is what the community of members offer to the individual practitioner and what the individual practitioner offers to the full community.

This is the answer to the question: “Why can’t I just train without being a member of the Federation?” You simply cannot separate your practice of Soo Bahk Do Moo Duk Kwan and your membership in the community of Soo Bahk Do practitioners. They are one and the same. To do so would be tantamount to eliminating Hyung or Deh Ryun from your training and continuing to suggest you are training in Soo Bahk Do Moo Duk Kwan. To practice Soo Bahk Do Moo Duk Kwan requires you to be a member of a community of Soo Bahk Do Moo Duk Kwan practitioners. Your involvement and participation in this community vis-à-vis your membership is an essential element of your training. It is this community-connection that instructors and students alike fail to see and understand when they ask this latter question.

This community-connection is absolutely essential for the achievement of Mission 2000 and the promotion of Soo Bahk Do Moo Duk Kwan.”

Benefits of Federation Membership



1. **Certification of Studios and Instructors.** Studios and instructors are certified by the Federation, assuring you that the instruction you receive at any certified studio will be the highest quality possible. Educational Books on Soo Bahk Do Moo Duk Kwan®. The Soo Bahk Do® textbooks, written by Grandmaster Hwang Kee, are available for members and provide the most extensive analysis of Soo Bahk Do® in the world.
2. **Instruction Guides.** The Federation has books and DVDs of Soo Bahk Do® Moo Duk Kwan® forms, basic techniques, advanced techniques and other educational and historical content available for members.
3. **Seminars, Workshops, and Camps.** Intensive instruction in forms, free sparring, and more are available to all members.
4. **Special Seminars.** Classes on the history, tradition, and philosophy of Soo Bahk Do® are also made available to enhance member understanding of Soo Bahk Do Moo Duk Kwan.
5. **Newsletters.** The Federation publishes and distributes newsletters containing information about technical issues, personalities, and events. Members are invited to submit items to be considered for publication.
6. **Media Coverage.** The Federation publicizes Soo Bahk Do® in many different newspapers, magazines, and other appropriate media to promote our name and reputation.
7. **Central Headquarters.** With a central office, you can get information, names and addresses of your old friends, and the location of other Soo Bahk Do® studios. You can also get definitive answers on matters of technique.
8. **Visitation Rights.** If you are traveling, you will have the right to study at any Certified Studio. You must have written permission from your instructor and gain permission from the studios you plan to visit. Names and addresses of studios are available online at www.soobahkdo.com

9. **Transfer between Studios.** If you move, the Federation will locate the nearest member studio for you. If you are an active member in good standing, your new studio will recognize your current rank.
10. **Standardized of Techniques.** The Technical Advisory Committee, through regional clinics, books, and films, standardizes the practice of Soo Bahk Do[®] so that training will be consistent throughout the country.
11. **The Right to Hold Office and Vote.** Any member of the Federation 18 years and older, regardless of rank, can serve as a Board member in the Federation. Dan members have the right to vote in Federation elections and charter revisions.
12. **The Right to Be Heard.** As a member, you have the right to be heard and to petition Federation Officials concerning policies and problems. This can be done by following the communication guidelines listed in this manual and on the wiki.
13. **The Backing of the Federation.** As a member in good standing, if your credentials should ever be questioned, the Federation will back you with its full authority and cooperation.
14. **Legitimacy.** As a member, you will belong to an organization that maintains the highest standards and that will not compromise itself, you, or the art of Soo Bahk Do[®].
15. **Access to the Kwan Jang Nim.** The Kwan Jang Nim can always be contacted through the Federation's Officials.
16. **Growth and Sharing.** By attending the various functions, you will meet other members of the Federation, share your knowledge with them and vice versa, and develop friendships and relationships with fellow practitioners all over the United States and internationally.
17. **Charter and Authority of the Founder and Kwan Jang Nim.** The Federation is the only organization in the United States chartered by and acting under the authority of Founder of Soo Bahk Do Moo Duk Kwan[®], Hwang Kee, and H.C. Hwang, Kwan Jang Nim. No other Moo Duk Kwan organization in the United States will be recognized by the Founder or his successors. <http://soobahkdo.editme.com/CharterAndBylaws>
18. **Recommended Reading.** As a Federation member you have access to the minds and support of Kwan Jang Nim and all your fellow members in many ways including their personal recommendations about valuable reading materials. You can access their recommendations and also submit your favorite reading selections in accordance with the guidelines published on the wiki. <http://soobahkdo.editme.com/RecommendedReading>

What Do Members Say About Federation Membership?

While training under the skillful guidance of your certified instructor in your certified do jang you also have the opportunity to read, learn about, and personally experience the [Value of Federation Membership](#).

You will have many exciting new opportunities to experience the value of membership and to extend your personal action and support for the Kwan Jang Nim's Vision for our art. Your energy and support is vitally needed to ensure that a rock solid future is built for our art by members like you who care enough to guarantee it with your membership support and more.

Your Federation membership helps support the Soo Bahk Do[®] Moo Duk Kwan[®] martial art and the long-term preservation of Moo Do values. Your membership also makes possible the Technical Advisory Committee's programs such as:

- Developing technical training seminars
- Creating regional and national training events
- Continuing education for Certified Instructors
- Training for Certified Studio Owners
- Expanding the public's awareness of our art
- Offering Soo Bahk Do[®] training to those with special needs
- Expanding the age diversity of practitioners
- Sustaining significant international goodwill support
- Improving human relationships worldwide
- Improving our society
- And much, much more!

Your membership and member actions are much-needed contributions that help support your Federation's ongoing pursuit of its chartered purposes and the long-term preservation of Soo Bahk D Moo Duk Kwan for future generations to enjoy. Your member-owned and operated Federation -- our nation's oldest, most prestigious, and most active voice working for the preservation of the Soo Bahk Do[®] Moo Duk Kwan[®] martial art is supported by members like you.

In short, with you and other active and supportive members like you, the U.S. Soo Bahk Do Moo Duk Kwan Federation[®] can carry out Mission 2000 and work to achieve the President's Vision Objectives. But without you the cause is lost because YOU are "The Federation." YOU make all of our efforts possible.

You may think that your actions or your membership contribution - by itself - is unimportant or that perhaps that it isn't so vital to meeting the enormous challenge of realizing Mission 2000, but remember... the power of your individual actions and your membership is multiplied many hundreds of times when combined with thousands of other members like you who care deeply about Soo Bahk Do[®] Moo Duk Kwan[®] training and who understand its power to improve the world we live in.

So, your membership in the U.S. Federation, although modest by itself, has enormous power and is an important voice of support for the preservation of the Soo Bahk Do[®] Moo Duk Kwan[®] martial art system and Moo Do values.

Peter Drucker, author of “Managing The Non-Profit Organization”

“The non-profit institutions are human change agents. Their ‘product’ is a cured patient, a child that learns, a young man or woman grown into a self-respecting adult; a changed human life altogether.

The non-profit institution is not merely delivering a service. It wants the end user to be not a user but a doer.

It uses a service to bring about change in a human being.

Giving is necessary above all else so that the non-profits can discharge the one Mission they all have in common: to satisfy the need of the American people for self-realization, living out our ideals, our beliefs, our best opinions of ourselves.

Non-profit institutions exist for the sake of their Mission. They exist to make a difference in society and in the life of the individual. They exist for the sake of their Mission and this must never be forgotten.

Non-profit Institutions depend heavily on volunteers to deliver the catalyst of change that result in its ‘product’ (changed human beings) and therefore cannot command them.

The non-profit Institution must inspire, motivate, encourage, and recognize those whom it depends on to accomplish its particular goals and ultimately its Mission.”



Dave Boucher, Kyo Sa & Do Jang Owner, wrote:

“I agree with the idea that federation membership is for everyone. The fact that many parents and family members tell Caroline and I how much they appreciate the positive changes in their lives as a result of their involvement with our school speaks directly to this. The benefits of membership clearly go farther than the practitioner. The whole concept of creating better human relations through the practice of Soo Bahk Do Moo Duk Kwan indicates the idea of taking the benefits of our training out of the do jang and into the community. We must believe and observe that our training also benefits the lives of people who don’t train.

As studio owners and instructors, we are on the front lines of defense of our Moo Duk Kwan. Knowing that increasing membership is the single most valuable factor in guaranteeing the future of our art should put this objective at the top of the list of things to consider when promoting our studios. Proudly flying the Moo Duk Kwan flag should be accompanied with a visible passion about what it stands for. Making federation membership a requirement for anyone who receives Soo Bahk Do instruction actually adds value to the student’s experience right off the bat. Our students and families know right away that they are a part of something bigger than River’s Edge Karate. They know that REK is the vehicle for delivering the benefits of that membership to them.”

Phil Duncan, Sa Bom wrote:

“In 1982 when the KSC Memorial Association joined the Federation, we brought six studios of students into the home which Kwan Jang Nim had provided for lost and wandering Moo Duk Kwan practitioners like us. Each instructor in our group believed very strongly in our connection to the Moo Duk Kwan and we were excited and happy to learn that the Kwan Jang Nim of our beloved art was available to us. Each instructor promptly distributed Federation membership applications to their students and educated them about the value which Federation membership would bring to them in technical training and ‘connection’ to other Moo Duk Kwan practitioners across the U.S.

Students and parents were as excited as all the instructors about the connection the Federation offered to our Moo Duk Kwan roots and the many exciting new opportunities Federation membership would provide for us. As instructors, our perception of reality became our student’s reality. What we believed and conveyed to be valuable and worthwhile, our students believed and valued also. Today, time has proven that which we believed in 1982 became real for all of us.”

Joshua Duncan, Sa Bom & Do Jang Owner, wrote:

“The examples we present as members of the Moo Duk Kwan are a testament to who we are as an organization. The greatest gift we can give is teaching that philosophy to everyone we can, sharing what makes the Moo Duk Kwan what it is.”

Renee Williams, Kyo Sa & Do Jang Owner, wrote:

“Being a member of the Moo Duk Kwan has made all the difference in my life. I attribute the richness of the art, the values taught, and all of the lessons I learned from my instructors directly with the person that I am today. An even greater gift has been becoming an instructor/studio owner and passing my knowledge and guidance on to others. Student, parents, friends, and other family members consistently comment on the positive impact that training has made in their lives. Now, my students are enjoying all the benefits of being a member of the United States Soo Bahk Do Moo Duk Kwan Federation.”

Valery Kelly wrote:

“Even tho’ I am no longer training at the do jang, I experience my relationship to Moo Do values on a daily basis! I plan to continue mailing in my membership dues as I value my continued connection with Soo Bahk Do Moo Duk Kwan.”

As a result of the global growth of Soo Bahk Do Moo Duk Kwan and the U.S. Federation’s role in worldwide activities, it is also more important than ever that you understand how your Federation works in relation to the World Moo Duk Kwan.

Being knowledgeable about your Federation will also enable you to express the most informed opinions to your elected Board Director and/or make informed decisions when asked to vote on important Federation matters.

The more you understand about, believe in, and advocate for the art and your Federation, the more enjoyable and rewarding your experience will be as an active member and the more effective your contributions can be toward the long-term preservation of Soo Bahk Do Moo Duk Kwan.



U.S. Federation Membership Code of Conduct Charter Article 1 Section 3

Members shall follow the principles of Soo Bahk Do®:

1. Soo Bahk Do® is a classical martial art and not a sport. It is not a game to be played solely for the sake of winning, but rather a physical and intellectual activity designed to foster physical, mental, and spiritual health.
2. As a classical martial art, Soo Bahk Do® aims to develop and express the individual's true self, not the false self of aggrandizement.
3. As its major focus is on interior development, competition by groups or individuals is of minor usefulness in realizing individual potential.
4. Every practitioner of Soo Bahk Do® must do his utmost to retain the purity of this art and not debase it in any way.
5. Man is at his best in helping others - at his worst in bettering others.
6. Every member shall: seek truth; work at developing his highest moral character; strive for humility; love his country; sacrifice himself for justice; contribute, by example, to the acceptance of Soo Bahk Do® as the most genuine of the martial arts; develop his endurance; and value confidence and peace of mind.

Dues and Fees:

1. Members shall maintain dues, fees and charges current.
2. Members shall adhere to Administrative Responsibilities
<http://soobahkdo.editme.com/AdministrativeResponsibilities>

Set the Example:

Members shall conduct themselves at all times as an example of what a proper martial artist should be.

The very fact that you study Soo Bahk Do® makes you an example of the state of the Art. This is a responsibility members shall bear seriously and proudly.

A Word to All Members

Your Federation's leaders are always seeking to identify members with special talents, specialized job experience, professional skills, etc. who are willing to contribute their knowledge and abilities in support of the Federation's pursuit of its Chartered Purposes and the preservation of Soo Bahk Do Moo Duk Kwan.

Visit the wiki to tell us of your interest:

<http://soobahkdo.editme.com/AWordToAllMembers>

- Artists
- Graphic Artists
- Writers
- Authors
- Grant Writers
- Publishers
- Videographers
- Photographers
- Doctors
- Psychologists
- Lawyers
- Engineers
- Physicists
- Physical Therapists
- Nurses
- Teachers
- Certified Public Accountants
- Disc Jockeys
- Communication Specialists
- Programmers
- Web Designers
- Multimedia professionals
- Marketers
- Advertisers
- Telecommunication specialists
- Search Engine Optimization Experts
- Etc...

You may be invited to be a guest speaker on a national teleconference, to author an article for an internal educational publication, to have your existing work endorsed or published by the Federation, to write for the member newsletter, or for an external publication on behalf of the Federation, etc.

You may also be qualified to lend your talent, skills, or expertise to any number of special projects or committees that are always underway by motivated fellow members seeking to improve the Federation's offerings and benefits for members.

Members are always invited to submit recommendations, proposals, or any other input at any time that can help improve the Federation or any aspect of your experience as a member. <http://soobahkdo.editme.com/Recommendations>

▪ A Word to the Parents and Guardians of Children

You have made a wise investment in your child by enrolling them as a student under the guidance of your certified instructor of Soo Bahk Do Moo Duk Kwan

Many exciting and challenging experiences await them that will provide tremendous personal growth and development opportunities for them in ways that no other activity can.

As a student and Federation member practicing Soo Bahk Do, they will experience a profound sense of belonging and they will enjoy being recognized and honored before their peers for all their achievements.

Unlike team endeavors, training in Soo Bahk Do Moo Duk Kwan is a highly personal activity where every success belongs to the individual and with every personal success comes increased self confidence and enhanced self-esteem.

Self-Esteem, From “Tribes” by Jeanne Gibbs: The Key To Life

The primary resource predicting the success or failure of each person as a human being is a precious energy known as "self-esteem". The adolescents who still demonstrate stages of social development appropriate for very young children are arrested in their growth. Indeed they are stuck at earlier infantile stage and become problems for parents, teachers, peers, society . . . and themselves. Sensing their inadequacy, they live self-confirming prophecies that "I am not capable. . . I cannot learn . . . "I am no good at anything." They lack positive self-esteem.

One educator sums it up this way. “deep inside is a longing . . . a sense of hollowness wanting to be filled. It is a need to connect with a positive sense of self and with others. The more positive the self-image, the less painful the longing . . . the less positive the self-image the more painful the longing. Too often we use temporary "fillers" such as drugs, alcohol, compulsive anti-social activities to blot out the hunger and give a temporary sense of self. It is only as we find positive self respect and "connectedness to others" that we can sense our true value. The painful longing diminishes and the hollowness is filled with self-worth. It is then that we even self-confirm positive images of ourselves.”

Studies have shown that self-esteem is not related to family, education, wealth, social class, geographical living area, father's occupation or having mother at home. It comes from the quality of relationships that exist between the child and those who play a significant role in his life. It is a person's assessment of “the self-pictures” reflected back to him from others daily.

Self-esteem is “a quiet inner knowing saying I’m glad to be me.” It is a sense of self-respect, a feeling of self-worth. Three main areas convey lovability and worth to children:

- 1. affirmation of their positive qualities from parents, teachers and other significant caretakers;*
- 2. affirmation from peers and siblings*
- 3. affirmation to themselves based on their own experiences of competency success (“I did that well.” “I am good at reading.” “Arithmetic is easy for me”)*

Children value themselves to the extent they have been valued.

The teenage years can be confusing, frustrating, and fraught with negative peer pressure. The positive circle of friends and role models that teens will find among fellow students in their instructor’s certified do jang and nationwide among fellow Federation’s members will help them through these treacherous years by providing a firm base of positive relationships and activities supported by a sound philosophy. The principles of Soo Bahk Do Moo Duk Kwan can help them make good decisions and take positive actions during these very difficult and confusing years.

Parents who want to share more time with their children and have more in common with them often find that joining their child in Soo Bahk Do Moo Duk Kwan training provides them with a healthy activity that enhances their own life in ways they may not have imagined

▪ **A Word to Adults**

Adults of all ages will find that Soo Bahk Do Moo Duk Kwan training in a certified do jang and Federation membership provides many enjoyable regional and national activities that can foster personal growth and enjoyment plus international travel opportunities.

The Federation often supports international activities as part of its Mission 2000 initiative and as a member you have the opportunity to participate in a variety of such events.

Soo Bahk Do is a well-rounded and healthy addition to any lifestyle that provides superior self defense training and lots of exciting new opportunities.

Member Resources

Online Resources

Federation web site: <http://www.soobahkdo.com/>

Federation wiki web site: <http://soobahkdo.editme.com>

Federation Headquarters: <http://soobahkdo.editme.com/Headquarters>

Federation store: <http://www.soobahkdo.com/>

Federation membership portal: <http://www.soobahkdo.com/>

Federation certified studio list: <http://soobahkdo.editme.com/StudiosFind>

Soo Bahk Do Mall: <http://www.cafepress.com/soobahkdomall>

President's Vision Tour: <http://www.soobahkdo.com/>

Member Services

Any member experiencing anything less than excellent service and positive experiences as a Federation member is encouraged to communicate the issue of concern to the appropriate Federation representative as outlined on the wiki.

<http://soobahkdo.editme.com/MemberService>

Recognition

Learn how you can nominate fellow members, non members, community officials, do jang owners, community business owners, educational institutions, and any others whom you feel deserve special recognition for their support of Soo Bahk Do Moo Duk Kwan.

<http://soobahkdo.editme.com/RecognitionAwards>

Scholarships

Learn how you can contribute to the Board's Scholarship Fund.

<http://soobahkdo.editme.com/Scholarships>

Sponsorships

Learn how you can contribute to support fellow members who are experiencing short-term financial challenges and will benefit from your additional support.

<http://soobahkdo.editme.com/Sponsorships>

Hardships

Your Federation's Board of Directors recognize that anyone can suffer hard times and they provide means of extending some support to you when you notify us of your need. Please contact Headquarters or your elected Board Director for assistance.

<http://soobahkdo.editme.com/Hardships>

Matching Funds

Learn more about the Matching Funds program established by the Board of Directors for the purpose of encouraging and supporting creative and innovative studio, PVT and member advocacy efforts for Soo Bahk Do Moo Duk Kwan that are focused on its growth and long-term preservation.

<http://soobahkdo.editme.com/MatchingFunds>



Kwan Jang Nim addresses members at 2005 Nationals

How to Contact Your Federation Officials

Please observe the “Moo Do” aspects of our art depending on the nature of your communication within the Federation.

If your inquiry is of a general nature or you wish to order educational materials or sales items, your Certified Instructor or Certified Studio Owner will most likely be able to handle your request, answer your question or direct you to who you should contact about your issue. In some cases, your Instructor may refer you to Headquarters, the wiki, or your region’s elected Board Director or one of your Regional Examiners for assistance. In most instances, you will be able to receive efficient, timely assistance through your local channels.

Any member experiencing anything less than excellent service and positive experiences as a Federation member is encouraged to communicate the issue of concern to the appropriate Federation representative.

<http://soobahkdo.editme.com/MemberService>

National Member Headquarters

U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
P.O. Box 154, Springfield, New Jersey 07081

- 9:00 AM to 5:00 PM. Eastern Time
- Monday through Friday
- Voice: 973-467-3971
- Fax: 973-467-5716
- Toll free: 1-888-SOO-BAHK
- E-mail: headquarters@soobahkdo.com

Technical Advisory Committee (TAC)

If you require assistance concerning techniques, philosophy, history, or have a question regarding Individual Gup or Dan rank certification, Instructor Certification, or Studio Certification, please consult your Instructor or the Regional Examiner about the correct etiquette and then direct your communication to:

Chairman of the Technical Advisory Committee
U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.
P.O. Box 154, Springfield, New Jersey 07081

- Voice: 973-467-3971
- Fax: 973-467-5716
- Toll free: 1-888-SOO-BAHK
- E-mail: tacchair@soobahkdo.com

Board of Directors

Should you have questions about Federation programs, business policies, etc, or have an idea to submit, a suggestion or anything that you feel might strengthen or improve the Federation and better support the membership of the Federation or achievement of its chartered purposes, post your questions, suggestions, recommendations, proposals, etc. on the wiki under the appropriate topic.

Wiki posts come to the immediate attention of all Federation Officials and other wiki users.

You may also communicate directly with your Elected Board Director.

Chairman of the Board of Directors

U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.

P.O. Box 154, Springfield, New Jersey 07081

- Voice: 973-467-3971
- Fax: 973-467-5716
- Toll free: 1-888-SOO-BAHK
- Email: boardchair@soobahkdo.com

Regional Examiners

Regional Examiners are appointed by the TAC Chair to supervise and execute Regional Dan Shim Sa and other TAC activities in accordance with TAC and Board (Federation) guidelines. The volunteer Regional Examiners assist the TAC in coordinating Studio and Instructor Certifications, and providing regional members with technical training through special seminars.

Regional Administrators are typically selected by Regional members, Regional Examiners, regional seniors or some other process to provide business and administrative support to Regional Examiners and Regional Testing Boards in the performance of their duties.



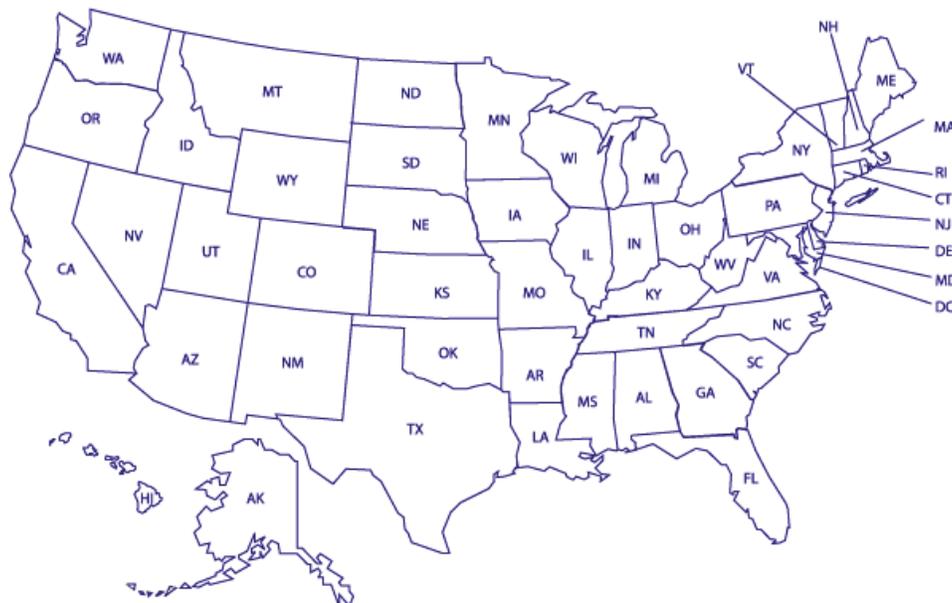
Regional Certified Studios

<http://soobahkdo.editme.com/StudiosFind>

The Federation's members are organized in 10 Regions that are geographically defined by the Board in Bylaws Article IV.

Note: The letter next to the Region number corresponds with the member's Gup ID number.

- **Region 1 (A)**
Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut
- **Region 2 (B)**
New York, Pennsylvania, New Jersey, Maryland, Delaware, District of Columbia
- **Region 3 (C)**
Virginia, West Virginia, North Carolina, Tennessee, Kentucky, South Carolina
- **Region 4 (D)**
Florida, Georgia, Alabama, Mississippi, Louisiana, Puerto Rico US Virgin Islands
- **Region 5 (E)**
Illinois, Indiana, Michigan, Ohio
- **Region 6 (F)**
Texas, Arkansas, Oklahoma, Kansas, Missouri
- **Region 7 (G)**
Iowa, Nebraska, South Dakota, North Dakota, Wisconsin
- **Region 8 (H)**
New Mexico, Arizona, Colorado, Utah, Wyoming, Idaho, Montana
- **Region 9 (I)**
Nevada, California, Hawaii
- **Region 10 (J)**
Oregon, Washington, Alaska



Opportunities of Federation Membership

Intellectual Property Use and Individual Members

Membership in the U.S. Federation confers full authority upon each individual member to study, train, seek rank certification in, seek instructor certification in, seek studio certification in, promote public awareness of and the practice of, the Soo Bahk Do Moo Duk Kwan martial art system and to enjoy all the personal benefits associated therewith. However, individual members are not authorized to engage in commercial activities using the Soo Bahk Do Moo Duk Kwan martial art system or any associated trademarks, service marks, logos or copyrighted content or materials.

Intellectual Property Use and Certified Instructors

Members are encouraged to explore and consider the rewards and opportunities of becoming a Certified Instructor and to explore the new opportunities for personal growth that come with being an instructor. Some members, who attain instructor certification, choose not to pursue studio ownership as they find sufficient reward and enjoyment teaching in an existing studio. Other members who attain instructor certification find teaching to be so rewarding and fulfilling that they also pursue studio ownership in order to expand their opportunities for teaching and helping a greater number of people to benefit from training in the Soo Bahk Do Moo Duk Kwan martial art system in their own studio.

