

# Cho Dan Candidate



# Testing Packet

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## **Cho Dan Candidate Instructions**

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- Complete the Dan Promotion Examination Form – Fill in all of the blanks and turn in to your instructor.
- The Volume 1 Study Guide is available for download from the website. When you turn the paperwork in, all that is needed is the Cho Dan Section. Photocopy that section and hand it in with the packet.
- If you have a medical condition that you believe could affect your test in any way, please see your instructor to fill out the Health Questionnaire.
- The remainder of the paperwork is due no later than one month before the Dan Shim Sa. When you turn the paperwork in, make sure that it is in a very neat and organized packet. If your paperwork is not received by this date, you will not be eligible for the Dan Shim Sa.

### **Important Points:**

- Start your essay and paperwork early. DON'T WAIT UNTIL THE LAST MINUTE. You should allow yourself plenty of training time, as the Shim Sa becomes closer. This would mean completing all of the paperwork ahead of time. Once that is off your mind, you can concentrate on training.
- Starting now and continuing until your Shim Sa your training and attendance will be under very strict review. Please continue to attend classes and train to the best of your ability at least twice a week (preferably more) and attend as many Dan Classes as you can.

**If you have any questions or concerns, please feel free to talk with your instructor.**

***Good Luck in Your Preparations!***

***Soo Bahk!!!***

## Cho Dan Candidate Checklist

Item	Descripti	Comple
1	Dan Shim Sa Examination Form	
2	Essay - "What Soo Bahk Do Moo Duk Kwan means to me." Minimum of 1000 words, typewritten and double spaced.	
3	Volume One Study Guide - Cho Dan Section (Questions # 1-41) (Copy of Answers)	
4	Health Status Questionnaire (optional)	
5	Clinic Registration / Waiver Form	
6	Proof of current membership and rank Geup no and date last Federation fee	
7	2 Passport Size Photos	
8	Payment - Check made out to the Federation ( B A Hedges)for £165.	

<b>Testing Date:</b>	
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<b>Dan Shim Sa Classing</b>	
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**Everything Is Due No Later Than:**



Affix Applicant's Photo  
Do not staple.  
1 ¼" x 1 ¼"  
max. dimension  
1 photo in this area or  
submit digital image

**World Moo Duk Kwan®**  
**APPLICATION FOR DAN RANK PROMOTION**

**Internal Use Only**  
Postmarked: \_\_\_\_\_  
Received: \_\_\_\_\_  
Processed: \_\_\_\_\_  
Approved: \_\_\_\_\_  
Shipped: \_\_\_\_\_

Exam Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Testing Board Country \_\_\_\_\_  
(Mo Day Year)  
Candidate's WMDK Registration ID \_\_\_\_\_ Valid Until \_\_\_\_/\_\_\_\_/\_\_\_\_  
(required) (Mo Day Year)

**SECTION 1: to be completed by candidate or guardian** Nat Org Gup ID \_\_\_\_\_ (if applicable) Dan Bon \_\_\_\_\_

Candidate's first Moo Duk Kwan® lesson : \_\_\_\_/\_\_\_\_/\_\_\_\_ Previous martial art experience? (any style) Yes No  
(Mo Day Year) (Circle One)

Studio name where Candidate trains: \_\_\_\_\_ Studio ID \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Home Tel. # ( ) \_\_\_\_\_ Wk or Cell # (.....) \_\_\_\_\_  
(Mo Day Year)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Male/Female \_\_\_\_\_  
(Your name will appear on your Dan certificate as it appears here)

Address \_\_\_\_\_  
Street

City/State/PostalCode: \_\_\_\_\_  
City State/Province Postal Code Country

E-mail: \_\_\_\_\_ Education Level: \_\_\_\_\_ Occupation: \_\_\_\_\_ Hobby: \_\_\_\_\_

Present Rank: \_\_\_\_\_ Applying for rank: \_\_\_\_\_ Candidate's Personal Instructor Name \_\_\_\_\_

Candidate's Signature (Guardian if under 18 years): \_\_\_\_\_ Date Signed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Mo Day Year)

