

2016

KO DAN JA SHIM SA



**United States Soo Bahk Do
Moo Duk Kwan Federation®**

**November 11th to 18th, 2016
Ramona, CA**

** Building Your Moo Do Jaseh **

WORLD MOO DUK KWAN®

DEDICATION

The 2016 Ko Dan Ja Shim Sa is dedicated and held in honor of our Founder, Hwang Kee. His actions, demonstrated throughout his life, have become the Moo Do theory that is practiced by thousands of Moo Duk Kwan® members worldwide.

Guided by his foresight and leadership, let us seek to further the Mission 2000 vision of world peace through improved human relations.



November 9, 1914 - July 14, 2002

Teacher, preacher, instructor and practitioner
Founder Hwang Kee's example has left us with an inspired legacy in the current generation of Soo Bahk Do® practitioners. His tireless dedication expanded the length and breath of human achievement and left footsteps profoundly deep marking the path for us to follow.

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION®

November 11, 2016

Re: 2016 Ko Dan Ja Shim Sa



Dear Ko Dan Ja Candidate,

Welcome and congratulations on being selected to participate in the United States Soo Bahk Do Moo Duk Kwan Federation's® 33rd Annual Ko Dan Ja Shim Sa. The Moo Duk Kwan® Ko Dan Ja Shim Sa is unique in the world of martial arts. I hope you'll find it both a challenging and rewarding experience. It is an opportunity to improve our human relations with practitioners from across the United States and from around the World in meeting with our founder's Mission 2000.

As practitioners and instructors, each of us is a Moo Duk Kwan® representative of the Soo Bahk Do® martial art. It is our responsibility to live its principles and philosophy through our actions - physically, mentally, and spiritually.

Thank you for your continued dedication and selfless support of the Moo Duk Kwan® and our Soo Bahk Do® art. Because of your contributions we have been able to create and sustain a successful organization for 71 years as well as the art that we all highly value today.

It is my sincere wish that your practice of the Moo Duk Kwan® philosophy will bring health and happiness to you and your family.

Yours in Moo Duk Kwan,

A handwritten signature in black ink, appearing to read 'H. C. Hwang'.

H. C. Hwang

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The Technical Advisory Committee
US Soo Bahk Do Moo Duk Kwan Federation, Inc.®

Chairman
Cash Cooper Sa Bom Nim

Shim Gung Bu
Kris Poole Sa Bom Nim
Dae Kyu Jang Sa Bom Nim
Jennifer Gibbons Sa Bom Nim

Neh Gung Bu
Bill Nelson Sa Bom Nim
Lisa Kozak Sa Bom Nim
Josh Lockwood Sa Bom Nim

Weh Gung Bu
Daymon Kenyon Sa Bom Nim
Craig Hays Sa Bom Nim
Jeff Griggs Sa Bom Nim

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KO DAN JA SHIM SA HISTORY



1991 Ko Dan Ja Shim Sa – Springfield, NJ



1993 Ko Dan Ja Shim Sa – Springfield, NJ



1994 Ko Dan Ja Shim Sa – Springfield, NJ



1995 Ko Dan Ja Shim Sa – Springfield, NJ



1996 Ko Dan Ja Shim Sa – Springfield, NJ



1997 Ko Dan Ja Shim Sa – Springfield, NJ



1998 Ko Dan Ja Shim Sa – High Falls, NY



2000 Ko Da Ja Shim Sa – Carbondale, CO



2001 Ko Dan Ja Shim Sa - West Copake, NY



2002 Ko Dan Ja Shim Sa – Carbondale, CO



2003 Ko Dan Ja Shim Sa – Camp Bethany, LA



2004 Ko Dan Ja Shim Sa – Mobile, AL



2005 Ko Dan Ja Shim Sa – Ramona, CA



2006 Ko Dan Ja Shim Sa – Mobile, AL



2007 Ko Dan Ja Shim Sa – Ramona, CA



2009 Ko Dan Ja Shim Sa – Ramona, CA



2010 Ko Dan Ja Shim Sa – Ramona, CA



2011 Ko Dan Ja Shim Sa – Ramona, CA



2012 Ko Dan Ja Shim Sa – Ramona, CA



2013 Ko Dan Ja Shim Sa – Ramona, CA



2014 Ko Dan Ja Shim Sa – Ramona, CA



2015 Ko Dan Ja Shim Sa – Ramona, CA



2016 Ko Dan Ja Shim Sa | *Schedule of Events* |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track Moment With The Masters <i>(Attendance Optional for Sessions)</i>
Friday, November 11th		
1:00 PM to 6:00 PM	Arrivals and Registration (*Please note that this schedule is subject to change).	
4:00 PM to 5:30 PM	Arrivals and Registration	
6:00 PM to 7:00 PM	Dinner	
7:15 PM to 8:15 PM	Orientation & Workbook Review	Contact Pad Kicking Drills
8:30 PM to 10:30 PM	Candidate Pre-Evaluation	<i>Free Time</i>
Saturday, November 12th Moo Do Value Theme – Yuk Sa / History Kick – Ahp Cha Nut Gi		
7:00 AM	Moo Pahl Dan Khum	
8:00 AM	Breakfast	
9:15 AM to 10:15 AM	Practical Self Defense	
10:15 AM to 10:30 AM	Break	
10:30 AM to 11:45 AM	Jua Dae Ryun <i>(Sparring in Sitting Position - Model Exercises)</i>	
12:00 PM	Lunch	
1:30 PM to 2:30 PM	Studio Owner Business Panel	Optional: Studio Owner Business Panel or Jua Dae Ryun
2:30 PM to 2:45 PM	Break	
2:45 PM to 3:30 PM	Instruction of Class Design & TAC Model Class (PCA1 & PCA2).	Sam Soo Sik Dae Ryun REX Training
3:30 PM to 3:45 PM	Break	
3:45 PM to 4:45 PM	Building Skill in 5 Moo Do Value Sparring	
4:45 PM	MWM Group Picture	
5:00 PM	Dinner	
6:30 PM to 7:30 PM	U.S. Moo Duk Kwan History Seminar	
7:30 PM to 7:45 PM	Break	
7:45 PM to 8:15 PM	Targets & Pressure Points Unbendable Arm / Fullness / Moo Duk Huri / Moo Geh Partner Exercises	Chil Sung Ki Cho & Application REX Meeting
8:15 PM to 8:45 PM	Candidate Pre-Evaluation Feedback	<i>Free Time</i>
9:00 PM to 9:45 PM	Review of Candidate Class Instruction and Evaluation Process. Review Materials (i.e. Kicking Pads) Available for Classes Collect and Review Sa Bom Booklet	
9:45 PM to 10:00 PM	TAC debriefing and review of candidate needs	
Sunday, November 13th Moo Do Value Theme – Jun Tong / Tradition Kick – Yup Podo Cha Gi		
7:00 AM	Moo Pahl Dan Khum	
8:00 AM	Breakfast	
9:30 AM to 10:30 AM	MWM Seminar <i>H.C. Hwang Kwan Jang Nim</i>	
10:30 AM to 10:45 AM	Break	
10:45 AM to 11:45 AM	Connecting with Tradition on Kicking <i>(Video Review & Training)</i>	
12:00 PM	Lunch	
1:30 PM to 2:45 PM	Chil Sung Il Ro, E Ro, Sam Ro Hyung	Creative Partner Drills for the Do Jang



2016 Ko Dan Ja Shim Sa | *Schedule of Events* |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track Moment With The Masters <i>(Attendance Optional for Sessions)</i>
2:45 PM to 3:00 PM	<i>Break</i>	
3:00 PM to 3:55 PM	Dhando Ho Shin Sul <i>(Instructed by TAC Assistants)</i> TAC Training with Kwan Jang Nim - Ship Dan Kum	
3:55 PM to 4:00 PM	<i>Break</i>	
4:00 PM to 5:00 PM	Bong and Its Application in Soo Bahk Do <i>(Instructed by TAC Assistants)</i> TAC Training with Kwan Jang Nim - Ship Dan Kum	
5:00 PM	<i>Dinner</i>	
6:30 PM to 8:00 PM	Chil Sung Sa Ro Hyung & Chil Sung O Ro Hyung	Footwork & Ho Sin Sul Applications
8:00 PM to 8:15 PM	<i>Break</i>	
8:15 PM to 10:00 PM	Ho Shin Sul	<i>Free Time</i>
10:00 PM to 10:15 PM	TAC debriefing and review of candidate needs	
Monday, November 14th Moo Do Value Theme – Chul Hak / Philosophy Kick – Dollyo Cha Gi		
7:00 AM to 7:30 AM	<i>Moo Pahl Dan Khum</i>	
7:30 AM to 8:00 AM	Review of previous clinic material.	<i>Free Time</i>
8:00 AM	<i>Breakfast</i>	
9:30 AM to 12:00 PM	Ki Cho - Soo Gi and Jok Gi	Hyung Review
12:00 PM	Lunch <i>(TAC Proctor/Instructor Candidate Class Outline Review)</i>	Lunch
1:30 PM to 2:30 PM	Il Soo Sik <i>TAC Instructional Filming for Institute</i>	<i>Open Floor Training with TAC Member</i>
2:30 PM to 2:45 PM	<i>Break</i>	
2:45 PM to 4:45 PM	Chil Sung Yuk Ro, Chil Ro Hyung Sa Dan Candidates Required Hyung	
4:45 PM	Il So Il So, Il Lo Il Lo	
5:00 PM	<i>Dinner</i>	
6:00 PM to 7:00 PM	Application of Model Class Design (Master Ed Horni* & Master Adam Diaz) <i>TAC Proctor: Gibbons SBN</i>	<i>Open Floor Training with TAC Member</i>
7:00 PM to 8:00 PM	Application of Model Class Design (Master Willie Brantley* & Master Timothy Bennett*) <i>TAC Proctor: Lockwood SBN</i>	<i>Free Time</i>
8:00 PM to 9:00 PM	Application of Model Class Design (David Moon KSN* & William Mueller*) <i>TAC Proctor: Griggs SBN</i>	
9:15 PM to 9:45 PM	Sa Bom Candidate Evaluation Feedback	
9:45 PM to 10:00 PM	TAC debriefing and review of candidate needs Distribute Question for Oral Exam	



2016 Ko Dan Ja Shim Sa | *Schedule of Events* |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track Moment With The Masters <i>(Attendance Optional for Sessions)</i>
Moo Do Value Theme – Ki Khang & Jon Kyung / Discipline & Respect Kick – Ahneso Pakhuro Cha Gi		
7:00 AM to 7:30 AM	<i>Moo Pahl Dan Khum</i>	
7:30 AM to 8:00 AM	Review of previous clinic material	Free Time
8:00 AM	<i>Breakfast</i>	
9:30 AM to 11:45 AM	Yuk Ro Hyung (Du Mun, Joong Jul, Po Wol)	
12:00 PM to 12:45 PM	<i>Lunch (TAC Proctor/Instructor Candidate Class Outline Review)</i>	<i>Lunch</i>
12:45 PM to 3:00 PM	<i>Nature walk, contact with natural surroundings</i>	
3:00 PM to 4:45 PM	Yuk Ro Hyung (Yang Pyun, Sal Chu) <i>TAC Instructional Filming for Institute</i>	
4:45 PM	Il So Il So, Il Lo Il Lo	
5:00 PM	<i>Dinner</i>	
6:00 PM to 7:00 PM	Application of Model Class Design (Douglas Countryman & Richard Ahlers KSN) <i>TAC Proctor: Hays SBN</i>	<i>Open Floor Training with TAC Member</i>
7:00 PM to 8:00 PM	Application of Model Class Design (Lam Si & Derek Lyons) <i>TAC Proctor: Cooper SBN</i>	Free Time
8:15 PM to 8:45 PM	Sa Bom Candidate Evaluation Feedback	Free Time
8:45 PM to 9:00 PM	TAC debriefing and review of candidate needs	
9:15 PM to 11:00 PM	Sa Dan Candidate Written Exam TAC Meeting	
12:00 AM	Sa Dan Candidate Workout	
Moo Do Value Theme – Ki Sool / Technique Kick – Dwi Podo Cha Gi		
7:00 AM to 7:30 AM	<i>Moo Pahl Dan Khum</i>	
7:30 AM to 8:00 AM	Review of previous clinic material	Free Time
8:00 AM	<i>Breakfast</i>	
9:15 AM to 10:30 AM	Dynamic Il Soo Sik Dae Ryun / Ho Shin Sul / Dhando <i>(TAC Evaluation of Candidates)</i>	
10:30 AM to 10:45 AM	<i>Break</i>	
10:45 AM to 11:45 AM	Naihanji Hyung (Il / E / Sam)	
12:00 PM	<i>Lunch</i>	
12:30 PM to 1:45 PM	Candidate's Personal Time	Free Time
2:00PM to 2:30PM	Written Exam Review / Return Sa Bom Booklets TAC Training with KJN - Ship Dan Kum	
2:30 PM to 3:00 PM	Group Project Feedback TAC Training with KJN - Ship Dan Kum	
3:00 PM to 4:00 PM	Testing Hyung Review	Seminar with Kwan Jang Nim
5:30 PM	<i>Bus Departure for Banquet</i>	
6:30 PM	2016 Ko Dan Ja Shim Sa Banquet	