Intellectual Property Use and Certified Dojang Owners

Members are encouraged to explore and consider the rewards and opportunities of studio ownership (entrepreneurs) and ultimately seek studio certification to teach the Soo Bahk Do Moo Duk Kwan martial art system in their studio.

Members who become Certified Studio Owners receive authorization through the Federation to commercialize the instruction of the Soo Bahk Do Moo Duk Kwan martial art system in accordance with TAC and Board guidelines that assure preservation of the Moo Do attributes that make the Soo Bahk Do Moo Duk Kwan martial art system unique.

Members who attain studio certification are granted authorization to engage in commercial activities using the Soo Bahk Do Moo Duk Kwan martial art system, its associated trademarks, service marks, logos and specific copyrighted content and materials.

While the Federation is a Chartered not-for-profit organization it reinvests its resources in promoting individual member development and the public visibility of, study of and practice of Soo Bahk Do Moo Duk Kwan. As such, the Kwan Jang Nim, the TAC, and the Board strongly encourage and support individual members who aspire to become studio owners to prepare adequately, execute skillfully, and enjoy the experience of operating a “[Successful Moo Do Dojang](#)” at whatever level fits with the studio owner member’s life goals and dreams

Authentic Legitimate Rank Certification

Authenticity differentiates the real from the imitation or forgery. Legitimacy differentiates what is authorized from what is unauthorized.

This is the only organization in the United States that is recognized, authorized, and endorsed by the Founder of Soo Bahk Do Moo Duk Kwan, the late Kwan Jang Nim H.C. Hwang. Anything else claiming to promote or train in Soo Bahk Do Moo Duk Kwan is an imitation and illegitimate.

Authenticity and legitimacy are derived from a moral authority and primary source. The primary source and moral authority of Soo Bahk Do Moo Duk Kwan is the Kwan Jang Nim or his successor. Without his acknowledgment and endorsement, there is no authenticity or legitimacy.

This is similar to every institutionalized authority. Without the recognition, acknowledgment, and endorsement of some agent that is acknowledged and recognized as a primary and legitimate authority and source, neither authenticity nor legitimacy can be inferred.

Since the U.S. Soo Bahk Do Moo Duk Kwan Federation is the only organization in the United States authorized and recognized by the Kwan Jang Nim, membership in this organization is the only legitimate means of practicing and training in the martial art, Soo Bahk Do Moo Duk Kwan. It also legitimizes all certifications and ranks awarded.



Do Jang Ownership Opportunities

Motivated members who want to take their passion for Soo Bahk Do Moo Duk Kwan to an even higher level and help change even more people's lives in a positive way and make a bigger difference in their community and the world are invited to explore the rewards and opportunities of [Do Jang Ownership](#).

Only a very few high achieving members have the additional traits, characteristics, drive, and determination that make a "Successful Moo Do Do Jang" owner and for those who do, nothing can stand in their way.

Do Jang ownership can take many forms depending on your life goals and aspirations. Some members with professional careers and a well established life find personal reward in offering a small, part-time program in their church, Y.M.C.A., recreation center, etc.

Some younger member discover opportunities to teach Soo Bahk Do Moo Duk Kwan programs in their church, local community groups, schools, etc.

Teens and graduating high schools students planning to pursue vocational careers after high school discover that their passion for Soo Bahk Do Moo Duk Kwan provides more rewarding opportunities for them than the vocational career they may have originally targeted.

Young adults going off to college may choose to initiate a part-time Soo Bahk Do program as their part-time job instead of working in other typical jobs that college students often hold.

Some members later in life may leave the corporate world behind to pursue the unmatched personal rewards of changing people's lives and making a profound difference in their community and the world by pursuing the exciting challenges and entrepreneurial opportunities of do jang ownership.

Some members operate non-profit programs that serve communities of students with special needs and others offer non-profit programs in school districts and more.

Some members start out teaching a part-time program and as their student body grows overtime, they discover that the personal rewards of teaching and operating their do jang exceed the rewards of their day job and eventually convert from a part-time do jang owner to a full-time do jang owner.

Whatever your life goals and your level of passion for teaching Soo Bahk Do Moo Duk Kwan and integrating it into your life, the Federation stands ready to help prepare you and support you in achieving your dreams, but the ultimate responsibility for your success or failure is in your hands.

International Goodwill Opportunities

<http://soobahkdo.editme.com/InternationalGoodwillOpportunities>

The World Moo Duk Kwan periodically issues invitations to U.S. Federation members to participate in various international events, activities and proceedings.

Members of all ranks are invited to explore international training opportunities unless a particular activity is published as rank specific or limited to specific invitees. (i.e. World Moo Duk Kwan Symposium, etc.)

Members are requested to observe World Moo Duk Kwan international Visitation Protocol when making plans to travel or train internationally.

World Moo Duk Kwan international events are posted for member awareness on the calendar at www.soobahkdo.com and www.worldmoodukkwon.com

U.S. Federation members are encouraged to exhibit full support of Mission 2000 directives with special attention to improving human relations at home and abroad.

The U.S. Federation extends substantial Goodwill support to the World Moo Duk Kwan in the spirit of Mission 2000 and in accordance with the Charter & Bylaws and Board Governance Policies.





Artwork by
Adele Bartolacci

Calligraphy by
Dae Kyu Chang
Sa Bom Nim

Vision Objectives

“A Living Art; Living the Art”

By H.C. Hwang, Kwan Jang Nim

We have clearly identified our Five Moo Do values: History, Tradition, Philosophy, Discipline/Respect, and Technique, as being the foundation of our identity.

I am proud of being a Moo Duk Kwan Jeh Ja and am grateful to our founder, Hwang Kee Kwan Jang Nim for the cultural inheritance that he left for us all. In order for us to honor, protect, and preserve the gift we have received, we must seek to polish it to its highest shine for all to see and take every possible action to ensure its longevity. I believe these goals will be achieved naturally as we strengthen the Five Moo Do values (our inheritance) within each one of us, in our thoughts and our actions.

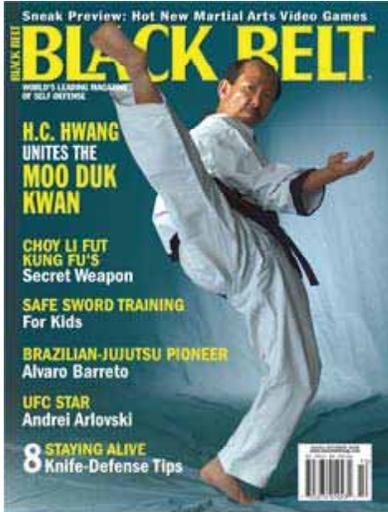
We, as Moo Duk Kwan practitioners, have a tremendous opportunity to influence our communities and our society in many positive ways as we further embrace and practice the Five Moo Do values in our behaviors. Such unique behavior will certainly attract the attention of our communities and as they increasingly recognize us, the doors of Moo Duk Kwan do jang will be opened wider than ever to their communities. Your do jang must be highly visible as a “Successful Moo Do Do Jang” in your communities.

The Moo Duk Kwan needs your active participation.

As we continue to strengthen ourselves based on the 5 Moo Do elements, we can measure our progress toward creating a “Successful Moo Do Do Jang” and assuring the long-term preservation of Soo Bahk Do Moo Duk Kwan in two important ways:

1. By sharing our success stories about how our application of the 5 Moo Do values in our actions positively impacted others in our community. Inspirational success stories help reinforce our self-awareness of the many opportunities each of us have to improve our behaviors based on the values.
2. By increasing student enrollment in do jang through the successful application of the concepts conveyed in the Vision Tour. Increased membership in the do jang provides measurable evidence of our success at connecting our values with our communities. Increased membership in the Federation confirms our success at connecting more people in our society with the values.

A truly “Successful Moo Do Do Jang” must accomplish items 1 and 2, not just 1 or 2. Achieving both requires more than just the instructor’s effort. It requires the involvement, support and active outreach into the community by every student, assistant, parent, friend and relative who supports our values.



On July 29, 2005, Moo Duk Kwan members (about 50) and I attended the 2005 Black Belt Hall of Fame Award Banquet in Hollywood, California. After experiencing that evening, I came to realize how very far we have come and our success as a quality Moo Do organization.

I have never been more proud and appreciative of the Moo Duk Kwan’s members than at that time and now. All 50 Moo Duk Kwan members who were present shared the same experience that evening and for me it was really an “awakening” moment to see that we truly are the leading Martial Art group in the World.

For too long we have been too quiet about our values. This is the time to celebrate our values and raise the volume of our voices for others to hear. It is time to demonstrate our values through our “Successful Moo Do Do Jang.” It is time to achieve 1 and 2.

When you believe in the values and are passionate about sharing them with others through your actions, they can be positively contagious within your community. I invite you to join me and the National Vision Tour Committee in accomplishing these 2 important goals for our art and its future. Here’s how you can join us in this effort:

1. Register to help at <http://www.soobahkdo.com> in the National Vision Tour Committee section.
2. Email your full name, Federation ID and contact information to: Vision@soobahkdo.com

Thank you for your continued support of our art and I shall look forward to your energetic support for increasing the visibility of our art and assuring its long-term preservation.



National Vision Tour Committee

<http://soobahkdo.editme.com/NationalVisionTourCommittee>

To preserve and continue conveying the essence of his Vision message and the targeted objectives, Kwan Jang Nim formed the National President's VISION Tour Committee.



▪ Formation and Purpose of the NPVT Committee

The primary charge of the National Vision Tour Committee is to keep the message of our vision alive and visible (encourage Vision Participation) to members while showcasing the activities of local PVT committees that are creating measurable results toward Vision Objectives.

▪ Role and Responsibilities of the NPVT Committee

1. Shall be led by the NPVT Chair as appointed by the Kwan Jang Nim
2. Shall coordinate its activities closely with the Executive Administrator to assure the Board and TAC are continually apprised of its work.
3. Shall be comprised of members selected and appointed by the NPVT Chair with the Kwan Jang Nim's confirmation.
4. Shall serve collectively as the official advocate of the President's Vision and as such shall demonstrate the highest standard of excellence in harmonious human relations among NPVT Committee members and with all those whom the NPVT Committee has dealings.
5. Shall commit itself to advocating and supporting achievement of the specific President's Vision Objectives as stated by Kwan Jang Nim H.C. Hwang:
 - 5.1. Strengthen Membership Quality: Encouraging member embodiment of, and demonstration of, the five Moo Do Values in all our actions.
 - 5.2. Strengthen Membership Quantity: Increasing public awareness of, and practice of, Soo Bahk Do Moo Duk Kwan by more practitioners.

6. Shall advocate, uphold and support the concepts expressed in, and employ the following reference documents as guidance in formulating and shaping NPVT Committee strategies, plans and activities:
 - 6.1. [The President's Vision by H.C. Hwang](#)
 - 6.2. [The Five Moo Do Values](#) by H.C. Hwang (16 Pages)
 - 6.3. [World Moo Duk Kwan Vision Participation Activities](#)
 - 6.4. [Creating and Maintaining Successful Moo Do Do jang](#)
 - 6.5. [Vision Objective Statements from the President](#)
7. Shall advocate and promote member and public awareness of the President's Vision and its inherent concepts.
8. Shall maintain a national database of active and registered local PVT Committees, their individual members and their ongoing activities.
9. Shall acquire, develop, compile and provide educational information and training opportunities for Federation members that support achievement of the President's Vision Objectives.
10. Shall identify, report on, showcase, promote and otherwise share with Federation members and the public the activities and vision results being achieved.
11. Shall identify and recruit members and/or outside resources that can support achievement of the President's Vision Objectives.
12. Shall assure the Kwan Jang Nim and the Executive Administrator are continually apprised of the NPVT Committee's strategies, goals, objectives and future and current activities.
13. Shall assure that the NPVT Committee's strategies, goals, objective and activities are planned and executed in concert with those of the TAC and Board of Directors.
14. Shall report quarterly to the Kwan Jang Nim and the Executive Administrator the specific outcomes attributable to, and achieved as a result of, the NPVT Committee's existence and activities.

You can learn more about the NPVT and meet the current committee members on the wiki. The NPVT is supported by the Board of Directors and supports and currently sponsors several different initiatives intended to achieve specific Vision Objectives.

- Encouraging formation of local PVT Committees in studios
- Showcasing local PVT Committee activities
- Encouraging PVT And ME awareness
- Encouraging Random Acts of Moo Do participation
- Reviewing applications for Board Matching Funds and approving awards for qualified PVT Activities

Kwan Jang Nim H.C. Hwang has expressed his vision for every member to take personal ownership of the preservation of our art by fully embodying the five Moo Do values in all our actions, thus strengthening ourselves as practitioners and ultimately strengthening the foundation of our art. He has also expressed a desire for members to actively introduce people in our local communities to our art through our personal example and any other means we can conceive.

The future of the Soo Bahk Do® Moo Duk Kwan® is in our capable member hands because only through our initiatives will future generations have an opportunity to learn our art and develop skills that will benefit them in their everyday lives just as we have benefited.

Certainly there are many creative activities that you could initiate in support of the Kwan Jang Nim's Vision and you are invited to do so and share them and the results you achieve with the NPVT.

You are not limited to specific activities; rather some are merely suggested as starting points to help get you going. In fact, by the time you are working on published activities in your studio or community more new activities may already be published by the NPVT as they are gathered from the creative minds of members like yourself who breathe life into the President's Vision.

<http://soobahkdo.editme.com/NewStudentRecruitment>

Be sure to work with your instructor and your PVT Committee members and fellow students, as you may discover exciting opportunities for all of you to work together on joint activities to grow your studio and our art. The NPVT Committee looks forward to hearing about your successful activities.

Real leaders will surely surpass every goal set forth by the NPVT because it is impossible to hold back one who would be a leader. Are you such a practitioner? Visit the wiki to find out: <http://soobahkdo.editme.com/Leader>

Your Personal Training Experience

“There Is Only One Moo Duk Kwan”

Although unknown by some Tae Kwon Do, Tang Soo Do, Soo Bahk Do®, and other practitioners displaying the Moo Duk Kwan® name or the fist emblem commonly associated with it, all have a common history.

The fist emblem first existed only in the mind of unknown Hwang Kee Kwan Jang Nim who was born November 9, 1914 during Japan’s occupation of Korea. At age seven he witnessed a lone man successfully defend himself against seven attackers



Hwang Kee,
Moo Duk Kwan Founder
1914-2002

using martial arts techniques referred to by onlookers as “Tae Kyun” or “Sip Pal



Ki” and from that day forward he dedicated his life to developing skills like those he had observed. His unflagging pursuit of prowess in the martial arts earned him a reputation as a martial arts prodigy and although Japanese rule prohibited it, he dreamed of someday opening his own martial arts training hall where he could teach others. His dream became a reality shortly after the Japanese occupation of Korea ended and his first Moo Duk Kwan® (Military Virtue

Institute/Training Hall) training hall opened on November 9, 1945.

In his Moo Duk Kwan® he offered instruction in his unique martial art system named “Hwa Soo Do” and in May 1949 he published Hwa Soo Do Kyo Bohn, the first modern martial arts book published in Korea. Soon he realized that if his art was to flourish wider public recognition was necessary, so he adopted the more recognizable name of “Tang Soo Do” and public demand quickly created Moo Duk Kwan® training halls all across Korea.

After 1953 when the Korean War ended and United States military personnel who trained in Korea began returning to the United States, they were soon teaching his martial art system to students in the United States. Within a few years he conceived and designed his unique fist logo to publicly identify his Moo Duk Kwan® training halls as the only source of official training and rank certification in his martial art system and to symbolize his art’s philosophy. Hwang Kee’s fist emblem was quickly and passionately embraced and displayed by proud Moo Duk Kwan® practitioners worldwide to indicate that they embraced the Moo Duk Kwan’s® strong identity, its scientific and effective martial art system and its philosophy.

By 1960 Hwang Kee Kwan Jang Nim had incorporated new material into his “living art” and adopted the name “Soo Bahk Do®” to emphasize and publicize



Moo Yei Do Bo Tong Ji

his Moo Duk Kwan's[®] commitment to resurrecting Korea's culture and preserving its lost martial arts history that he had discovered in the text "Moo Yei Do Bo Tong Ji." His fist emblem soon became deeply embedded in Korean practitioner's hearts and minds as a symbol of Korea's pride in its new emerging identity as an independent nation and in a culture that was finally, truly Korean.

The Moo Duk Kwan's[®] tremendous success and widespread public appeal attracted government interest in the martial arts and in 1964 the Korean Tae Kwon Do Association was formed to unite all Korea martial artists under one name.

Under tremendous political pressure, Hwang Kee Kwan Jang Nim resolutely insisted upon preserving the unique identity of the Moo Duk Kwan[®] and his martial art system and he successfully fought a legal battle to maintain the right to do so all the way to the Korean Supreme Court in June 1966. By this time the fracturing of the Moo Duk Kwan's[®] members was well underway due to mounting political pressures and competing loyalties; but interestingly, almost all who forfeited their ties with the Moo Duk Kwan[®] and its founder steadfastly continued their use and proud display of his fist emblem and the Moo Duk Kwan[®] name. Even as many succumbed to political pressures and adopted the Tae Kwon Do name, they refused to relinquish their use of Hwang Kee's fist emblem due to their strong emotional investment in, and attachment to, all that it symbolizes.



In 1987 Hwang Kee Kwan Jang Nim trademarked his fist emblem in the United States. in order to curtail public misrepresentation by parties who were no longer affiliated with his Moo Duk Kwan[®] Even today, some practitioners still display Hwang Kee's fist emblem without knowledge of its origin, its meaning, its rich history and without awareness that only current members of the Moo Duk Kwan[®] are legally authorized to display it in honor of Hwang Kee's legacy to the world.

His fist emblem has come to represent the spirit of an undefeatable warrior and a dedicated scholar. That which it represents has proven to be far more resilient and powerful than all the forces that have besieged it since its inception and Hwang Kee's heart, spirit and legacy truly live on in the fist image that he created to represent the essence of his life's work. All who display it are the children of his life.

By Phil Duncan, Sa Bom based on information from the textbook, "History of the Moo Duk Kwan" by Hwang Kee Kwan Jang Nim and H.C. Hwang.

The Five Moo Do Values

By H.C. Hwang Kwan Jang Nim

The Five Moo Do values of History, Tradition, Philosophy, Discipline/Respect, and Technique, are the backbones of our proud Moo Do identity. These values coexist interdependently with each element strengthening the meaning of the other four. When we apply the Five Moo Do values to our daily training, we strengthen our self not only as a Moo Do practitioner, but also as an individual who provides a positive influence within our society. I trust this discussion of our Five Moo Do Values will help Moo Duk Kwan® practitioners to include them in all aspects of your life as basic action elements in your behaviors rather than just being concepts to speak about.

History (Yeok Sa)



“History is a chronological record of significant events (as affecting... an institution) often including an explanation of their cause” (Webster’s Ninth New Collegiate Dictionary <1989>).

These events, causes and the individuals involved, become the second heavenly nature of the institution/organization/concept.

History defines us. We understand who we are by knowing our history (past). This knowledge helps guide our actions with an awareness of our foundation, our history, our past, and helps us understand where we are in the present as we create our future.

Our history (Past) is the guiding source for our future life. We can create our future by honoring our History (past). The experiences of our elders, seniors and instructors are part of our past, so we honor (respect) them because they created the foundation upon which our present has been built and their experiences serve as a guiding source for creating our future.

We can benefit from listening, valuing, and respecting their teachings and the wisdom they share with us about their experiences.

Consider some of visible behaviors that we can initiate to put our history into our actions:

- We can concede our seat to elders or provide them with assistance such as carrying a heavy object for them, etc.
- We can listen to and honor our parents and grandparents (elders) advice and counsel.
- We can listen to our teachers and apply the knowledge they share with us.
- We can demonstrate good academic behavior.

History will help strengthen our respect. We will become better learners and students as a result. “Loyalty” (Choong) is one of the most important words in the Moo Do world.

Regretfully, loyalty is often motivated by a desire for a position, power, or money. However, this type of insincere loyalty will not last when the position, power, or money situation changes. Individuals who have failed in their loyalty often seek to hide their past.

If loyalty is established based upon History, then loyalty will never change because the History upon which it is built will never change. Consider some additional behaviors that we can initiate to put our History into our actions.

Loyalty, commitment: the act of binding yourself (intellectually or emotionally) to a course of action; a prime virtue, unswerving in allegiance, and implies a faithfulness that is steadfast in the face of any temptation to renounce, desert, or betray.

- We can be a good example (human story) by upholding our loyalty as demonstrated through our behavior even during difficult situations. People learn from and appreciate our example (story).
- We can be loyal to a principle rather than to that which is convenient or rewarding.
- We can honor techniques that were built upon a true historical background.
- History strengthens Tradition, Philosophy, Discipline/Respect, and Technique.
- Do my behaviors reflect my history? Do my actions demonstrate and honor my history?

Tradition (Jon Tong)



“Tradition is that which is inherited, established, or transmitted and passed on as a customary pattern of thought, action, or behavior; the handing down of information, beliefs, and customs...” (Ibid).

This is the process by which the essence of Soo Bahk Do® Moo Duk Kwan® is maintained.

There are traditional means of conduct and beliefs which were handed down since the inception of the Moo Duk Kwan®. Some originated even before the Moo Duk Kwan®. These traditions began at some point in history. The tradition of bowing is a show of respect and/or appreciation.

Once upon a time as students were receiving instruction from a teacher and were enlightened from the instruction of their teacher, their overwhelming happiness may have motivated them to lower their body in order to look up to their teacher in respect for, and appreciation of, their teacher. This could have been the birth of the bowing tradition. Since that time, students' desire to celebrate and remember the spirit of learning, respect and appreciation have been preserved through the tradition of bowing to the teacher. The bow has become a tradition to show the spirit of joy, respect and appreciation. The bowing tradition carries on this spirit.

Can you imagine if they did not share the bow after that? There would be no spirit of respect and appreciation. There is no life of learning if there is no spirit.



Perhaps you recall a particular moment (playing cards or sharing a particular brand of drink etc.,) when you established a friendship with someone. You may recreate that special moment of the birth of your friendship from time to time as a tradition to celebrate the spirit of the moment when your friendship was first born. Your friendship will be strengthened, healthy and full of spirit when you keep that tradition in your meetings. However, your friendship may suffer or diminish should you neglect the tradition.

Our traditions strengthen our spirits and create a positive influence and connection with the other four Moo Do values.

Consider these two families and the traditions in their lives. The Smith family celebrated a holiday by decorating their house and selecting costumes and candy as they prepared weeks beforehand in the spirit of the holiday.

The children were having a joyful experience during this time and were filled with excitement and hope about the coming festivities. The Smith family members and their neighbors became closer and their relationship was strengthened through these traditions which had a very positive effect upon human relationships.

The Tom family was too busy and tired to prepare for the holiday and chose to just watch Television instead of observing the traditions of the holiday because doing so would require work. Their home and family members showed no holiday spirits and the children had no reason to be excited or filled with anticipation and excitement.

Traditions in action are visible in:

- Those who are hardworking people.
- Those who carry high spirits.
- Those who lead the way (initiative)
- Those who Honor and perform rituals and techniques that embrace habits from past generations.
- Do my actions preserve my traditions?
- Do my behaviors embody my traditions?

Philosophy (Chul Hak)



“Philosophy is a set of ideas or beliefs relating to a particular field or activity; an underlying theory, a system of values by which one lives; the most general beliefs, concepts, and attitudes of an individual or group...” (Ibid).

Our philosophy guides our intent (Shim Gong) toward the good.

Our philosophy includes the 8 Key concepts, the 10 articles of faith on mental training, and many other ideas and values. Our active study of these tools and our application of them as a Moo Duk Kwan practitioner strengthens our life and demonstrates the philosophy we live by.

In training, our first Shi Sun is an action of intent. Our intent is much clearer when it is based upon our philosophy. We experience a good class for both your mind and body when our intent is clear.

When Peter greets his instructor upon arriving at the do jang and again when he leaves the do jang, then his courteous behavior may also extend into his life beyond the do jang. It becomes a good foundation for him to build human relations through his behavior. Peter’s intent was strengthened by the Jhoon Bee philosophy “start good, finish good.”

Philosophy strengthens Discipline and Respect.

- Our intent guides our actions.
- Our actions will be meaningful when they are initiated with good intent.

These are some visible behavioral measurements of philosophy in action:

- The person whose philosophy is demonstrated by their actions rather than talk.
- The person who is providing views based on the principle.
- The person who makes a decision based on the principle.
- Does my behavior demonstrate our philosophy?

Discipline/respect (Neh Khang Weh Yu)

“Discipline is the study, or practice, of a subject using a specific set of methods, terms and approaches...” (Ibid)



“Respect is the objective, unbiased consideration and regard for the rights, values, beliefs and property of all people deference and courteous regard for people’s feelings...” (Ibid)

Discipline and respect are the foundation of the Human relations.

Discipline will strengthen your professional conduct. Respect will strengthen your kindness. Discipline alone may bring the hard side which makes others uncomfortable. Respect alone may bring the soft side which makes others overly comfortable. These factors alone will bring a negative influence on human relations. Discipline and respect should coexist with each other to gain their full benefit for human relations. Furthermore, they should be strengthened by the other four Moo Do values in order to fulfill their meaning. In other words, Professionalism (Discipline) and Kindness (Respect) alone are not what we strive for in the Moo Do world. In the end, they will be nothing more than sales tactics. Alone, they may merely be the tools for “people skills” that sales representatives use at stores.

