

Soo Bahk Do®



Study Guide

for

Grand Master Hwang Kee's

Volume 1 Textbook

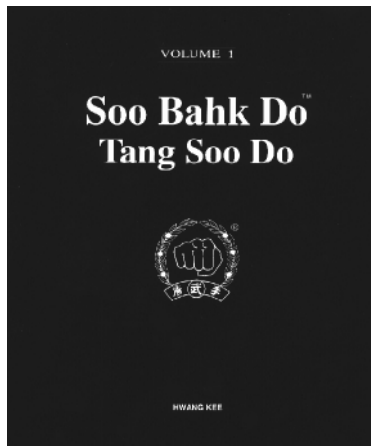
Soo Bahk Do® Moo Duk Kwan®

Cho Dan Candidate Edition

Study Guide

for Kwan Jang Nim Hwang Kee's

Volume 1 Textbook



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This Study Guide belongs to:

Your Name _____ Your Federation Gup/Dan Id _____

Your Date of Birth ___/___/___ Your Federation Membership Expires on ___/___/___

A. Name of your instructor. _____

B. His/Her rank ? _____

C. His/Her Moo Duk Kwan Dan Bon. _____

D. Give a brief history of your instructor.

E. Name of your instructor's instructor. _____

F. His/Her rank ? _____

G. His/Her Moo Duk Kwan Dan Bon. _____

H. Give a brief history of him/her.

NOTE: All students should be able to trace their genealogy back to Kwan Jang Nim Hwang Kee.

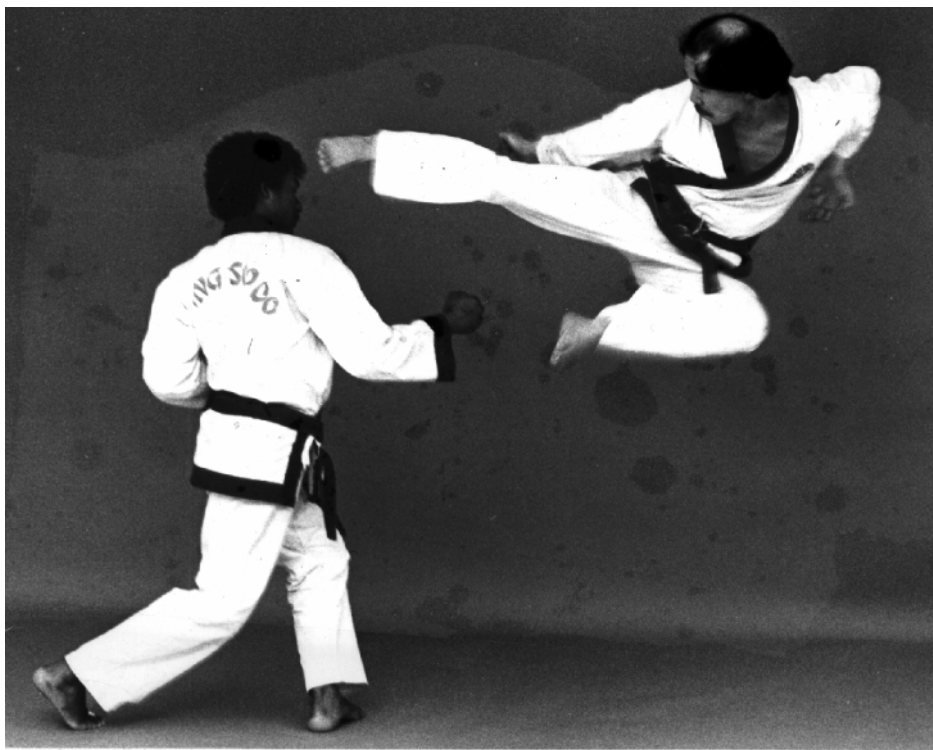
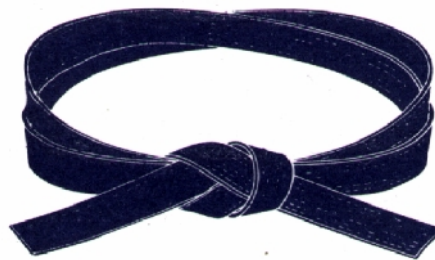
Questions For All Candidates Applying For Cho Dan