2016 Ko Dan Ja Shim Sa | *Schedule of Events* |

Day / Time	KDJ Candidate Track <i>(Visitors/Future Candidate Track Attendance Optional)</i>	Visitors / Future Candidate Track Moment With The Masters <i>(Attendance Optional for Sessions)</i>
Thursday, November 17th		
7:00 AM to 7:30 AM	<i>Moo Pahl Dan Khum</i>	
7:30 AM to 8:00 AM	Review of previous clinic material	<i>Free Time</i>
8:00 AM	<i>Breakfast</i>	
9:30 AM to 10:30 AM	Sam Soo Sik Dae Ryun (Traditional & Yuk Ro Application)	
10:30 AM to 10:45 AM	<i>Break</i>	
10:45 AM to 11:45AM	Pyung Ahn Hyung (Cho / E / Sam / Sa / O)	
12:00 PM	<i>Lunch</i>	
1:30 PM to 3:00 PM	Testing Hyung Review (<i>TAC Evaluation of Candidates</i>)	
3:00 PM to 3:30 PM	Candidate Oral Exam with Kwan Jang Nim	<i>Open Floor Training</i>
3:30PM	<i>Candidate Group Picture</i>	
3:30 PM to 5:00 PM	Preparation for the Ko Dan Ja Shim Sa <i>(Process Review with TAC)</i>	<i>Open Floor Training</i>
5:00 PM	<i>Dinner</i>	
6:30 PM	Preparation for the Ko Dan Ja Shim Sa <i>(Repetitions with Candidate Group)</i>	<i>Prepare (Setup & Clean) Do Jang for Ko Dan Ja Shim Sa Presentation</i>
7:00 PM	Candidate evaluations by the Senior Candidate Groups and Visiting Alumni are due to TAC	<i>Free Time</i>
Friday, November 18th		
7:30 AM	Meditation on prior training and preparation for the Shim Sa <i>(Candidates Only)</i>	<i>Free Time</i>
8:00 AM	<i>Breakfast</i>	
9:00 AM to 11:00 AM	The 2016 Ko Dan Ja Shim Sa with H.C. Hwang Kwan Jang Nim	
12:00 PM	Farewell and Best Wishes	

2016 KO DAN JA SHIM SA CANDIDATE AND STAFF LIST

First Name	Last Name	Rank	Test for or Status	Dan Bon	Salutation
H.C.	Hwang	Kwan Jang Nim	Kwan Jang Nim	509	Kwan Jang Nim
Russell	Hanke	Gu Dan	SAC	4137	Sa Bom Nim
Daymon	Kenyon	Pahl Dan	TAC	19839	Sa Bom Nim
D.K.	Chang	Chil Dan	TAC	20780	Sa Bom Nim
Cash	Cooper	Chil Dan	TAC	23082	Sa Bom Nim
Craig	Hays	Chil Dan	TAC	23132	Sa Bom Nim
Jeff	Griggs	Chil Dan	TAC	23269	Sa Bom Nim
John	Mahony	Yuk Dan	REX/Camp Liaison	28537	Sa Bom Nim
Josh	Lockwood	Yuk Dan	TAC	29755	Sa Bom Nim
Denise	Mullin	Yuk Dan	REX/Visitor	30212	Sa Bom Nim
Michael	Zickafoose	Yuk Dan	REX/Visitor	30699	Sa Bom Nim
Michael	Kelly	Yuk Dan	Visitor	31402	Sa Bom Nim
Jenn	Gibbons	Yuk Dan	TAC	32238	Sa Bom Nim
Thomas	Thai	Yuk Dan	Visitor	32244	Sa Bom Nim
Cort	Stinehour	Yuk Dan	REX/Visitor	33190	Sa Bom Nim
Leonie	Broman	Yuk Dan	AU TAC/Visitor	33219	Sa Bom Nim
Vicki	Kenyon	Yuk Dan	Visitor	32665	Sa Bom Nim
Dianna	Hume	O Dan	Visitor	29789	Master
Christian	Naggiar	O Dan	Yuk Dan	29994	Sa Bom Nim
Charles	Smith	O Dan	Yuk Dan	33141	Sa Bom Nim
Ernie	Medina	O Dan	Yuk Dan	33451	Sa Bom Nim
Gabriela	Brown	O Dan	Yuk Dan	33479	Sa Bom Nim
Rodrigo	Cruz	O Dan	Yuk Dan	33484	Sa Bom Nim
Mark	Koina	O Dan	Yuk Dan	34683	Sa Bom Nim
Ed	Horni	O Dan	Sa Bom	36429	Master
George	Broyles	O Dan	Visitor	36508	Sa Bom Nim
Carl	Vonck	O Dan	Visitor	39474	Sa Bom Nim
John	Lupone	O Dan	Visitor	40211	Sa Bom Nim
Colette	Arvidson	O Dan	Visitor	40219	Sa Bom Nim
Andy	Arvidson	O Dan	Visitor	40221	Sa Bom Nim
Stephen	Hunt	Sa Dan	O Dan	22084	Sa Bom Nim
Jeff	Mackey	Sa Dan	Visitor	28089	Master
Douglas	McConnell	Sa Dan	Visitor	29788	Master
Willie	Brantley	Sa Dan	O Dan/Sa Bom	33628	Master
Keith	Wildonger	Sa Dan	O Dan	35429	Sa Bom Nim
Adam	Diaz	Sa Dan	O Dan	36377	Master
Dwayne	Townsend	Sa Dan	O Dan	37809	Sa Bom Nim
Dan	Dixon	Sa Dan	O Dan	39488	Sa Bom Nim
Tim	Bennett	Sa Dan	O Dan/Sa Bom	40068	Sa Bom Nim
William	Toomey	Sa Dan	Visitor	40578	Master
Susan	Fittanto	Sa Dan	O Dan	41586	Sa Bom Nim
Trixie	Melton	Sa Dan	Visitor	42782	Master
David	Moon	Sam Dan	Sa Dan/Sa Bom	35187	Kyo Sa Nim
Doug	Countryman	Sam Dan	Sa Dan	37968	Mr.
William	Mueller	Sam Dan	Sa Dan/Sa Bom	41475	Mr.
Si	Lam	Sam Dan	Sa Dan	43997	Mr.
Joe	Menendez	Sam Dan	Visitor	44368	Kyo Sa Nim
Derek	Lyons	Sam Dan	Sa Dan	44669	Mr.
Richard	Ahlers	Sam Dan	Sa Dan	45476	Kyo Sa Nim
Margaret	Dearman	E Dan	Visitor	48818	Jo Kyo Nim

GROUP PROJECT

Each candidate group has been assigned a written project to be completed prior to the week of the examination. Past projects have included "Preparation Guidelines for the Ko Dan Ja Shim Sa", "The role of Women within the Moo Duk Kwan", "Curriculum and Promotion Guidelines for Tiny Tots" and a variety of other projects. You may have actually received copies of some of the past candidate projects from the Federation as part of your Shim Sa paperwork packet.

During the week you will have time to review and discuss the final draft of your group project with TAC officials who will be responsible for providing direction and feedback, and assisting with any questions you may have.

The project should be presented as a finished document. A print ready pamphlet, magazine article or newsletter article would be the ideal. Include a cover page noting the project title, the Shim Sa date and each of the candidate's names and Dan Bon. Two hard copies of the project and a copy on a disk shall be provided to the TAC.

RESPONSIBILITIES

As Ko Dan Ja, each of us represents the Kwan Jang Nim and Soo Bahk Do® martial art in the Moo Duk Kwan® school. It is our responsibility to live its principles and philosophies through our actions - physically, mentally, and spiritually. You have taken the first of these actions by preparing to the best of your ability for the Ko Dan Ja Shim Sa. During the Shim Sa examination, each of the candidates and the candidate groups will have their own unique responsibilities, as will the Kwan Jang Nim, SAC members, TAC members and visiting alumni. These responsibilities include:

Kwan Jang Nim

Provide guidance and direction in the main areas of mental emphasis during the Shim Sa.
Preside over the Shim Sa.

SAC

Serve as directed by the Kwan Jang Nim.

Hu Kyun In

Serve as directed by the Kwan Jang Nim.

TAC Shim Gung Bu

Standardization of tradition and philosophy
Review of rank and instructor certification essays and candidate group projects
Instruction on the Shim Gung aspects of our art at the direction of TAC Weh Gung Bu
Review Shim Sa protocol with the candidates
Provide a written evaluation and recommendation for each of the testing candidates.

TAC Neh Gung Bu

Standardization of culture, history and terminology
Review of rank and instructor certification application packets and candidate group projects
Instruction on the Neh Gung aspects of our art at the direction of TAC Weh Gung Bu
Provide a written evaluation and recommendation for each of the testing candidates.

TAC Weh Gung Bu

Standardization of Technique
Determine the schedule and curriculum of the Shim Sa.
Review of the workbook and evaluation forms with the candidates.
Instruction on the Weh Gung aspects of our art
Instruct the clinic sessions during the week.
Provide a written evaluation and recommendation for each of the testing candidates.

Senior Candidate Groups

The senior candidate groups (O Dan, Yuk Dan, and Chil Dan) will be required to provide an evaluation and recommendation for each of the junior candidates and a summary cover page of their recommendations. The evaluation will use the Shim Sa Candidate Evaluation Form at the end of the workbook. Each evaluation should be a consensus from the group based the candidate's history, performance and progress during the Shim Sa.

All Candidates

Attend all workouts, take notes, make changes or corrections as required based on the instruction given.

Practice as a group during your free time to prepare for the Shim Sa demonstration.

Complete all written projects.

Look out for the needs of each other and for their junior and senior candidate groups.

Visiting Alumni

Support the candidates through their active participation in the class sessions.

Assist and provide for the candidate's personal needs and group needs.

Administer, correct, and review the written examination.

Attend to the Kwan Jang Nim, SAC and TAC chairman's needs.

Provide a written evaluation and recommendation for each of the testing candidates.

Attend sessions of interest in the alternate track if desired.

Visiting Alumni are not required to attend all sessions, but should notify line neighbors when they will not attend a session so that lineup is more efficient.

Upload pictures and videos from the event to the Soo Bahk Do Institute (download link will be provided by TAC).

Create CD/DVD for candidates to take home with them (if feasible and/or available).