Professionalism (Discipline) and Kindness (Respect) must be strengthened by History, Tradition, Philosophy, and Technique in order to fulfill their true values. These are some of the visible behavioral measurements of discipline in action:

- Professional conduct rather than casual demeanor
- Proper postures (ways of standing and sitting posture)
- Dependability

These are some of the visible behavioral measurements of respect in action:

- Helping and caring for others
- Smile, kindness
- Recognition
- Carrying proper body mannerism with care and politeness

While we respect individualism, providing visual demonstrations of body images that reflect Discipline and respect in the class can be helpful to connect our thoughts of respect to our body mannerisms.

- Do I have discipline in my behavior? Do I have respect in my behavior?

Technique (Ki Sool)

“Technique is the manner in which technical details are treated or as basic physical movements are used...”(Ibid) Techniques are very visible elements of Soo Bahk Do Moo Duk Kwan.



We gain the benefits of flexibility, self defense skills, and health as we train to improve our techniques.

Techniques from Ki Cho, Hyung, and Dae Ryun are excellent tools for connecting with the other four Moo Do Values, History, Tradition, Philosophy, and Discipline/Respect. From this connection we benefit by strengthening our techniques.

Seeking to apply all our Moo Do values during our technical performance of techniques helps us to understand the relationships between our Techniques and the other four Moo Do values.

Techniques when performed based upon, and strengthened by, History, Tradition, Philosophy, and Discipline/Respect will develop beyond just physical techniques.

When we perform Soo Gi or Jok Gi techniques with good Huh Ri extension, connect our value of using Huh Ri to our unique identity as a Moo Duk Kwan practitioner. Our identity as well as our techniques is strengthened.

When we perform “Jang Kap Kwon Kong Kyuk” or “Yuk Ro/Chil Song Hyung”, we are connecting with the values of History (and/or Philosophy) of Soo Bahk Do Moo Duk Kwan and they will become more than techniques.

By training in our Techniques and applying the guidelines of the 5 Moo Do Values, our training becomes a freedom that provides new realization, understanding and creativity. We become connected not only to the art’s history,

but we also become the foundation of the art's future creativity. Through this process, both History and Philosophy will be strengthened.

When we perform a traditional ceremony during our training (bowing with Sa Bom Nim or partner) and we connect with the meaning and spirit of our bow, then our Moo Do Spirit (Moo Do Chung Shin) becomes fuller and will guide our training to the fullest. Tradition is strengthened.

When we connect Discipline/Respect to our training, then our techniques and attitudes become more effective and enjoyable. We can seek to enjoy the application of Discipline and Respect in our training and both will be strengthened as a result.

Consider these visible behaviors that demonstrate our Techniques in Action:

- Techniques are visible things, therefore they can be seen and measured.
- Punching and kicking are not the only techniques that we consider. Any kind of physical presentation can be considered as technique in this discussion. For example:
 - What kind of mannerism is appropriate when I visit my teacher?
 - What is appropriate when I am challenged by someone etc.?
- How do I approach, respond, to and behave based on different circumstance?

Mental and Physical mannerisms which are strengthened by the 5 Moo Do values can be the most powerful techniques we may possess.

These mannerisms give you an ability not only to defend yourself but also to build toward a peaceful world



Moo

“stop spear”~ “prevent, avoid conflict”



Do

“way”

The Eight Key Concepts

By H.C. Hwang, Kwan Jang Nim

용기	YONG GI	Courage
정신통일	CHUNG SHIN TONG IL	Concentration
인내	IN NEH	Endurance
정직	CHUN JIK	Honesty
겸손	KYUM SON	Humility
힘 조정	HIM CHO CHUNG	Control of power
신축	SHIN CHOOK	Tension Relaxation
완급	WAN GUP	Speed Control

One of the aspects of the Mission 2000 agenda for the U.S. Federation is that we should strive to be a “Moo Do organization”. As a Moo Duk Kwan Dan member or instructor, one way to contribute to achieving this goal is to take action so that our Moo Duk Kwan philosophy connects with students. This implies that our instruction has to connect with Moo Duk Kwan philosophy as effectively as possible.

This article discusses the incorporation of the philosophy of the Eight Key Concepts into Moo Duk Kwan instruction. The motivation for this article stems from reviewing and meditating on the many Cho Dan Shim Sa essays submitted over the years by Il Gup who were candidates for Cho Dan. Although individuals expressed it in variety of different personal ways, almost 100% of the Cho Dan candidates discuss Moo Duk Kwan philosophy in their essay. In fact, from reading these essays it was clear that the Moo Duk Kwan philosophy for them was the strongest source of motivation for continuing their training. Invariably they relate their experience and the value of their training in some way to Moo Duk Kwan philosophy -- especially the “Eight Key Concepts” and/or the “Ten Articles of Faith on Mental Training” in their Cho Dan essays.

The Cho Dan candidates discuss how the Moo Duk Kwan philosophy has influenced their lives for the better, and how it has provided them with a strong sense of dedication -- a strong positive influence that contributed very much to their continued Soo Bahk Do training. It is a pleasure to see that our membership puts the value of philosophy in a high place in their study of Soo Bahk Do Moo Duk Kwan.

Since the Eight Key Concepts have provided such a profound impact and motivation to practitioners who have achieved Cho Dan level, then perhaps for those that do not reach Cho Dan level -- they may not have been sufficiently exposed to the 8 Key Concepts. Perhaps the motivation and value of the Eight Key Concepts may not have been introduced and/or reinforced as effectively as they could have been.

If we, in our role as instructors, could improve on how we introduce the Eight Key Concepts -- making sure every single individual student member receives a proper introduction to the Key Concepts at the appropriate stage of their training. Then reinforce it as a regular part of their instruction. If we can accomplish this, then we could help provide a much more positive influence on Yu Gup Ja. This impact would not only have immediate benefits for the students, but would also be a lasting influence throughout their future Moo Do training.

For instructors, this is not an easy task. As instructors, we need to discipline ourselves to focus on instruction of the Eight Key Concepts and take advantage of opportunities to reinforce them. If we are effective, then we will stay better connected with our students and they would not miss the experience and value of the education provided by the Key Concepts.

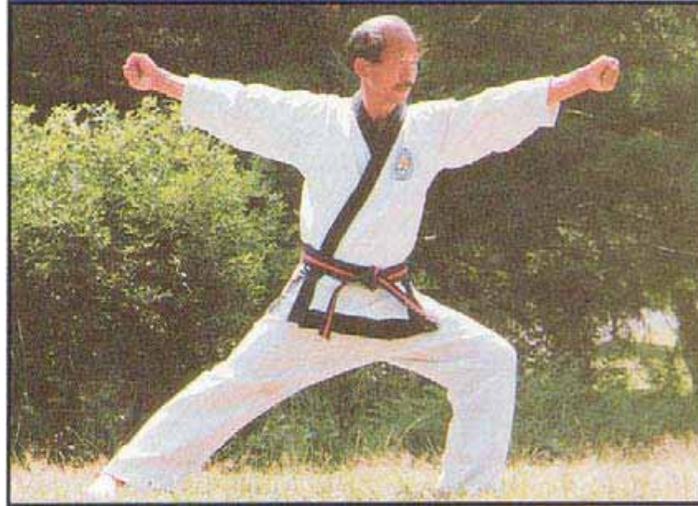
Download all eight chapters about how to effectively instruct the Eight Key Concepts on the wiki: <http://soobahkdo.editme.com/EightKeyConcepts>



Posters available
online, designed by
Sa Bom Nim
Josh Duncan.



Ten Articles on Mental Faith and Training



1. **Be loyal to your country;** sacrifice yourself for your duty to your country and your people. This is based on the spirit of the Hwa Rang Do.
2. **Be obedient to your parents;** children should be dutiful to your parents and parents should be charitable to their children.
3. **Be loving between husband and wife;** love and affection between the sexes develops mankind's happiness and harmony in life.
4. **Be cooperative between brothers;** hold together with cooperation and concord.
5. **Be respectful to your elders;** protect the rights of the weak with courtesy and modesty.
6. **Be faithful between teacher and student;** learn the truth through practice of duty and affection.
7. **Be faithful between friends;** be peaceful and happy with harmony and faith towards each other, regardless of race, and towards all mankind.
8. **Face combat only in justice and with honor;** be able to distinguish between good and bad with fairness and rightfulness.
9. **Never retreat in battle;** Sacrifice for justice with capability and bravery.
10. **Always finish what you start;** Move to action with sureness and hope.

5 Requirements & 11 Points of Emphasis on Mental Training

Requirements

1. Oneness with Nature
2. Complete awareness with environment
3. Experience
4. Conscience
5. Culture

Emphasis

1. Reverence for Nature
2. Physical Control (Ki-Aup)
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-Sacrifice
7. Courage
8. Chastity
9. Strength inside and Mildness outside
10. Endurance
11. Reading Ability

5 Requirements & 10 Points of Emphasis on Physical Training

Requirements

1. Contact with physical surroundings
2. Contact with diverse physical conditions
3. Suitable Nourishment
4. Suitable Exercise
5. Suitable Rest

Emphasis

1. Vocal Exhalation for thoracic strength (Ki Hap)
2. Focus of Sight
3. Continuous balance during movement
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed technique
7. Exactness of technique
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning of hands and feet



Artwork by
Adele Bartolacci

Calligraphy by
Dae Kyu Chang
Sa Bom Nim

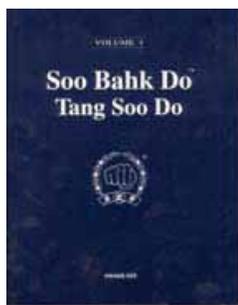
Guidelines for Training

Approach your Soo Bahk Do® training with an open mind. Remember that the goals and purpose of this martial art are not the same as of a sport. Note these 10 specific attributes that characterize Soo Bahk Do®:

1. It is natural and reasonable to practice a martial art.
2. It is non-restrictive and expresses freedom of movement.
3. It combines civil and military arts that are both strong and submissive.
4. It is good practice for mental and physical well being.
5. It is good for self-defense and improvement of personal health.
6. You can practice as an individual or as a member of a group.
7. You can practice anywhere.
8. Anyone can learn with a little effort and faith, regardless if they are man, woman, elderly, or young.
9. You can practice whether you have a partner or not.
10. You don't need any instruments or special equipment to practice with.

When we train in Soo Bahk Do®, we do not face a “game” or contest, but physical, mental, and spiritual interaction between ourselves and our art. As such, the benefit that one gains from this practice is immediate and enduring. Whether we meet an outside challenge or face our own weaknesses, we build our character on a strong foundation of discipline, replacing the temporary situation of victory or defeat with the lasting benefits of greater self-esteem and self-confidence.

The Kwan Jang Nim reminds us, through his teaching, that we must not forget our place in the world. Soo Bahk Do® practitioners must to harmonize their existence within nature and human society. Note the 5 requirements and 11 Points of Emphasis on Mental Training.



The Volume 1 textbook authored by Founder Hwang Kee is a 425 page hardback publication that includes a wealth of in-depth training information about Soo Bahk Do® Moo Duk Kwan® and is available through your Certified Studio.

Uniform

The uniform or training suit is properly called Do Bok. This is a composite word, combining Do “way of life” with Bok “apparel” or “clothing.” Since the Do Bok is what you wear when you practice your “Do” or way, its care and meaning are very important.

Similarities can be found between the current Do Bok and ancient Korean traditional clothing. Today, we maintain the white color to show purity, reverence for life, and commitment to avoiding bloodshed and violence.

Action and thought are inseparable. Also, the outside appearance and inside attitude are closely linked. When you look your best, you usually feel good, too.

Keeping this in mind, always appear in class with your uniform clean and pressed, in good repair, and with the proper trim for your rank. Your Instructor or seniors will help instruct you in the proper care and wearing of your Do Bok.

▪ Gup belt and uniform requirements:

Rank	Belt with Stripes on tip	Uniform and Trim color
10th Gup	White Belt	White – no trim
9th Gup	White Belt – one blue strip	White – no trim
8th Gup	Orange Belt	White – no trim
7th Gup	Orange Belt – one blue strip	White – no trim
6th Gup	Green Belt	White – green lapel trim
5th Gup	Green Belt – one blue stripe	White – green lapel trim
4th Gup	Green Belt – two blue stripes	White – green lapel trim
3rd Gup	Red Belt	White – red lapel trim
2nd Gup	Red Belt – one blue stripe	White – red lapel trim
1st Gup	Red Belt – two blue stripes	White – red lapel trim

NOTE:

- Midnight blue stripes on Gup rank belts are to be on the left end of the belt approximately 2" from the tip of the belt.
- Stripes are to be 1/2" wide and 1/2" apart.
- Gup lapel trim shall cover the lapel binding (approximately 1 3/4").
- White and Orange belt Gup rank students shall not trim uniform jackets.
- Green and Red belt Gup rank students shall have uniform jackets with trim on lapel only.

▪ **Dan belt and uniform requirements**

Rank	Belt with Stripes on tip	Uniform and Trim color
1 st Dan	Midnight Blue Belt	White uniform with midnight blue trim on <ul style="list-style-type: none"> ▪ Lapel ▪ Sleeve cuffs ▪ Bottom jacket hem
2 nd Dan	Midnight Blue Belt with Two white stripes	
3 rd Dan	Midnight Blue Belt with Three white stripes	
4 th to 9 th Dan	Midnight Blue Belt with Red stripe in center of belt, all around	

NOTE:

- All white stripes on Dan rank belts are to be on the left end of the belt approximately 2" from the tip of the belt.
- Stripes are to be 1/2" wide and 1/2" apart.
- Dan lapel trim shall cover the lapel binding (approximately 1 3/4 ").
- Dan members shall have trimmed uniform jackets, which include lapel, sleeve cuffs, and all around the bottom border.



Official Soo Bahk Do[®] Moo Duk Kwan[®] uniforms are available through your Certified Studio.

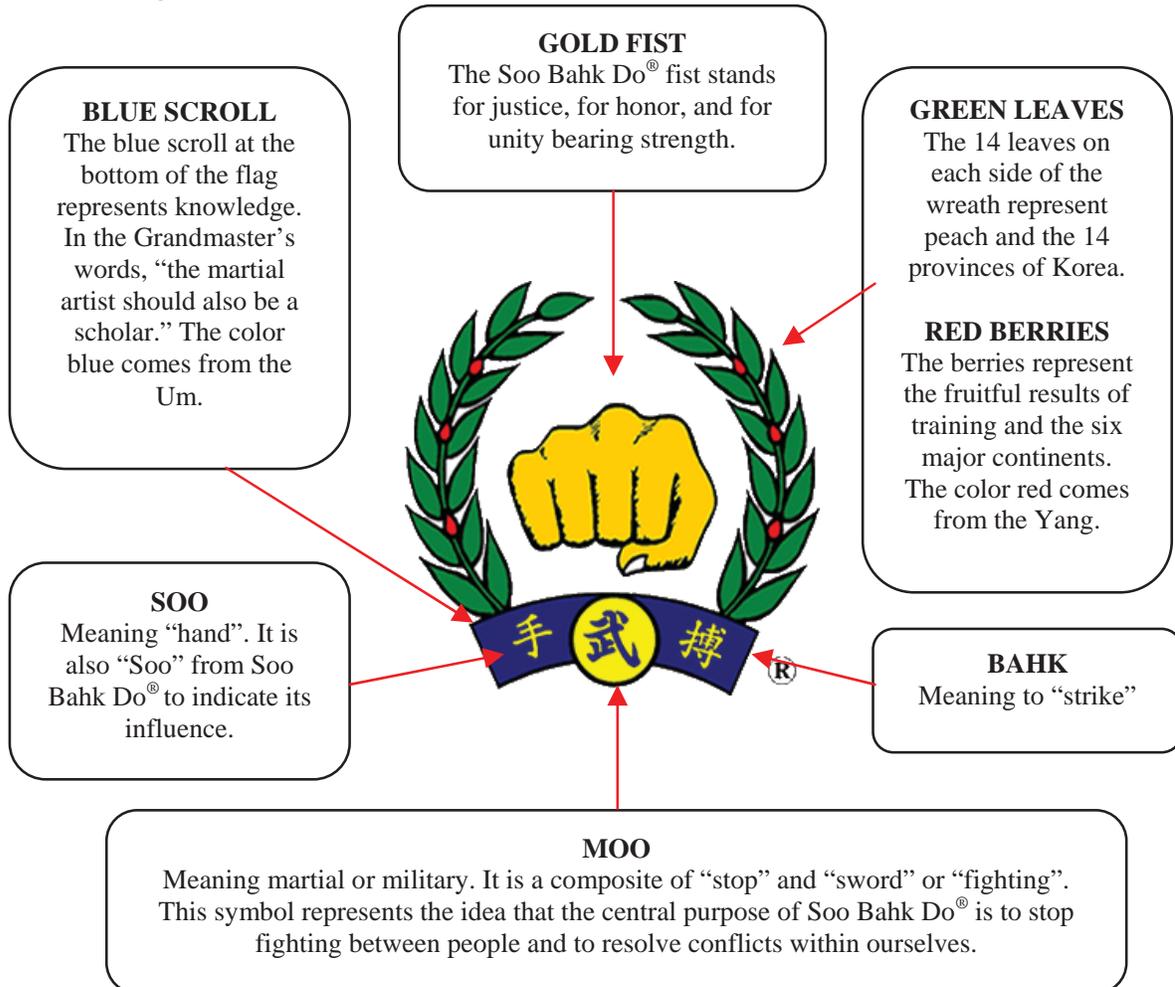
The Flags

On the wall of your Do Jang (studio), you will see three flags.

- The one on the left is the American flag.
- On the right is the Korean flag, to represent the heritage of our martial art.
- In the center is the Moo Duk Kwan flag, Kwan Gi, which symbolizes the goals and ideals central to our training.

▪ The Moo Duk Kwan Flag (Kwan Gi)

The Moo Duk Kwan flag (Kwan Gi) represents the organization or style of the martial art, Soo Bahk Do®. It has both physical and philosophical significance in our training.



▪ The Colors of the Kwan Gi

Colors in the Moo Duk Kwan flag are the same as those used in the belt ranking system:

Color	Season	Meaning
White	Winter	Emptiness, innocence, hidden potential, purity
Green	Spring	Growth, spreading, advancement
Red	Summer	Ripening, “Yang”, active
Blue	Autumn	Harvest, maturity, “Um”, passive

Our traditional colors are originally just four. However, orange was officially added in 1975, under the Grandmaster’s approval, as an extra step between white and green belts.

Hyung (Forms) Training Discipline

- Hyung training is both a mental and physical discipline.
- Concentration is essential.
- Every attempt at a Hyung requires and should involve maximum effort.
- Perfection requires continuous practice.
- You are perpetuating the art and you represent the way of Soo Bahk Do
- In learning a new Hyung
 - Learn the origin and characteristics, and then memorize the sequence.
 - Study the application and cultivate awareness of body posture and the external situation.
 - Concentrate on breathe control, tension, relaxation, power, and intent.
 - Take on the mental significance and Soo Bahk Do meaning of the Hyung.
- Never attempt a form without the advice and consent of your instructor.
- Patience is as important as physical ability in developing a perfect Hyung.
- Develop your own psychological technique for overcoming idleness, inertia, distractions, and mental blocks.
- After practice, learn to relax and to appreciate the gains you have made, no matter how small.

Courtesy and Etiquette

Soo Bahk Do Moo Duk Kwan is a traditional martial art based on respect for all life. It is important to develop this respect of our art, our country, our Grandmaster, Senior Dan members, and *all* members in accordance with the Soo Bahk Do Moo Duk Kwan principles.

▪ **General Situations in the Do Jang:**

- **Entering and leaving a Do Jang:** Upon entering a do jang, pause by the entrance, face the flags, and salute by holding the right hand open and across the chest with palm facing the heart and bow in the directions of the flags. This demonstrates respect and appreciation for our country, our art. You should perform this discipline upon entering and leaving the do jang.
- **Preparing to train:** Upon entering the do jang, you must show respect by personal preparation. Cease talking and try to quiet yourself both mentally and physically. Turn your thoughts towards your training. These personal actions help you to create an inner atmosphere of “Jong Sook,” quiet internal peace.
- **Recognizing senior members:** As you first enter the do jang, it is appropriate to recognize each senior member with a bow. The bow is performed by standing at attention and bowing from the waist about 45 degrees. The senior member will bow in return. While in the do jang, if a senior member enters, you should recognize him/ her with a bow from the attention position. Junior members should always bow to senior members first. The senior member, in return, bows back.
- **Recognizing Sa Bom Nim or Chief Instructor:** Upon the entrance of the Sa Bom Nim or the chief instructor, the most senior member of the class will call the class to attention “Cha Ryut” and command “Kyung Ret.” The class will then recognize the Sa Bom Nim or the chief instructor with a bow.
- **Joining a class in progress or late entrance:** When you arrive after a class is in session you should enter the do jang quietly and stand at the door. First, bow in the direction of the flags. Then remain at an attention position by the door until you are recognized by the instructor. After being recognized by the instructor, bow to the instructor and walk behind the other members of the class to assume your appropriate position with the class.

- **Receiving Instruction:** At any time, before, after, or during class, when the instructor or any senior member offers personal correction of instruction to a junior member, the junior member must stand at attention (if possible). At the completion of the instruction, the junior member must bow and repeat “Thank you, Sir/Ma’am.” This shows appreciation and respect. A junior member should refrain from correcting a senior member in the do jang.
 - **Closing ceremonies:** At the end of the class, after the closing ceremonies, all class members should bow to their instructor.
 - **How to ask a question:** During the class when you have a question, raise your hand. When the instructor recognizes you, stand at attention, bow, and then ask your question. After the answer has been received, you should bow and then say, “Thank you, Sir/Ma’am.”
 - **How to be excused:** During the class when you need to be excused (to go to the restroom or due to illness), you should raise your hand to gain recognition from the instructor. After getting permission from the instructor, bow and act accordingly. When you are able to rejoin the class, stand at attention on the outskirts of the room until recognized by the instructor. Once recognized by the instructor, you may bow and rejoin the class.
 - **How to end class:** When a junior ends class, he/she should pay respect to the highest ranking senior member. In situations where there is more than one senior member, the class should bow to the highest ranking member only.
- **Entering an Instructor’s office**
1. Never walk into your instructor’s office unannounced. Always knock first at the door and wait for instructions.
 2. Upon seeing the instructor, the student bows from the attention position.
 3. The student stands until recognized by the instructor (if asked to be seated, student may sit). Then the student begins the conversation.
 4. The student remains standing at attention during the conversation unless otherwise instructed by the instructor.
 5. It is the instructor’s responsibility to show respect to his/her student by extending the courtesy to him/her to be seated before the conversation begins.
 6. When the conversation is concluded, the student thanks the instructor and walks backward (not showing his/her back to the instructor) until he/she reaches the door. The student bows before exiting.

Note:

- Students should not sit at the instructor’s desk at any time, whether in the presence or absence of the instructor.

- The conversation between the instructor and the student should always maintain a tone of respect and the words “Sir” or “Ma’am” should be used, regardless if you are in or out of your Do Bok.
- **Communication by letter**
 - **How to address the letter:** When writing letters, always include the title of the person whether he or she is your senior or junior. If the person has no title, use the title Mr./Mrs./Miss/or Ms.
 - Seniors writing to junior: Do not include the “Nim”
 - Example: Kyo Sa John Doe
 - Juniors writing to senior: Include the “Nim”
 - Example: Sa Bom Nim John Doe
 - **How to start the letter:**
 - Seniors writing to juniors: Do not use “Nim”.
 - Include the official title with the proper name.
 - Example: Dear Kyo Sa John Doe
 - If the relationship warrants, seniors may also use the first name.
 - Example: Dear John Doe
 - The proper name with no title except Mr./Mrs./Miss/or Ms.
 - Example: Dear Mr. Doe
 - Juniors writing to seniors: Always use the official title (including “Nim”) and the proper name
 - **How to close or sign the letter:**
 - Seniors writing to juniors: Never use your title (Master, Mr., Mrs., Sa Bom, or Kyo Sa) in front of the name. As a courtesy, you may give an official title or position such as “Chairman” or school name.
 - Example:

Sincerely,	Sincerely,
John Doe	John Doe
Chairman	Doe’s Soo Bahk Do
 - Juniors writing to seniors: When writing to a senior, no matter how high your rank, you sign just your name and not your rank or position. A junior shows disrespect to a senior by signing a letter as “Master John Doe” or “Kyo Sa John Doe”. It is better to be humble and not flaunt your title.
 - Example:

Sincerely,
John Doe
Your student

▪ Communication by phone

- Continuation of class manners and discipline should be extended when talking over the phone to your instructor.
- Student should use “Sir” or “Ma’am” during the phone conversation.

▪ At a social event (restaurant)

1. The student should be in the restaurant earlier than the expected arrival of the instructor.
2. When the instructor arrives, all students should rise and greet the instructor with a bow.
3. The instructor should be seated first and the students should begin to be seated generally rotating from the left side of the instructor to the right according to seniority. Seniors sit down first and others follow. If already seated, the student should rise and remain standing until all his/her seniors are seated.
4. Placement of seating is flexible. However, it is usual for the seniors to be placed next to the instructor. (This is not a rigid rule.)
5. When the food is served, the student should wait until the instructor starts to eat first and then the student may begin.

Note:

- Students should not smoke or drink alcohol while the instructor is present, unless the instructor gives prior permission.
- If a student has the opportunity to be in the presence of the Grandmaster, proper attire must be worn (Suit and tie for men. Dress, suit, or appropriate pant outfit for women).