JUNIOR DAN CANDIDATES

(14 years & younger)

ADULT DAN CANDIDATES

(15 years & older)



The answers to all of the following questions may be found, on the page number listed after each question, in Kwan Jang Nim's book "Soo Bahk Do[®] (Tang Soo Do)" Volume 1

1. Give the meaning of the words "Soo Bahk Do[®] & Tang Soo Do". (Editor's note)

2. Give the five doctrines of the "Hwa Rang Do". (Page 3)

1. _____

2. _____

3. _____

4. _____

5. _____

3. Explain "Moo". (Page 4)

4. What is the objective of the skilled disciple of the Martial Arts? (Page 4)

4. Our basic ideology is the harmony between _____ and _____. (Page 5)

5. As you attain higher skill and technique, remember to avoid _____, remain _____ and _____ and be brave and _____. (Page 5)

6. When did Soo Bahk Do[®] (Tang Soo Do) begin? (Page 5)

7. **How long ago did Kwan Jang Nim establish his school called the 'Moo Duk Kwan'®? (Page 8)**

8. **Name and explain the ten articles of faith in Soo Bahk Do® (Tang Soo Do) training.**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

9. **How many techniques does Soo Bahk Do® (Tang Soo Do) have? (Page 6)**

10. In what country did the martial arts start? (Page 9)

11. Name five factors of technique. (Page 19)

1. _____ (basic values)
2. _____ (effort and sincerity)
3. _____ (wisdom)
4. _____ (courage and confidence)
5. _____ (keen judgment)

12. Reverence for life is as important as _____ and _____ within the Moo Duk Kwan[®]. (Page 26)

13. To reinforce our attacking power, we rely (simultaneously) on expansion and contraction of our body, namely _____. (Page 96)

14. An Ee Dan attack is how many times stronger than a ground attack? (Page 111)

15. Breaking techniques, in our art, is a means of demonstrating the _____ to which we have trained our bodies to use. (Page 112)

16. Jung Kwon is the symbol for _____. (Page 122)

17. The proper _____ is basic to all movements in Soo Bahk Do[®] (Tang Soo Do), and is the foundation of each movement. (Page 146)

18. What are the foundations for all movement in Soo Bahk Do[®] (Tang Soo Do)? (Page 174)

19. Name the fourteen matters that demand special attention while training in Soo Bahk Do® (Tang Soo Do). Explain each. (Page 28, 29)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

20. **The center of balance originates where? (Page 146)**

21. **What stance should be used when great power and some speed is needed? (Page 149)**

22. **Explain the importance of Choon Bee Ja Seh. (Pages 149,150)**

23. **A house cannot be built without materials (_____) and a foundation (_____). (Page 174)**

24. **Answer the following questions on the Hyung, Kee Cho Hyung Il Bui (Page 354)**

1. **Motive of this form?** _____

2. **Name of its creator?** _____

3. **Date of its creation?** _____

4. **Place of its creation?** _____

5. **Total number of techniques?** _____

6. **Characteristic of this form?** _____

25. **Answer the following questions on the Hyung, Pyung Ahn Cho Dan. (page 372)**

1. **The original name?** _____

2. **Name of its creator?** _____

3. **Date of its creation?** _____

4. **Place of its creation?** _____

5. **Total number of techniques?** _____

6. **Characteristic of this form?** _____

26. Explain the words Pyung Ahn? (Page 372)

27. Draw the Chinese words (characters) of Pyung Ahn. (Page 372)

28. Give the total number of techniques of the following Hyungs.

1. Pyung Ahn Ee Dan. _____ (Page 379)
2. Pyung Ahn Sam Dan. _____ (Page 387)
3. Pyung Ahn Sa Dan. _____ (Page 395)
4. Pyung Ahn O Dan. _____ (Page 403)

29. What is origin of Bassai's name? (Page 411)

30. What are the characteristics of Bassai form? (Page 411)

31. Answer the following questions on Bassai: (Page 412)

1. Name of its creator? _____
2. Place of its creation? _____
3. Date of its creation? _____
3. Total number of techniques? _____