
SCHOOL FLAG

The Moo Duk Kwan flag, the Kwan Gi, represents the organisation and the style of martial art, Soo Bahk Do. It has both physical and philosophical significance in our training.

FIST - Gold colour, the fist stands for justice, for honour, and unity bearing strength.

LEAVES - The 14 green leaves on each side of the wreath represent the 14 provinces of Korea, the leaves also represent peace.

BERRIES - The red berries represent the six major continents, a fruitful result of training, and the colour comes from the Yang.

SCROLL - The blue scroll at the bottom of the flag stands for knowledge. As the Grand Master says 'The martial artist should also be a scholar.' The colour comes from the Um.

CHARACTERS

Left character - Soo, meaning hand.

Right character - Bahk, meaning to strike.

Centre character - Moo, meaning martial or military. This character is a composite of 'stop' and 'sword' or 'fighting', representing that the central purpose of Soo Bahk Do is to stop fighting between people and even to resolve conflicts within ourselves.



Soo Bahk Do Moo Duk Kwan

Terminology

White and Orange Belt

GENERAL

Name of the art we study	Soo Bahk Do
Name of the organisation	Moo Duk Kwan
Grand master	Kwan Jang Nim
Master instructor	Sa Bom Nim
Senior instructor	Kyo Sa Nim
Junior instructor	Jo Kyo Nim
Senior member	Sun Beh Nim
Junior member	Hu Beh Nim
Nim	A term of respect
Senior Dan holder (4th Dan +)	Ko Dan Ja
Dan holder (1st to 3rd Dan)	Yu Dan Ja
Grade holder	Yu Gup Ja
Beginner	Cho Bo Ja
Training hall	Do jang
National flag	Kuk gi
School flag	Kwan gi
Uniform	Do bok
Belt	Dee
Hips / waist	Hu ri
Right side	O rin jok
Left side	Wen jok
Technique	Ki sool
Basic techniques	Gi cho
One-step sparring	Il soo sik dae ryun
Sparring	Ja u dae ryun
Self defence	Ho sin sool
Sequence of movements	Hyung
Thank you	Kahm sa ham ni da
Dismissed	Ee san

EIGHT KEY CONCEPTS

Courage	Yong gi
Concentration	Chun shin tong il
Endurance	In neh
Honesty	Chun jik
Humility	Kyum son
Control of power	Him cho chung
Relaxation / tension	Shin chook
Speed control	Wan gup

HAND TECHNIQUES

Low block
Middle block
High block
Outside-in block
Knife hand block
Front punch
Palm heel strike
Side punch (horse stance)
Backfist strike
Hammer fist strike
Elbow strike
Ridge hand strike
Spear hand strike

FOOT TECHNIQUES

Front stretch kick
Front kick
Jump front kick
Side kick
Roundhouse kick
Inside-out crescent kick
Outside-in crescent kick
Back kick
Knee strike

STANCES

Ready stance
Forward stance
Side stance
Horse stance
Back stance
Kicking stance
Sparring stance
Cross-leg stance

SOO GI

Ha dan mahk kee
Aneso pakuro mahk kee
Sang dan mahk kee
Pakeso anuro mahk kee
Soo do mahk kee
Choong dan kong kyuk
Jung kwon kong kyuk
Weng jin kong kyuk
Kap kwon kong kyuk
Kwon do kong kyuk
Pahl koop kong kyuk
Yuk soo do kong kyuk
Kwon soo kong kyuk

JOK GI

Ahp podo ol ri gi
Ahp cha nu gi
Ee dan ahp cha nu gi
Yup podo cha gi
Dolly o cha gi
Aneso pakuro cha gi
Pakeso anuro cha gi
Dwi cha gi
Moo roop cha gi

JA SEH

Jhoon be ja seh
Chun gul ja seh
Sa kyo rip ja seh
Kee mah ja seh
Hu gul ja seh
Bal cha gi ja seh
Dae ryun ja seh
Kyo cha rip ja seh

NUMBERS

Korean

One	Ha na
Two	Dool
Three	Set
Four	Net
Five	Da sot
Six	Yo sot
Seven	Il gup
Eight	Yo dol
Nine	A hop
Ten	Yol
Twenty	Su mool

PON HO

Chinese

First	Ill
Second	Ee
Third	Sam
Fourth	Sa
Fifth	O
Sixth	Yuk
Seventh	Chil
Eighth	Pahl
Ninth	Gu
Tenth	Ship
Twentieth	Ee ship

COMMANDS

Attention	Cha ryut	Bow	Kyung ret
Begin	Si jak	Return	Ba ro
Rest	Shio	Sit	Anjo sip seo
Stand	Ill o sot	Yell	Ki hap
Meditation	Muk nyum	Move	Jin
Advance	Chun jin	Retreat	Hu jin
Repeat	Dasi	Stop	Guman
Turn	Tora	Front	Ahp
Side	Yup	Back	Dwi
By the count	Kuryung ema cho so	Without count	Kuryung op shi

BASIC FORMS

Developed by
Where developed
Year developed
Movements
Basic form 1
Basic form 2
Basic form 3

GI CHO HYUNG

Kwan Jang Nim Hwang Kee
Seoul, Republic of South Korea
1947
22
Gi cho hyung il bu
Gi cho hyung ee bu
Gi cho hyung sam bu