감사합니다

Kahm Sa Ham Ni Da
Thank You

Korean Terminology

<http://soobahkdo.editme.com/Terminology>

COURTESY AND ETIQUETTE

HelloAn'nyong Ha Sip Ni Ka
 Thank You Kahm Sa Ham Ni Da
 You're Welcome..... Chun Mhan Eh Yo
 Go in peace (Good Bye) An'nyong Hi Kye Sip Sio

GENERAL TERMINOLOGY

Name of the art we studySoo Bahk Do
 Hand Soo
 Strike Bahk
 Way Do
 Name of the Organization or style Moo Duk Kwan
 Martial (prevent, avoid, conflict)Moo
 Virtue Duk
 SchoolKwan
 Term of respect Nim
 (Similar to 'Sir,' 'Ma'am,' or 'Honorable')
 Grandmaster, head of Moo Duk Kwan® Kwan Jang Nim
 Certified Instructor (4th Dan and up)..... Sa Bom Nim
 (Reserved for Certified Instructors)
 Certified Instructor (2nd Dan and higher)..... Kyo Sa Nim
 (Reserved for Certified Instructors)
 Senior memberSun Bae Nim
 Junior member Hu Bae
 Degree..... Dan
 (Holder of midnight blue belt)
 Grade Gup
 (Holder of color belt under midnight blue)
 Senior Dan holder (4th Dan and up) Ko Dan Ja
 Dan holder (1st Dan through 3rd Dan) Yu Dan Ja
 Dan numberDan Bon
 Gup holder Yu Gup Ja
 Student memberKwan Won
 BeginnerCho Bo Ja
 Training hall (studio) Do Jang
 Training suit (uniform)Do Bok
 BeltDee
 National flag Kuk Gi



Flag of a style or school of Soo Bahk Do [®] (Such as Moo Duk Kwan [®] Gi)	Kwan Gi
Basic	Ki Cho
Form	Hyung
Sparring	Dae Ryun
Self-defense	Ho Sin Sool
Hand techniques	Soo Gi
Foot techniques	Jok Gi
Block	Mahk Kee
Attack	Kong Kyuk
Kick	Cha Gi
Low Part	Ha Dan
Middle Part	Choong Dan
High Part	Sang Dan
Front	Ahp
Side	Yup
Back	Dwi
Right Side	O Rin Jok
Left Side	Wen Jok
Yell	Ki Hap
Balance	Choong Shim
Focus of eyes or direction of line of sight	Shi Sun
Internal power or control in exercise	Neh Gung
External power or control in exercise	Weh Gung
Mental power or control in exercise	Shim Gung

BASIC STANCE (KI CHO JASEH)

Ready stance	Jhoon Bee Jaseh
Front stance	Chun Gul Jaseh
Back stance	Hu Gul Jaseh
Horse stance	Kee Ma Jaseh
Side stance	Sa Ko Rip Jaseh
Cross-legged stance	Kyo Cha Rip Jaseh



COMMANDS IN TRAINING

Attention	Cha Ryut
Bow	Kyung Reh
	(<i>Reh</i> is pronounced “NyeH”)
Ready	Jhoon Bee
Begin.....	Si Jak
Return	Ba Ro
Relax (rest)	Shio
Turn	Tora
Turn to rear	Dwi Ro Tora
Ready for kicking	Bal Cha Gi Jhoon Bee
Count	Ku Ryung
By the count.....	Ku Ryung Eh Mat Cho So
Without count	Ku Ryung Up Shi
Intermediate position	Choong Gan Jaseh
Again or repeat	Dasi
Movement.....	Jin
Forward movement.....	Chun Jin
Sideways movement.....	Wheng Jin
	(<i>Wheng</i> is pronounced “Hweng”)
Backward movement	Hu Jin
Movement with opposite hand and foot forward.....	Yuk Jin

COMMANDS IN STARTING AND ENDING CLASS

Attention	Cha Ryut
Salute to flag	Kuk Gi Eh Bae Reh
Return	Ba Ro
Sit (please)	An Ju Sip Shio
Meditation.....	Muk Nyum
Return	Ba Ro
Bow to certified Master instructor	Sa Bom Nim Keh Kyung Ret
Bow to (certified) instructor	Kyo Sa Nim Keh Kyung Ret
Bow to senior member(s).....	Sun Bae Nim Keh Kyung Ret
Bow to partner (each other)	Sahng Ho Kan Eh Kyung Ret
Bow to Judge or Examiner.....	Shim Sa Kwan Nim Keh Kyung Ret
Bow to the Grandmaster	Kwan Jang Nim Keh Kyung Ret
	(<i>Ret</i> is pronounced “Nyet”)



NUMBERS (BON)

Korean

One Ha Na
 Two Dool
 Three Set
 Four Net
 Five..... Da Sot
 Six Yuh Sot
 Seven..... Il Gop
 Eight Yo Dull
 Nine Ah Hope
 Ten..... Yohl

First Il
 Second..... E
 Third..... Sam
 Fourth..... Sa
 Fifth..... O
 Sixth Yuk
 Seventh..... Chil
 Eighth..... Pahl
 Ninth Gu
 Tenth Sip
 Twenty E Sip
 Thirty..... Sam Sip
 Forty Sa Sip
 Fifty O Sip
 Sixty Yuk Sip
 Seventy..... Chil Sip
 Eighty Pahl Sip
 Ninety..... Gu Sip
 One Hundred Baek

OTHER TERMS

Balance Pyung
 Security, Confidence..... Ahn
 Seven Chil
 Star..... Sung
 Hwan Kap Return – Armor, Fist

<http://soobahkdo.editme.com/HwanKap>



Moo

“stop spear”~ “prevent, avoid conflict”



Do

“way”



- B) Closed fist - Horse stance
Side punch Hweng Jin Kong Kyuk
- C) Closed fist - Back stance
Reverse punch..... Yuk Jin Kong Kyuk
- D) Fist, Horse Stance
Punching Exercise Pal Put Ki
- E) Open hand - Front stance
Spear hand attack Kwan Soo Kong Kyuk
Knife hand attack Soo Do Kong Kyuk
Reverse knife hand attack Yuk Soo Do Kong Kyuk
- F) Open hand, Back stance
Knife hand attack Hu Gul Soo Do Kong Kyuk
- G) Other hand techniques
Plier hand, web of thumb Jip Kye Son
Palm heel Jang Kwon
Upper wrist Sohn Mok Deung
Inner or outer side of wrist Pal Mok

Other hand attacks (Kong Kyuk)

- Forefist Chung Kwon
Backfist Cap Kwon
Knuckle spear hand Ban Jul Kwan Soo
(All four second knuckles)
Soft fist Yoo Kwon
(Using second knuckles of first and second fingers)
Hammer fist Kwon Do
One finger spear hand Il Ji Kwan Soo
Two finger spear hand E Ji Kwan Soo
One finger fist Il Ji Kwon
(Using middle knuckle or forefinger knuckle)

Elbow attack

(The addition of the term “Tuel Oh” indicates twisting)

- Front stance, elbow attack Chun Gul Jaseh
Pal Koop Kong Kyuk
Side stance, elbow attack Sa Ko Rip Jaseh
Pal Koop Kong Kyuk



FOOT TECHNIQUES (JOK GI)

Offensive

(The addition of the term “E Dan” indicates jumping kick. The addition of the term “podo” means to thrust)

Front thrust kick.....	Ahp Cha Nut Gi
Front side kick	Yup Cha Gi
Front stretch kick	Ahp Podo Oll Li Gi
Side stretch kick.....	Yup Podo Oll Li Gi
Side thrust kick	Yup Podo Cha Gi
Roundhouse kick	Dullyo Cha Gi
Back kick	Dwi Cha Gi
Spinning back kick	Dwi Podo Cha Gi
Inside/outside kick	Ahneso Pahkuro Cha Gi
Outside/inside kick	Pahkeso Ahnuro Cha Gi
Spinning inside to outside kick	Dwi Ahneso Pahkuro Cha Gi
Side hook kick	Yup Hu Ri Gi
Long back spinning hook kick.....	Dwi Hu Ri Gi
Knee kick.....	Moo Roop Cha Gi
Stomping kick.....	Chit Pahl Gi
Front pushing kick	Ahp Mee Ro Cha Gi
Reverse roundhouse kick.....	Peet Cha Gi
Double kick, in sequence	Du Bon Cha Gi
Double kick, same time	Ssang Bal Cha Gi
Continual or combination kicking	Yeon Sok Cha Gi

Defensive

Outside/inside foot block.....	Pahkeso Ahnuro Bal Cha Mahk Kee
Inside/outside foot block.....	Ahneso Pahkuro Bal Cha Mahk Kee

Areas of the foot

Bottom of the foot.....	Bal Ba Dak Mit
Outer edge of the foot	Bal Yup Koom Chi
Ball of the foot.....	Bal Ahp Koom Chi
Instep	Bal Deung
Heel.....	Bal Dwi Koom Chi



SPARRING (DAE RYUN)

Heel.....	Bal Dwi Koom Chi
Three-step sparring	Sam Soo Sik Dae Ryun
One-step sparring.....	Il Soo Sik Dae Ryun
Free sparring	Ja Yu Dae Ryun
Sparring in a sitting position.....	Jwa Dae Ryun
Sparring in a lying down position.....	Wa Dae Ryun
Stick sparring	Bong Dae Ryun
Sparring against two or more.....	Da Soo In Dae Ryun
Change positions.....	Kyo Deh
(Assume partner's position)	
Special sparring	Took Soo Dae Ryun
Short knife sparring	Dan Do Dae Ryun
Non-contact sparring	Gun Nun Dae Ryun

ANATOMY

Fist	Chu Mok
Neck.....	Mok
Waist.....	Hu Ri
Leg.....	Da Ri
Elbow.....	Pal Koop
Knee.....	Moo Roop
Chin	Tuck
Forehead	Eema
Groin.....	Ko Whan
Abdomen	Dan Jun
Arm.....	Pahl
Between mouth and nose	In Choong
Hand	Soo (Chinese)
	Sohn (Korean)
Foot.....	Jok (Chinese)
	Bahl (Korean)



TOURNAMENT TERMINOLOGY

Start of the match (begin)	Si Jak
Temporary stop	Gu Man
Resume match.....	Kay Sok
When the match has been stopped without the proclamation of the referee	
Time.....	Shi Gan
One point	Han Jom
Two points	Du Jom
Three points	Seh Jom
No point	Moo Jom
Loser	Pae Ja
Winner	Soong Ja
A draw	Bee Gim
Foul.....	Ban Chik
Warning	Kyong Go
Holding	Boot Jap Um
Judgment.....	Shim Sa
The end of the match	E Sang
Victory of the white	Beck Soong
Victory of the red.....	Hong Soong
Extending the time of the match	Yon Jang Jon
Non-contact sparring	Kyen Nun Dae Ryun
Disqualified	Ja Kyok Sang Shil
Ordering the contestants	
in to the match area	Sun Soo Eep Jang
Ordering the contestants	
to their fixed positions.....	Sun Soo Wi Chi Jung Nee



Korean Terminology learning tools are being developed by TAC and will be made available through your Certified Studio.



My Terminology:





Artwork by
Adele Bartolacci

Calligraphy by
Dae Kyu Chang
Sa Bom Nim

Soo Bahk Do[®] Moo Duk Kwan[®]

Technical Curriculum

Effective January 1, 2009 the Technical Advisory Committee of the U.S. Soo Bahk Do Moo Duk Kwan Federation[®], with the approval of Kwan Jang Nim H.C. Hwang, implemented significant modifications to the Soo Bahk Do Moo Duk Kwan curriculum for instructors, studio owners, and practitioners.

The revised curriculum reflects the TAC's response to global World Moo Duk Kwan coordination efforts as well as feedback from certified instructors, studio owners, Regional Examiners, the Board of Directors, and individual practitioners. TAC objectives include, but are not limited to:

- Increasing support for Kwan Jang Nim's Vision objectives 1 and 2 for the U.S. Federation to continue inspiring and producing the highest quality as well as a greater quantity of Soo Bahk Do Moo Duk Kwan practitioners embodying Moo Do values in their personal behaviors in and out of the studio.
- Improving instructor flexibility in teaching the Soo Bahk Do Moo Duk Kwan curriculum while inspiring individual student growth and development in accordance with each student's age and capabilities.
- Increasing focus on achieving specific technical performance and academic learning expectations.
- Increasing the actions of individual members to meet Vision Participation expectations.
- Clarifying expectations for studio owner and certified instructor (Jo Kyo, Kyo Sa, and Sa Bom) training, preparation and continuing education. .
- Clarifying required membership time to match rank training time in order to be eligible for rank promotion recommendations.
- Providing TAC recommendations of minimum training hours for rank promotions and certifications.
- Eliminating double rank promotions for Gup members.
- Promoting member awareness of regional and national participation expectations.
- Promoting awareness of U.S. Federation multimedia publishing opportunities for members.
- Promoting awareness of international participation expectations and special teaching opportunities for senior Ko Dan Ja.
- Promoting awareness of high level service opportunities within the Federation (Regional Examiner appointments, Board of Directors, etc.)

Frequently asked questions about the restated curriculum and related matters may be reviewed and/or submitted for a response on the wiki: <http://soobahkdo.editme.com/RestatedCurriculumFAQ>

Soo Bahk Do® Moo Duk Kwan® Curriculum Overview

Beginning Rank	*Minimum training by months/years for next Rank test	*Minimum training by hours/class for next Rank test	Minimum Federation membership time requirement	Rank Testing for:
Tiny Tot	See Tiny Tot Training Guidelines	Varies	Memberships available but not required	
10 th Gup	1 month	8 hours	New member	9 th Gup
9 th Gup	2 months	16 hours	2 months	8 th Gup
8 th Gup	3 months	24 hours	5 months	7 th Gup
7 th Gup	3 months	24 hours	8 months	6 th Gup
6 th Gup	3 months	24 hours	11 months	5 th Gup
5 th Gup	3 months	24 hours	14 months	4 th Gup
4 th Gup	3 months	24 hours	17 months	3 rd Gup
3 rd Gup	3 months	24 hours	20 months	2 nd Gup
2 nd Gup	6 months	48 hours	26 months	1 st Gup
1 st Gup	6 months	48 hours	32 months	1 st Dan
1 st Dan	2 years		5 years	2 nd Dan
2 nd Dan	3 years		8 years	3 rd Dan
3 rd Dan	4 years		12 years	4 th Dan
4 th Dan	5 years		17 years	5 th Dan
5 th Dan	6 years		23 years	6 th Dan
6 th Dan	7 years		30 years	7 th Dan
7 th Dan	8 years		38 years	8 th Dan
8 th Dan	9 years		47 years	9 th Dan
9 th Dan	10 years		57 years	10 th Dan

*The minimum training time must be *consecutive* months or years.

Instructor Certification Timelines

Target Certification	*Minimum Study Kit possession	Certification Requirements
Jo Kyo	90 days	Minimum age: 13 year old red belt
Kyo Sa	1 year	Proof of previous Jo Kyo certification
Sa Bom	2 years	Effective 01/01/2010 - Proof of Jo Kyo and Kyo Sa certification

General Information for Test Candidates

A student's eligibility to test for rank promotion and instructor certification is at the discretion of the student's personal certified instructor. The U.S. Federation only recognizes Gup rank and Jo Kyo recommendations received from certified instructors operating certified studios.

Regional Examiners, the TAC, and other federation officials will review and confirm a certified instructor's recommendation for a student who intends to test for Dan or Ko Dan Ja rank promotion and Kyo Sa or Sa Bom certification.

Test Eligibility

A certified instructor evaluates many aspects of a student's training for consideration of rank promotion or instructor certification. For example, overall performance, attendance, behavior, maturity, leadership characteristics, etc. Students must be Federation members in good standing and membership time equals or exceeds training time.

Prior to recommending a student for rank promotion or instructor certification, the instructor will determine if the student meets or exceeds:

- Minimum training time requirement
- Minimum age requirement, if specified
- Instructor's expectations
- TAC technical performance expectations
- TAC academic performance expectations
- Kwan Jang Nim's Vision Participation expectations

Ages for Testing Requirements

The children's requirements are for all practitioners age fourteen (14) and under. Adult requirements are for all practitioners age fifteen (15) and over.

Note: At the instructor's discretion additional techniques and information may be taught to children but are *not* required to pass an exam.

Dan and Ko Dan Ja eligibility Considerations:

Considerations for Dan and Ko Dan Ja candidates include satisfactory and/or exemplary:

- Support of Mission 2000 Objectives
- Support to Vision Objectives (being a certified instructor, being a certified studio owner, etc.)
- Embodiment of Moo Do Values in all dimensions of life (essays, news coverage, publications, etc.)
- Record of international event participation
- Record of national event participation
- Record of regional event participation
- Record of service and support to the World Moo Duk Kwan
 - Example: Photography, editing, donations, technical services, etc.
- Record of service and support to the national federation
 - Example: Photography, editing, donations, technical services, etc.
- Record of submissions of proposed creative contributions to the art
 - Example: Publications, articles, audio, videos, books



Vision Participation

By World Moo Duk Kwan

<http://soobahkdo.editme.com/VisionParticipation>



Effective 01/2007 the World Moo Duk Kwan has implemented Vision Participation requirements for candidates seeking Dan rank certification.

Essentially the requirements indicate that Dan candidates are expected to also develop the skill of advocacy for our art.

- <http://soobahkdo.editme.com/Advocacy>

Members and parents have inquired about what actions they can take to help fulfill the updated WMDK requirements for Dan rank candidates in the area of Vision Participation.

Learn more about PVT And Me.

- <http://soobahkdo.editme.com/PVTAndMe>

The following list provides a few examples of actions that you can initiate to help fulfill the updated WMDK requirements for Dan rank and help support accomplishment of Vision Objectives. Members can also earn Vision Participation Credits on their Permanent Member Record.

- <http://soobahkdo.editme.com/VisionParticipationCredits>

Also read about the NPVT Committee's Random Acts of Moo Do initiative and some more great ideas for fulfilling the requirements here:

- <http://soobahkdo.editme.com/RandomActsOfMooDo>

2007 World Moo Duk Kwan Dan Candidate essay requirements:

For the purpose of scoring the section "Vision Participation" on the WMDK Application for Dan Rank Promotion form, Dan Shim Sa Examiners shall consider examples of suitable candidate answers that might include, but are not limited to activities and contributions.

- <http://soobahkdo.editme.com/VisionParticipation>

Tiny Tots Achievement & Belt Striping

<http://soobahkdo.editme.com/TinyTotMembership>



Objective:

To offer very young students a special curriculum suited to their age and to provide very young students with a special variable term Federation membership opportunity that lasts until age 6 or the student applies for 9th Gup rank certification. To encourage student growth and personal development through a program of achievement incentives, progress markers and special activities that adhere to the principles of Soo Bahk Do[®] Moo Duk Kwan.[®]

Considerations:

- Facilitate the child's inclusion in a regular Soo Bahk Do training program upon completion of the Tiny Tot program.
- Develop character by increasing the child's self-esteem in a positive learning environment providing Moo Duk Kwan philosophy.
- Provide flexibility in the requirements concerning their achievement procedures within the Tiny Tot program.

Teaching Aids and Activities: Considering the very short attention span of small children, it is important to have continuous activities that relate to the curriculum. These are some teaching aids and activities that may be considered:

- "Sa Bom or Kyo Sa Nim says" (similar to "Simon Says" game) to improve the child's concentration, basic hand/kicking techniques and terminology.
- Create obstacle courses using varied equipment to develop agility and coordination.
- Use pads for practicing kicking, punching, and blocking.
- Coloring books and work books with connect the dot/word games.
- The Eight Key Concepts are an excellent aid to help young children in their development to be the future Moo Duk Kwan practitioners as well as respected citizens in our society.

Special Notes

- Utilizing too many games and prizes as a tool for children's motivation can be unhealthy in Soo Bahk Do Moo Duk Kwan practice.
- During the process of achieving Tiny Tot's belt stripes, it is very important for instructors to congratulate children for their achievement in discipline, rather than the belt stripe itself.

- An instructor's high energy and enjoyment while teaching children will truly influence a child's motivation toward their learning our Art, Soo Bahk Do Moo Duk Kwan.

Basic Safety

It is recommended that some basic safety be included into the Tiny Tot Program curriculum, such as:

- Learn 911 and their home phone number
- Discourage talking to strangers
- Discourage going anywhere with strangers
- Discourage anyone touching them where their bathing suit covers, except for parents
- Look for cars before crossing the street
- Learn their address
- Learn to run from and/or yell if someone is attempting to harm them
- Learn that not all people are bad. More importantly, learn who is good (Police officers, fire fighters, etc.)

Conclusion

In conclusion, this Tiny Tot Program should facilitate a smooth transition for children ages four through six into the Moo Duk Kwan without losing quality at an early age. This program emphasizes preparing the "Tiny Tot" for future Soo Bahk Do training. This is accomplished by developing their character and self esteem in a positive learning environment by using specific teaching methodologies.

Approved "Procedure of Achievement" in the Tiny Tot Program from the Korean Soo Bahk Do Association, Moo Duk Kwan

The following are required for the ten levels and procedures, for a child's achievements in the Tiny Tot program, from age four to six. Once all levels have been achieved, it is recommended that the instructor guide the student into a regular children's program.

It is suggested that the requirements be taught in a creative fashion with good sense of humor that addresses the aptitudes and learning abilities of the children. These are suggested methods that may be used to instruct beginning movements.

The recommended number of classes and duration is twice per week, 30 to 45 minutes per class. We recommend a minimum of six weeks between evaluating their achievements.

▪ **Tiny Tot Progress and Achievement Belt Marking System**

1) **Child starts at white belt (10th Gup)**

- How to bow and its meaning?
- Who do you bow to?
- What is the proper way to answer your instructors?
- Ha Dan Mahk Kee (from standing posture) application. Suggested Teaching Methods:
 - Teach “frame by frame” by showing the starting position then closing their eyes and opening them showing the finish position. The children will then attempt to copy the move.
 - Allow the children to practice low block using the blocking pads.

2) **Orange stripe on left side of belt**

- What is the meaning of Yong Gi?
- Demonstration of their understanding of Yong Gi. Examples:
 - Strong Ki Ahp, Good body posture
 - “Yes I can” attitude, etc.
- Ha Dan Mahk Kee (from standing posture) application.
- How to make a proper fist.
- Choong Dan Kong Kyuk (from standing posture) application. Suggested Teaching Method:
 - Have children pretend to be Choo Choo trains, with back and forth motion using both hands.
- Ahp Podo Ol Ri Gi. Suggested Teaching Method:
 - Using targets for better focus.
- Terminology: Yong Gi

3) **Second orange stripe on right side of belt**

- Demonstration of their understanding of Yong Gi.
- Sang Dan Mahk Kee (from standing posture) and its application. Suggested Teaching Methods:
 - Utilizing blocking pads
 - Using an arm, ask the children to put a roof over their heads.
- Ahp Cha Nut Gi and its application. Suggested Teaching Methods:
 - Lie on their backs and imagine kicking the ceiling utilizing targets.
 - Kicking the target over the pads.
- Demonstration of a single Chun Gul Jaseh on both sides.
- Terminology: Yong Gi / Count from 1 to 5 in Korean.

4) Green stripe on left side of belt

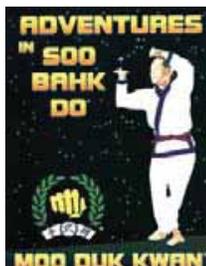
- What is the meaning of Chung Shin Tong Il?
- Demonstration of their understanding in Chung Shin Tong Il.
 - Example: Kicking or punching center of a target, 5 out of 5 times, or any good communication between instructor and student, etc.
- Ahneso Pahkuro Cha Gi application. Suggested Teaching Methods:
 - Imagine a crayon on the bottom of the foot and draw a rainbow with the kick.
 - Using blockers, instruct children to kick over in a circular fashion.
- Utilizing targets to kick against.
- Walking with Chun Gul Jaseh. Suggested Teaching Methods:
 - Put taped lines (parallel lines like railroad tracks) on the floor and have children walk on them.
 - Ask children to pretend to draw the letter C on the floor with an imaginary crayon in their toes.
- Terminology: Chung Shin Tong Il

5) Second green stripe on right side of belt

- Demonstrate understanding in Chung Shin Tong Il (concentration).
- Walking and turning with Chun Gul Jaseh. Suggested Teaching Methods:
 - Use a triangle on the floor to position feet and teach how to turn.
- Ahneso Pahkuro Mahk Kee application. Suggested Teaching Methods:
 - Correlating windshield wipers with hand motions.
 - Waving hello to a friend.
- Terminology: Chung Shin Tong Il / Count numbers 1 to 10 in Korean.

6) Red stripe on left side of belt

- What is the meaning of In Neh?
- Demonstration of their understanding of In Neh.
- Basic hand movements (walking and turning).
- Terminology: In Neh / Founder of the Style (Grandmaster Hwang Kee)



Adventures In Soo Bahk Do[®] Coloring Book is available through your Certified Studio. (optional)

7) Second red stripe on right side of belt

- Demonstration of their understanding of In Neh.
- Basic hand movements (walking and turning).
- Dollyo Cha Gi application. Suggested Teaching Methods:
 - From a natural side stance, step side and forward to Kyo Cha Rip stance (supporting foot is already half pivoted at this time) and have the child execute the kick.
 - Using stretching rails to help with balance.
 - Using targets to kick for Dollyo Cha Gi.
- Terminology: In Neh / Name of the Art we study.

8) Blue stripe on left side of belt

- What is the meaning of Chung Jik?
- Yup Podo Cha Gi application. Suggested Teaching Methods:
 - From a side stance, step behind and show their rear end to the target and have children do side kick.
 - Pads with an illustration of a foot turned horizontally.
- Utilizing targets to kick for Yup Podo Cha Gi.
- Terminology: Chung Jik / Name of Creator of Ki Cho Hyung Il Bu.