**SECTION 2: to be completed by candidate's recommending instructor:**

Candidate began training with recommending instructor: \_\_\_\_/\_\_\_\_/\_\_\_\_ Candidate's last rank promotion: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Mo Day Year) (Mo Day Year)

Instructor's Dan Bon \_\_\_\_\_ Rank: \_\_\_\_\_ Name: \_\_\_\_\_

Dan Bon of Instructor's Instructor: \_\_\_\_\_ Rank: \_\_\_\_\_ Name: \_\_\_\_\_

Instructor's Comments about Candidate (if any): \_\_\_\_\_

Recommending Instructor's Signature: \_\_\_\_\_ Date Signed: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Mo Day Year)

**SECTION 3: to be completed by WMDK authorized TAC Dan Shim Sa Examiners**

<b>Any medical or physical limitations?</b>	<b>(Yes/No)</b>	HYUNG 1	IL SOO SIK
		HYUNG 2	SAM SOO SIK
KI CHO HAND		HYUNG 3	HO SIN SUL
KI CHO FEET		HYUNG 4	JA YU DEH RYUN
KI CHO COMBO		HYUNG 5	TUK SOO DEH RYUN
<i>Examiner(s) may require demonstration of lower belt knowledge or techniques at their discretion. EXAMINER NOTES:</i>		IN NEH	
		KYOK PA	
		GENERAL KNOWLEDGE	
		TERMINOLOGY	
		ORAL EXAM: CULTURE & HISTORY	
		VOL 1 STUDY GUIDE EXAM	
		VISION PARTICIPATION	
Candidate's written essays have been received and reviewed? Yes No (Do not submit essays to WMDK)			
<b>AVERAGE SCORE</b> _____		<b>TOTAL OF ALL SCORES</b> _____	

I/We recommend the candidate for promotion to \_\_\_\_\_ Dan

Point System (1 to 10): 10 Perfect 9 Excellent  
8 Above Average 7 Average 6 Fail  
An average score greater than or equal to 7 passes  
An average score of 6.9 or less fails

**Attention Candidates & Instructors:**  
Submit Dan rank application packets  
as instructed by your organization's TAC

Signature(s) of Authorized Examiner(s)

1. Moo Duk Kwan  
2. 무덕관  
3. 武德館

Kwan Jang Nim Approval \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Dan Bon Assigned: \_\_\_\_\_ (For Cho Dans & Transfers)

**This Study Guide belongs to:**

Your Name \_\_\_\_\_ Your Federation Gup/Dan ID \_\_\_\_\_

Your Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Your Federation Membership Expires on \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**ALL CHO DAN, E DAN & SAM DAN CANDIDATES ANSWER  
QUESTIONS A to H**

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 your instructor. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**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)

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. Explain “Moo”. (Page 4)

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

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4b. 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 “Moo Duk Kwan®”? (Page 8)

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8. Name and explain the 10 Articles of Faith in Soo Bahk Do® (Tang Soo Do) training.

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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)

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11. Name the 5 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)

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15. Breaking techniques, in our art, is a means of demonstrating the \_\_\_\_\_ to which we have trained out 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)

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**19.** Name the 14 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.

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**20.** The center of balance originates where? (Page146)

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

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**22.** Explain the importance of the Choon Bee Ja She. (Page 149, 150)

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**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 Bu: (Page354)

- 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 Pyung Ahn Cho Dan: (Page372)

- 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)

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**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 the origin of Bassai's name? (Page 411)

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

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

1. Name of its creator? \_\_\_\_\_
2. Place of its creation? \_\_\_\_\_
3. Date of its creation? \_\_\_\_\_
4. Total number of techniques? \_\_\_\_\_

## **COVER PAGE FOR ESSAY**

Include the following information:

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Candidates Name

Current Rank  
Dan Bon or Geup  
Number

Age

Instructor's Name

Date of Exam

Essay Question





# World Moo Duk Kwan®

## World Moo Duk Kwan Essay Requirements

Essays shall be a minimum of 1000 words in length

### Candidates testing for Cho Dan:

1. What Soo Bahk Do Moo Duk Kwan means to me

This is a personal essay.