MOO PAHL DAN KHUM

Daily keep-fit exercises are part of the Asian culture, with hundreds or perhaps thousands of variations. These exercises, called “Ki Gung” in Korean and “Chi Gung” in Chinese, fall into two major categories: Martial exercises which build health and increase ones power for self-defense and Scholarly exercises which are designed specifically for health. These exercises gently work the bones, ligaments, and muscles, as well as the internal organs, circulatory, immune, lymphatic, and energy systems.

- Moo – Military
- Pahl – Eight
- Dan – Level
- Khum – of value (silk)

Moo Pahl Dan Khum and Moon Pahl Dan Khum are one such set of very old exercises developed to maintain health both internally and externally. They are originally based on an even older set of exercises called the Ship E Dan Khum (12 exercises). The Ship E Dan Khum were adapted by Marshal Yei, a famous Chinese military General, for his troops. They were divided into two sets, the Moo (military) set of exercises and the Moon (scholarly) set of exercises. The Moo Pahl Dan Khum consists of 8 standing exercises and the Moon Pahl Dan Khum consists of 8 sitting exercises.

Our Founder Hwang Kee added the Moo and Moon Pahl Dan Khum exercises to Soo Bahk Do Moo Duk Kwan’s curriculum because he believed martial arts should be learned not only for self-defense but also for mental, physical, and spiritual development. The Founder learned the Moo and Moon Pahl Dan Khum while practicing and researching in China, where these exercises are called the “eight brocade”.

The descriptions for the eight Moo Pahl Dan Khum exercises are listed below. Breathing is done in 4 steps or stages of approximately 5 to 7 seconds - Inhale, hold with air, exhale, hold without air. Modifications may be appropriate to meet the needs and conditioning of the individual student.

Moo Pahl Dan Khum:

- Il Bon – Interlock fingers / Stretch Up
- Ee Bon – Archer
- Sam Bon – Punching from horse stance
- Sa Bon – Up / Down hand press
- Oh Bon – Waist Bend
- Yuk Bon – Knee Massage
- Chil Bon – Roll spine / push hands forward
- Pahl Bon – Back Bend

GI CHO AND ITS PHILOSOPHY - USE OF HIP (HU RI)

There are many factors that make our Moo Duk Kwan® style very unique under our Founder Hwang Kee. One factor is our unique way to emphasize use of hip, both in demonstration and explanation. Use of hip is extremely important in helping you to understand coordination of speed, power and balance. Proper use of hip will help you achieve higher levels in your martial arts training and in many other physical activities you may become involved with in the future.

Remember to practice the Moo Duk Kwan® way and enjoy the results you will experience at all times. This is a great gift from the Moo Duk Kwan® and its Founder Hwang Kee and we are all proud to be a part of the Moo Duk Kwan® discipline. Please pay close attention to the instructions for proper use of hip. It will help you increase your enjoyment in every area of your performance.

Defensive Use of Hip – Chun Gul Jaseh

Beginning Posture – Begin from a left leg forward Chun Gul Jaseh.

Intermediate Posture - As you advance the right hip is held forward in preparation. Inhale through your nose, your body should be relaxed.

Completed Posture – Right hip snaps backward as your weight drops to the front leg into completion of the front stance. Exhale.

Defensive Use of Hip – Hul Gul Jaseh

Beginning Posture – Begin from a left leg forward Hul Gul Jaseh.

Intermediate Posture - As you advance the right hip is held forward in preparation. Inhale through your nose, your body should be relaxed.

Completed Posture – Right hip snaps backward, internal tension drops to the rear leg into completion of the back stance. Exhale.

Offensive Use of Hip – Chun Gul Jaseh

Beginning Posture – Begin from a left leg forward Chun Gul Jaseh.

Intermediate Posture - As you advance the right hip is held back in preparation. Inhale through your nose, body is in a relaxed position.

Completed Posture – Right hip snaps forward as your weight drops to the front leg into completion of the front stance. Exhale.

Direct Hip

Direct hip is used when the hip and hand move in the same direction. For example both arms in Choong Dan Kong Kyuk use direct hip.

Reactive Hip

Reactive hip is used when the hip and hand move in opposite directions. For example the retraction side when performing a Ha Dan Mahk Kee (the block side uses direct hip).

SOO BAHK DO GI CHO

1. Hwak Kuk – Seize, smash
 - a. Hwak Kuk Jang Kap Kwon – Yang Kap Kwon, Tuel Oh Yang Kap Kwon (ref. Du Moon Hyung).
 - b. Hwak Kuk Jang Kwon Do – Yang Kwon Do, Tuel Oh Yang Kwon Do, Single Kwon Do.

(학국장갑권, 攫擢長甲拳)

(학 국장권도, 攫擢長권刀)

2. Do Mahl Sik – Paint smear rule / method

(도말식, 塗抹式)

- a. Choong Dan Soo Do Mahk Kee, Du Moon Hyung's smear pushing moves.
- b. Joong Jul Dan Jun admire move.

Note: All circular moves

3. Ta Ko Sik – Beating drum rule / method

(타고식, 打鼓式)

- a. Sang Dan Mahk Kee, last move of Ta Ko Sik in Chil Sung Sam Ro.
- b. Ta Ko Sik in Sal Chu Hyung, Tuel Oh Sang Dan Kong Kyuk / Tuel Oh Dwi Kwon Do Ha Dan Kong Kyuk.

4. Pol Wol Seh – Embracing Moon, force (poise, position)

(포월세, 胞月勢)

- a. Beginning moves of Pol Wol Hyung.
- b. Beginning moves of Chil Sung Yuk Ro (or Il Ro), Ha Dan sweep.

5. Yo Sik – Shake rule / method

(요식, 搖式)

- a. Tuel Oh Ha Dan Yuk Soo Do Kong Kyuk / Tuel Oh Ha Dan Dwi Soo Do Kong Kyuk, Ha Dan Yuk Soo Do Kong Kyuk / Ha Dan Dwi Soo Do Kong Kyuk, Yo Sik Ha Dan Mahk Kee, Yo Sik Tuel Oh Choong Dan Kong Kyuk.
- b. Yang Pal Koop Mahk Kee (both sides), Yo Sik Ahneso Phakuro Mahk Kee, Kwan Soo Kong Kyuk (when advancing turn to rear).

HYUNG AND ITS PHILOSOPHY

Basic to all martial arts is this: After the basic movements are learned they are applied to and transformed into forms. The elements which make up the character or personality of a form may be understood as follows:

1. Form Sequence – The proper and correct sequence of moves in a particular form.
2. Power Control (Him Cho Chung) – Command of the release, restraint and relaxation of explosive energy of focused power.
3. Tension and Relaxation (Shin Chook) – Mastery of breathing and timing in the accumulation and release of energy or power.
4. Speed and Rhythm Control (Wan Gup) – Coordination and patterning of moves at rates appropriate to the sub-sequences within the form.
5. Direction of Movements – Certainty of balance and confidence of step in changing direction.
6. Spirit or Attitude (Moo Do Shim Gung) – Evidence of a sense of calm and humility based on self-knowledge and dedication to the perfect form.
7. Power of Technique (Intent) – Rigor and strength of moves especially in equal power of attack and defense.
8. Understanding Form Technique (Intent) – Demonstration in the form that the sequence of moves has been internalized and flows with the naturalness and ease of reflex responses, that is, without the obvious intervention of conscious thought.
9. Distinctive Features of the Form – Evocation in the observer of a vivid awareness of the specific kinds of attack and of the number and direction of attackers for which a particular form is designated.
10. Perfect Finish – As additional evidence of concentration and control, the last move of the form ends at the starting point and then remains frozen or fixed there until signaled by the referee, judge or teachers.
11. Precision of Movements – Such accuracy in the execution of a move as reflects the finest logical coordination of balance, distance, power, ability and control.
12. Intentness – Direction and concentration of the entire attention upon points of power. The intent eyes communicate both a determination to defend against attack and a predetermined plan or deliberate design for defense. Further, the eyes anticipate the intended direction of moves by quick shifts and then concentration of focus upon the point of power.

These twelve elements may be used as a basis for evaluating a form and for the study of its improved performance.

YUK RO HYUNG HISTORY AND NAMING

Moo Yei Do Bo Tong Ji

무예도보통지, 武藝圖譜通志

(Martial Art Diagram List Communication Purpose)

Moo	무, 武	Martial
Yei	예, 藝	Art, Skill
Do	도, 圖	Picture, Diagram
Bo	보, 譜	List, Chart
Tong	통, 通	Communicate
Ji	지, 志	Purpose

Yuk Ro Hyung	육로형, 六路型	Six Path Model
Du Mun	두문, 斗門	Measure Gate
Joong Jul	중절, 中截	Middle Cut
Po Wol	포월, 抱月	Embrace Moon
Yang Pyun	양편, 揚鞭	Raise Whip
Sal Chu	살추, 煞鎚	Death Hammer
Choong Ro	충로, 衝擄	To Rush At and Capture

YUK RO HYUNG TIMING

There is a natural flow and grouping of technique (Dong Jak) within hyung. The following breakdown shows the grouping of movements eastward and westward. Techniques listed in parenthesis show the timing and pauses within a set of Dong Jak.

Du Mun

Eastward 4 – 5 – 7 (1, 4, 2)

Westward 4 – 5 – 7 (1, 4, 2)

Joong Jul

Eastward 5 – 6 – 5 – 7

Westward 7 (1, 6) – 7 (3, 4) – 7 (4, 3)

Po Wol

Eastward 3 – 6 – 5 – 6

Westward 1 – 2 – 7 – 5 – 6 (2, 4)

Yang Pyun

Eastward 6 (3, 3) – 5 – 5 (clearing low block after double high block counted as a movement) – 8 (4, 4)

Westward 1 – 6 (3, 3) – 5 – 5 (clearing low block after double high block counted as a movement) – 8 (4, 4)

Sal Chu

Eastward 6 (3, 3) – 4 – 6 – 3

Westward 7 (4, 3) – 4 – 6 – 2

Choong Ro

Eastward 7 (4, 3) – 4 – 9 (2, 4, 3) – 6 – 9 (5, 4)

Westward 8 (5, 3) – 4 – 5 – 7 (4, 3) – 5

IL SOO SIK DAE RYUN

Il Soo Sik Dae Ryun (One Step Sparring) is pre-planned sparring with a partner that helps develop balance, focus and distance control. Il Soo Sik Dae Ryun is performed in a formal way with a proper start, execution of the Il Soo Sik technique and proper finish.

- Bow to your partner from the attention position
- Choon Bee together
- Measure distance
- Junior side challenges with Ha Dan Mahk Kee and proper Ki Hap, senior side response with Ki Hap
- Junior side performs Sang Dan Kong Kyuk, senior side performs Il Soo Sik exercise
- Both sides Ba Ro together upon completion

Bowing to our partner in the Soo Bahk Do® martial art in the Moo Duk Kwan® school (San Ho Kan E Kyung Ret) is of the utmost importance as it shows the Respect and Discipline that comprise one of our 5 Moo Do values. Our training involves potentially dangerous techniques and without respect and discipline the techniques may be used in a negative manner. The physical action of bowing shows the constant mental awareness and concentration required as well as respect towards yourself, your partner and towards the art.

Instructing Il Soo Sik Dae Ryun

Il Soo Sik exercises can be instructed using a four count methodology. As an instructor this gives us the opportunity in a mixed class to have each student demonstrate the exercises appropriate to their level while using the same count for everyone. Since # 7-8, 9-10, 13-14, and 15-16 have more than four techniques for some of the counts two techniques are performed together as noted below:

- # 7 – 8: Perform the Yup Podo Cha Gi and Tuel Oh Sang Dan Kong Kyuk as count 2
- # 9 – 10: Perform the Dwi Podo Cha Gi and Soo Do Mahk Kee as count 3
- # 13 – 14: Perform the Soo Do Mahk Kee and Ahp Bal Dollyo Cha Gi as count 1
- # 15 – 16: Perform the Soo Do Mahk Kee and Dollyo Cha Gi as count 1
Yup Podo Cha Gi and Sung Muk Dong Kong Kyuk as count 2
Ahneso Pahkuro Mahk Kee and Choong Dan Kong Kyuk as count 3
Soo Do Kong Kyuk and Yuk Soo Do Kyung Kyuk as count 4

Il Soo Sik Dae Ryun Timing

Each set of Il Soo Sik exercises also has a natural Wan Gup or timing aspect where techniques are grouped. The groupings listed are shown in terms of the four count instructional method listed above.