9) Student graduates from the Tiny Tot Program with a blue stripe on a new white belt

- Demonstration of their understanding of Chung Jik.
- Ki Cho Hyung Il Bu.
- Kap Kwon Kong Kyuk / Tuel Oh Choong Dan Kong Kyuk combination. Suggested Teaching Methods:
 - Back fist with front hand and reverse punch with back hand. (Using front hand and back hand rather than right hand and left hand.)
- Lining Up. Suggested Teaching Methods:
 - Use a stop watch to time how fast the children can get back into line and see if they beat their best time (with safety awareness).
 - Tell them they have three seconds to return to a straight line and count them out loudly.
 - Tape a line on the floor and have them stand on it.
- Terminology: Yong Gi, Chung Shin Tong Il, In Neh, Chung Jik, and name of the Art we study.

Official Technical Advisory Committee

Rank Promotion Requirements



Soo Bahk Do[®] Moo Duk Kwan[®]



Instructional Guide Textbooks and DVDs are available for each color belt through your Certified Studio, Headquarters and online www.soobahkdo.com

9th Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (do jang)

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Name of the art you study
- Name of the style
- Name of the Founder and current President of Moo Duk Kwan[®]
- Uniform (Do Bak)
- Studio (Do Jang)
- Protocol for entering and leaving the Do Jang

9th Gup

Demonstration of Ability

- **Basic movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Low Block	Ha Dan Mahk Kee
High Block	Sang Dan Mahk Kee
Middle Punch	Choong Dan Kong Kyuk
High Punch	Sang Dan Kong Kyuk

- **Foot Techniques (Jok Gi)**

Front Stretch Kick	Ahp Podo Ol Ri Gi
Front Thrust Kick	Ahp Cha Nut Gi

- **Forms (Hyung)**

- None

- **One-Step Sparring (Il Soo Sik)**

- Adults: Il Bon & E Bon (Side step with block and counter only)
 - Children: None

- **Self-Defense (Ho Shin Sul)**

- Cross Hand Wrist Grips
 - Il Bon (first two moves only; release and counter)

- **Free Sparring (Ja Yu Deh Ryun)**

- White Belt Combinations
 - Il Bon & E Bon

- **Breaking (Kyok Pa)**

- Not required.



White Belt Instructional
Guide Text book and
DVD are available
through your
Certified Studio.
(optional)



8th Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (do jang)

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- What is your favorite 8 Key Concept and how does it help you in your daily life (school, work, spirit, etc.)?
- 8 Key Concepts
- Belt colors and meaning
- Instructor: Sa Bom Nim / Kyo Sa Nim / Jo Kyo Nim
- Courage
- Seniors / Juniors: Sun Beh / Huh Beh

8th Gup

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

High Block	Sang Dan Mahk Kee
Inside to Outside Block	Ahneso Pahkuro Mahk Kee

- **Foot Techniques (Jok Gi)**

Roundhouse Kick	Dollyo Cha Gi
Inside to Outside Kick	Ahneso Pahkuro Cha Gi

- **Forms (Hyung)**

- Gi Cho Hyung Il Bu
 - Gi Cho Hyung E Bu

- **One-Step Sparring (Il Soo Sik)**

- Adults: Il Bon - E Bon
 - Children: None

- **Self-Defense (Ho Shin Sul)**

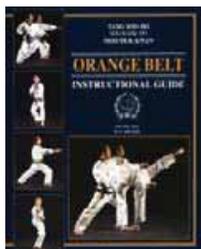
- Cross Hand Wrist Grips
 - Adults: Il Bon
 - Children: Il Bon (first two moves only; release and counter)

- **Free Sparring (Ja Yu Deh Ryun)**

- White Belt Combinations
 - Sam Bon - O Bon

- **Breaking (Kyok Pa)**

- Not required.



Orange Belt Instructional
Guide Text book and
DVD are available
through your
Certified Studio.
(optional)



7th Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (do jang)

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Concentration (Chung Shin Tong Il)
- Discuss the benefits of the 8 Key Concepts in your daily life (activities)
- Count from 1 to 10 in Korean

7th Gup

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Outside to Inside Block	Pahkeso Ahnuro Mahk Kee
Side Punch	Wheng Jin Kong Kyuk
Elbow Attack	Pahl Koop Kong Kyuk
Back Stance, Side Inside to Outside Block	Hu Gul Yup Mahk Kee

- **Foot Techniques (Jok Gi)**

Side Stretch Kick	Yup Podo Ol Ri Gi
Side Thrust Kick	Yup Podo Cha Gi
Jump Front Thrust Kick	Ee Dan Ahp Cha Nut Gi

- **Forms (Hyung)**

- Gi Cho Hyung Sam Bu

- **One-Step Sparring (Il Soo Sik)**

- Adults: Sam Bon & Sa Bon
 - Children: None

- **Self-Defense (Ho Shin Sul)**

- Cross Hand Wrist Grips
 - Adults: E Bon
 - Children: E Bon (first two moves only; release and counter)

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring
 - Orange Belt Combinations:
 - Il Bon & E Bon

- **Breaking (Kyok Pa)**

- Adults: Pahl Koop Kong Kyuk or Ahp Cha Nut Gi
 - Children: None

6th Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Ki Hap, spirit, Shi Sun, and Moo Do Jaseh
- Proper focus of weapon to target
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of speed control (Wan Gup)

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Discuss any resulted experience outside the do jang connected to the 8 Key Concepts
- Terminology:

Basic: Gi Cho	Form: Hyung	Attention: Cha Ryut
Attack: Kong Kyuk	Meditation: Muk Nyum	Return: Ba Ro
Defense: Mahk Kee	Begin: Si Jak	Endurance: In Neh
Bow: Kyung Reh	Sparring: Deh Ryun	



Orange Belt Instructional
Guide Text book and
DVD are available
through your
Certified Studio.
(optional)



6th Gup

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- Hand Techniques (Soo Gi)**

Low Knife Hand Block)	Ha Dan Soo Do Mahk Kee
Two Fist Middle Block	Chung Gul Ssang Soo Ahneso Pahkuro Mahk Kee
Hammer Fist Strike	Kwon Do Kong Kyuk

- Foot Techniques (Jok Gi)**

Inside to Outside Kick	Ahneso Pahkuro Cha Gi
Back Thrust Kick	Dwi Cha Gi
Hand and foot combinations using all known techniques	

- **Forms (Hyung)**

- Pyong Ahn Cho Dan

- **One-Step Sparring (Il Soo Sik)**

- Adults: O Bon & Yuk Bon
 - Children: Il Bon (Side step with block and counter only)

- **Self-Defense (Ho Shin Sul)**

- Cross Hand Wrist Grips
 - Adults: Sam Bon & Sa Bon
 - Children: Il Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring
 - Orange Belt Combinations:
 - Sam Bon - O Bon

- **Breaking (Kyok Pa)**

- Adults: Kwon Do Kong Kyuk or Yup Podo Cha Gi
 - Children: None

5th Gup

Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Ki Hap, spirit, and Moo Do Jaseh
- Proper focus (Shi Sun)
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of speed control (Wan Gup)

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Adults: Discuss personal benefits from your Soo Bahk Do training and the 8 Key Concepts.
- Children: List favorite 8 Key Concept and why
- Meaning of *Chil Sung*
- Honesty: Chung Jik
- Korean numbers: Il - Ship
- Questions about protocol and etiquette

5th Gup

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- Hand Techniques (Soo Gi)**

Middle Knife Hand Block	Choong Dan Soo Do Mahk Kee
Low Two Hand Block	Ha Dan Ssang Soo Mahk Kee
Spear Hand Strike	Kwan Soo Kong Kyuk
Hammer Fist Strike	Kwon Do Kong Kyuk

- Foot Techniques (Jok Gi)**

Outside to Inside Kick	Pahkeso Ahneuro Cha Gi
Jumping Side Kick	Ee Dan Yup Podo Cha Gi
Hand and foot combinations using all known techniques, including use of Huri flow	

- **Forms (Hyung)**

- Chil Sung E Ro Hyung

- **One-Step Sparring (Il Soo Sik)**

- Adults: Chil Bon & Pahl Bon
 - Children: Sam Bon (Side step with block and counter only)

- **Self-Defense (Ho Shin Sul)**

- Adults: Same Side Wrist Grips
 - Il Bon & E Bon
 - Children: Cross Hand Wrist Grips
 - E Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring
 - Green Belt Combinations:
 - Il Bon & E Bon

- **Breaking (Kyok Pa)**

- Kwon Do Kong Kyuk or Dwi Podo Cha Gi

4th Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Proper focus of weapon to target
- Proper respect to senior and junior members
- Proper weapon discipline
- Proper process of 'chain of command' in hand/foot basics
- Proper demonstration of 8 Key Concepts

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Specify three (3) of your favorite 8 Key Concepts in Korean and explain how they help you in your training
- Humility: Kyum Son
- Basic Terminology
- Significance of the Moo Duk Kwan flag

4th Gup Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- Hand Techniques (Soo Gi)**

High Knife Hand Block	Sang Dan Soo Do Mahk Kee
High Two Hand Block	Sang Dan Ssang Soo Mahk Kee

- Foot Techniques (Jok Gi)**

Side Hook Kick	Yup Huri Gi
Hand and foot combinations using all known techniques	

- **Forms (Hyung)**

- Chil Sung E Ro
 - Chil Sung Il Ro

- **One-Step Sparring (Il Soo Sik)**

- Adults: Gu Bon & Ship Bon
 - Children: Il Bon

- **Self-Defense (Ho Shin Sul)**

- Same Side Wrist Grips
 - Adults: Sam Bon & Sa Bon
 - Children: Il Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring
 - Green Belt Combinations:
 - Sam Bon & Sa Bon

- **Breaking (Kyok Pa)**

- Jang Kwon Kong Kyuk or Dollyo Cha Gi

3rd Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

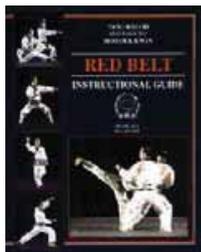
Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Proper Shi Sun
- Demonstrate 8 Key Concepts

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Specify any three (3) of your favorite 8 Key Concepts in Korean
- Discuss the benefits of the 8 Key Concepts
- History of the founding of the Moo Duk Kwan
- Five Moo Do Values
- 10 Articles of Faith on Mental Training



Red Belt Instructional
Guide Text book and
DVD are available
through your
Certified Studio.
(optional)



3rd Gup Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Double Back Fist Attack	Jang Kap Kwon Kong Kyuk
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- **Foot Techniques (Jok Gi)**

Back Spinning Axe Kick	Dwi Ahneso Pahkuro Cha Gi
Jump Roundhouse Kick	Ee Dan Dollyo Cha Gi
Jump Inside to Outside Kick	Ee Dan Ahneso Pahkuro Cha Gi
Hand and foot combinations using all known techniques, including jump kicks.	

- **Forms (Hyung)**

- Chil Sung Il Ro

- **One-Step Sparring (Il Soo Sik)**

- Adults: Ship Il Bon & Ship E Bon
 - Children: Sam Bon

- **Self-Defense (Ho Shin Sul)**

- Adults: Two on One Wrist Grips
 - Il Bon - Sam Bon
 - Children: Same Side Wrist Grips
 - E Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring

- **Breaking (Kyok Pa)**

- Tuel Oh Choong Dan Kong Kyuk or E Dan Dollyo Cha Gi

2nd Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Distance control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Share any good social experience as a result of your Soo Bahk Do training
- Moo Duk Kwan history
- 8 Key Concepts
- Philosophy of the art

Additional opportunity for motivated students: (Not a 2nd Gup requirement)



Jo Kyo Instructor Certification Study Kit is available through your Certified Studio, but requires your instructor's approval to enroll and is required 90 days prior to applying for certification. Jo Kyo is a prerequisite for Kyo Sa and Sa Bom.



2nd Gup Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Ground Block with Knife Hand	Cheh Ha Dan Soo Do Mahk Kee
Hammer Fist Strike	Kwon Do Kong Kyuk

- **Foot Techniques (Jok Gi)**

Back Spinning Heel Kick	Dwi Huri Gi
Jump Back Kick	Ee Dan Dwi Cha Gi
Jumping Spinning Axe Kick	Ee Dan Dwi Ahneso Pahkuro Cha Gi
Hand and foot combinations using all known techniques, including jump kicks	

- **Forms (Hyung)**

- Chil Sung Sam Ro Hyung

- **One-step sparring (Il Soo Sik)**

- Adults: Ship Sam Bon & Ship Sa Bon
 - Children: O Bon

- **Self-Defense (Ho Shin Sul)**

- Adults: Two on Two Wrist Grips
 - Il Bon & Ee Bon
 - Children: Two on One Wrist Grips
 - Il Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free Sparring
 - Red Belt Sparring Combinations:
 - Il Bon & Sam Bon

- **Breaking (Kyok Pa)**

- Yuk Soo Do Kong Kyuk or Yup Huri Gi

1st Gup Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

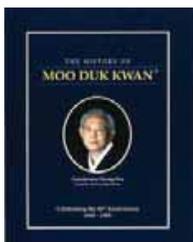
Candidate should be able to demonstrate the following:

- Distance control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- Describe some of the unique areas of the Moo Duk Kwan (unique areas as highlighted in the Vision Tour.
- Personal growth benefits from Soo Bahk Do training
- Meaning of “Do”



The Moo Duk Kwan History text
is available through your
Certified Studio.
(optional)

1st Gup Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

- **Hand Techniques (Soo Gi)**

Double Back Fist Strike	Jang Kap Kwon Kong Kyuk
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- **Foot Techniques (Jok Gi)**

Inverted Roundhouse Kick	Peet Cha Gi
Jump Back Spinning Axe Kick	Ee Dan Dwi Ahneso Pahkuro Cha Gi
Jump Back Spinning Heel Kick	Ee Dan Dwi Huri Gi
Hand and foot combinations using all known techniques, including jump kicks. Demonstrate use of Huri and its flow.	

- **Forms (Hyung)**

- Adults: Do Moon
 - Children: Chil Sung Sam Ro Hyung

- **One-Step Sparring (Il Soo Sik)**

- Adults: Ship O Bon & Ship Yuk Bon
 - Children: Chil Bon

- **Self-Defense (Ho Shin Sul)**

- Adults: Two on Two Wrist Grips
 - Sam Bon & Sa Bon
 - Children: Two on One Wrist Grips
 - E Bon

- **Free Sparring (Ja Yu Deh Ryun)**

- Free sparring combination with utilization of Tuel Oh Jang Kap Kwon Kong Kyuk

- **Breaking (Kyok pa)**

- Tuel Oh Jang Kap Kwon Kong Kyuk or Dwi Huri Gi

Cho Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

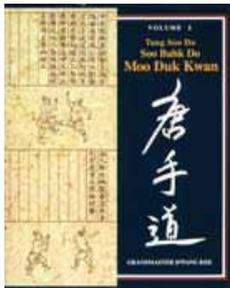
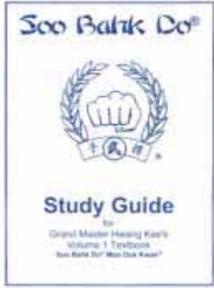
Candidate should be able to demonstrate the following:

- Distance control
- Demonstration of proper intent during physical demonstration
- Proper acceleration of movement to maximum force
- Demonstration of proper ceremony during Il Soo Sik and Ho Shin Sul

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- See standard World Moo Duk Kwan questions along with written examination

	<p>Volume 2 text book (optional) and Volume 1 Study Guide are available through your Certified Studio</p>	
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Cho Dan Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Hand and foot combinations using all known techniques
- **Forms (Hyung)**
 - Passai
 - Chil Sung Il Ro Hyung
 - Chil Sung Sam Ro Hyung
 - Du Mun Hyung (Adults only)
- **One-Step Sparring (Il Soo Sik)**
 - Adults: All (Il Bon to Sip Pahl Bon)
 - Children: Il Bon to Gu Bon (odd numbers only)
- **Self-Defense (Ho Shin Sul)**
 - Adults:
 - Side Wrist Grips
 - Rear Wrist Grips
 - All lower belt requirements
 - Children: Il Bon & E Bon of the following sets
 - Cross Hand Wrist Grips
 - Same Side Wrist Grips
 - Two on One Wrist Grips
 - Two on Two Wrist Grips
- **Free Sparring (Ja Yu Deh Ryun)**
 - Free Sparring
- **Breaking (Kyok Pa)**
 - Ee Dan Dwi Cha Gi (Jump Back Kick) *or*
 - Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique
- **In Neh**
 - Thirty (30) seconds of continuous punching (Kee Mah Jaseh) with focus on power, speed, and proper direction of hip for maximum effectiveness of each punch. Goal: 120 punches with proper technique and form.

Note: Kyok Pa & In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health considerations.

E Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Connection of 8 Key Concepts
- Demonstrate Shim Kong, Nae Kong, and Weh Kong
- Demonstration of Shin Chook in movement

Culture, Terminology, and History (submitted as written essay)

See standardized World Moo Duk Kwan questions along with written examinations.

Additional opportunity for motivated students: (Not a 2nd Dan requirement)



Kyo Sa Instructor Certification Study Kit is available through your Certified Studio, but requires your instructor's approval to enroll and is required 1 year before applying for Kyo Sa certification. Jo Kyo Certification is a pre-requisite for Kyo Sa and Kyo Sa is a pre-requisite for Sa Bom.

E Dan

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Soo Bahk Do Gi Cho (Il Bon Techniques)
 - Hand and foot combinations using all known techniques
- **Forms (Hyung)**
 - Joong Jul
 - Jin Do
 - Chil Sung Sam Ro
 - Pyong Ahn E Dan
- **One-Step Sparring (Il Soo Sik)**
 - Adults: Sam Soo Sik Deh Ryun
 - Children: Il Bon - Ship Chil Bon (odd numbers only)
- **Self-Defense (Ho Shin Sul)**
 - Adults:
 - Lower Sleeve Grips
 - Knife (Dhando) Defense
 - Children:
 - All Wrist Grips including Back and Side Wrist Grips
 - Knife (Dhando) Defense
- **Free Sparring (Ja Yu Deh Ryun)**
 - Free Sparring
- **Breaking (Kyok Pa)**
 - Ee Dan Ssang Bal Cha Gi (Double Jump Front Split Kick) *or*
 - Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique
- **In Neh**
 - Ahp Bal Ahp Cha Nut Gi (lead leg) performed in Hu Gul Jaseh - Thirty (30) seconds of continuous kicking with focus on power, speed, and extension for the maximum effectiveness of each kick. Goal: 40 kicks per leg.

Note: Kyok Pa & In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health considerations.

Sam Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Connection of 8 Key Concepts
- Demonstrate Shim Kong, Nae Kong, and Weh Kong
- Demonstration of proper line of technique combined with maximization of acceleration and speed

Culture, Terminology, and History (written essay)

See standardized World Moo Duk Kwan questions along with written examinations.

Additional opportunity for motivated students: (Not a 3rd Dan requirement)



Sa Bom Instructor Certification Study Kit is available through your Certified Studio, but requires your instructors; approval to enroll and is required 2 years prior to applying for Sa Bom certification. Kyo Sa Certification is a pre-requisite for Sa Bom

Sam Dan

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Soo Bahk Do Gi Cho (E Bon Techniques)
 - Hand and foot combinations using all known techniques

- **Forms (Hyung)**
 - Po Wol
 - Chil Sung Sa Ro
 - Ro Hai
 - Pyong Ahn Sam Dan

- **One-Step Sparring (Il Soo Sik)**
 - Jua Deh Ryun (sparring from the ground)

- **Self-Defense (Ho Shin Sul)**
 - Mid-sleeve Grips
 - Staff Defense (Jang Bong)

- **Free Sparring (Ja Yu Deh Ryun)**
 - Free Sparring
 - Da Soo In Deh Ryun - Double (2 on 1) opponent sparring

- **Breaking (Kyok Pa)**
 - Ro Hai

- **In Neh**
 - Ahp Cha Nut Gi (hopping), alternating each leg for thirty seconds of continuous kicking. Goal: 50 kicks with proper completion of each kick.

Note: Kyok Pa & In Neh can be adjusted subsequent to discussion with Regional Examiner(s) based on age and/or health considerations.

Sa Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Minimum age requirements: 21 years old
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to demonstrate the following:

- Proper Moo Do Jaseh
- Connection of 8 Key Concepts
- Understanding and application in practice of Shim Kong, Nae Kong, and Weh Kong
- Demonstration of breath initiating Shin Chook connected with proper “chain of command”

Culture, Terminology, and History (written essay)

Candidate should be able to explain his or her understanding of the following:

- Brief explanation of the Sip Sam Seh and O-Heang *and* what did you learn from it?
- History and meaning of required Hyung.

Sa Dan

Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Hand and foot combinations using all known techniques

- **Forms (Hyung)**
 - Chil Sung O Ro
 - Yang Pyun
 - Sip Soo
 - Kong Song Kun
 - Pyong Ahn Sa Dan

- **One-Step Sparring (Il Soo Sik)**
 - Tuk Soo Deh Ryun

- **Self-Defense (Ho Shin Sul)**
 - All lower belt requirements

- **Free Sparring (Ja Yu Deh Ryun)**
 - Free Sparring

- **Breaking (Kyok Pa)**
 - None



O Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Minimum age requirements: 26 years old
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to:

- Demonstrate proper connection of Neh Gung, Weh Gung, and Shim Gung
- A personal and/or group demonstration of Moo Duk Kwan maturity and knowledge

Culture, Terminology, and History (written essay)

Candidate should be able to explain his or her understanding of the following:

- Understanding of the Five Moo Do values and their application in training

O Dan Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Hand and foot combinations using all known techniques

- **Forms (Hyung)**
 - Chil Sung Yuk Ro
 - Sal Chu
 - Sei Shan
 - Wang Shu
 - Pyong Ahn O Dan

- **One-Step Sparring (Il Soo Sik)**
 - Tuk Soo Deh Ryun

- **Demonstration**
 - Personal or group demonstration of Moo Duk Kwan maturity and knowledge



Yuk Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Minimum age requirements: 32 years old
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to:

- Visible leadership through Shim Gong, Neh Gong, and Weh Gong during Ko Dan Ja Shim Sa
- Visible modeling and understanding of the Five Moo Do Values during Ko Dan Ja Shim Sa
- A personal and/or group demonstration of Moo Duk Kwan maturity and knowledge

Culture, Terminology, and History (written essay)

Candidate should be able to explain his or her understanding of the following:

- Meaning and history of required Hyung

Yuk Dan Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**
 - All lower belt techniques and requirements
 - Hand and foot combinations using all known techniques
- **Forms (Hyung)**
 - Chil Sung Chil Ro
 - Choong Ro
 - Jin On
 - O Ship Sa Bo
 - Naihanji Cho Dan
- **One-Step Sparring (Il Soo Sik)**
 - Tuk Soo Deh Ryun
- **Demonstration**
 - Personal or group demonstration of Moo Duk Kwan maturity and knowledge



Chil Dan Promotion Requirements

General Requirements

The following are minimum requirements to be eligible for promotion:

- Minimum age requirements: 39 years old
- Proof of current federation membership
 - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

Expectations of Performance

Candidate should be able to:

- Demonstrate proper connection of Neh Gung, Weh Gung, and Shim Gung
- Provide documented history of regional support on permanent member record and regional leadership activities

Culture, Terminology, and History

Candidate should be able to explain his or her understanding of the following:

- History and meaning of required Hyung



Moo

“stop spear”~ “prevent, avoid conflict”



Do

“way”

Chil Dan Demonstration of Ability

Pre-requisites for Participation:

- Seven (7) years active training since Yuk Dan promotion
- Participation in five (5) National Events (Moo Do Festival, etc.)
- Participation in one (1) International Event (KDJ SS; Symposium; MDK Anniversary, etc.) held outside of your native country
- Member in good standing of and contribution to the World Moo Duk Kwan
- Sound moral character
- Demonstrable development of at least three (3) Sa-Bom level students

Activities during Ko Dan Ja Shim Sa week:

- Development of creative curriculum enhancement as a group Project that has a world-wide impact (thesis-based)
- Development of Leadership-Based Training program to be shared amongst fellow Chil Dan Candidates
- Study and implementation of Chul Hak activities based on teachings of our Kwan Jang Nim and Founder
- Teaching one clinic to Yuk Dan candidates that is based on either Chul Hak or Leadership
- Participation in physical training as appropriate
- Deeper exploration of impact of Moo Pahl Dan Kum and similar training adjuncts on Shim Gung, Neh Gung and Weh Gung application

Desired Outcomes:

- It is desired that the successful Chil Dan candidate is able to better understand, model and share the more profound benefits of Soo Bahk Do Moo Duk Kwan training.
- Successful Chil Dan candidates become true models of the Five Moo Do values in their thoughts, words, and actions.
- Successful Chil Dan candidates provide a foundation for the future of the Moo Duk Kwan in their respective countries that is solid and dependable for the Kwan Jang Nim.

My advanced rank goals:



On Becoming a Dan Member

Introduction

When you took the first step of your thousand-mile journey to becoming a Moo Duk Kwan Dan member and initiated training under your instructor in your do jang, did you have a clear picture in your mind of the day when you would wear midnight blue? On that first day did you already know about the rich history of the Moo Duk Kwan and the U.S. Federation that made your first step in the art possible? Did you already know and observe all the traditions that would support your achievement of Dan rank today? Did you already understand the Moo Duk Kwan philosophy that would shape your personal growth and development into a Dan member? Did you already embrace the discipline and respect that are characteristic of a Moo Duk Kwan Dan member? Did you know all the techniques and skills that you now possess? Were you aware of, and did you understand and appreciate, all the challenges that your instructors and your do jang owner had to continually overcome in order to provide you with a place to train? The answer to most of these questions is probably, “No,” however, you have surely learned about many, if not all, of these things during your journey becoming a Dan member.