### Candidates testing for Ee Dan:

2. What does your Dan Bon mean and how does it relate to Moo Duk Kwan and its discipline?

Candidate is requested to contemplate, expound upon and emphasize the “Essence of Moo Do” i.e., discipline/respect in seniority, etc. in this essay. Candidates are referred to the 1995 Moo Duk Kwan History Book article discussing the Moo Duk Kwan Dan Bon and how it affects the discipline of Moo Do.

### Candidates testing for Sam Dan:

3. Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan which make it unique and differentiate it from other styles. Candidate is requested to contemplate and expound upon the Moo Duk Kwan’s uniqueness and accomplishments made from 1954 to 1961 in Korea. Vision Tour presentations have provided additional information about many of these events.

### Additional Question for All Rank Candidates: (length need not be 1000 words)

4. Please cite your personal Vision participation and Vision contributions that you have made during your training career and how they have helped achieve measurable success toward vision objectives.

Note to Examiners: For the purpose of scoring the section “**Vision Participation**” on the *WMDK Application For Dan Rank Promotion* form, examples of suitable candidate answers might include, but are not limited to activities and contributions like the following:

1. I have endeavored to demonstrate proper Moo Do behavior in all my actions in and out of the  
Dojang
2. I have joined and/or supported my Dojang’s PVT Committee activities.
3. I have helped at my Dojang when my instructor has needed my assistance in any area.



## **World Moo Duk Kwan®**

4. I have sought out opportunities to demonstrate and discuss our values with non-practitioners
5. I have referred xx friends to my dojang who began training
6. I have invited my instructor to give xx demonstrations or speeches at my church, school, club, business, etc.
7. I have participated in xx public demonstrations for my Dojang
8. I have consistently greeted and introduced myself to new members in my dojang and encouraged them in the early stages of their training
9. I have assisted and encouraged fellow members who have become discouraged after failing a test or when other life challenges make them want to quit training
10. I have distributed flyers and other promotional materials about my dojang and Soo Bahk Do in my local community
11. I have arranged xx demonstrations or speaking opportunities for my instructor with my school or club
12. I have conducted xx fund-raising efforts for Soo Bahk Do projects in my community
13. I have submitted xx articles, press releases and/or photos to my local newspaper about Soo Bahk Do and our Dojang activities
14. I have actively encouraged my fellow students to attend xx regional, national and international Soo Bahk Do events with me.
15. Candidate may cite any other activity or contribution that has helped strengthen our foundation and achieve measurable results toward vision objectives

Should a candidate fail to submit answers that are suitable to Examiners, the candidate might be encouraged to review the Vision Objectives and better understand their role in achieving measurable results toward them before their next test. For example, reading assignments (PVT Summary, PVT Website, PVT Showcase Articles, Strategies of Active Citizenship, etc.)

## REGION 5 SOO BAHK DO MOO DUK KWAN HEALTH QUESTIONNAIRE (Optional)

Date Questionnaire Completed: \_\_\_\_\_

Name of Event: \_\_\_\_\_ Date of Event: \_\_\_\_\_

Name of Participant: \_\_\_\_\_

Name of Parent/Guardian  
(Participants under 18 years of age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Your Current Rank: \_\_\_\_\_

Name of Instructor: \_\_\_\_\_

Your Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: (     ) \_\_\_\_\_

Name of and phone numbers of two persons to contact in the event of an emergency.

Name	Area Code & Phone Number

<input type="checkbox"/>	<p>If you do not have any physical, mental or emotional condition, injury disability or special health considerations indicated under questions 1-5 to report, please check this box. You do not have to complete questions 1-5. However, you must complete ALL items on this page and return the questionnaire with the Waiver and Release of Liability.</p>
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Please check the one statement below that best describes the assistance you needed to complete this questionnaire

- \_\_\_\_\_ The participant named above completed this questionnaire with no assistance.
- \_\_\_\_\_ The participant named above completed this questionnaire the assistance of his/her Soo Bahk Do instructor.
- \_\_\_\_\_ The participant named above completed this questionnaire the assistance of parent/guardian, family members or friends.
- \_\_\_\_\_ The questionnaire was completed entirely by the parent/guardian of the above named participant.
- \_\_\_\_\_ The questionnaire was completed by the parent/guardian of the above named participant with the assistance of the named participant's Soo Bahk Do instructor.