- # 1 – 2: Perform 2 techniques, slight pause, perform 2 techniques (2 – 2)
- # 3 – 4: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- # 5 – 6: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- # 7 – 8: Perform 3 techniques (counts 1 and 2), slight pause, perform 2 techniques (2 – 2)
- # 9 – 10: Perform 3 total techniques (counts 1 and 2), slight pause, perform 2 techniques (2 – 2)
- # 11 – 12: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)
- #13 – 14: Perform 4 techniques (counts 1, 2 and 3), slight pause, perform 1 technique (3-1)
- #15 – 16: Perform 4 techniques (counts 1 and 2), slight pause, perform 4 techniques (counts 3 and 4) (2 – 2)
- #17 – 18: Perform 3 techniques, slight pause, perform 1 technique (3 – 1)

SAM SOO SIK DAE RYUN

Sam – Three, Soo – Hand/Technique/Trick, Sik – Rule/System

Moo Do Jaseh – High level of performance and Shim Gung.

- Maintain the beauty of the finish
- Weapon discipline
- Moo Do ceremony
- Shi Sun

There are two main goals of the Sam Soo Sik Exercises

- Gaining an appreciation of Um and Yang (receiving and giving)
- Connecting to our history and hyung in physical application

Yang is demonstrated by Chun Jin, advancing, exhalation. Um is demonstrated by Hu Jin, retreating, inhalation. If we have Um/Yang within ourselves then we can work well with our partners.

Partner Exercise

- Offense - Sang Dan Kong Kyuk, Defense - Hu Jin Choong Dan Soo Do Mahk Kee
- Offense - Sang Dan Kong Kyuk, Defense - Hu Jin Pahkeso Ahnuro Mahk Kee
- Wrist touching cross step drill
- Cross step Kicking exercise

#1

- A) Right leg retreat Choong Dan Ahneso Pahkuro Soo Do Mahk Kee (left hand)
- B) Left leg retreat Choong Dan Ahneso Pahkuro Soo Do Mahk Kee (right hand)
- C) Right leg diagonal step Tuel Oh Ahneso Pahkuro Soo Do Mahk Kee
- D) Tuel Oh Choong Dan Kong Kyuk

D alternate) Tuel Oh Sang Dan Kong Kyuk

E) Clear the partner's arm, right leg Ahneso Pahkuro Cha Gi

E alternate) Right leg forward Tuel Oh Pahl Koop Kong Kyuk

#2

- A) Left leg retreat Pahkeso Ahnuro Mahk Kee
- B) Right leg retreat to Kyo Cha Rip Jaseh, Ahneso Pahkuro Mahk Kee
- C) Left leg stepping out to Chun Gul Jaseh, Tuel Oh Pahkeso Ahnuro Mahk Kee
- D) Tuel Oh Sang Dan Kong Kyuk
- E) Right leg Yup Huri Gi
- E alternate) Right leg retreat to Hu Gul Jaseh - left lead leg Dollyo Cha Gi

#3

- A) Right leg retreat Choong Dan Soo Do Mahk Kee
- B) Left leg retreat Choong Dan Soo Do Mahk Kee (right arm crossing on top)
- C) Right leg retreat Pahkeso Ahnuro Jang Kwon Mahk Kee
- D) Dwi Ahneso Pahkuro Cha Gi
- E) Tuel Oh Choong Dan Kong Kyuk

#4

- A) Right leg retreat Choong Dan Ssang Soo Ahneso Pahkuro Mahk Kee
- B) Left leg retreat Choong Dan Ahneso Pahkuro Soo Do Mahk Kee
- C) Right leg retreat to Kyo Cha Rip Jaseh, Ahneso Pahkuro Yuk Soo Do Mahk Kee
- D) Right leg Peet Cha Gi
- E) Left hand Tuel Oh Yuk Soo Do Kong Kyuk
- F) Clear the partner's arm, Right hand Tuel Oh Kwon Do Kong Kyuk
- G) Left hand Tuel Oh Choong Dan Kong Kyuk

#5

- A) Prepare with left leg forward Chun Gul Jaseh Pahkeso Ahnuro Cha Gi (right leg) blocking the punch
- B) After kicking return to left leg forward Hu Gul Jaseh Ahneso Pahkuro Cha Gi blocking the punch
- C) After kicking return to right leg forward Hu Gul Jaseh Pahkeso Ahnuro Cha Gi blocking the punch
- D) Right leg forward Chun Gul Jaseh U punch

HO SHIN SUL

Ho Shin Sul has been taught in the Moo Duk Kwan® school since the Founder established the system in 1945. Ho Shin Sul can be translated as:

- Ho: Protection, Defense
- Shin: One's own body (yourself)
- Sul: Technique

Ho Shin Sul begins with awareness: awareness of your surroundings, circumstances and potential threatening situations. With proper awareness a conflict should be prevented long before a physical confrontation takes place.

Ho Shin Sul should use the energy of your partner against them. In most situations, when your attacker pushes you pull and if they pull you push. The defender should understand the importance of striking quickly while maintaining the highest level of Shim Gung. When put into submission the attacker should maintain shi sun, good posture and move with the flow and energy of the exercise for an overall harmonious demonstration.

Some of the areas for special concern during the practice of Ho Shin Sul are:

- Maintain Shi Sun (eye focus) straight at your partner at all times in order to maintain good awareness of every move you and your partner make.
- Open your hand and fingers before and during the release from your partner's grip. Maintain awareness of the energy from the Dan Jun (abdomen) as it will give you energy to perform easily without tensing. Maintain fullness in the releasing arm.
- Drive your elbow towards your partner when releasing the grip rather than pulling towards you.
- Move your mass around your partner to take them off balance – Be active.
- Practice Ho Shin Sul with a low center of gravity.
- If a pain compliance joint lock is being performed, be sure to receive compliance from your partner before moving on to the next motion. Compliance can be a tap of the hand, the body's movement to pain or a facial expression.
- Maintain an awareness of how Wan Gup applies to the Ho Shin Sul process:
 - Wan – Come to Choon Bee with your partner with deliberation. Extend the correct arm to receive the challenge for Ho Shin Sul.
 - Gup – Perform the Ho Shin Sul technique with intent, line and proper speed.
 - Wan – Baro with your partner with deliberation. Prepare for the next Ho Shin Sul technique.

Wrist/Sleeve grabs

Up to Cho Dan there are 19 wrist techniques

For E Dan there are 10 lower sleeve techniques

For Sam Dan there are 8 mid sleeve techniques

Total of 37 techniques

Knife Techniques

5 directional attacks

Bong Techniques

6 directional attacks (3 pool cue holds, 3 baseball bat holds)

RANK EVALUATION CRITERIA

Your evaluation for rank promotion will be based on a number of factors. First of all you must meet the General Requirements, General Knowledge, Demonstration of Ability and Written Essay requirements for your desired rank. These requirements are detailed in the current Gup & Dan Manual.

Your evaluation will also be based on your standardization, demonstration and understanding in the areas of Shim Gung, Neh Gung, and Weh Gung, your demonstration of the six statements of Mission 2000 (both before and during the examination) and your demonstration of the 5 Moo Do values. You will also be evaluated on how you conduct yourself and represent the Moo Duk Kwan® during the week, your Moo Do Presence or Moo Do Shim Gung, how you relate and interact with your fellow candidates and seniors and on your ability to “be a student” and to receive instruction.

Physical Requirements

The physical requirements specific for each rank are as follows:

All Candidates

Gi Cho including Soo Bahk Do Gi Cho
Ho Shin Sul (all wrist and sleeve grabs)
Il Soo Sik Dae Ryun (all - # 1 through # 18)
Sam Soo Sik Dae Ryun (all)
All lower Belt Hyung requirements

Sa Dan Requirements

Gi Cho
Il Soo Sik Dae Ryun
Ho Shin Sul
Yang Pyun
Chil Sung O Ro
Kong Song Koon
Ship Soo

O Dan Requirements

Sal Chu
Chil Sung Yuk Ro
Wang Shu
Sei Shan
Optional Group presentation

Yuk Dan Requirements

Choong Ro
Chil Sung Chil Ro
O Ship Sa Bo
Ji On
Optional Group presentation

Chil Dan Requirements

Choong Ro
Hwa Sun
Optional Group presentation

Evaluation Criteria

The evaluation in each of the areas noted above relate to your demonstration of the following concepts:

Shim Gung (Mind energy) – Standardization of protocol and etiquette, application of Moo Do philosophy - for example connection of eye focus and concentration, your intent directing your actions, your awareness of yourself and your surroundings.

Neh Gung (Internal energy) – Understanding of breath, connection of breath to movement, the application of internal expansion and contraction.

Weh Gung (External energy) – Standardization of technique, connection of hip, the application of proper “chain of command”, physical conditioning (repetition).

Mission 2000 – Your application of the six statements of Mission 2000 in your personal training, administration, and during the examination in terms of your relationships and interactions with your fellow candidates and practitioners.

5 Moo Do Values – Your application of the 5 Moo Do values in your personal training, administration, and during the examination in terms of your relationships and interactions with your fellow candidates and practitioners.

Candidate Pre-evaluation

All candidates will participate in a pre-evaluation demonstration on the first evening of the Ko Dan Ja Shim Sa. This pre-evaluation provides the Kwan Jang Nim, SAC and TAC an indication of the areas needing emphasis for you and for your candidate group. Following the pre-evaluation you will be provided specific feedback and guidance based your performance and your progress. You will also receive feedback and guidance during the week. The pre-evaluation will follow a format similar to your presentation on the final day of the Shim Sa.

Gi Cho (2x each)

Ha Dan Mahk Kee
Choong Dan Kong Kyuk
Sang Dan Mahk Kee
Choong Dan Soo Do Mahk Kee
Wheng Jin Kong Kyuk
Hwak Kuk Jang Kap Kwon
Do Mahl Sik Il Bon
Ta Ko Sik Il Bon
Po Wol Seh Il Bon
Yo Sik Il Bon

Partner Jok Gi (2x each)

Ahp Cha Nut Gi
Dollyo Cha Gi
Yup Podo Cha Gi
Dwi Podo Cha Gi
Dwi Ahneso Pahkuro Cha Gi

Hyung

Hyung requirements for each rank level are listed on the previous page

Ho Shin Sul

Partners alternate odd and even exercises – Cross wrist, same side wrist, 2 on 1 wrist, 2 on 2 wrist, side wrist, back wrist, 2 on 2 lower sleeve, cross lower sleeve, same side lower sleeve, cross mid-sleeve, same side mid-sleeve

Il Soo Sik

Partners perform alternating odd exercises, both perform # 17

Sam Soo Sik

Partners perform alternating exercises

History, Culture and Terminology

Questions may be asked by the examiners

CANDIDATE EVALUATION PROCESS

Picture: The Candidates see the highest level of Moo Do expression from the TAC.

Connection: The Candidates connect that picture to their actions during the Ko Dan Ja Shim Sa week.

Application: The Candidates apply the experiences gained at the Shim Sa in their own training, in their Do Jangs and on Regional and National levels. They also are encouraged to connect those experiences to their daily lives as living Moo Do models.

