
SCHOOL FLAG

The school flag is called **Kwan Gi** in Korean, and has great importance to our training. Every part of the flag has special meaning to all Soo Bahk Do students:

- **FIST** — The gold fist represents justice and honour. The five fingers represent the five senses (hearing, smelling, seeing, touching and tasting). The fist shows how we are much stronger when we join together and work with other people. When the five fingers join together to form a fist, it is much stronger than one finger alone.
- **LEAVES** — The 14 green leaves on each side of the wreath represent peace and 14 provinces of Korea.
- **BERRIES** — The red berries represent the six major continents and a fruitful result of your training. The colour comes from the Yang (strong).
- **SCROLL** — The blue scroll at the bottom of the flag represents knowledge. The Grand Master tells us ‘the martial artist should also be a scholar.’ The colour comes from the Um (soft).



SOO BAHK DO MOO DUK KWAN

Terminology

Children

GENERAL

Name of the art we study	Soo Bahk Do <i>Way of the Striking Hand</i>
Name of the organisation	Moo Duk Kwan <i>School of Martial Virtue</i>
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
Training hall	Do jang
Uniform	Do bok
Belt	Dee
Right side	O rin jok
Left side	Wen jok
Look (focus)	Shi sun
Balance	Choong shim
Thank you	Kahm sa ham ni da
Hello	An nyong ha sip ni ka

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

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

HAND TECHNIQUES

Low block
Middle block
High block
Front punch
Hammer fist strike
Long backfist strike

FOOT TECHNIQUES

Front stretch kick
Front kick
Jump front kick
Side kick
Inside-to-out crescent kick
Short back spinning kick

STANCES

Ready stance
Forward stance
Horse stance

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

SOO GI

Ha dan mahk kee
Aneso pakuro mahk kee
Sang dan mahk kee
Choong dan kong kyuk
Kwon do kong kyuk
Jang kap kwon kong kyuk

JOK GI

Ahp podo ol ri gi
Ahp cha nu gi
Ee dan ahp cha nu gi
Yup podo cha gi
Aneso pakuro cha gi
Dwi aneso pakuro cha gi

JA SEH

Jhoon be ja seh
Chun gul ja seh
Kee mah ja seh

COMMANDS

Attention	Cha ryut	Bow	Kyung ret
Begin	Si jak	Rest	Shio
Sit	Anjo seo	Stand	Ill o sot
Meditation	Muk nyum	Yell	Ki hap

TYING YOUR BELT

Your belt is very important; it represents all the hard work you have put into your training. You should take great care of your belt by not letting it touch the ground and never treat it as a toy. Never wash your belt, as that would be like washing away all your hard work.

1. Start with the middle of the belt in front of your stomach
2. Wrap the belt around your body, bringing the ends back to the front, making sure the belt overlaps itself neatly
3. Slide the left end under both layers of the belt
4. Pull the left end down, keeping the belt tight
5. Create a loop with the right end and pull the left end through
6. Pull both ends tight to secure the knot