Your journey actually began in 1945, rather than when you first joined your do jang. It began when an unknown martial artist named Hwang Kee first imagined opening a studio in the struggling country of Korea as it reeled from the aftermath of war. Some of his friends probably told him that his idea was foolish. You may have even have had some friends in your life questioning your chances of success when you first began your training in Soo Bahk Do Moo Duk Kwan. Hwang Kee was probably told things like,

“The people of Korea are poor, nearly starving and struggling to reorganize the country. People are living dozens to a home and struggling just to find food and shelter to survive, they will not have any desire to practice martial arts. How can you possibly think people will place any value or priority on studying martial arts with you when they face so many other challenges that are far more important to their survival than martial arts training? Besides, you are not well known and people do not know about or understand martial arts. What do you have to offer them? They will never support you.”

Just like the Founder, your do jang owner has faced and overcome similar negative influences and many other continuing challenges in their quest to provide dedicated students like you with the opportunities and facilities in which to pursue your training. Have you thanked them today for the opportunity they provide you?

As Founder Hwang Kee struggled to make his imagined dream into reality, conditions in Korea became even worse when the Korean War began in 1950. Now, what possible chance could he have for success in a war torn country where survival was the only daily priority for all? None it would seem, yet within seven years this imaginative martial artist's school had become the most successful, well known, and respected in all of Korea. He had simply refused to allow other people's perception of reality to affect his. He refused to let his dream be tarnished, even though no one else could perceive the reality he imagined. His Moo Duk Kwan [9] flourished and its identity became recognized world wide, thus paving the path for you to become a Moo Duk Kwan Dan Member.

Today, you have arrived as a Dan member in the Moo Duk Kwan because of your individual efforts and a support system for your personal development that began with the Founder. You are a Dan member because of your personal instructor's tireless support of your training and your do jang owner's entrepreneurial business acumen and determination to sustain a home for dedicated students like you to train in. You have also been supported by the efforts of every senior member who conceived of a home in the United States for all Moo Duk Kwan practitioners[10] and by every fellow member[11] who came before you and who helped sustain the U.S. Federation[12] since its inception.

Now today, the Dan rank and Dan Bon[13] that you earned connects you directly to the heart of the art, to the Moo Duk Kwan's rich history, its Moo Do Values, and to Founder Hwang Kee's undefeatable Moo Duk Kwan warrior spirit. You must now carry on the living art of Soo Bahk Do Moo Duk Kwan, its history, its values, and spirit through your personal actions and examples to others throughout your life.

As a Dan member, you have many opportunities for continued personal rank advancement as well as a number of other rewarding and challenging personal growth and leadership opportunities awaiting you. For example,

- Becoming a more visible public example and advocate for Soo Bahk Do Moo Duk Kwan, for your instructor and for your do jang (NPVT –PVT) <http://soobahkdo.editme.com/PVTAndMe>
- Becoming a certified instructor
- <http://soobahkdo.editme.com/InstructorHome>
- Becoming a Ko Dan Ja ranked practitioner
- Becoming a certified do jang owner
- http://soobahkdo.editme.com/Do_jangOwnership
- Becoming an international goodwill emissary traveling and training worldwide in the spirit of Mission 2000

Seizing these exciting opportunities may require you to face and overcome extreme hardships and/or negative influences in your life that would otherwise hold you back. Just as the Founder, your own instructor, and your do jang owner had to do so that you could have the opportunity to become the Moo Duk Kwan Dan member you are today.

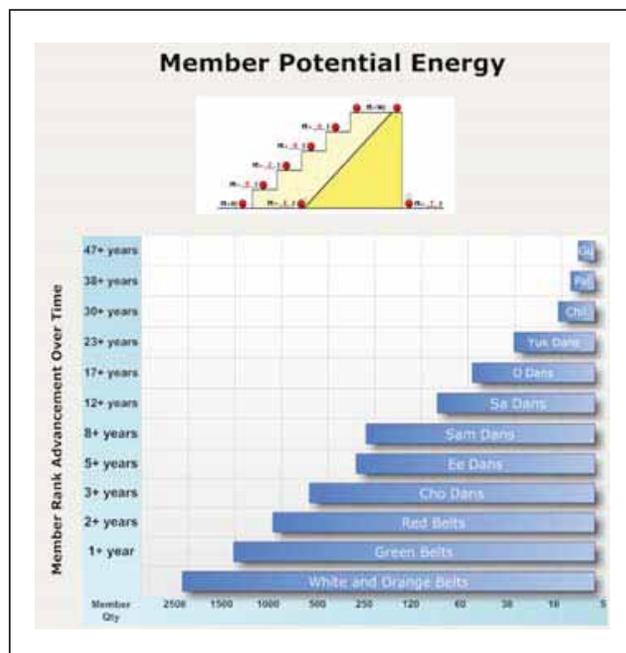
Think about the positive impact your training has had on your life and then think about all the factors that have made your training possible. If Founder Hwang Kee had not chosen to share his knowledge and skill with the public as an instructor operating a do jang for students to train in, you would not be a Dan Member today. If your instructor and do jang owner had not chosen to share his/her knowledge and skill with the public as an instructor operating a do jang for students to train in, you would not be a Dan Member today. The foundation you walk upon today has been created by the lifetimes of service of others.

“Individual participation is the Key Energy necessary to strengthen our foundation.”
H.C. Hwang

“What we have done for ourselves alone dies with us; What we have done for others and the world remains and is immortal.”

Albert Pike

You are probably already thinking ahead and working toward your next Dan rank certification; however, for you to reach that goal you will require the continued support of your instructor, your do jang owner, your Federation and most importantly, you must initiate the necessary individual member actions.



As a Dan rank practitioner advancing in rank, your personal potential becomes greater and greater with each level of achievement and as you join increasingly dedicated groups of member practitioners.

“The energy stored within a physical system is called potential energy because it has the potential to be converted into other forms of energy, such as kinetic (action) energy, and to do work in the process.”

Your potential energy as a member and practitioner is stored within you in the form of “impending actions” just waiting to be initiated in your training, your life, and the lives of others.

As you release your personal potential energy through your individual actions, they become a reflection of your expression of your intent, your training and your purpose in life and in the living art of Soo Bahk Do Moo Duk Kwan.

Your fellow Federation members, your instructor, your do jang owner, and your Federation are here to help you realize your personal potential to the highest possible degree

“People are at their best when helping others and at their worst when bettering others.”

Federation Membership Code of Conduct

- What actions can you now take to more fully express yourself as a Dan member while also helping to assure that future generations of practitioners have the same opportunities for personal growth and development that you have had?
- What actions can you take today in support of the next generation of practitioners while pursuing your own personal rank advancement?
- What actions can you take to clearly distinguish yourself as a leader?

Through your dedication and training, you have become part of the Moo Duk Kwan’s legacy and part of your instructor’s living legacy. Now the question is what personal legacy will you leave behind in the world and in the Moo Duk Kwan other than your personal rank advancement?

As a Dan Member, how might you now help repay the efforts of all those before you who paved the way for your journey here today?

- Will you choose to give back to the art as it has given to you or will you only aspire to achieve your next rank?
- Will you actively support the achievement of the Kwan Jang Nim’s Vision Objectives and the 1000-year preservation of the living art of Soo Bahk Do Moo Duk Kwan?

Motivated Dan members interested in contributing support toward the preservation of Soo Bahk Do Moo Duk Kwan can choose to pursue any of the rewarding opportunities previously mentioned. For example, you might strive to apply your individual energy and creativity to becoming an even stronger public advocate for the living art of Soo Bahk Do Moo Duk Kwan just as the Kwan Jang Nim’s Vision message urges every member to do.

“We are the present and the future of the Moo Duk Kwan. It is dependant upon us and our actions. Now is a very important time in the Moo Duk Kwan's history for the present members to strengthen relationships with each other and solidify a worldwide structure that will ensure the future longevity of our art into the next century. The foundation of the Moo Duk Kwan home must be strong enough to carry our art into the future for our next generations, even in my absence.

The future of our art cannot remain dependent upon a single person, rather it depends upon every practitioner willingly carrying the Moo Duk Kwan into the future by moving in harmony with one another.

Our art's foundation and life blood is new beginners, Gup members, Dan members, Ko Dan Ja members and their families. All are art of our foundation.

Current members can move toward the goal of 'Strengthening our Foundation' through your active participation. Individual participation is the Key Energy necessary to strengthen our foundation.”

H.C. Hwang, Kwan Jang Nim

Your actions as an individual member serve as powerful examples for your fellow members and for the general public. Your advocacy of Soo Bahk Do Moo Duk Kwan can help increase public visibility of the benefits and opportunities that our art, your instructor and your do jang have available for those who have not yet explored training.

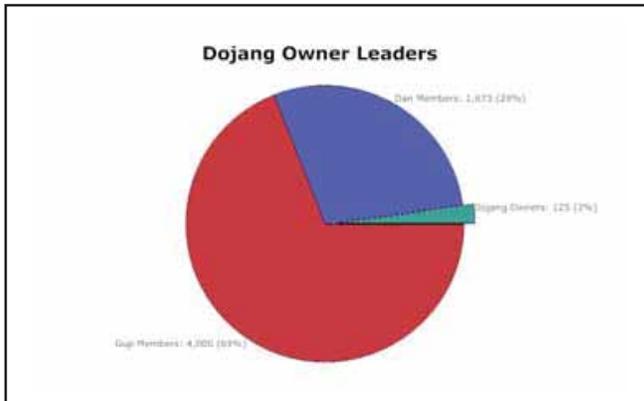
You also have an opportunity to help assure that our art and its values are passed effectively from instructor to student by becoming one of the very few members who become Certified Instructors and then help create the next generation of Soo Bahk Do Moo Duk Kwan practitioners.

You also have the opportunity to join an even more select group of members who become entrepreneurs and do jang owners for whom public advocacy of our art is an everyday action in their life. Do Jang owners undertake all the challenges required to assure that instructors have locations, facilities and opportunities to attract new students and to teach them in an environment suitable for learning Soo Bahk Do Moo Duk Kwan as intended by the Founder.

“Set the Example: Members shall conduct themselves at all times as an example of what a proper martial artist should be. The very fact that you study Soo Bahk Do Moo Duk Kwan makes you an example of the state of the art. It is a responsibility that members shall bear seriously and proudly.”

Federation Membership Code of Conduct

Do Jang owners provide today's and tomorrow's students with the opportunity to someday join the ranks of Moo Duk Kwan Dan members just as you have done. Less than 1/20th of 1% of all members in the Federation's history have ever become Do Jang Owners. Only the top 2% of current members typically become this caliber of leader and advocate for the living art of Soo Bahk Do Moo Duk Kwan. Will YOU become one of this exclusive minority of exceptional practitioner leaders?



Individuals who possess the desire, traits and characteristics for becoming Do Jang Owners are needed and members possessing these attributes are encouraged to become the caliber of leader that our art needs for its survival and long-term preservation. Should you be one of this extremely dedicated group of members

who wishes to explore the path of Do Jang Ownership somewhere in your future please advise your instructor and your Federation leaders now so that they are aware of your leadership aspirations. When they know your life goals for the future they can better support you in achieving them.

Certainly every student regardless of their leadership aspirations or traits are contributing to our living art through their personal training and other contributions in this moment, yet the future of our art's survival is in the hands of only a very small and very dedicated group of Do Jang Owners. It is this small army of warriors who contribute the most time, energy, and determination to creating the future of our living art by teaching it to students like you. Do Jang Owners are faced with, and must continually overcome, many entrepreneurial challenges unrelated to our art as they seek to attract, inspire, motivate, teach, train and lead a do jang of practitioners. The scarcity of such high achievers, like the scarcity of diamonds, is testament to their extreme value to the future of our living art.

And among the very few who have what it takes to become an instructor and a Do Jang Owner, personal dreams and individual life goals compel some to teach a little on a part-time basis, others to teach a bit more, and still others to dedicate every waking hour of every day to advocating Soo Bahk Do Moo Duk Kwan to the public and teaching Soo Bahk Do Moo Duk Kwan to students as their primary profession and their livelihood. Members interested in learning more about the rewards and opportunities of do jang ownership are invited to discuss your interest with your personal instructor and explore the wiki for additional information. <http://soobahkdo.editme.com/DoJangOwnership>

As a Dan member you have already proven yourself to be an exceptional student who could ultimately become a great leader. How great a leader you will become is still up to you.

Another expanding opportunity for members is the growing international body of Moo Duk Kwan activities that presents many opportunities for Dan Members to increase awareness about global issues that Moo Duk Kwan practitioners worldwide must address to support the growth and long-term preservation of our art. You also have the opportunity to pursue international travel and training opportunities with Moo Duk Kwan practitioners around the world when they become available and your actions in the international arena can help support Mission 2000 Objectives such as these two:

1. **Human Relationships (U.S.):** Continue to develop the atmosphere of Respect, Courtesy, Friendship, Brotherhood, Cooperation and Goodwill, within the Soo Bahk Do membership.
2. **Human Relationships (Worldwide):** The Atmosphere identified in number one should become consistent throughout the world. The United States should be the leading energy force developing and distributing this atmosphere.

Your opportunities to make a difference in the United States and worldwide are virtually unlimited and all you need do to realize your personal potential is to release it in the form of actions taken in your continued training and in your life.

Similarly, your contributions to the long-term preservation of Soo Bahk Do Moo Duk Kwan and its 1000 year future are limited only by your choices and the actions you take – or do not take. Aboard the cruise ship Discovery following the 1991 National Championships in Florida, the Founder passionately expressed his desire for Moo Duk Kwan practitioners to vigorously pursue his Mission 2000 objectives with a single summary statement, **“Action!, Action!, Action!”** His words are as relevant today as when he first spoke them and they are especially relevant to all Dan Members.

Again, congratulations on your Dan rank achievement and best wishes for your continued success as a Moo Duk Kwan warrior embracing the five Moo Do values in your life and your actions and sharing them with others through your exemplary personal behaviors.

Your fellow Federation members are looking forward to your leadership actions and examples. Even future members who have not yet connected with our art will someday look back and herald the day that you took action and laid your brick in the Moo Duk Kwan path so that they were able to follow in your footsteps.

The Moo Duk Kwan Dan Bon

By H.C. Hwang, Kwan Jang Nim

“Dan Bon” simply means “Dan Number,” however, that simple description does not reveal or convey the rich depth of tradition, history and meaning associated with the Moo Duk Kwan's Dan Bon Kwan Jang Nim H.C. Hwang system. The Moo Duk Kwan's Dan Bon system is a very important and traditional part of the Moo Duk Kwan style. It is a source of great personal pride for Soo Bahk Do practitioners embracing the Moo Duk Kwan style and its philosophy. Today, I'd like to share a few of the very unique aspects of the Soo Bahk Do Moo Duk Kwan Dan Bon system with you.



When Grandmaster Hwang Kee founded the Moo Duk Kwan style in 1945, he began with just seven students. Only one student was successful at achieving the Cho Dan Rank after long, hard Moo Duk Kwan training. The late Master Un Chang Kim was about 30 years old when he earned Dan Bon #1 from

Grandmaster Hwang Kee in 1948. It was on that day the Moo Duk Kwan's Dan Bon tradition was born. The last Dan Bon issued by Founder Hwang Kee in July of 2002 was 41208. As of 2008, almost 46, 000 legitimate Moo Duk Kwan practitioners worldwide have earned their Dan Bon and their permanent place in its living history.

What makes the Moo Duk Kwan Dan Bon system so unique? It is the fact that the Dan Bon clearly defines each Dan holder's seniority and place within the Moo Duk Kwan rank system. The Dan Bon system was initiated and created based on a high value of loyalty, history, tradition, discipline, and philosophy. Once a Cho Dan receives their Dan Number, they keep it permanently. Their Dan Bon is not just an administration number. It signifies an important aspect of our Moo Do identity within the Moo Duk Kwan and designates our definite place in the Moo Duk Kwan rank system. At any National or International Soo Bahk Do Moo Duk Kwan event, without discussion, without dispute or conflict, and without confusion, the Dan Bon system allows practitioners who may have never even met to harmoniously assume their rightful place in line among peers from around the world. Where else can you find this kind of Moo Do system like your style of Moo Duk Kwan has?

Because Moo Duk Kwan training is very disciplined, a strong meaning is attached to seniority and the Dan Bon reveals one's seniority within the Moo Duk Kwan, even among Dan practitioners you may never have met before. Many organizations may have member numbering systems for the purpose of administration; however, such numbers do not reflect a practitioner's Moo Do identity or represent the defining discipline of seniority.

Why is Dan Bon in our style treated highly and respected as symbol of seniority? There are several reasons:

- Grandmaster Hwang Kee, as the founder of the system, initiated the Dan Bon system and was the only person who oversaw and authorized each Dan Bon based on the Moo Do seniority of each practitioner. He personally assigned Dan Bon numbers until his retirement, when he passed on the responsibility of protecting and preserving the integrity of the Moo Duk Kwan Dan Bon system to his designated successor, H. C. Hwang Kwan Jang Nim. To this day, the Moo Duk Kwan Dan Bon system remains continuous and unbroken since its inception.
- As a result of high level of discipline and training, the Grandmaster has taught the importance of seniority to all his students and the Grandmaster has linked their Moo Do seniority through the Dan Bon system.
- The Moo Duk Kwan was the most visible and well-known martial art in Korea until the early 1960s. The Founder's teachings and his student's demonstrations of respect for the Dan Bon system made profound impacts on the martial arts society during that period of time.

The following are a few incidents that exemplify the importance of Dan Bon within our system and outside our system and will provide you with a deeper understanding of the Moo Duk Kwan Dan Bon seniority system.

1. In the early 1960's after the military coup (birth of Tae Kwon Do in Korea, the Moo Duk Kwan was divided. Many of Moo Duk Kwan joined the Tae Kwon Do Association for political reasons. At that time, even though they were outside of Soo Bahk Do Moo Duk Kwan, some practitioners tried to steal and destroy the Kwan Jok Bu (the Book of the List of Dan Bon) in order to erase the record of seniority from the Moo Duk Kwan. In this way, they believed that they could pass off as senior members with political influence. This attempt failed.
2. In United States history when senior instructors of Tang Soo Do / Soo Bahk Do Moo Duk Kwan broke away to form their own organization, some attempted to copy the Dan Bon system by issuing numbers to students that continued from the last Dan Bon that had been issued by Founder Hwang Kee rather than starting from #1 for their own organization's practitioners.

3. Among many Moo Duk Kwan alumni throughout the world, regardless of their present affiliation, they still publicize their Moo Duk Kwan Dan Bon received from the Founder Hwang Kee as they attempt to enhance their credibility and establish the origin of their Moo Do identity. These realities are examples of the profound impact that the Moo Duk Kwan Dan Bon has had on the Martial arts community worldwide.

We have the opportunity to protect and preserve this unique and proud tradition by continuing to practice the same values that originated the Dan Bon system. Our tradition has not been lost. All Dan Bon holders stem from the same roots. We can each trace our origin as Dan's directly back to Founder Hwang Kee and our Dan Bon confirms that fact.

To be loyal, to maintain one's connection to the source of one's Moo Do identity, that is the essence of the Moo Duk Kwan. Those who forfeit their connection lose the compass of their martial art journey and their Shim Gong is lost. Disconnected, they travel down a very different path and it is one which will never lead them to understand the true nature of their relationship in “The Art and I.”



A Higher Understanding of Your Role as a Dan Member

The achievement of Dan ranking establishes you as a serious practitioner of Soo Bahk Do Moo Duk Kwan and as a Dan member, your knowledge of the Federation's structure and understanding of its operations is more important than ever and can add even more credibility to your position and help you understand how your role as a Dan Member. As a voting Dan member, it is important that you take the personal actions necessary to be well educated about the Federation and how it works, so you can most effectively fulfill your role in the Federation and make informed decisions when asked to vote on important matters.

You also need to be knowledgeable about the Federation so you can most effectively contribute to the long-term preservation of Soo Bahk Do Moo Duk Kwan through your actions and support of your Federation.

Dan members are also expected to:

1. Maintain a consistent training schedule with your personal instructor after achievement of Cho Dan rank.
2. Maintain a consistent schedule of teaching assistance and training under your personal instructor in order to develop basic instructional skills; however, Dan members are strongly encouraged to consider enrolling in a Jo Kyo, Kyo Sa or Sa Bom apprenticeship training program under your personal instructor's guidance.
 - <http://soobahkdo.editme.com/InstructorCertificationHome>
3. Educate yourself about the Federation's organizational structure, Charter and By-laws, and general operation.
 - <http://soobahkdo.editme.com/FederationInformation>
4. Maintain all dues and fees in a current status and abide by all Administrative Responsibilities.
 - <http://soobahkdo.editme.com/AdministrativeResponsibilities>
5. Meet at least once annually with their Regional Board Director as specified in Bylaws Article I Section 11, N.
 - <http://soobahkdo.editme.com/CharterAndBylaws>
6. Actively embrace and pursue the President's Vision Objectives.
 - <http://soobahkdo.editme.com/VisionObjectives>
7. Actively embrace and seek to embody the Five Moo Do Values in all your personal behaviors in and out of the do jang.
 - <http://soobahkdo.editme.com/MooDoValues>

8. Actively engage in Vision Participation activities and support the work of your Do Jang PVT Committee.
 - [http://soobahkdo.editme.com/Dojang PVTCommittees](http://soobahkdo.editme.com/DojangPVTCommittees)
9. Actively take actions that may earn Vision Participation Credits on your Permanent Member Record.
 - <http://soobahkdo.editme.com/VisionParticipationCredits>
10. Actively promote the public visibility of our art and advocate Soo Bahk Do Moo Duk Kwan to the general public.
 - <http://soobahkdo.editme.com/Advocacy>
11. Actively seek out and identify for recognition fellow members and non-members who have demonstrated their support Soo Bahk Do Moo Duk Kwan and submit them to the Board of Directors Recognition Committee or appropriate Federation entity.
 - <http://soobahkdo.editme.com/RecognitionAwards>
12. Actively lead the way in funding the Board's Scholarship and Hardship fund via donations, fund-raising coordination and/or actively nominating members and non-members for Board Recognition. Each recognition nomination fee is allocated for this purpose.
 - <http://soobahkdo.editme.com/BoardRecognitionAwardCategories>
13. Actively seek to connect new members with your or other Certified Studios.
 - <http://soobahkdo.editme.com/NewStudentRecruitment>
14. Educate yourself about how to protect our art's public identity through proper trademark and service mark use and other protection of the intellectual property comprising the Soo Bahk Do Moo Duk Kwan martial art system.
 - <http://soobahkdo.editme.com/IntellectualProperty>
15. Educate yourself about, and adhere to, all T.A.C. and Board administrative guidelines regarding instructor and/or studio certifications.
 - <http://soobahkdo.editme.com/TechnicalAdvisoryCommittee>
16. Maintain a consistent participation level in your do jang and regional activities. You may receive Event Participation Credits on Your Permanent Member Record by submitting a record of your regional or studio level participation to Headquarters.
 - <http://soobahkdo.editme.com/EventParticipationCredits>

17. Participate in national events.
 - <http://soobahkdo.editme.com/EventIndexes>
18. Maintain contact and a good working relationship with your Regional Examiner(s).
 - <http://soobahkdo.editme.com/RegionalExaminers>
19. Communicate with, and voice your opinion to, your elected Board Director.
 - <http://soobahkdo.editme.com/BoardOfDirectors>
20. Educate yourself about all T.A.C. guidelines and regulations regarding standardized rank requirements of all lower and higher ranks. The Dan manual and Gup manual contain much of this information and updates and revisions as well as electronic versions are posted on the wiki between printed publication editions.
 - <http://soobahkdo.editme.com/GupAndDanMemberManual>
21. Continue your Soo Bahk Do Moo Duk Kwan self-education using educational resources available to you through the Federation, including but not limited to, books, videos, DVDs, seminars, workshops, recommended reading selections suggested by fellow members, articles written or submitted by federation officials and fellow members. <http://soobahkdo.editme.com/EducationalItems> Continuing Education Credits may be earned on your Permanent Member Record when you acquire or register for most continuing education resources.
 - <http://soobahkdo.editme.com/EducationalCredits>
22. Actively contribute to the growing body of resources and knowledge that is the Soo Bahk Do Moo Duk Kwan martial art system.
 - <http://soobahkdo.editme.com/AuthorOpportunities>

In addition, Dan members have the ability and responsibility to vote (if over 18) in any matters presented to you concerning the operation of the Federation. Especially important is the nomination and election of your Board Director as he or she represents your Region's views to the entire Board.

All Dan members shall assert themselves by voting and all members shall contribute, whenever possible, to the betterment of the Federation and Soo Bahk Do Moo Duk Kwan. Voluntary action and commitment (which by definition is free, spontaneous, and willing) is in perfect keeping with the principles of Soo Bahk Do Moo Duk Kwan.

- <http://soobahkdo.editme.com/BoardOfDirectors>

▪ A Word to the Parents of Dan Members

<http://soobahkdo.editme.com/AWordToParentsOfDanMembers>

As the parent of a Dan member under the age of 18 in the U.S. Federation your strong support of your child to date has enabled them to achieve an accomplishment that only a very few practitioners ever realize. Dan rank certification in the Moo Duk Kwan is very highly prized and very highly regarded world wide. Your child's Dan rank certification confirms that they are a self-empowered individual capable of meeting and overcoming the challenges they are sure to encounter in life. Their Dan rank achievement also signifies that you and they understand the opportunities they have to continue improving their leadership abilities in all aspects of their life in accordance with the Moo Duk Kwan philosophy.

As a Dan member your child also has a very high opportunity to influence other children and ultimately our society and the world through their personal example of Moo Do values in all their behaviors. This is a primary objective for all members as expressed by Kwan Jang Nim H.C. Hwang.