On Thursday night prior to the presentation, members of the TAC will define and acknowledge areas of strength and areas to be strengthened for each candidate. TAC will present a summary of its recommendations to H. C. Hwang Kwan Jang Nim.

Once finalized, this information will be sent directly to the candidate's Instructor, as well as cc'd to all appropriate parties (SAC, TAC, HKI, REx) with an explanation of what the TAC's expectations for growth are. This will be done in the form of a letter from the TAC Chair. Instructors will be directed to work closely with their Regional Examiners in the process. If possible, an online method of delivery is preferred for SAC, TAC, HKI and REx.

All candidates are provided a window of opportunity to allow their experiences to become a part of their nature. This instilling process is the true essence of their experience.

All Instructor recommendations will need to be forwarded to their respective Regional Examiners for review by the date designated by the TAC. Regional Examiners will then submit their official recommendations to the TAC Chair by the date designated by the TAC after reviewing the Instructor recommendations.

If there are remaining areas to be addressed, the TAC Chair, Regional Examiners and Instructor will communicate a remedial action plan prior to the final recommendation to Kwan Jang Nim and the World Moo Duk Kwan®. The TAC Chair will then initiate a completion of the recommendations and production of certificates through U.S. Soo Bahk Do Moo Duk Kwan Federation® Headquarters for mailing to the candidate's Instructor.

SA BOM CERTIFICATION CRITERIA

A Sa Bom (Sa – teacher person and Bom – model) is a teacher of teachers. As a Sa Bom we should demonstrate four characteristics:

- Instructor: Be able to draw the student's attention.
- Teacher: Understands the mechanics of how to teach and organize a class curriculum.
- Preacher: Communicates the Moo Duk Kwan® philosophy.
- Practitioner: Be active in your own training, practice what you teach.

The evaluation for Sa Bom will be based on meeting the requirements for Sa Bom certification as noted in your Gup & Dan Manual. Additionally, the evaluation will be based on your ability to organize teaching curricula, to teach and evaluate instructors and their teaching process and to demonstrate the maturity required of a Sa Bom in the Moo Duk Kwan® school.

Class Instruction Requirements

In 2016 members who are eligible for Sa Bom Certification will participate in a video evaluation program initiated by the Technical Advisory Committee. All 4th Dan candidates and Sa Bom candidates are required to submit videos. A 5th Dan, 6th Dan, or 7th Dan candidate is not required to submit a video unless he/she is also testing for Sa Bom.

The TAC has prepared an online video of a model Soo Bahk Do® class and a document detailing instructional design concepts for model Soo Bahk Do® class instruction on the Soo Bahk Do® wiki site.

These advanced training materials are for use by Sa Bom Certification applicants preparing to submit their own teaching video for evaluation by the TAC.

The following instructions outline the process that 2014 Sa Bom Certification applicants followed. The TAC also held one or more teleconferences to answer questions and clarify Sa Bom Certification applicant outcome expectations.

An outline of the process followed is noted below:

1. Review the instructional design concepts written materials which describe proper class organization, PCA 1 and PCA 2 principles.
2. Watch the model Soo Bahk Do® class instruction video online, taking notes for future review.
3. Begin to teach your classes based on the concepts outlined in the written materials, videos, and Sa Bom workbooks.
4. Once you are comfortable that your instruction meets the expectations of the model Soo Bahk Do® (Moo Do) class, prepare to teach and video your candidate class:
 1. Obtain video equipment to record your instruction, the taping can be performed either from a tripod or handheld.
 2. Prepare your class instruction. Your instruction should be approximately 20 minutes in duration. It should cover the key sections shown in the video and

should be treated as a whole class, condensed to 20 minutes. You should document your class plan using the PCA 1 & 2 example.

3. If not videoed in digital format, convert the video to a digital file format in preparation for uploading online. Please do not edit or modify your video. The ultimate value to you is in the feedback from the TAC on your class instruction strengths and areas of improvement.
 4. Upload your video and documents to the TAC site, following the upload instructions provided below. Written documents (i.e. class plan, etc.) can be uploaded at the same time as your video and will appear attached to page where your video is displayed in order to keep all candidate materials together.
 5. Email the TAC Chairman, TAC, TAC Administrator, and Kwan Jang Nim Hwang that your video was successfully submitted.
 6. The TAC will review your instruction submission and provide feedback online. You will receive an email when comments are posted.
5. Review the feedback from TAC. If TAC asks you to submit another class which incorporates the feedback, follow the same process as above.
 6. Also check the site for your fellow candidate videos to review them and take notes for your own instruction improvements.

During the Ko Dan Ja Shim Sa, two (2) candidate submissions will be selected as examples of the model Moo Do class. If your class is selected, the video will be watched during the week by the candidates. You will then have the opportunity to teach the same class to your fellow candidates so they can experience your instruction.

Class Instruction Tips

A few basic do's and don'ts that have been noted in past Sa Bom evaluations may help you give the best possible presentation of your teaching ability:

- Use brief, concise explanations of your concepts and get the class moving – students come to class for a work out. After the class practices the exercise a few times if corrections or guidance is needed, stop, make a brief comment and get them moving again.
- Use rank appropriate material, both for beginners and seniors.
- Be aware of late arrivals waiting to join class.
- Demonstrate from a position that allows students a proper view – avoid demonstrating when students have their backs turned and face the class when speaking or giving instruction.
- Have the class sit when demonstrating.
- Always demonstrate to the best of your physical ability.
- Use vocal inflection to motivate students, commands to move should have greater emphasis than spoken instructions.
- Make personal contact (use names if possible) when giving corrections or praise.
- Use proper titles when addressing others – Mr. Jones, Kyo Sa Smith, Kyo Sa Nim Edwards, etc.

- Be aware of the junior – senior relationship. Refrain from making personal corrections to your seniors in class.
- Teaching sessions can make use of the provided equipment and are encouraged to do so where appropriate to the class material. For example, kicking targets are typically available for use.

Class Instruction Protocol

Class instruction by a candidate will begin with the traditional class line-up according to seniority. After the official bow-in, the senior candidates and officials evaluating will move to the outside of the training area. Any candidates training in the class will remain in the line-up.

The candidate teaching the class will move to the front of the training area and bow to the Head instructor (who will then move off of the training area). The candidate instructing will then bow with the class and begin teaching.

Note: When candidate instructors are teaching, it is not necessary for the class to bow to the Head Instructor (who maybe seated off of the training area) at the “SHIO” command.

MISSION 2000

The six policies or statements of the Mission 2000 were developed by our Founder Hwang Kee in 1989 to provide a vision for the Moo Duk Kwan® schools into the 21st century. The Mission 2000 policies help us understand the global impact and greater purpose of our Soo Bahk Do® training and Moo Duk Kwan® philosophy - to contribute to World Peace through improved human relationships.

The six policies of the Mission 2000 are:

1. Human Relationships (National)

Continue to develop the atmosphere of respect, courtesy, friendship, brotherhood, cooperation and goodwill within the Soo Bahk Do membership.

2. Human Relationships (International)

The atmosphere identified in number one should become consistent throughout the world. The U.S. should be the leading energy force developing and distributing this atmosphere.

3. Moo Do Organization

We are a martial (Moo Do) organization and we must continue to develop appropriately. The structure of our training, i.e. Dan Bon system, standardization, discipline, respect, techniques.

4. Administration of the Organization

The officers and the Board of Directors should take an active role regarding the administration of the Federation. Members should take an active role in their administration of testing forms, testing results, membership contributions, etc.

5. Member's Organization

This is a member's 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 financially stable organization.

FIVE MOO DO VALUES

Your identity as a Moo Duk Kwan® practitioner of the Soo Bahk Do® martial art has been created as a result of our Moo Do values. It is therefore appropriate and proper that as an instructor you emphasize and apply these values in your daily life and in your curriculum of instruction.



Five examples of our Moo Do values, where they're found in our training and how they're important are listed below.

IYOK (YUK) SA – HISTORY



Iyok *takes part, experience*



Sa *history, recording*

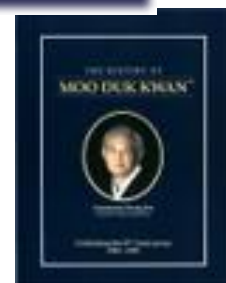
Where is history found in our training?

- History of humanity, Moo Do, Korea, Soo Bahk Do, Moo Duk Kwan, Federation, your Dojang
- Honoring the past – Respect for seniors, elders
- History on the background of hyungs and other achievements, team hyung, pit cha gi image



Why is history important?

- Pride and Credibility
- Backbone of being / Strengthening our identity
- Appreciate the value of where we are in the present by honoring the past that has made it possible for us to be where we are today
- Our history shows us how our present has been created



JEON (JUN) TONG – TRADITION

傳 Jeon *transmit*

統 Tong *govern*



Where is tradition in our training?

- Traditional bowing, beginning and ending ceremony in each class
- Protocol
- Shim Sa process, procedures and certifications
- Dan Bon
- Moo Duk Kwan® do bok

Why is tradition important in our training?

- Backbone of being / Strengthening our identity
- Forming our unique identity through character development and learning the value of each particular tradition

CHUL HAK – PHILOSOPHY

哲 Chul *sagacious, bright*

學 Hak *learn, study*







Where is philosophy in our training?

- In our training and actions inside and outside of the dojang
- Moo Do Chul Hak (philosophy)
- Sip Sam Seh, 8 key concepts, 10 articles, Mission 2000

Why is philosophy important in our training?

- Strengthens our character and identity
- Helps guide our training to meet with the principles underlying the nature of the universe

KI KHANG/ JON KYUNG – DISCIPLINE / RESPECT

	Ki	<i>principle, rule</i>
	Khang	<i>principle, ethic, things to keep</i>
	Jon	<i>respect, high regard</i>
	Kyung	<i>respect, handle with care</i>



Where is discipline and respect found in our training?

- In all aspects of our Moo Do training

Why are discipline and respect important in our training?

- Character development / Strengthening our identity
- The benefit you and others receive through discipline and respect
- Preventing conflict by being respectful to others so you'll earn respect
- Discipline is built upon respect and the principles of nature for all things

KI SOOL – TECHNIQUE

	Ki	<i>skill</i>
	Sool	<i>artifice</i>

Where is technique in our training?

- Use of Huri
- Physics & Science Application to Study of Soo Bahk Do®

Why is technique important in our training?

- Connects to the history, tradition and philosophy of our art

As an instructor you must be motivated to serve as a role model and edify the positive Moo Do experiences that have created your Moo Do identity to your students, your family and to your local community.

LEADERSHIP

Think about your Instructor and other seniors within the Moo Duk Kwan®. What characteristics of a leader stand out:

- Competence – The ability to demonstrate knowledge and skill.
- Humility – Modesty in behavior, attitude, and spirit.
- Discipline – Having the self-control to behave and act as you say.
- Conviction – A strong sense of belief.
- Decisiveness – The ability to make decisions and act.
- Knowledge – Awareness and understanding gained through experience.
- Direction – Has a set of clear goals and a vision.
- Clarity - Clearness of thought and communication.
- Charisma – Likable.

The Moo Duk Kwan® emphasizes leadership in the practice of the Soo Bahk Do® martial art. The Technical Advisory Committee, with the implementation of the Jo Kyo, Kyo Sa and Sa Bom certification programs, now further supports this development through instructor certification workbooks, clinics, and seminars. As Dan and Ko Dan Ja members we are the current and future Moo Duk Kwan® leaders.

THE ART AND I

The Moo Duk Kwan® has a proud history and unique identity:

- Use of Huri
- Do Bok Trim
- 1st Goodwill Internationals
- Dan Bon
- Publications
- Physics & Science Application to Study of the Soo Bahk Do® martial art
- Discovery of Moo Yei Do Bo Tong Ji & rebirth of Soo Bahk
- Moo Duk Kwan® patch
- Yuk Ro / Chil Sung Hyungs
- Ko Dan Ja Shim Sa
- Founding Purposes of U.S. Federation
- Action Philosophy (Life's Journey)
- You

Soo Bahk Do® is the Moo Duk Kwan's® living martial art system based on Moo Do philosophy. Our actions are initiated and created based on Moo Do – Moo Do is our identity.