Name of Participant: \_\_\_\_\_

1. Please describe any current physical injury, medical or health condition, partial or permanent disability, that may affect your participation, physical, mental or emotional performance during this event. Also, please indicate whether you are under a physician's care for any conditions you described below.
  
  
  
  
  
  
  
  
  
  
2. Please describe any circumstances, factors or characteristics associated with the injury, medical or health condition and/or partial or permanent disability described above that may pose a risk to the health and well-being of other participants in this event including risks associated with any contact or exchange of body fluids
  
  
  
  
  
  
  
  
  
  
3. Are you taking any medication that can in any way affect you performance, action or behavior during this event? \_\_\_\_\_ Yes \_\_\_\_\_ No If you checked yes, please describe the medication and its potential effects on your performance, action or behavior.
  
  
  
  
  
  
  
  
  
  
4. Please indicate any accommodations or special considerations you would like to request that may assist you in maximizing your participation, inclusion and training in this event.

5. Instructor Observations, Comments and Recommendations

Instructors, please indicate any observations, comments and recommendations you may have regarding the student named on this questionnaire. Please describe any concerns or reservations you may have regarding this student's participation in this event and related activities.

\_\_\_\_\_ **Check here if you have no observations, comments or recommendations**

**Instructors Observations**

# Cho Dan Candidate Requirements

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**Ki Cho**

- Ha Dan Mahk Kee
- Choong Dan Kyung Kyuk
- Sang Dan Mahk Kee
- Hu Gul Choong Dan Yup Mahk Kee
- Hul Gul Ha Dan Mahk Kee
- Ahneso Pahkuro Mahk Kee
- Jang Kap Kwan Kyung Kyuk
- Kwo Do Kyung Kyuk
- Chung Gul Ssang Soo Ahneso Pahkuro Mahk Kee
- Ahp Cha Nut Gi Ha Dan Mahk Kee Tuel Oh Choong Dan Kyung Kyuk
- Dolloyo Cha Gi Kap Kwon Kyung Kyuk Tuel Oh Choong Dan Kong Kyuk
- Yup Podo Cha Gi Tuel Oh Sang Dan Kyung Kyuk
- Pahkuru Ahneso Cha Gi Katen Bahl Yup Podo Cha Gi Tuel Oh Sang Dan Kyung Kyuk
- Ahneso Pahkuro Cha Gi Tuel Oh Yuk Soo Do Kyung Kyuk



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## Cho Dan Promotion Requirements

### General Requirements

The following are minimum requirements to be eligible for promotion:

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

### Expectations of Performance

Candidate should be able to demonstrate the following:

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

### Culture, Terminology, and History

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

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

## Cho Dan

### Demonstration of Ability

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

All lower belt techniques and requirements

Hand and foot combinations using all known techniques

- **Forms (Hyung)**

Passai

Chil Sung Il Ro Hyung

Chil Sung Sam Ro Hyung

Du Mun Hyung (Adults only)

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

Adults: All (Il Bon to Sip Pahl Bon)

Children: Il Bon to Gu Bon (odd numbers only)

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

Adults:

- Side wrist grips
- Rear wrist grips
- All lower belt requirements

Children: Il Bon & E Bon of the following sets

- |                         |                          |
|-------------------------|--------------------------|
| • Cross Wrist Grips     | • Two on One Wrist Grips |
| • Same Side Wrist Grips | • Two on Two Wrist Grips |

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

Free sparring

- **Breaking (Kyok Pa)**

Ee Dan Dwi Cha Gi (Jump Back Kick) *or*

Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique

- **In Neh**

Thirty (30) seconds of continuous punching (Kee Mah Jaseh) with focus on power, speed, and proper direction of hip for maximum effectiveness of each punch. Goal: 120 punches with proper technique and form.

