

Soo Bahk Do®



Study Guide

for

Grand Master Hwang Kee's

Volume 1 Textbook

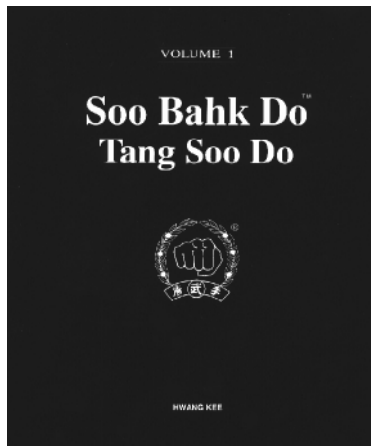
Soo Bahk Do® Moo Duk Kwan®

Ee 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.

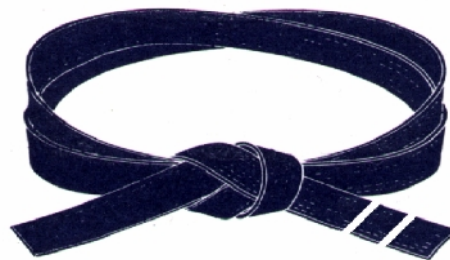
Questions For All Candidates Applying For Ee Dan

JUNIOR DAN CANDIDATES

(14 years & younger)

ADULT DAN CANDIDATES

(15 years & older)



QUESTIONS FOR E DAN CANDIDATES

1. Give the five reasons Kwan Jang Nim wrote his book. (Preface)

1. _____
2. _____
3. _____
4. _____
5. _____

2. Give the contents of the next four volumes . (Preface)

1. _____
2. _____
3. _____
4. _____

3. Soo Bahk Do[®] (Tang Soo Do) is a Martial Art which has both _____ and _____ characteristics.

4. What is the instinctive martial art of humans? (Page 6)

5. In Korea, at the time of the Shilla Dynasty, we can assume that the martial arts were studied by _____ and the _____. (Page 8)

6. The development of the martial arts was according to the development of _____. (Pages 9, 10)

7. In the Orient, there was evidence that proved that Tang Soo Ki (_____) existed about _____ years ago. (Page 10)

8. Explain Tae Kyun. (Page 12, 13)

9. Name some of the other martial arts of the time. (Page 13)

10. When was the Japanese occupation of Korea? (Page 14)

11. At the end of the Japanese occupation, what schools were in existence in Korea? (Page 14)

1. _____ headed by _____ in _____.
2. _____ headed by _____ in _____.
3. _____ headed by _____ in _____.
4. _____ headed by _____ in _____.
5. _____ headed by _____ in _____.

12. By the start of the Korea War (June 25, 1950) a number of schools emerged and formed new organizations. Name them. (Page 14)

	SCHOOL	MEMBER STYLES	HEADED BY	LOCATION
1.	_____	_____	_____	_____
2.	_____	_____ _____ _____	_____	_____
3.	_____	_____ _____ _____	_____	_____
4.	_____	_____ _____ _____ _____	_____	_____
5.	_____	_____	_____	_____

13. The Korean Tae Soo Do Association incorporated and joined with the _____ (a sporting body) in January 1964. Korean Tae S Do Association changed its name to _____ in 1965. (Page 14)

14. Okinawa was divided into three parts: _____, _____, and _____, which fought each other for power, about _____ years ago. (Page 20)

15. The art was also developed in Do Ma Ri (a section on Okinawa) through the _____ merchants and visitors.

16. In Japan, it is probable that present day Karate was started by _____, who was an Okinawan. (Page 20)

17. There is a complete difference between martial arts and sports philosophy. Explain. (Page 24)

18. The author hopes that men who practice the martial arts will be _____ to their own system after they have distinguished what its _____ are. (Page 25)

19. Explain Ryu Pa . (Page 25)

20. Soo Bahk Do[®] (Tang Soo Do) is entirely a martial art, based on the principles of nature, not _____. (Page 30)

21. **Kwan Jang Nim feels that the study of the ancient martial arts itself is of great help in the cultivation of both, the _____ and _____. (Page 33)**

22. **Explain:**

Shim Kong _____

Neh Kong _____

Weh Kong _____ **(Page 43)**

23. **What is the *Moo Yei Do Bo Tong Ji* ? (Page 46)**

24. What is Kwan Jang Nim's major field? (Page 46)

25. Explain Kwon Bup. (Page 83-86)

26. Name the five requirements and ten points of emphasis on physical training. (Page 28)

Five Requirements:

1. _____

2. _____

3. _____

4. _____

5. _____

Ten Points:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

27. What is Newton's Second Law? (Page 95)

28. Waist twisting results in the addition of _____ to various parts of the body and the weight of the whole body in motion. (Page 96)

29. How many times greater, on the following basics, will the force be increased by twisting the waist?

Ha Dan Mahk Kee _____ (Page 102)

Sang Dan Mahk Kee _____ (Page 102)

Ahp Cha Kee _____ (Page 107)

Yup Cha Kee _____ (Page 107)

30. Force will be changed by one's _____ condition. (Page 114)

31. Force will be changed by one's _____ strength. (Page 114)

32. Force will vary, depending upon the training of _____ and body. (Page 114)

33. The above described principles of physics, will apply not only to breaking but also _____ techniques. (Page 114)

34. There will be differences, depending on how much one spends his _____ . (Page 114)

35. The fist is primarily for _____ and with strength. (Page 124)

36. P'al Mok is one of the strongest _____ techniques in Soo Bahk Do[®] (Tang Soo Do). (Page 135)
37. P'al Mok is the most frequently used defense against _____ and _____ attacks. (Page 135)
38. Since ancient times, what has been referred to as the most important foundation for the martial arts? (Page 174)
- _____
39. Name the **Ten Guidelines for Practical Training** : (Page 119)
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
40. What is the most important aspect of any stance? (Page 146)
- _____
- _____
41. What stance should be used when the practitioner needs to use speed? (Page 149)
- _____
42. While standing in Choon Bee Ja Seh, all parts of the body should be provided with what percentage, of the body's total strength? (Page 181)
- _____
43. As the body begins to move, it utilizes _____ % of the whole strength. (Page 181)
44. During the motion, using breath control, the body uses _____ % of the whole strength. (Page 181)

5. Perfect form, exquisite fusion of _____ and _____ is a high art and a thing of beauty. (Page 350)

46. If the practitioner makes us aware that the form consists of parts of individual movements, then we witness skill, perhaps, but not art. Explain. (Page 351)

47. The practitioner who over reaches himself does a disservice to himself and to our art. Explain. (Page 351)

48. What were the original names of the Nai Han Chi forms? (Page 353)

49. Kwan Jang Nim list **ten things to consider in hyung training** Name them. (Page 353)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____