**HONORING THE PAST, CREATING THE FUTURE
THROUGH TRAINING IN THE PRESENT**

CANDIDATE CLASS INSTRUCTION PROTOCOL AND ETIQUETTE

Class Instruction

Class instruction by Ko Dan Ja Shim Sa candidates will begin with the traditional class line-up according to seniority. After the official bow in, the candidates and seniors evaluation will move to the outside of the training area. Any candidates training in the class will remain in the line-up.

The candidates sharing the class instruction will move to the front of the training area and bow as a group to the Head Instructor (who will then move off of the training area). The candidate instructing the first portion of the class will then bow to the other candidate instructors, bow to the class, and begin teaching.

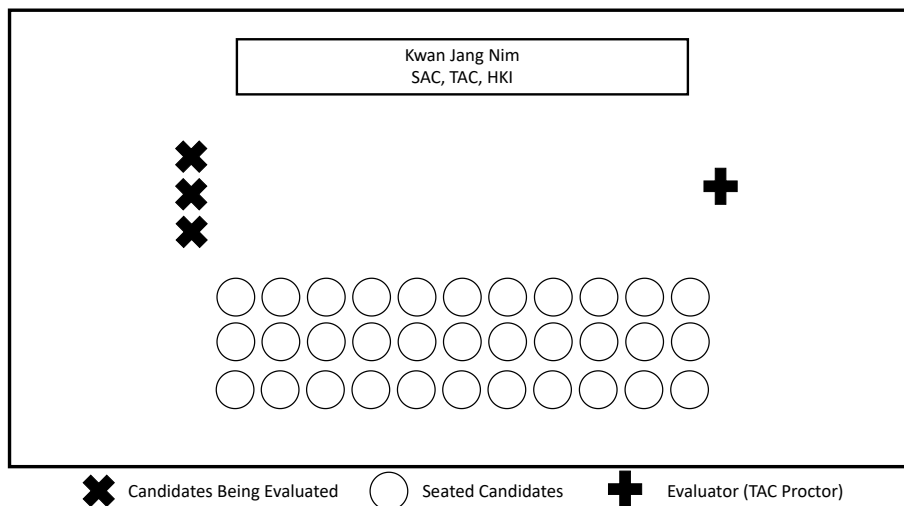
Note: When candidate instructors are teaching, it is not necessary for the class to bow to the Head Instructor (who may be seated off of the training area) at the “SHIO” command.

Evaluation

During the each candidate’s class instruction, detailed notes should be taken to provide later feedback (note sheets for each candidate are included in the “Teaching Evaluation Pages” section at the end of the workbook). Immediately following each class session (after bow-out), a few minutes will be given to each evaluating group (TAC, Visitors, and Candidates) to compare and summarize observations. One representative from each group will compile the group’s feedback in writing and then provide that feedback to the TAC Proctor for each candidate teaching group. The TAC Proctor will review the notes provided by the individual groups and incorporate those into the candidate feedback as necessary.

The evaluation begins with the Candidates preparing the seating arrangements as shown below. In some venues, this may already be setup in advance in preparation for the evaluation process.

All Candidates will locate a seat according to rank and remain standing until the formal bow in to the Head Instructor. Remain standing until instructed to site by the board.



After the formal class bow in, the first group of Candidates who taught will move to their position to the left of the head table (this should be done on their own discipline). At the same time, the Evaluator (TAC Proctor) should approach his/her position to the right of the head table. Both the Candidates and the Evaluator on their own discipline should bow to the senior member seated before stepping in from of him/her to approach their positions.

The Candidates and the Evaluator will bow to the Senior Instructor at the head table (normally Kwan Jang Nim), then turn and bow to each other. The evaluation finishes by the Candidates and Evaluator bowing to each other and then to the Senior Instructor.

Note: Candidates should focus on listening to the feedback provided. Pursuant to being able to listen, candidates should not have to take their own notes. A fellow candidate should be designated to take notes for the Candidates being evaluated and provide the documented feedback to Candidates following the evaluation.

CLASS OUTLINE

Moo Duk Kwan® class instruction of the Soo Bahk Do® martial art at a beginning or Jo Kyo level normally consists of mental concept and practice that gives physical application of that concept.

Class Theme – 10%

The **mental** concept applied and reinforced throughout the class is referred to as the class theme. The class theme typically relates to some aspect of our Moo Duk Kwan® philosophy - the eight key concepts, Mission 2000, Moo Sang / Yu Sang, etc. An example of how to incorporate the eight key concepts into a class theme has been given by H.C. Hwang Kwan Jang Nim in the Instructor's Newsletter.

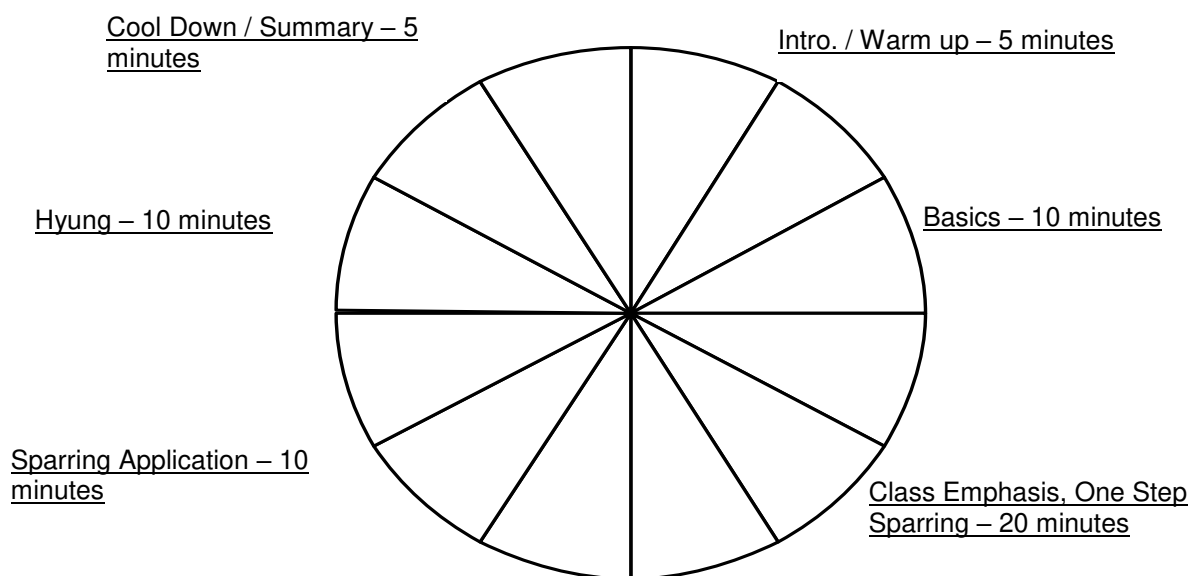
Class Emphasis – 90%

The **physical** application or area (e.g. Il Soo Sik, Ho Shin Sul, Hyung, etc.) that you spend the majority of the class time instructing is referred to as the class emphasis.

Class Organization

The mental theme should be carried and applied throughout the class instruction. The time allowed for a single class can be broken down into sections for ease of organization.

Warm up:	5 minutes	Class Theme:	Wan Gup
Basic Exercises:	10 minutes		
One-step sparring:	20 minutes (class emphasis)		
Sparring:	10 minutes		
Hyung:	10 minutes		
Cool down:	5 minutes		



Depending upon the length of the class, additional blocks of 5 minutes may be added or subtracted to make up the allotted class time.

PCA 1 - MOO DO CLASS STRUCTURE

Purpose

Creativity

Action

Purpose

What message do you want to convey to the students? Spend approximately **10% of class time** to explain the theme which relates some aspect of our Moo Do philosophy. Spend **90% of the class time** to convey the theme through action. **Remember the Moo Do is an Action Philosophy not a talking philosophy.**

Creativity

Creativity is the tool you use to capture the student's attention and inspire them to learn. Prepare in advance how to best bring your theme to life through action. What drills will reinforce the theme? Will the drills be challenging and motivational for all the ranks involved?

Action

Once again, we are a Moo Do organization. Students learn best through their own personal experience. Remember the most concise explanation will add more value to your words than a long drawn out explanation.

Approximately 90% of the class should be active. Explanations will have more value after they have personal experience with the theme.

Repetition! Repetition! Repetition!

ACTION

Activity - Instruction in some aspect of the Moo Duk Kwan® school's Soo Bahk Do® martial art.

Creativity - Use you own creativity and personality to bring the instruction to life.

Theme Based - Application of Moo Do philosophy.

Intensity - Challenge your students, physically and mentally.

Organized - Plan your lesson.

Not About 'Me' - Meet the students' need for knowledge and physical application.

PCA 2 – CREATING THE TEACHER MODEL (SA BOM)

PCA can also be interpreted as:

Picture

Connection

Application

Picture

In the teaching environment the picture is how we demonstrate; it's your organization, complete with the students sitting, a proper Choon Be and Ba Ro philosophy, your demonstration of Shim Gung, Neh Gung and Weh Gung. Through your demonstration you create the "picture" that's left in their minds of a "Moo Do" action. Your actions demonstrate the model behavior.

Connection

Each class should have a Moo Do flavor based on our Philosophy and connected to the training.

Application

The Moo Do flavor of the class, based on our Philosophy is applied technically within the class (for example use of the proper weapon and proper shin chook in the demonstration of a side kick) and to daily life and everyday actions.

The sum of the picture, connection and application differentiates and makes a Moo Duk Kwan® class in Soo Bahk unique.

- The incorporation of our philosophy based on Moo Do
- Philosophy is the thread that ties our actions together
 - Spiritually, Physically and Mentally.
- Classes are planned and organized with specific themes.
- The class order and organization of lines.
- Use of Korean terminology
- Use of consistent terminology to organize the class - junior side / senior side.