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

Candidate Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

### **CHO DAN SHIM SA QUESTIONS**

(use the back of the paper if you need more room)

- 1. What is the meaning of the words “Moo Duk Kwan” and when was it founded?**
- 2. What is the meaning of the words “Soo Bahk Do” and when was the name “Soo Bahk Do” officially adopted by the Kwan Jang Nim and Moo Duk Kwan in Korea?**
- 3. What is the meaning of the words “Cho Dan”?**
- 4. Draw the two characters for “Pyung Ahn” and describe its meaning ?**
- 5. Please describe three (3) areas of human development through the Soo Bahk Do Moo Duk Kwan.**
- 6. Name any two (2) characteristics of the Hyung “Passai”.**
- 7. Name any two (2) characteristics of the Hyung “Naihanji (Neh Bo Jin)” and their translations.**



## CHO DAN SHIM SA QUESTIONS

Name: \_\_\_\_\_

15. What do you feel is the main ingredient which differentiates a Martial Artist from someone who just practices Karate?

16. Draw the two characters for “Pyung Ahn” and describe each one.

17. Draw the character for “Moo” and describe its meaning.

18. Explain the meanings behind the colors of our belt system:

White:

Green:

Red:

Midnight Blue:

19. List the Eight Key Concepts in both Korean and English:

Korean

English

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

## **CHO DAN SHIM SA QUESTIONS**

Name: \_\_\_\_\_

**20. What is the President's Vision Tour and the motivation for it?**

**21. Name three students whom you personally connected to your art of Soo Bahk Do Moo Duk Kwan during the last 3-4 years and who became training members of your federation after your referral?**

- 1.
- 2.
- 3.

**22. Please cite some specific examples of how you have participated in, and/or contributed to Vision success during your last 3-4 years of training.**

**23. What are the five Moo Do Values?**

- 1.
- 2.
- 3.
- 4.
- 5.

## WMDK ORAL QUESTIONS FOR DAN CANDIDATES

### CHO DAN SHIM SA

1. What is the President's Vision Tour and the motivation for it?
  - a. President H.C. Hwang explains his motivation as follows, "Our beloved Founder of the Moo Duk Kwan, Grandmaster Hwang Kee passed away on July 14, 2002. Upon his passing, Grandmaster Hwang Kee became part of the Past. We are the present, and the future of the Moo Duk Kwan. It is dependant upon us and our actions. Now is a very important time in the Moo Duk Kwan's history for the present members to strengthen relationships with each other and solidify a worldwide structure that will ensure the future longevity of our art into the next century."

When the Kwan Jang Nim H.C. Hwang was asked how the Moo Duk Kwan would continue if he should become unable to serve because of some unexpected event he answered,

"The foundation of the Moo Duk Kwan home must be strong enough to carry our art into the future for our next generations, even in my absence. The future of our art cannot remain dependant upon a single person, rather it depends upon every practitioner willingly carrying the Moo Duk Kwan into the future by moving in harmony with one another. Present day practitioners need to strengthen their relationships with each other worldwide and embrace a global structure conceived and dedicated to the preservation of the Moo Duk Kwan. WE NEED TO STRENGTHEN OUR FOUNDATION.

**Our art's foundation and life blood is new beginners, Gup members, Dan members, Ko Dan Ja members and their families.** All are art of our FOUNDATION. Current members can move toward the goal of "STRENGTHENING OUR FOUNDATION" through their active participation. Individual participation is the Key Energy necessary to strengthen our foundation.

Our Moo Duk Kwan's unique history is a source of great pride for Moo Do practitioners and by gaining a deeper understanding of the history of the Moo Duk Kwan, we are able to connect with our proud identity as a leader in the Martial Arts community Worldwide. We have the opportunity to continue honoring preserving the values embraced by our seniors and carried through history into our present day training. We can create a bright future for the Moo Duk Kwan by focusing on our individual active role, and our worldwide common goal, of "*Strengthening our Foundation.*" With this energy, the longevity of our Living Art is very promising. These are my motivation for the President's Vision Tour."

