



THE KI-HAP



Moo Do Value: Tradition

Most families have traditions. Our Moo Duk Kwan Soo Bahk Do family has many traditions which we see and practice everyday. For example, a tradition unique to our Art is wearing our white do boks with color trim and matching belts. Kwan Jang Nim Hwang Kee began this practice in late 1953 based upon the historic dress of martial art practitioners in Korea 800-1500 years ago.

When we bow to our flags, Instructors, seniors and partners we are practicing a solemn tradition. When we give each bow proper attention, it can serve many purposes. Bowing as we enter the dojang marks the beginning of 'Muk Nyum' (meditation - silent thought). As we bow to the flags we focus our respect toward our country, the country of our Art's heritage, our Kwan which we call Moo Duk Kwan Soo Bahk Do and our Kwan Jang Nims.

When we bow to our seniors we are showing our respect to the rank of the belt they wear. H.C. Hwang KJN has described this bowing as 'bowing to the Art through rank holders.' That is, when you bow to your instructor, you are also bowing to his instructor and all those preceding instructors since the inception of our Kwan in 1945, all the way to Kwan Jang Nim Hwang Kee.

When we bow to our partners we are acknowledging that we will use discipline and respect our partner by exercising self-control for safety and being a strong, cooperative partner. Bowing after an exercise is a way of saying thank you to a partner for providing an opportunity in training that cannot be had alone.

The beginning and ending ceremony at each class is another tradition we perpetuate. Every practitioner quickly learns how to arrange themselves according to rank and gup/ dan number. Keeping straight lines, standing at attention, eyes looking straight ahead, completely quiet and still shows how proud we are to be part of our martial art family. It is our tradition to call the ceremony commands in Korean. If you visit any Soo Bahk Do studio in the U.S. and even around the world the commands will be the same.

Tradition is an important Moo Do value. Our traditions strengthen our identity as a unique martial art. The Moo Duk Kwan do bok, bowing and the beginning and ending ceremony at each class are three such traditions. The value of our Art can be seen in the importance placed upon history, tradition, discipline / respect, philosophy as well as technique.

Tradition Questions

During February, Tradition will be the focus in class. Can you answer these questions about our Moo Do traditions? You can find the answers in the Gup manual and instructional guide books.

- 1) From what country did Kwan Jang Nim Hwang Kee bring Soo Bahk Do?
- 2) What is the literal meaning of "Moo Do?"
- 3) What book heavily influenced Soo Bahk Do Moo Duk Kwan?
- 4) What is the meaning of "Pyung Ahn?"
- 5) How are the Chil Sung forms meant to aid you in your training, and for what are they named?

Questions submitted by Mr. Gilman.

Key Concept #4 - Chung Jik (Honesty)

Chung (Right), Jik (Straight)

(sincerity, truthfulness, integrity, candor, openness)



Honesty is another of our 8 Key Concepts which has a closer connection to the Shim Gung (spiritual energy) aspect of our training.

We often associate honesty with its negative counterpart . . .dishonesty (ie. lying, cheating, stealing), but when we focus on the positive qualities of honesty (as stated above) the concept can truly enhance our training. In other words, if you perform every technique with optimal sincerity and integrity, the fruit from your efforts will be realized with that same intensity.

Consequently, we need to mentally concentrate on the integrity of the technique by the articulation of the weapon (ie.






hand, foot) and the specificity of the target. It is only then when our techniques have true combat applications.

As we consider honesty in our art, it is easy to see how our tradition has been forged by our founder, Kwan Jang Nim Hwang Kee and our seniors before us. Some of our traditions, like our uniform color and trim, Dan bon system and patch were designed to strengthen our identity.

The Kwan Jang Nim stayed true to his belief and vision through the years. It was his integrity and sincerity about his art that strengthened its existence. By not compromising his values and creating a strong foundation, our art has been able to evolve to where it is today.



FEBRUARY - 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hyung		1  Kevin Gregorio	2  Matthew Penta	3	4	5
6 Il Soo Sik	7	8	9  Jordan Dana	10	11	12  Cody Orgettas Andrew Manni
13 Sparring	14	15  Daniel Cote	16 Kyok Pa Day	17	18	19
20 Ho Sin Sool	21 President's Day Dojang Closed  Abi Gaudreau	22 Vacation Schedule Regular Classes	23 Vacation Schedule Regular Classes  Stephen Russo	24 Vacation Schedule 9:30-10:30 AM - Youth Mixed Rank 5:30-6:30 PM - Youth Mixed Rank (7:00 PM Conditioning class) 7:30-8:30 PM - Adult Mixed Rank	25 Vacation Schedule 9:30-10:15 AM - Pee Wee Class 5:00-5:45 PM - Youth Beginner 6-7 PM - Youth/Adult Mixed Rank	26 Vacation Schedule Regular Classes
27 Hyung	28				Upcoming Events Tuesday, March 1 - Red Belt Evaluation (5:45 PM) No 5:30 - 6:30 Red Belt Class Saturday, March 5 - St. Jude's Kick-a-thon/Punch-a-thon Fundraiser (1:00 PM) Friday, March 11 - Pee Wee Test (3:30 PM) Saturday, March 12 - Gup Test (Middleton) Friday, March 25 - Good Friday (Studio Closed)	

Say it in Korean

Hey everyone! Here is a cool website that one of the parents (Diane Reynolds) of our students came across that I think you will enjoy. Thanks Diane. Check it out!

<http://www.indiana.edu/%7Ekoreanr/Nativenum.html>

Introduce a Friend to Soo Bahk Do

Have you ever thought of asking someone to join our school? Soo Bahk Do is a healthy thing to do, and we learn useful self-defense techniques. We also meet other people and further the teachings of Kwan Jang Nim Hwang Kee. Share our martial art with a friend today.

Kick-a-thon/Punch-a-thon



Once again The Karate Center has been approached by the St. Jude's Children's Research Hospital to run a fundraising event to benefit the families of child patients who are plagued with catastrophic diseases including Hodgkins' Disease, Leukemia and Neuroelastoma. Our studio will hold a Kick-a-thon/Punch-a-thon open to all students wishing to help with this very worthy cause. The event will be held on Saturday, March 5 at 1:00 PM after all regular classes. Students wishing to participate must get a sponsor sheet from the office as soon as possible and begin soliciting family members, friends and neighbors for dona-

tions. These donations can be in the form of a "flat-rate" amount or they can sponsor the student on a per kick or per punch basis (students will choose either punching or kicking) for the total number executed within the time allotted.

Punch-a-thon - As many punches as can be completed in 30 seconds
 Kick-a-thon - As many kicks as can be completed in 1 minute

The Hospital will reward all participants depending upon the amount raised by each volunteer (prizes include certificates, t-shirts, gym bags and medals).

This is a wonderful opportunity for us to practice the Kwan Jang Nim's Moo Do Values as we share the benefits of our martial art with the community in helping those less fortunate than us. All sponsor sheets are due in by Tuesday, March 1, 2005.