MOO DO PRESENCE

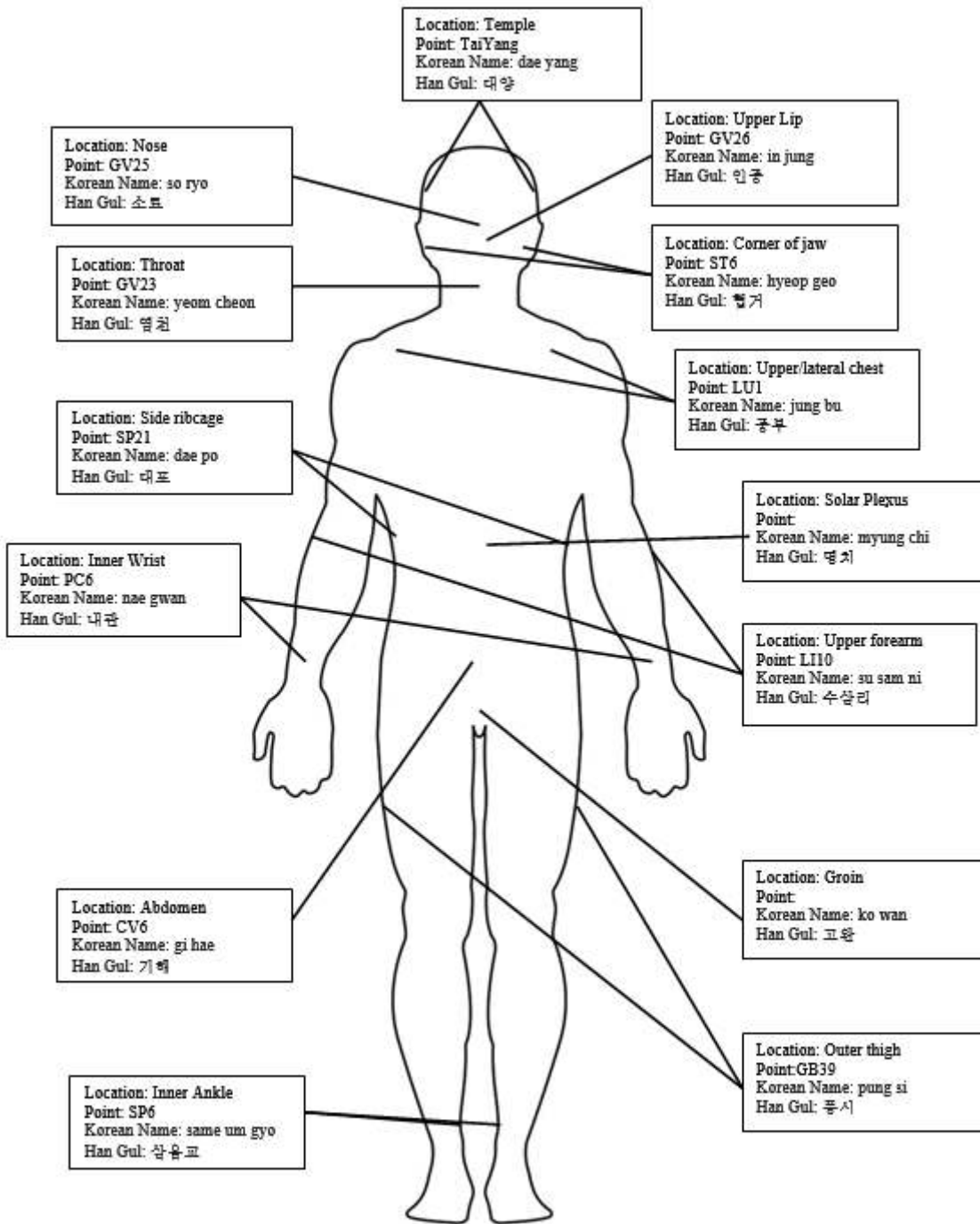
As Ko Dan Ja members, it is our responsibility to represent the art in the most professional manner possible. Our training is made up of Shim Gung, Neh Gung and Weh Gung, but it is the Moo Do Shim Gung that is at the heart of our art. It's easy to see the value of Moo Do Shim Gung that our Founder placed in our training. Of the 8 Key Concepts, the first 5 are related to Moo Do Shim Gung.

Our Moo Do presence and Moo Do Shim Gung are at the heart of the PCA 2 concept. Through their demonstration we create the Teacher Model example.

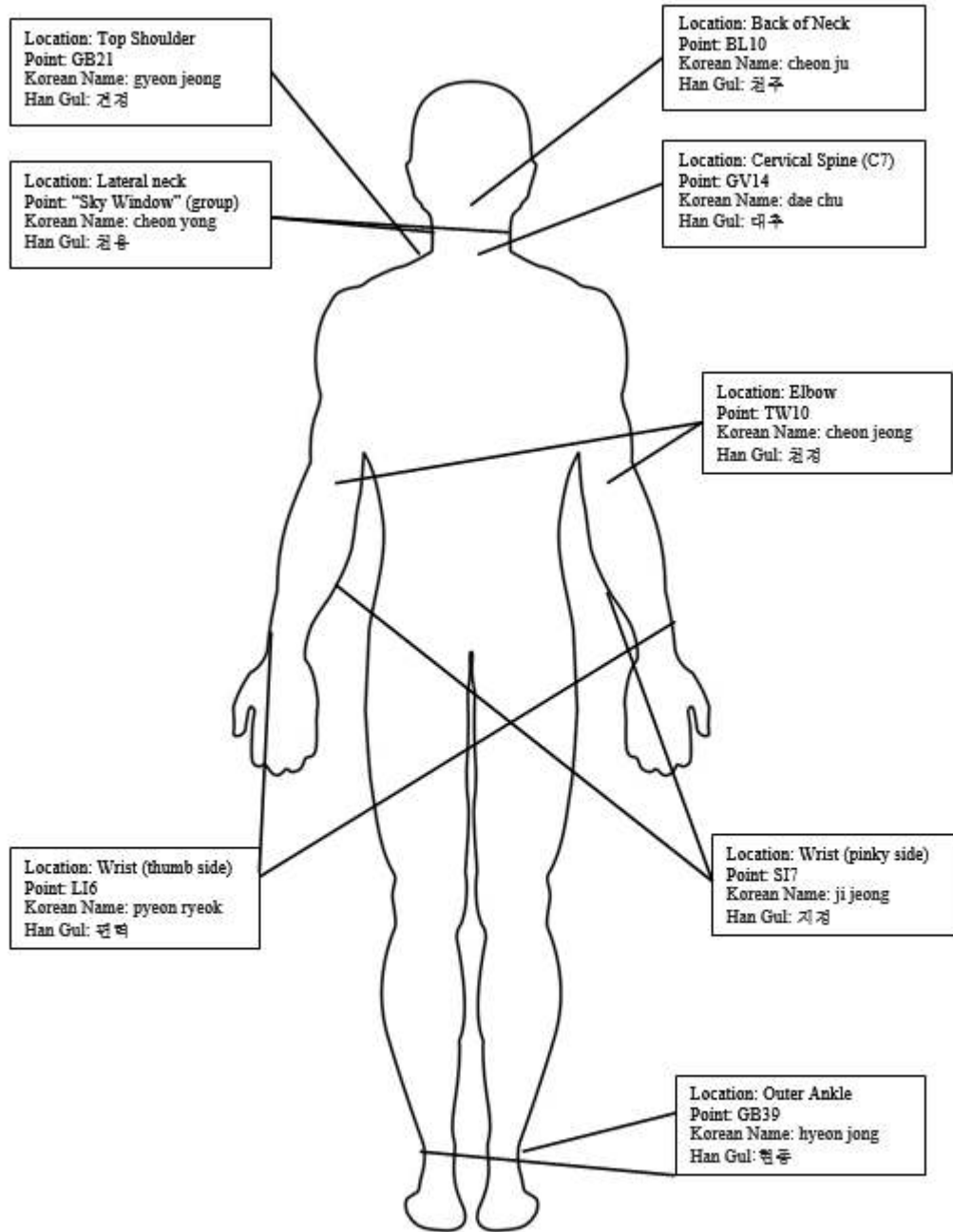
You will be evaluated during the week in how you apply Moo Do Shim Gung in training and in teaching. The following examples are included to help describe the characteristics of Moo Do Shim Gung and how you will be evaluated in demonstrating:

- Professionalism – How would you describe the characteristics of a highly educated and skilled professional? You might use words like confident, respectful, intelligent, sharp, well dressed, serious, hard working. As Ko Dan Ja candidates you have spent many years studying the Soo Bahk Do® martial art system just as any doctor, CEO, engineer or lawyer studying for their profession. Project the same air of professionalism in your teaching and training as you would find in your family physician or your local community leader. Be respectful of those around you, come to class ready to train and work hard, keep your Do Bok clean and well-pressed, speak with confidence and professionalism and lead by example.
- Proper start and finish – During teaching or training in class it is important to show a proper start and finish for demonstrations. While teaching it is important to have the students sit for demonstrations so that everyone in the class can see your example. Begin and end each demonstration with the proper Choon Bee. Perform your demonstration with the highest effort and concentration on the chain of command (mind-huri-elbow-hand, etc.). Return to Ba Ro for completion of demonstration.
- Proper bow – It is important that we perform every bow with the proper respect and Moo Do Shim Gung while teaching and in training. It keeps us humble and focused on the demonstration of the Moo Duk Kwan® philosophy through action. Every bow is a non-verbal discussion between two or more practitioners. Each bow has a proper start and finish, just like any other demonstration. Start with proper eye contact with your partner, perform the bow together (with eyes to the ground) and end the bow with proper eye contact.
- Awareness of senior members – Look to the needs of your senior members. This applies to your senior by age, Dan Bon or Rank.

TARGET DIAGRAM (FRONT VIEW)



TARGET DIAGRAM (REAR VIEW)



SOO BAHK DO® TERMINOLOGY

Quote from Kwan Jang Nim in 2009 KDJSS	“Philosophy guides good intent. Leaders follow the philosophy.”
Bom (as in Sa Bom)	Law
Chi Gi	Earth Energy
Choong Yong	The Middle Way
Chun Gi	Heaven Energy
Chun Wee Chi	Previous Location
Dan To	Short Exhale
Dong Jak	Technique
Han Dan Jak, Du Dong Jak, Seh Dong Jak, Neh Dong Jak, Dasot Dong Jak, Yosot Dong Jak, Ill Gup Dong Jak, Yodool Dong Jak, Ahop Dong Jok, Yol Dong Jak	Counting techniques in sequences
Eui Do	Intent
Gong	Sincere Effort
Heng Dong Chul Hak	Strengthen Philosophy through Action
Ho Heup	Ho = Call Exhale Heup = Breath Inhale
Il Kwan Seong	Standardization
Il Kyuk Pil Sal	One attack necessary death
Il So Il So	First Smile First Young
Il Lo Il Lo	First Anger First Old
Iyeon Kwan Seong	Connection
Jang To	Long Exhale
Jeh Ja	Student
Ki Ahp	Ki Pressing – Yelling
Ki Hap	Ki Harmony/Gathering – Spirit Meeting
Ma Um	Mind
Moo Geh	Heaviness in Presentation; Weight of Being a Sa Bom
Moo Geh In Nun Hen Dong	Heaviness (weight) in Action
Sa (as in Sa Bom)	Teacher
Shim	Heart
Wi Chi Ro	Return to your last position
Won Wee Chi	Original Location
For Kicking Exercises: Wee Lo Ahp Euro Dwi Lo A Leh Lo	Up Out Back Down

NEW SOO BAHK DO® TERMINOLOGY LEARNED

List any Soo Bahk Do® terminology that is new to you here

NOTES

Candidate Written Project Assignment (2016 KDJSS)

Note: Candidates testing in Korea are still required to participate in the project assignments.




Part 1 - Individual Contribution

- Each Candidate must submit a one page summary per the questions below to be included in the Appendix of the Finalized Group Project (one page for each candidate should be represented in the Appendix).
 - What teaching techniques / exercises / drills have you found to be effective in the instruction of the following:
 - The Fundamental Foundation of Our Technique – Chain of Command and Use of Hu Ri?
 - Practical Application of the Principles of Our Technique (Hyung, Il Soo Sik, Ho Sin Sul, Sam Soo Sik, etc.) - not memorizing the sequences/numbers, but creatively utilizing these concepts in realistic defensive situations?




Part 2 - Group Project

- All candidate groups will work together to create a one document submission (one manual) with contributions from each candidate group.
 - Per the questions detailed in Part 1, develop a simplistically structured manual that can be distributed to all Instructors / Studio Owners with the purpose of generating more focus on the improvement of our fundamental technique and the practical application of our curriculum.
 - Title of Manual: Strengthening the Foundation of Our Technique and Creatively Applying Those Principles.
 - This manual will be distributed to all Instructors and Studio Owners as a training/teaching resource upon TAC Approval.