As a parent you have made a very powerful investment in your child's personal growth and development through their training under their personal instructor in their studio. Now with your continued support your child has an opportunity to pursue some tremendous new opportunities available to them as a Dan member of the U. S. Federation. Your child has access to virtually every benefit of Dan membership described throughout this publication with the exception of voting, which they become eligible to do at age 18. You are encouraged to support their understanding of the Federation's structure and leadership entities and to help them understand how their organization functions for the benefit of all practitioners.

If your child has not yet applied to enter an Instructor Certification training program or a studio Ownership training program guided by their instructor, then you may want to consider the myriad of additional opportunities that become available to members who complete these additional personal development programs.

Some members with full-time college commitments report experiencing a sense of great personal reward and having more available study time by teaching Soo Bahk Do to work their way through school rather than working typical part-time jobs.

Other members report finding great satisfaction in operating part-time Soo Bahk Do programs in their local Y.M.C.A., recreation center, community center, church, etc.

Still other members have chosen to leave full-time jobs and change careers in order to teach Soo Bahk Do as their full-time profession.

Whatever your child's life goals, your investment in them and their Soo Bahk Do training may provide previously unavailable opportunities for them to achieve their goals while enjoying the reward and satisfaction of helping others achieve theirs.

Your child's personal instructor and studio owner can provide you with details about any special development programs, studio leadership programs, advanced training programs and regional/national Federation training opportunities, etc. that may be available for your Dan member child to help them continue their personal growth, development and rank advancement.

Your child has already secured their place in the Moo Duk Kwan's future history and their place as a leader in the U.S. Federation. With your continued support, they can continue to access all the benefits available to them through the community of Soo Bahk Do Moo Duk Kwan practitioners which is the U.S. Federation.

▪ **A Word to Adult Dan Members**

<http://soobahkdo.editme.com/AWordToAdultDanMembers>

In addition to all the benefits available to younger Dan Members, as a Dan member over the age of 18 in the U.S. Federation, you now have the opportunity to vote and to elect Board Directors to represent your voice on the Federation's Board of Directors. As you assume this powerful new leadership role in your Federation you also have the opportunity to educate yourself more intimately with your Federation's history, purpose, structure and how it functions so that you can be the most effective leader possible within your Federation. A number of educational resources are available to help further your higher understanding of your Federation including:

- Federation's Concept of Unity (1975)
- Charter & Bylaws (1976)
- Mission 2000 (1989)
- Why The Federation In Not-For-Profit (1995)
- Board Governance Policies (1999)
- President's Vision (2003)
- Five Moo Do Values (2003)
- These resources and many more are available online

<http://soobahkdo.editme.com/FederationInformation>

As a Federation Dan member you have the powerful opportunity to strengthen our foundation through your increased support of the unity and growth of the community of practitioners who are the U.S. Federation dedicated to the long-term preservation of Soo Bahk Do Moo Duk Kwan.

Simply stated you can support these lofty objectives through:

- Your Federation membership dues and support
- Your continued training and support of your certified instructor and certified studio owner
- Your personal embodiment and demonstration of Moo Do values in all your actions
- Your active participation and your enthusiastic public advocacy of Soo Bahk Do Moo Duk Kwan

You have a high opportunity to positively influence our society and the world by helping achieve the Founder's Mission 2000 Objectives and Kwan Jang Nim H.C. Hwang's Vision Objectives for the long-term preservation of our living art. Your voice will be the public voice of Soo Bahk Do Moo Duk Kwan and your personal example will be the public's perception of our art and its identity. How will your voice be heard?

Some members aspire to give back the benefits they have received through their personal training by pursuing Instructor Certification and teaching the next generation of students. When you choose this path, your voice may be heard primarily by students and fellow members.

- <http://soobahkdo.editme.com/InstructorCertificationHome>

Qualified members may apply with their personal instructor to enter into an instructor certification training program and when approved may order an Instructor Certification Study Kit to begin their apprenticeship study.

- Jo Kyo Certification
- Kyo Sa Certification
- Sa Bom Certification

Instructor certification provides an assurance to training members and the general public that the Soo Bahk Do Moo Duk Kwan instruction provided by the instructor is of the highest possible quality.

Other members with even greater aspirations and passion about Soo Bahk Do Moo Duk Kwan and the Moo Do values it stands for may choose to advocate our art to the world through Studio Ownership and Studio Certification.

Members who become Certified Studio Owners ultimately impact the greatest number of lives, make the greatest difference in our society and make the greatest personal investment and contribution to the long-term preservation of Soo Bahk Do Moo Duk Kwan.

Studio Owner members establish, provide and sustain facilities for students to train in, they actively educate the public about our art, they seek to attract new students to train in our art and they support all their students in furthering their personal rank advancement and personal growth.

When you choose this path your voice is heard by the public, by new students and by fellow members.

- <http://soobahkdo.editime.com/StudioOwnershipHome>

Qualified members with a desire to teach Soo Bahk Do Moo Duk Kwan in the future may have opportunities to enroll in Studio Owner training programs or seminars designed to prepare you to operate a “Successful Moo Do Do Jang” of whatever size and type that fits your desire and lifestyle. For example:

- **Recreation center or club studio ownership** requires the requisite experience and entrepreneurial knowledge for this type operation (*minimal investment, low risk, lower growth opportunity*)
- **Mid-size or part-time studio ownership** requires the requisite experience and entrepreneurial knowledge for this type operation (*medium investment, medium risk, medium growth opportunity*)
- **Professional, full-time studio ownership** requires the requisite experience and entrepreneurial knowledge for this type operation (*maximum investment, maximum risk, maximum growth opportunity*)

Specialized “Continuing Education” seminars and training opportunities are available to members interested in studio ownership and for existing studio owners seeking to expand the success opportunities available for their Moo Do Do Jang.

Studio Certification provides members and the general public with an assurance that qualified studio locations are operated by, or overseen by, Certified Instructors who assure that the Soo Bahk Do Moo Duk Kwan instruction available there is of the highest possible quality.

Members with Instructor or Studio Owner aspirations have access to advanced member training paths in the Federation that provide highly specialized education, support, backing and mentoring for the select few members who choose to pursue these personal life goals. If you are one of these special members whose life goals include either of these aspirations, please initiate a discussion with your instructor or studio owner.

The rewards of do jang ownership can enhance and exceed the rewards of personal training and personal rank advancement alone. Explore them.



▪ A Word to Senior Age Dan Members

<http://soobahkdo.editme.com/AWordToSeniorAgeDanMembers>

As a senior age Dan Member you have a special and unique understanding of both the benefits of training as well as the challenges of training especially as associated with various aspects of aging and you are invited to share your insights and perspectives about both with your Federation's leaders.

You have important opportunities to help shape your Federation's future by sharing your unique experiential knowledge in this realm.

Your feedback, testimonials and input can help:

- Expand the teaching skill sets of future instructors
- Educate instructors and examiners about reasonable performance expectations
- Encourage others who may think they are too old to train, to reconsider such self-limiting perspectives
- Pave the way for many senior age practitioners after you to enjoy a rewarding and beneficial, life enhancing Soo Bahk Do Moo Duk Kwan training experience.

Additional Benefits as a Dan Member in Good Standing

You also enjoy additional member benefits that become available to you as a Dan member in good standing.

1. You will experience increased recognition by the Kwan Jang Nim, as his pride in all those who have achieved the rank of Dan in the Moo Duk Kwan system is evidenced by the special attention they receive.
2. You will have the additional backing and support of the Federation in your activities to promote Soo Bahk Do Moo Duk Kwan through letters of endorsement of your activity and rank.
3. You will have access to special textbooks, literature, information, etc. designed for Dan members.
4. You have the opportunity to represent your Region in the National Championships on Regional Teams.
 - <http://soobahkdo.editme.com/RegionalTeams>
5. You have opportunities to instruct locally, regionally, nationally, and even internationally.
6. You can seek your instructor's permission to order a Kyo Sa Certification Study Kit at any rank and will have the opportunity to become a Certified Kyo Sa when you become an E Dan.
7. You can seek your instructor's permission to order a Sa Bom Certification Study Kit at any rank and you will have the opportunity to become a Certified Sa Bom when you become a Sa Dan.
8. You may have an opportunity to teach under the guidance of your Certified Instructor and train to become a certified Jo Kyo, Kyo Sa or Sa Bom.
 - <http://soobahkdo.editme.com/InstructorCertificationHome>
9. You receive a subscription to the periodically published Certified Instructor Newsletter when you become a Jo Kyo, Kyo Sa, Sa Bom, or become a Certified Studio Owner.
 - <http://soobahkdo.editme.com/InstructorNewsletter>
 - You will have access to other special assistance, training, and counseling as needed to help ensure that your Certified Studio is as successful as possible.
 - <http://soobahkdo.editme.com/MooDoProfessionalsIntro>

10. Once you become a Certified Kyo Sa or Sa Bom Instructor you may conduct tests and recommend students for rank promotion up to the rank of 1st Gup. In special circumstances, the T.A.C. may make exceptions and recognize rank requests submitted from Dan members or studios with pending certifications.
11. You have the right to vote in matters brought before the Board concerning the operation of the Federation.
12. You will be included in Dan mailings so that you receive information of special importance to Dan members.
 - Certified Do Jang Owners are included in exclusive mailings
 - <http://soobahkdo.editme.com/StudioOwners>
13. You have opportunities to be a judge/referee during Soo Bahk Do Moo Duk Kwan tournaments held locally, regionally, nationally, and internationally.
 - <http://soobahkdo.editme.com/Judging>
 - <http://soobahkdo.editme.com/Refereeing>

- **Exercising Regional Leadership as a Dan Member**

<http://soobahkdo.editme.com/RegionalLeadership>

As a voting Dan member you have the opportunity to help guide and shape your Federation in many different ways. Sharing your opinions with your regionally elected Board Director is one opportunity provided for you in Bylaws Article I Section 11, N. You may also communicate your positions, opinions, suggestions, recommendations on virtually every aspect of your Federation via postings on the wiki and all Federation Officials will hear your voice at the same time and/or you may communicate directly with your elected Board Director at any time. Current contact information for all Board Directors is available on the wiki: <http://soobahkdo.editme.com/BoardOfDirectors>

The Technical Advisory Committee directs Regional Examiners to conduct Dan testing and other training opportunities for Federation members in their assigned region. When you actively participate in regional events you are fulfilling an important part of your role as a Dan member and you also have the opportunity to meet in person with your elected Board Director and other Regional Officials at those events. Current contact information is available on the wiki:

- <http://soobahkdo.editme.com/RegionalExaminers>
- <http://soobahkdo.editme.com/RegionalAdministrators>

Regional Leadership positions are generally filled by members living within regional boundaries; however, exceptions can occur for some TAC positions.

▪ **Regional Team Participation & Sponsorship Opportunities**

Each Region may field and/or sponsor Regional Teams to represent the region's members in the Federation's National Championships. The Technical Advisory Committee instructs Regional Examiners to seek out qualified members to form sparring teams, hyung teams and present demonstrations. Consult your Regional Examiners for details about how to apply and/or qualify for potential selection as a Regional demonstrator or Regional Team Member at the National Festival.

- <http://soobahkdo.editme.com/RegionalTeams>

Regions establish varying degrees of financial support for team members. Consult your Regional Administrator for the level of support available to Regional Team members in your region.

- <http://soobahkdo.editme.com/RegionalTeamFunding>

▪ **Regional Testing Board Examiner & Proctor Opportunities**

Under the authority of the Technical Advisory Committee, Regional Examiners select qualified members to serve as examiners on Regional Dan testing boards and to serve as proctors who assist the examiners. If you are interested in serving in these positions in your region, please make your aspirations and availability known to your Regional Examiners and consult them about the application and/or selection process in your region for filling these positions.

- <http://soobahkdo.editme.com/RegionalExaminers>



2007 National Festival

The Soo Bahk Do Moo Duk Kwan Ko Dan Ja Shim Sa

<http://soobahkdo.editme.com/KoDanJaShimSa>

The Soo Bahk Do Moo Duk Kwan Ko Dan Ja Shim Sa is unique in the martial arts world and provides a premiere training and learning experience for all participants. Only members in good standing who are classing eligible and/or time eligible shall be considered for eligibility to test for Ko Dan Ja rank certification (4th Dan and up) and/or Sa Bom Certification in Soo Bahk Do® Moo Duk Kwan® in the United States.

U.S. Soo Bahk Do Moo Duk Kwan Federation® members who respond to an initial eligibility questionnaire and who are subsequently recommended and invited to an annual U.S. Ko Dan Ja Shim Sa are joined at the event by other qualified applicants, guests and Alumni as may be invited.

Pursuant to the Technical Advisory Committee's directives:

- Effective January 26, 2007, members planning to apply for Sa Bom Certification when testing for Ko Dan Ja Rank must acquire and possess a Sa Bom Certification Study Kit at least 2 years prior to their Ko Dan Ja Shim Sa and Sa Bom Certification Exam date.
- Effective January 1, 2010 applicants for Sa Bom Certification must have been previously certified as a Kyo Sa.
- <http://soobahkdo.editme.com/InstructorCertificationTimeline>
- Effective January 26, 2007, the TAC requires that all Sa Bom Certification applicants who participate in a Sa Bom Certification exam at a Ko Dan Ja Shim Sa shall also be required to undergo an extended self-evaluation period after the Ko Dan Ja Shim Sa experience in order to complete their Sa Bom Certification.
- Members planning to apply for Sa Bom Certification in their future should pro-actively plan ahead and complete the pre-requisite requirements for Sa Bom Certification eligibility well before being eligible or invited to test for Ko Dan Ja rank.
- <http://soobahkdo.editme.com/InstructorCertificationHome>
- Members eligible for Ko Dan Ja rank who have not previously completed the required years of Jo Kyo and Kyo Sa certification may be ineligible to apply for Sa Bom; however, members with comparable life experience may be allowed to request TAC consideration and such requests will be reviewed by the TAC on a case by case basis.

▪ Brief Overview of Ko Dan Ja Shim Sa Process

Once per year, all classing eligible and time eligible current U.S. Federation members are identified.

A letter of notification of their eligibility and a questionnaire are sent to all eligible U.S. Federation members.

Questionnaire Recipients are extended an opportunity to indicate their preference, and some may elect to, test at an international Ko Dan Ja Shim Sa.

Questionnaire Recipients who return their completed questionnaire by the deadline are then submitted to various Federation Officials for recommendations.

Questionnaire Respondents who receive a majority of positive recommendations from Federation Officials are then sent a formal invitation to test for Ko Dan Ja Rank along with paperwork requirements and event registration materials that must be submitted by the deadline.

Invited Candidates who fulfill the paperwork and registration requirements are then scheduled to attend and participate in the week long, one per year Ko Dan Ja Shim Sa where they complete their Ko Dan Ja Rank testing requirements.

In the U.S., the TAC Chair also extends a standing invitation to all Ko Dan Ja Alumni who are invited to participate in the week long training and Ko Dan Ja Shim Sa experience as visitors.

The history of the U.S. Ko Dan Ja Shim Sa is a long and proud one and since 2000 the Federation has also hosted A Moment With The Masters in conjunction with the 1st weekend of the Ko Dan Ja Shim Sa in order that fellow members have an opportunity to share a few moments with the wave of new KDJ hopefuls and current KDJ leaders participating in the week long Ko Dan Ja Shim Sa experience.



Instructor Certification Rewards and Opportunities

Motivated members who would like to take your passion for Soo Bahk Do Moo Duk Kwan to the next level and help change people's lives in a positive way are invited to explore the rewards and opportunities of instructor certification.

- <http://soobahkdo.editme.com/InstructorCertificationRewardsAndOpportunities>

Only a very few high achieving members successfully attain Jo Ko, Kyo Sa or Sa Bom Certification and if you are inspired to pursue any of those personal goals, your personal instructor and your Federation are here to support your success.

When you are certified as a Jo Kyo, Kyo Sa or Sa Bom, you assume the exciting and rewarding role of passing our art on from instructor to student and in doing so you positively change students lives and you assure our art's preservation for future generations.

▪ Are You Certified Instructor Material?

As a Certified Instructor you will be authorized to represent Grandmaster Hwang Kee's Soo Bahk Do[®] Moo Duk Kwan[®] martial art system, providing your membership is kept current, your certification is kept current and you fulfill all administrative responsibilities and maintain and upgrade your technical and instructional skills.

Certified Instructors are granted a limited license for use of the public identity of Soo Bahk Do Moo Duk Kwan, associated trademarks, service marks, copyrighted materials and permission to teach all the intellectual property comprising the Soo Bahk Do Martial art system.

As a certified instructor, you assume a very important Technical Responsibility to represent Soo Bahk Do[®] techniques and the Moo Duk Kwan[®] philosophy of the Kwan Jang Nim's martial art system in an exemplary manner that will preserve the purity of the art.

Certified instructors are expected to follow the guidance of the Technical Advisory Committee with respect to all technical, historical and philosophical material and to participate in at least 2 Regional and/or National Federation events each year as one requirement for maintaining your certification in good standing.

Certified Instructors are expected to demonstrate the highest level of Administrative Responsibility by becoming familiar with the Charter and By-law's of the United States Soo Bahk Do Moo Duk Kwan Federation and following the administrative guidelines of the Board of Directors, including, but not limited to; encouraging and assuring all your students become Federation members prior to testing them.

- <http://soobahkdo.editme.com/AdministrativeResponsibilities>

Certified Instructors have primary opportunity to connect every student to the heritage and origin of Soo Bahk Do Moo Duk Kwan through advocacy of Federation membership.

Certified Instructors are also expected to promptly submit all recommendations for student's Gup Rank tests to Headquarters within 10 days of their exams and to award legitimate Soo Bahk Do Moo Duk Kwan rank certificates to the appropriate members in a ceremonial manner prescribed by T.A.C.

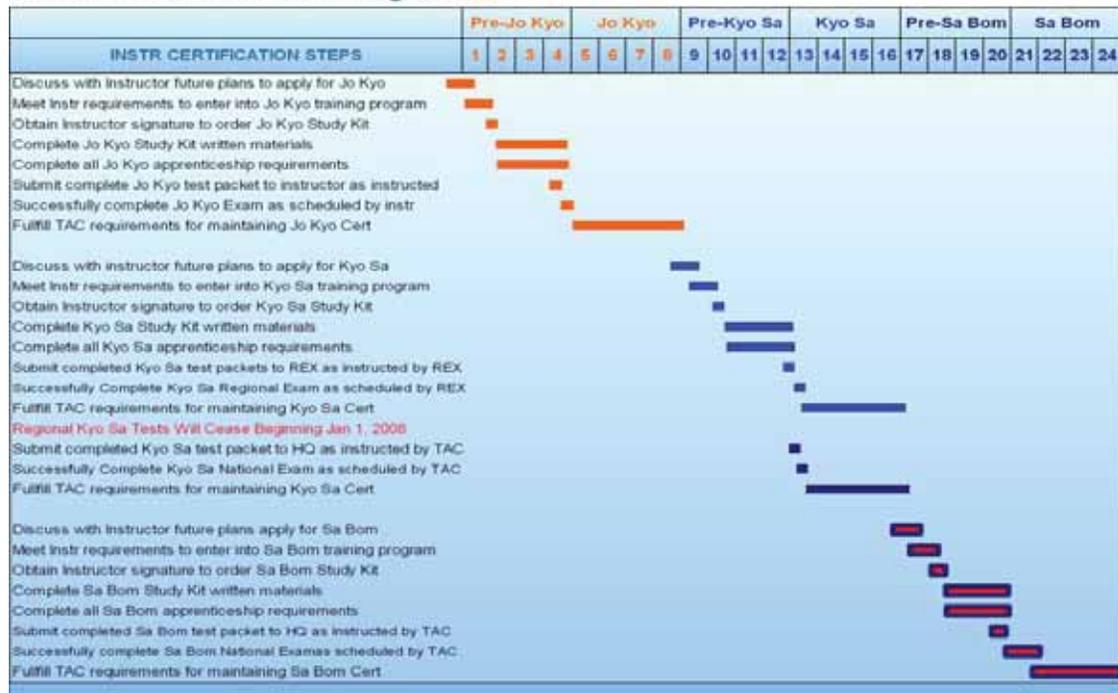
Certified Instructors are also expected to inform students of regional, national and other Federation events and opportunities as they become available and to encourage student participation in these events.

Additionally, instructor certification and its maintenance depend upon you maintaining your Federation membership in good standing and abiding by all Federation guidelines. Failure to do so could result in revocation of your Instructor certification.

Becoming a Certified Instructor can bring many rewards and opportunities into your training and your life and you assume a much more important and accountable role in the growth and preservation of Soo Bahk Do Moo Duk Kwan as the most genuine of martial arts. You will also encounter many wonderful new opportunities to share the Moo Do values of our art with others and change their lives for the better.

So the question is, “Are you Certified Instructor Material?” If so, speak to your personal instructor about your goals in life and the rewards and opportunities of Instructor certification.

Instructor Certification Progression





▪ Jo Kyo Certification Requirements

The following are minimum requirements to be eligible for Jo Kyo Certification:

- Minimum Age: 13 years old
- Minimum Rank: Red Belt
- Minimum Training Time: 90 days following acquisition of Jo Kyo Study Kit
 - Jo Kyo Study Kit may be ordered at any rank
<http://soobahkdo.editme.com/ApplicationForJoKyoCertificationStudyKit>
- Eligibility:
 - Instructor's recommendation required to test
 - Consult Do Jang Owner
 - Completed Jo Kyo Study Kit
 - Completed Apprenticeship Log
 - Completed Application Form
- Proof of Current Federation Membership
<http://soobahkdo.editme.com/ProofOfFederationMembership>
 - Federation ID Card
 - Instant Online Access
 - Call National Member Headquarters

Jo Kyo Certification Exams are typically conducted in a Certified Do Jang.

Frequently Asked Questions:

<http://soobahkdo.editme.com/FrequentlyAskedCurriculumQuestions>



▪ Kyo Sa Certification Requirements

The following are minimum requirements to be eligible for Kyo Sa Certification

- Proof of previous Jo Kyo Certification
Effective 01/01/2008
- Minimum Age 21
- Minimum Rank 2nd Dan (Ee Dan)
- Minimum Training Time 1 year following acquisition of Kyo Sa Study Kit
 - Kyo Sa Study Kit may be ordered at any rank
<http://soobahkdo.editme.com/ApplicationForKyoSaCertificationStudyKit>
- Eligibility:
 - Instructor's recommendation required to test
 - Consult Do Jang Owner
 - Consult Regional Examiners
 - Completed Kyo Sa Study Kit
 - Completed Apprenticeship Log
 - Completed Application Form
- Proof of Current Federation Membership
<http://soobahkdo.editme.com/ProofOfFederationMembership>
 - Federation ID Card
 - Instant Online Access
 - Call National Member Headquarters

Kyo Sa Certification Exams may be conducted regionally or nationally pursuant to TAC instructions

Frequently Asked Questions:

<http://soobahkdo.editme.com/FrequentlyAskedCurriculumQuestions>



▪ Sa Bom Certification Requirements

The following are minimum requirements to be eligible for Sa Bom Certification

- Proof of previous Kyo Sa Certification
Effective 01/01/2010
- Minimum Age: 25 years old
- Minimum Rank: 4th Dan (Sa Dan)
- Minimum Training Time: 2 Years following acquisition of Sa Bom Study Kit
 - Sa Bom Study Kit may be ordered at any rank
<http://soobahkdo.editme.com/ApplicationForSaBomCertificationStudyKit>
- Eligibility:
 - Instructor's recommendation required to test
 - Consult Do Jang Owner
 - Completed Sa Bom Study Kit
 - Completed Apprenticeship Log
 - Completed Application Form
- Proof of Current Federation Membership
<http://soobahkdo.editme.com/ProofOfFederationMembership>
 - Federation ID Card
 - Instant Online Access
 - Call National Member Headquarters
- Other considerations:
 - Eligible members may apply to test for Sa Bom Certification when invited to test for Sa Dan rank
 - Eligible members may also apply to test for Sa Bom Certification in any subsequent year between Ko Dan Ja rank promotions.
 - Potential Sa Bom Certification Applicants (Sa Bom Study Kit Holders) are notified by TAC each year of Sa Bom Certification Examination opportunities and receive paperwork submission instructions, registration information, etc. from TAC.

Sa Bom Certification Exams are conducted nationally at the annual Ko Dan Ja Shim Sa pursuant to TAC instructions

Frequently Asked Questions:

<http://soobahkdo.editme.com/FrequentlyAskedCurriculumQuestions>

▪ **Certification Maintenance**

Certification is a credential granted by an external organization or company confirming that an individual has specific skills in a certain area.

Certifications are typically time limited and expire due to the constantly evolving nature of skills required in today's world. Certifications, driver's licenses, etc can be extended, renewed and maintained in good standing when the holder completes the maintenance or renewal requirements as specified by the certifying organization.

The Moo Duk Kwan philosophy of continual growth, development, and improvement is clearly evident in the Moo Duk Kwan rank system and in keeping with that philosophy and the dynamic and evolving nature of our living art and modern society, Certified Instructors and Certified Do Jang Owners can best lead the way for the long term preservation of Soo Bahk Do Moo Duk Kwan by continually refining and updating instructor skills and entrepreneurial acumen to be as effective as possible in our fast paced and constantly changing society.

The U.S. Soo Bahk Do Moo Duk Kwan Federation supports continuing education and advancement for all members with advance expectations for Certified Instructors and Do Jang Owners because of their crucial role in the preservation of our living art.