**WMDK ORAL QUESTIONS FOR DAN CANDIDATES**

2. Name three students whom you personally connected to your art of Soo Bahk Do Moo<sup>®</sup> Duk Kwan<sup>®</sup> during the last 3-4 years and who became training members of your Federation after your referral:
  - a. Name 1
  - b. Name 2
  - c. Name 3
  
3. Please cite some specific examples of how you have participated in, and/or contributed to Vision success during your last 3-4 years of training.  
Personal Answer
  
4. What are the five Moo Do Values?
  - a. History
  - b. Tradition
  - c. Discipline/Respect
  - d. Philosophy
  - e. Technique
  
5. What is the meaning of the words "Moo Duk Kwan<sup>®</sup>" and when was it founded?
  - a. Answer: Moo (Martial or Military), Duk (Virtue), Kwan (Style or Institute) Founding date: November 9, 1945
  
6. What is the meaning of the words "Soo Bahk Do<sup>®</sup>" and when was the name "Soo Bahk Do" officially adopted by the Founder Hwang Kee in Korea?
  - a. Answer: Soo (Hand), Bahk (Strike), Do (Way). June 30, 1960 Seoul, Korea
  
7. What is the meaning of the words "Cho Dan" ?
  - a. Answer: Cho (Beginning), Dan (Level).
  
8. What is the meaning of "Pyong Ahn" ?
  - a. Answer: Peaceful Confidence. The character Pyong is a picture of a balanced scale; the character Ahn is a picture of a mother and child under a roof.
  
9. Please describe three (3) areas of human development through the Soo Bahk Do Moo Duk Kwan.
  - a. Answer: Weh Gong (External power), Neh Gong (Internal power), Shim Gong (Spiritual power)
  
10. Name the first three of the 8 Key Concepts, #4 through 6, #7 and 8 and their translation.
  - a. Answer: Yong Gi (Courage), Chung Shin Tong Il (Concentration), In Neh (Endurance), Chung Jik (Honesty), Kyum Son (Humility),



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Him Cho Chung (Control of power), Shin Chook (Relaxation and tension), Wan Gup (Speed control).

11. Name any two (2) characteristics of the Hyung "Passai".
  - a. Answer: Light, Quick, Offensive, Active.
12. Name any two (2) characteristics of the Hyung "Naihanji (Neh Bo Jin)" and their translation.
  - a. Answer: Heavy (Stable), Powerful, Defensive, Passive. Neh (Inside/Internal), Bo (Step), Jin (Advance).
13. Give the meaning of any two (2) symbols in the Moo Duk Kwan Flag.
  - a. Answer: The leaves represent 14 provinces of Korea, the Green stands for spring, growth and spreading of Moo Duk Kwan, also stands for peace. The berries represent the 6 major continents, color red stands for ripening the season of summer. Red also represents the Yang side of the Um/Yang. The Yang represents: Heat, active, offensive nature. The Blue scroll represents knowledge and the characters in the scroll are Soo (Moo) Bahk. The Blue stands for autumn, a fruitful result of training, it is also the color of the Um indication coolness, calmness, passiveness
14. When was Ki Cho Hyung IL Bu -Sam Bu created and by whom ? How many moves are in each form?
  - a. Answer: 1947. Kwan Jang Nim Hwang Kee. 22 moves (Include Jhoon Bee and Ba Ro)
15. What is the meaning of the words "Chil Song" and its related stars ?
  - a. Answer: Seven Star. Big dipper with the North star.
16. When was your National organization founded and who is your Board representative?
  - a. Answer: Varies By Country
17. What is the Um -Yang ?
  - a. Answer: (Chinese: Yin -Yang) it is the symbol in the center of the Tae Kuk Gi (Korean flag). It is a symbol which reflects the Oriental view of the duality of the universe and how all things may be categorized as having one of two natures. Um is the blue side and represents the passive, coolness, defensive nature, and the female principle. Yang is the Red side and represents the active, heat, offensive nature, and the male principle.
18. Whom in the Federation should you contact to if you have any concerns?
  - a. Answer: Elected Board member in my region (while observing proper protocol).

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19. What can you do to contribute to the success of our art of Soo Bahk Do Moo Duk Kwan ?

- a. Answer: Personal. However it is important to see their indications related to to their Do Jang, Region, and the Federation.

20. What do you feel is the main ingredient which differentiates a Martial Artist from someone who just practices Karate?

- a. Answer: Understanding and applying Moo Do Shim Gong. Just because you can perform the movements physically, does not mean you have an understanding of the spirit of the martial art. The spirit of the martial art (Moo Do Shim Gong) envelops all areas of a student's efforts, on and off the training hall floor. To live like a martial artist is to be an artist of life and to apply the virtues and principles outlined in Kwan Jang Nim's teachings.