	<p>Name: Christian Naggiar Sa Bom Nim Instructor: Daymon Kenyon Sa Bom Nim Candidate For: Yuk Dan Studio Owner: Yes</p>	<p>Dan Bon: 29994 Region: 9 Age: 56 Medical Notes: Yes</p>																															
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	<p>Name: Charles Smith Sa Bom Nim Instructor: Robert Shipley Sa Bom Nim Candidate For: Yuk Dan Studio Owner: Yes</p>	<p>Dan Bon: 33141 Region: 10 Age: 57 Medical Notes: Yes</p>																															
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	<p>Name: Ernie Medina Sa Bom Nim Instructor: Denise Mullin-Menendez Sa Bom Nim Candidate For: Yuk Dan Studio Owner: No</p>	<p>Dan Bon: 33451 Region: 9 Age: 35 Medical Notes: No</p>																															
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	<p>Name: Gabriela Brown Sa Bom Nim Instructor: Denise Mullin-Menendez Sa Bom Nim Candidate For: Yuk Dan Studio Owner: Yes</p>	<p>Dan Bon: 33479 Region: 4 Age: 66 Medical Notes: Yes</p>																															
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	<p>Name: Rodrigo Cruz Sa Bom Nim Instructor: H.C. Hwang Kwan Jang Nim Candidate For: Yuk Dan Studio Owner: Yes</p>	<p>Dan Bon: 33484 Region: 4 Age: 39 Medical Notes: No</p>																															
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	<p>Name: Mark Koina Sa Bom Nim Instructor: Kriton Glenn Sa Bom Nim Candidate For: Yuk Dan Studio Owner: Yes</p>	<p>Dan Bon: 34683 Region: 3-Australia Age: 43 Medical Notes: No</p>																															
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	Name: Master Ed Horni	Dan Bon: 36429
	Instructor: Ron Williams Sa Bom Nim	Region: 6
	Candidate For: Sa Bom Only	Age: 52
	Studio Owner: Yes	Medical Notes: No

Notes:

Areas of Improvement


Shim Gung	1	2	3	4	5
	6	7	8	9	10
Neh Gung	1	2	3	[Redacted]	
	4	5	6		
Weh Gung	1	2	3	4	5
	6	7	8	9	10

	Name: Stephen Hunt Sa Bom Nim	Dan Bon: 22084
	Instructor: Jared Rosenthal Sa Bom Nim	Region: 10
	Candidate For: O Dan	Age: 59
	Studio Owner: No	Medical Notes: Yes

Notes:

Areas of Improvement

Shim Gung	1	2	3	4	5
	6	7	8	9	10
Neh Gung	1	2	3	[Redacted]	
	4	5	6		
Weh Gung	1	2	3	4	5
	6	7	8	9	10

	Name: Master Willie Brantley	Dan Bon: 33628
	Instructor: Roy Latimer Sa Bom Nim	Region: 4
	Candidate For: O Dan/Sa Bom	Age: 50
	Studio Owner: Studio Owner	Medical Notes: No

Notes:

Areas of Improvement

Shim Gung	1	2	3	4	5
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Neh Gung	1	2	3	[Redacted]	
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Weh Gung	1	2	3	4	5
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	<p>Name: Keith Wildonger Sa Bom Nim Instructor: James Donnelly Sa Bom Nim Candidate For: O Dan Studio Owner: Yes</p>	<p>Dan Bon: 35429 Region: 3 Age: 56 Medical Notes: Yes</p>																															
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	<p>Name: Master Adam Diaz Instructor: Steve Diaz Sa Bom Nim Candidate For: O Dan Studio Owner: No</p>	<p>Dan Bon: 36377 Region: 3 Age: 30 Medical Notes: No</p>																															
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	<p>Name: Dwayne Townsend Sa Bom Nim Instructor: Bill Hockman Sa Bom Nim Candidate For: O Dan Studio Owner: Yes</p>	<p>Dan Bon: 37809 Region: 6 Age: 40 Medical Notes: Yes</p>																															
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	<p>Name: Dan Dixon Sa Bom Nim Instructor: Jeff Griggs Sa Bom Nim Candidate For: O Dan Studio Owner: No</p>	<p>Dan Bon: 39488 Region: 8 Age: 50 Medical Notes: No</p>																															
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	<p>Name: Master Tim Bennett Instructor: Thomas Thai Sa Bom Nim Candidate For: O Dan/Sa Bom Studio Owner: No</p>	<p>Dan Bon: 40068 Region: 9 Age: 61 Medical Notes: No</p>																															
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	<p>Name: Susan Fittanto Sa Bom Nim Instructor: Jeff Griggs Sa Bom Nim Candidate For: O Dan Studio Owner: Yes</p>	<p>Dan Bon: 41586 Region: 8 Age: 42 Medical Notes: No</p>																															
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	<p>Name: David Moon Kyo Sa Nim Instructor: Daymon Kenyon Sa Bom Nim Candidate For: Sa Dan/Sa Bom Studio Owner: No</p>	<p>Dan Bon: 35187 Region: 9 Age: 56 Medical Notes: Yes</p>																															
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	<p>Name: Mr. Douglas Countryman Instructor: Charles Holland Sa Bom Nim Candidate For: Sa Dan Studio Owner: No</p>	<p>Dan Bon: 37968 Region: 10 Age: 55 Medical Notes: Yes</p>																															
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	<p>Name: Mr. William K. Mueller Instructor: Thomas Thai Sa Bom Nim Candidate For: Sa Dan/Sa Bom Studio Owner: No</p>	<p>Dan Bon: 41475 Region: 9 Age: 66 Medical Notes: Yes</p>																															
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	<p>Name: Mr. Si Lam Instructor: Thomas Thai Sa Bom Nim Candidate For: Sa Dan Studio Owner: No</p>	<p>Dan Bon: 43997 Region: 9 Age: 54 Medical Notes: No</p>																															
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	<p>Name: Mr. Derek Lyons Instructor: Joshua Duncan Sa Bom Nim Candidate For: Sa Dan Studio Owner: No</p>	<p>Dan Bon: 44669 Region: 9 Age: 27 Medical Notes: No</p>																															
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	<p>Name: Richard Ahlers Kyo Sa Nim Instructor: Frank Bonsignore Sa Bom Nim Candidate For: Sa Dan Studio Owner: Yes</p>	<p>Dan Bon: 45476 Region: 1 Age: 37 Medical Notes: Yes</p>																															
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Summary of most common areas of improvement

Shim Gung	1	Improve intent of Shi Sun
	2	Develop heaviness in action of a Sa Bom
	3	Develop strength of Ki Hap
	4	Improve Moo Do ceremony in demonstrations
	5	Develop stillness in motion
	6	Demonstrates casual behavior in the class environment
	7	Build the habit of using proper titles of members (Jo Kyo, Kyo Sa, Sa Bom, Nim)
	8	Improve standardization of technique
	9	Create a clear picture for students while demonstrating
	10	Develop Moo Do Jaseh (Ma Um Jaseh)
Neh Gung	1	Improve on initiation of expansion/contraction of body through breath (Ho Hup)
	2	Maximize contraction/expansion of body in preparation of Soo Gi / Jok Gi exercise. Allow shoulders to roll in order for elbows to join in preparation
	3	Maximize expansion/contraction of body in completion of Soo Gi / Jok Gi exercise
	4	Improve on timing of breath to match physical movement
	5	Improve relaxation of upper body in performance of Soo Gi
	6	Increase fullness & heaviness of arms in performance of Soo Gi, Ho Sin Sul, Il Soo Sik, Sam Soo Sik
Weh Gung	1	Increase acceleration of weapon at the point of impact
	2	Develop connection of elbows to the huri in Soo Gi exercises
	3	Develop connection of knee to the huri in Jok Gi exercises
	4	Develop timing of hip snap as body weight settles into stance
	5	Increase emphasis of retraction of the rear arm in Soo Gi
	6	Improve weapon discipline
	7	Wait longer to turn fists over in punching
	8	Improve chain of command in Soo Gi exercise
	9	Improve chain of command in Jok Gi exercise
	10	Hold the knee high in retraction of Jok Gi exercise



2016 Ko Dan Ja Shim Sa

Teaching Candidate: Master Ed Horni * <i>Sa Bom Candidate</i>	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command
Connection	1	Class carried a Moo Do flavor		
	2	Physical activities connected with the theme		
	3	Physical activities connected with the Moo Do philosophy		
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy
	2	Class was organized and planned ahead of time	5	Students were challenged
	3	Korean terminology was used during the class		

Teaching Candidate: Master Adam Diaz <i>Volunteer</i>	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
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	3	Korean terminology was used during the class		



2016 Ko Dan Ja Shim Sa

Teaching Candidate: Master Willie Brantley *Sa Bom Candidate					
Areas of Strength			Areas of Improvement		
Picture	1	Class carried a theme	4	Performed demonstration without talking	
	2	Students sat for demonstration	5	Carried heaviness in action during teaching	
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command	
Connection	1	Class carried a Moo Do flavor			
	2	Physical activities connected with the theme			
	3	Physical activities connected with the Moo Do philosophy			
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy	
	2	Class was organized and planned ahead of time	5	Students were challenged	
	3	Korean terminology was used during the class			

Teaching Candidate: Master Tim Bennett *Sa Bom Candidate					
Areas of Strength			Areas of Improvement		
Picture	1	Class carried a theme	4	Performed demonstration without talking	
	2	Students sat for demonstration	5	Carried heaviness in action during teaching	
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command	
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	2	Physical activities connected with the theme			
	3	Physical activities connected with the Moo Do philosophy			
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy	
	2	Class was organized and planned ahead of time	5	Students were challenged	
	3	Korean terminology was used during the class			



2016 Ko Dan Ja Shim Sa

Teaching Candidate: David Moon Kyo Sa Nim *Sa Bom Candidate					
Areas of Strength			Areas of Improvement		
Picture	1	Class carried a theme	4	Performed demonstration without talking	
	2	Students sat for demonstration	5	Carried heaviness in action during teaching	
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command	
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	2	Physical activities connected with the theme			
	3	Physical activities connected with the Moo Do philosophy			
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy	
	2	Class was organized and planned ahead of time	5	Students were challenged	
	3	Korean terminology was used during the class			

Teaching Candidate: Mr. William Mueller *Sa Bom Candidate					
Areas of Strength			Areas of Improvement		
Picture	1	Class carried a theme	4	Performed demonstration without talking	
	2	Students sat for demonstration	5	Carried heaviness in action during teaching	
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command	
Connection	1	Class carried a Moo Do flavor			
	2	Physical activities connected with the theme			
	3	Physical activities connected with the Moo Do philosophy			
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy	
	2	Class was organized and planned ahead of time	5	Students were challenged	
	3	Korean terminology was used during the class			



2016 Ko Dan Ja Shim Sa

Teaching Candidate: Mr. Douglas Countryman	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command
Connection	1	Class carried a Moo Do flavor		
	2	Physical activities connected with the theme		
	3	Physical activities connected with the Moo Do philosophy		
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy
	2	Class was organized and planned ahead of time	5	Students were challenged
	3	Korean terminology was used during the class		

Teaching Candidate: Richard Ahlers Kyo Sa Nim	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command
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	2	Physical activities connected with the theme		
	3	Physical activities connected with the Moo Do philosophy		
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	2	Class was organized and planned ahead of time	5	Students were challenged
	3	Korean terminology was used during the class		



2016 Ko Dan Ja Shim Sa

Teaching Candidate: Mr. Lam Si	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command
Connection	1	Class carried a Moo Do flavor		
	2	Physical activities connected with the theme		
	3	Physical activities connected with the Moo Do philosophy		
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy
	2	Class was organized and planned ahead of time	5	Students were challenged
	3	Korean terminology was used during the class		

Teaching Candidate: Mr. Derek Lyons	
Areas of Strength	Areas of Improvement

Picture	1	Class carried a theme	4	Performed demonstration without talking
	2	Students sat for demonstration	5	Carried heaviness in action during teaching
	3	Began demonstration with Choon Bae and finish with Baro	6	Physical demonstration followed chain of command
Connection	1	Class carried a Moo Do flavor		
	2	Physical activities connected with the theme		
	3	Physical activities connected with the Moo Do philosophy		
Application	1	Students in the class were active 90% of the time	4	Physical application of class followed Moo Do philosophy
	2	Class was organized and planned ahead of time	5	Students were challenged
	3	Korean terminology was used during the class		