- <http://soobahkdo.editme.com/InstructorCertificationMaintenance>
- <http://soobahkdo.editme.com/JoKyoCertificationMaintenance>
- <http://soobahkdo.editme.com/SaBomCertificationMaintenance>
- <http://soobahkdo.editme.com/KyoSaCertificationMaintenance>
- <http://soobahkdo.editme.com/CopyOfInstructorCertificationMaintenanceCredits>
- <http://soobahkdo.editme.com/DojangCertificationMaintenance>
- <http://soobahkdo.editme.com/ContinuingEducation>

My instructor certification goals:



Rank promotion process

▪ Gup Promotion Procedures

In the U.S. Federation a Certified Instructor operating a Certified Studio assumes responsibility for teaching the art of Soo Bahk Do[®] Moo Duk Kwan[®] to their student members and acknowledging their student's progress by testing them and recommending them for rank promotion to the Kwan Jang Nim through the TAC and the U.S. Federation within 10 days of an exam.

When an instructor submits a Gup rank certification recommendation for a student through the TAC to the Kwan Jang Nim and it is approved, then the Kwan Jang Nim authorizes Gup rank certification be issued to the student member. A Gup rank certificate will be produced and delivered from Headquarters to the student's instructor for ceremonial award to the student as specified by the TAC.

The credibility and integrity of the Moo Duk Kwan[®] ranking system is preserved by Certified Instructors who proudly demonstrate the discipline and respect for the rank certification process as established by the Kwan Jang Nim and preserved by the TAC and the U.S. Federation.

1. Only Kyo Sa or Sa Bom Certified Instructor can test students and forward a rank recommendation to the Chairman of the T.A.C. for the student.
2. Prior to a Gup Test, students are to furnish proof of Federation membership to their instructor and complete an "Application for Gup Promotion." It is the responsibility of the student to possess a Federation ID card and to complete the testing form.
3. It is the responsibility of the Instructor to confirm current membership status of all applicants BEFORE testing them.
4. It is not necessary to notify the Federation of a Gup testing in advance, but Instructors are required to submit all testing results and recommendations for students to Headquarters within seven (7) days of the test date. You must conduct your tests according to the standards of the T.A.C. of the United States Soo Bahk Do Moo Duk Kwan Federation
5. Following a testing, you are to retain on file the completed copies of all "Applications for Gup Promotion" for each student. Each student's forms are to be available at the location where the student trains for a period of four years or until Dan rank is achieved.
6. Following each testing, you are to compile and send to Headquarters a listing of all Gup rank promotion recommendations for your students from the completed "Applications for Gup Promotion." Use the "Group Test Form" provided by Headquarters for this purpose.

- <http://soobahkdo.editme.com/DownloadsHome>

7. It is important that these forms be used and instructions be followed carefully to ensure prompt processing of your student's Gup rank promotions.
 8. Be certain that you include your studio certification number as well as the Gup identification number for each student on the "Group Test Form."
 9. Send the completed "Group Test Form" to Headquarters using one of the following methods:
 - **Via U.S. Mail:** PROMOTION, U.S. Soo Bahk Do Moo Duk Kwan Federation, P.O. Box 154, Springfield, NJ 07081
 - **Via FAX to:** (973)467-5716
 - **Via Email:** GupTests@soobahkdo.com
- The Federation is also exploring additional means for studio owners to submit rank promotion recommendations online.
10. Upon receipt of your completed "Group Test Form" at Headquarters, the Membership Committee will review the membership status of all those you have recommended for Gup rank promotion. Non-members and non-current members will not be processed. You and the student will be notified.
 11. All students with current membership status will be forwarded to the T.A.C. for approval of your Gup rank promotion recommendations. After T.A.C. approval, the Membership Committee will then process the student's rank certificates and forward them to you for prompt distribution to the students.

▪ **Dan Promotion Procedures**

Kyo Sa or Sa Bom Certified Instructors operating certified studios recommend applicants for Dan rank to Appointed Regional Testing Boards for Dan Rank Promotion. Regional Testing Boards are available to Federation Members twice a year and, following the candidates demonstration before the testing board, a rank promotion recommendation by the Testing Board is forwarded to the T.A.C. Chairman for final approval by the Kwan Jang Nim. Once approved, a legitimate Moo Duk Kwan[®] rank certificate is forwarded to the member's instructor for ceremonial presentation.

Regional Testing Boards shall be appointed by the Chairman of the T.A.C.

1. Only T.A.C. appointed Regional Testing Boards can administer a Dan rank test for students. Traditionally, there are two (2) official Dan Shim Sa events each year, one cycle in the spring and the other cycle in the fall.
2. Prior to a Dan Test, students shall complete a "**WMDK Application For Dan Rank Promotion Form,**" and other written requirements as specified by the T.A.C. in this manual and the official announcement package. Each applicant, who has been recommended by his/her instructor, will submit the following items to his/her instructor before the specified deadline:

- Dan test application form (typewritten)
 - Required essay
 - Photocopy of current Federation membership card
 - Photocopy of current rank certificate
 - Dan Shim Sa fee
3. It is the instructor's and studio owner's responsibility to confirm and certify that all applicants they recommend meet all the minimum TAC requirements PRIOR TO recommending any applicants for the requested rank and PRIOR TO submission of applicant packages.
 4. It is the responsibility of the designated Regional Examiner to review and confirm that applicants meet all the minimum TAC requirements for the requested rank PRIOR TO rank testing and PRIOR TO applicant's participation in a Dan Shim Sa.
 5. Any applicant that does not meet the minimum TAC requirements for the requested Dan rank must have prior written authorization from the TAC Chair, and a copy of such written authorization must be obtained and attached by the applicant's instructor to the applicant's Application for Dan Rank Promotion Form.
 6. Instructors are to submit the applicant's packet and appropriate fees to the Regional Testing Board by their Region's specified deadline.
 7. The Regional Testing Board will confirm the current membership status of all applicants, that they meet all the TAC minimum requirements and that any required TAC Chair authorization letters are obtained BEFORE testing them.
 8. After completion of Dan Testing, there will be a meeting of the Regional Testing Board to evaluate the recommendations for each candidate before submission to the Chairman of T.A.C.
 9. Recommendation of the Regional Testing Board will be sent to the Chairman of T.A.C., along with appropriate fees to Federation Headquarters.
 10. Upon approval by the Chairman of T.A.C., recommendations for promotion and certification fees will be forwarded to the Kwan Jang Nim. Dan rank certificates approved by the Kwan Jang Nim will be sent from Federation Headquarters to the candidate's instructor. If the T.A.C. or Kwan Jang Nim do not approve the test recommendations, the Regional Examining Board, the recommending instructor and the candidate will be notified with reasons for rejection no later than one month after the testing date.

Do Jang Ownership Opportunities

<http://soobahkdo.editme.com/DojangOwnershipRewardsAndOpportunities>

Motivated members who want to take their passion for Soo Bahk Do Moo Duk Kwan to an even higher level and help change even more people's lives in a positive way and make a bigger difference in their community and the world are invited to explore the rewards and opportunities of Do Jang Ownership.

Only a very few high achieving members have the additional traits, characteristics, drive and determination that make a Successful Moo Do Do Jang Owner and for those who do, nothing can stand in their way. Do Jang ownership can take many forms depending on your life goals and aspirations. Some members with professional careers and a well established life find personal reward in offering a small, part-time program in their church, Y.M.C.A., recreation center, etc.

Some younger member discover opportunities to teach Soo Bahk Do Moo Duk Kwan programs in their church, local community groups, schools, etc.

Teens and graduating high schools students planning to pursue vocational careers after high school discover that their passion for Soo Bahk Do Moo Duk Kwan provides more rewarding opportunities for them than the vocational career they may have originally targeted.

Young adults going off to college may choose to initiate a part-time Soo Bahk Do program as their part-time job instead of working in other typical jobs that college students often hold.

Some members later in life may leave the corporate world behind to pursue the unmatched personal rewards of changing people's lives and making a profound difference in their community and the world by pursuing the exciting challenges and entrepreneurial opportunities of do jang ownership.

Some members operate non-profit programs that serve communities of students with special needs and others offer programs in school districts and more.

Some members start out teaching a part-time program and as their student body grows overtime, they discover that the personal rewards of teaching and operating their do jang exceed the rewards of their day job and eventually convert from a part-time do jang owner to a full-time do jang owner.

Whatever your life goals and your level of passion for teaching Soo Bahk Do Moo Duk Kwan and integrating it into your life, the Federation stands ready to help prepare you and support you in achieving your dreams, but the ultimate responsibility for your success or failure is in your hands.

Are you Do Jang Owner material? For detailed information, visit the wiki at:

<http://soobahkdo.editme.com/AreYouDojangOwnerMaterial>

▪ Obtaining Studio Certification

1. You must be a Certified Instructor or must plan to operate under the direct guidance of a Certified Instructor who will commit to supervising your activity at the location where you intend to offer instruction.
2. Every Certified Studio must have at least one Kyo Sa or Sa Bom Certified Instructor teaching a majority of the classes at the location because they are the only ones authorized to instruct Soo Bahk Do® Moo Duk Kwan®. In special cases, the T.A.C. may approve uncertified assistants or uncertified transfer Instructors to serve in this capacity if they are involved in an ongoing Instructor training program under the supervision of a Certified Instructor.
3. A Federation certified studio may offer instruction in other martial art systems, such as Judo, Kendo, Aikido, Iado, Bando, Silak, etc. However, you may not advertise or instruct other karate systems such as Tae Kwon do, Goju, Kempo, Wu Shu, Wing Chun, Jeet Kune Do, Pah Gua, Hsing-I, Okinawa-te, etc. as formal systems.
4. Each physical location where students receive instruction must be certified even when the supervising Certified Instructor already has other certified locations. Each location where Soo Bahk Do® Moo Duk Kwan® instruction is taking place must be on record with the Federation for proper distribution of member information.
5. You begin by obtaining downloading a Studio Certification Kit from the wiki which contains specific forms and information about operating a Certified Studio and the requirements associated with certification. It also outlines some ways the Federation may be able to assist you in establishing your new studio so that you can enjoy the most rewarding instructional experience possible while your students enjoy the highest quality training environment available.
<http://soobahkdo.editme.com/StudioCertificationProcedures>
6. The Studio Certification Kit includes an “Announcement of Intent” form and “Letters of Notification,” which help inform Headquarters and the two closest Certified Federation Studios of your intentions to open a studio. These forms should be completed and submitted to Headquarters with the associated application fee while adhering to the proper guidelines explained in your kit BEFORE any instruction is performed at the proposed location.
7. Upon receipt of these forms and pursuant to Studio Certification guidelines, the T.A.C. will issue a “Pending Certification Status” for your proposed location.
8. In the case of transfer studios, the Studio Certification process is the same as specified in the Studio Certification Kit.

9. Once the specific location has been established and the studio owner's and head instructor's relationships with the students at the location have been defined, then a formal "Application for Studio Certification" (included in Studio Certification Kit) must be completed and returned to Headquarters. Read it carefully, as obtaining Studio Certification entails accepting serious responsibilities to the individuals you instruct as well as to the Kwan Jang Nim, the art and your Federation.
10. You will be required to have certain items displayed and available at your do jang as well as to demonstrate satisfactory understanding and etiquette to the Regional Examiner who performs a visitation before certification is issued. These specific requirements related to completing the Studio Certification process will be furnished to you with your Studio Certification Kit.
11. You may be required to address certain deficient areas before a specified deadline and certification will be held until the requirements are satisfied. During the time your certification is pending, you will be instructed to remit certification fees and other paperwork as required. Once full certification is issued, Gup rank certification fees no longer have to be remitted with rank promotion requests.

For more information on Studio Certification, visit the wiki at:
<http://soobahkdo.editme.com/StudioCertificationApplication>



My do jang ownership goals:



Transfers from Outside the Federation

It is obvious to anyone who has experience as an instructor that individuals and their capabilities differ. Therefore, decisions regarding transfers have been thought through in terms of the instructor's judgment and experience based on the Moo Duk Kwan standards.

Procedures for Gup members transferring from other styles or from an unaffiliated studio:

Individuals of Gup rank coming from other styles should join the Federation immediately and start as a 10th Gup, white belt. When the individual is ready to test, you may recommend them for promotion to whatever level you feel they deserve. However, if you are recommending more than a one-level Gup rank promotion, you must submit a letter of recommendation and explanation of his/her qualifications along with a completed "Transfer Student's Rank History Form" and include "Attention to the Chairman of the T.A.C" on the outside of the envelope.

Procedures for Dan members transferring from other styles or from an unaffiliated studio:

Individuals of Dan rank from other styles of karate who wish Dan rank in the Federation and the Korean Soo Bahk Do Association (Moo Duk Kwan) must first apply for Federation membership.

As a member pending rank certification, you may apply to the Chairman of the T.A.C. for a Dan rank evaluation or examination, which may be delegated to a Regional Examiner or Regional Testing Board. The procedures for each individual situation will be specified by the Chairman of the T.A.C. Application requests must be addressed to the Chairman of the T.A.C. Your request should document your desire, background, experience, training, etc.

Your request will have more credibility if accompanied by a letter of recommendation from an Instructor Certified by the Korean Soo Bahk Do Association, Moo Duk Kwan. Students who apply from other martial arts (Kenjutsu, Aikido, Iado, etc.) must start as white belts.

All applications and physical examinations will be evaluated according to the highest levels of Soo Bahk Do Moo Duk Kwan standards at the recognized Federation Regional Dan Shim Sa events.



Yuk Sa



History

Artwork by
Adele Bartolacci

Calligraphy by
Dae Kyu Chang
Sa Bom Nim

A Higher Understanding of the Moo Duk Kwan



Brief History of the Moo Duk Kwan

1910	Japanese Occupation
9th November 1914	Birth of Grandmaster Hwang Kee
15th August 1945	End of World War II Korean Independence
9th November 1945	Founding of Moo Duk Kwan (Hwa Soo Do) 5 original styles formed (Tang Soo Do)
1950 - 1953	Korean War - Dan Bon: No.1 (Kim, Un Chang), No. 2...
1953 - 1961	Prime period of the Moo Duk Kwan <ul style="list-style-type: none"> ■ Use of Huh Ri ■ Do Bahk Trims (1954) ■ The First Goodwill Internationals (1955) ■ Dan Bon ■ Publication ■ Physic / Science application ■ Moo Yei Do Bo Tong Ji (1957) - Rebirth of Soo Bahk Do ■ Korean Soo Bahk Do Association (1960.6.30) ■ Moo Duk Kwan patch ■ Yuhk Ro Hyung, Chil Song Hyung ■ Ko Dan Ja Shim Sa ■ Founding purpose of the Federation ■ Action philosophy (Kwang Jan Nim's life journey) ■ YOU

Moo Duk Kwan Division

16th May 1961	Military Coup - Birth of Tae Kwon Do (General Choi) <ul style="list-style-type: none"> ■ Release from jobs ■ No passport ■ Military service - Tae Kwon Do ■ Soo Bahk Do certification ■ Cancellation of the Korean Soo Bahk Do Association (1965)
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Moo Duk Kwan in the USA

1950 - 1960	US Military personnel who served in Korea No National organisation until 1976
28th June 1976	The US Soo Bahk Do Moo Duk Kwan Federation, formally known as U.S. Tang So Do Moo Duk Kwan Federation was founded

수박도 무덕관

Present

- Important time for Moo Duk Kwan history
- Past present future

Common Goal

- Strengthen the foundation

Achieving the Common Goal

- Increase the value of doing through on-going education
- Carry the theme with creativity for next 10 and more years
- Active participation (role)

Specific contents

1. Identity

- Initiated and created on the Moo Do philosophy
- Moo Do identity
- Connection between the identity and the role

2. Art and I

- Who is the art
- Bow to the Art - honouring the past, creating the future through your practice (role)
- Be where the art is
- Connection between the art and participation
- Longevity of the art

3. Leadership

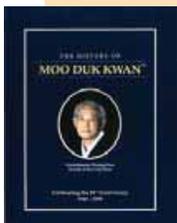
- Soo Bahk Do Moo Duk Kwan is the Art of Leadership
- Leadership Jo Kyo, Kyo Sa, Sa Bom and Ko Dan Ja

4. Specific Roles

- Being Moo Do practitioner (Baek Mun Bool Yo Il Kyun)
- Visibility
- Teaching opportunity
- Public relations opportunity
- Sharing the Art
- Learn and support through active participation

5. Application

- Strengthen individual Do Jang - Strengthen the Federation
- Longevity of the individual Do Jang
- On-going Moo Do education
- On going activity and programs for achieving the Common Goal



Obtain a copy of “*History of the Moo Duk Kwan*” to gain a much deeper understanding of the Moo Duk Kwan’s rich history. Available through your Certified Studio, Headquarters, or online www.soobahkdo.com

Soo Bahk Do Moo Duk Kwan 1000 Years from Now

<http://soobahkdo.editme.com/CharterAndBylaws>

Dan members have a responsibility as voting members to be familiar with the U.S. Soo Bahk Do Moo Duk Kwan Federation's [Charter & Bylaws](#) and understand that it is the sole organization in the U.S. affiliated with and supportive of the Soo Bahk Do® Moo Duk Kwan® martial art system, its Founder and successor, Kwan Jang Nim H.C. Hwang.

Dan members also need to understand how the U.S. Federation's Charter & Bylaws expresses support for Mission 2000, the President's Vision, and allows for support of the objectives expressed in the **2003 World Moo Duk Kwan Statement of Purpose, Objectives and Intent**.

The Mission of the World Moo Duk Kwan is to promote public awareness of, and assure the preservation of and long term uninterrupted access to, the intellectual content of the Soo Bahk Do® Moo Duk Kwan® martial art system as created by the Founder Hwang Kee. The World Moo Duk Kwan's mission includes any future derivative content as may be introduced by the World Moo Duk Kwan.

This mission is directly accomplished through ongoing publicity, education, instruction and transfer of the martial art system of Soo Bahk Do Moo Duk Kwan from instructor to student, including but not limited to, its rich history, traditions, discipline/respect, philosophy, techniques and all other intellectual content and property comprising the Soo Bahk Do Moo Duk Kwan system.

The World Moo Duk Kwan's preservation mission is also accomplished by protecting the art of Soo Bahk Do Moo Duk Kwan from dilution, modification, introduction of unauthorized content, counterfeiting, misrepresented affiliation by unauthorized parties and all manner of violation of the intellectual property currently and hereafter comprising the Soo Bahk Do Moo Duk Kwan martial art system.

The World Moo Duk Kwan actively seeks to identify and authorize individuals and organizations demonstrating the desire, resolve, commitment, willingness, understanding and abilities necessary to accomplish these important preservation objectives.

Those qualified to be entrusted with these important responsibilities may be selected and authorized from among, but not limited to, the general public, Alumni former members, instructors, students, and others who can contribute significantly to the long-term survival of the Soo Bahk Do Moo Duk Kwan martial art system for 1000 years and beyond.

The World Moo Duk Kwan seeks to entrust only the most highly qualified and capable individuals and organizations with achieving these crucial objectives and recognizes that organizations ultimately reflect the qualities of the individuals comprising their leadership and registered student practitioners.

Providing authorization and support for the most qualified and capable individuals and organizations is critical to the World Moo Duk Kwan's Mission since those selected shall ultimately be entrusted with the very life-blood and future preservation of Soo Bahk Do Moo Duk Kwan.

Success of the art must be ensured beyond any individual's lifetime and no individual or organization can be allowed to hinder or serve as an excuse for not achieving this objective.

The World Moo Duk Kwan recognizes that with all things of great value, from time to time there may be unscrupulous individuals or organizations who seek to undermine or wrongfully seize that which has great value, claim it as their own, copy and distribute it without authorization, or otherwise counterfeit it and disrespectfully disregard the common goal and purpose of our art.

The mission of the World Moo Duk Kwan includes initiating and supporting reasonable and prudent actions by authorized organizations or entities to ensure prevention of, or prompt cessation of, any such occurrences within their designated territory in order to preserve the purity of the art of Soo Bahk Do Moo Duk Kwan, to protect its unique public identity and to prevent debasement of the art and/or misrepresentation of affiliation by unauthorized parties.

Only organizations with officially documented structure that is recognized within their respective country will be entrusted with the preservation of the art of Soo Bahk Do Moo Duk Kwan and be provided the opportunity to become duly authorized to publicly promote its growth through instruction and other authorized means.

Organizations and/or entities meeting the World Moo Duk Kwan's guidelines may be extended an opportunity to become duly licensed affiliates and/or Trustee Organizations and/or entities.

Only these authorized affiliates and/or Trustee Organizations and/or entities shall receive the full backing and support of the World Moo Duk Kwan and be ensured of ongoing direct access to the intellectual property and content comprising the Soo Bahk Do Moo Duk Kwan martial art system.

Affiliates and/or Trustee Organizations and/or entities with duly executed agreements shall be authorized to register student practitioners with the World Moo Duk Kwan, submit rank certification recommendations to the World Moo Duk Kwan, order supplies, have access to educational materials from the World Moo Duk Kwan and request seminar appearances, training and other services through the World Moo Duk Kwan.

World Moo Duk Kwan Affiliates and/or Trustee Organizations and/or entities with duly executed agreements in good standing shall be the only recognized authoritative sources legitimately authorized to use the intellectual content of the Soo Bahk Do Moo Duk Kwan martial art system.

This “Statement of Purpose, Objectives, and Intent” supersedes and replaces any and all prior understandings and/or written or verbal agreements between the World Moo Duk Kwan and each respective organization and/or entity or individual.

Affiliate and/or Trustee Organizations and/or entities must satisfactorily fulfill and continually meet all guidelines of the World Moo Duk Kwan in order to maintain their authorization.

The World Moo Duk Kwan may modify the terms of Affiliate and/or Trustee Organization and/or entity agreements from time to time as needed to more fully support achievement of its purpose and mission objectives as identified in this “Statement of Purpose, Objectives, and Intent.”

Your self education about your Federation and the World Moo Duk Kwan will help you understand how both function and the relationship that exists between them.

Your dedicated application of Moo Do values in all your actions and behaviors will help encourage harmonious human relations within your Federation, your community, our society, and internationally while strengthening our foundation.

Your Federation membership, individual actions, and support can help sustain your Federation and enable it to continue the dedicated pursuit of fulfilling its chartered purposes of promoting and preserving the martial art of Soo Bahk Do Moo Duk Kwan.

Well informed Dan members like you can help enable the U.S. Federation to continue its work and to achieve even more impressive accomplishments toward Soo Bahk Do[®] Moo Duk Kwan's[®] 1000 year future and beyond.

ACKNOWLEDGEMENTS

The list of members who contributed significant time and energy in compiling and editing this manual for publication is lengthy and if anyone's contribution has been overlooked, please accept our apology.

Those we are aware of who contributed content for this manual, expended time and energy reviewing it and compiling this project into publishable format include, but is not limited to the following:

H.C. Hwang, Kwan Jang Nim

Phillip Bartolacci, Sa Bom Nim TAC Chairman
Steve Diaz, Sa Bom Nim TAC Shim Gung Bu
Kris Poole, Sa Bom Nim TAC Shim Gung Bu
Dae Kyu Chang, Sa Bom Nim TAC Shim Gung Bu
Bill Nelson, Sa Bom Nim TAC Neh Gug Bu
Ken Trevellyan, Sa Bom Nim TAC Neh Gung Bu
Cash Cooper, Sa Bom Nim TAC Neh Gung Bu
Daymon Kenyon, Sa Bom Nim TAC Weh Gung Bu
Craig Hays, Sa Bom Nim TAC Weh Gung Bu
Jeff Griggs, Sa Bom Nim TAC Weh Gung Bu
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Phil Duncan, Sa Bom Nim
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The Board of Directors is honored to support the work of the Kwan Jang Nim and the TAC by procuring the funding and providing the production support necessary to publish this information for all Federation members.

My contributions to the Federation and the preservation of Soo Bahk Do[®] Moo Duk Kwan[®]:





Song of the 13 Influences Sip Sam Seh

十三勢歌 十三勢起勢莫輕視 命意專頭在腰際
 變轉虛實須留意 氣過身軀不少滯 靜中展動動為靜
 因敵變化示神奇 勢勢撲心須用意 得來不覺費工夫
 刻刻留心在腰間 腹內氣淨氣騰然 尾闾中正神貫頂
 滿身輕利頂頭懸 仔細留心向推來 屈伸開合聽自由
 入門引路須口授 功夫無息法自休 若官體用何為準
 意氣貫來骨肉臣 想推用意終何在 益壽延年不老春
 學拳歌今百州字 字字真切義無遺 若不向此推求去
 枉費工夫貽敵惜



Never neglect any of the Sip Sam Seh.
 The source of the will is in the waist.
 Pay attention to the slightest change from full to empty.
 Let energy flow through the whole body continuously.
 Stillness embodies motion, motion stillness.
 Seek stillness in motion.
 Surprising things will happen when you meet your opponent.
 Give awareness and purpose to every movement.
 When done correctly all will appear effortless.
 At all times pay attention to the waist.
 Relaxed clear awareness of the abdomen, the energy can be activated.
 When the base of the spine is erect, the energy rises to the top of the head.
 The body should be flexible.
 Hold the head as if suspended from a string.
 Keep alert and seek the meaning and purpose of your art.
 Bent and stretched, open and closed,
 Let nature take its course.
 Beginners are guided by oral teaching.
 Gradually one applies himself more and more.
 Skill will take care of itself.
 What is the purpose of the martial arts?
 The mind is the primary actor, the body the secondary one.
 What is the purpose and philosophy behind the martial arts?
 Rejuvenation and prolonging of life beyond the normal span.
 So an eternal spring.
 Every word of this song has enormous value and importance.
 Failing to follow this song attentively, you will sigh away your time.



For more information contact the U.S. Soo Bahk Do Moo Duk Kwan Fed (888) SOO-BAHK or www.SooBahkDo.com

U.S. SOO BAHK DO MOO DUK KWAN FEDERATION®
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*Front view of founder Hwang Kee's Do jang in Seoul, Korea.
"You too, can become a certified instructor and/or a certified do jang owner and
promote and preserve the art."*

