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## TEN ARTICLES OF FAITH

1. **Be loyal to one's country**  
Sacrifice to fulfill your duty to your country and your people.  
This is based on the spirit of the Hwa Rang.
2. **Be obedient to one's parents and elders**  
Children should be dutiful to their parents and parents should be charitable to their children.
3. **Be loving to one's husband or wife**  
From the mother's body develops man's happiness, as harmony and affection from love between the sexes.
4. **Be cooperative to your brothers**  
Hold together with cooperation and concord.
5. **Be respectful to elders**  
Protect the rights of the weak with courtesy and modesty.
6. **Be faithful to your teacher**  
Learn the truth through practice of duty, loyalty and affection.
7. **Be faithful to friends**  
Honour friendship and be peaceful and happy with harmony and faith towards all mankind.
8. **Face combat only in justice and with honour**  
Be able to distinguish between good and bad with fairness and rightfulness.
9. **Never retreat in battle**  
Sacrifice for justice with capability and bravery.
10. **Always finish what you start**  
Move to action with sureness and with hope.

武 德 館

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Soo Bahk Do Moo Duk Kwan

# Terminology

Green and Red Belt

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## GENERAL

Original name of Soo Bahk Do	Hwa Soo Do
Korean translation of the term Karate	Tang Soo Do
Historic Korean martial arts text	Moo Yei Do Bo Tong Ji
Peaceful confidence	Pyung ahn
Dan number	Dan bon
Spiritual power (mind)	Shim gung
Internal power (breath)	Neh gung
External power (strength)	Weh gung
Center level target (chest)	Myung chi
High level target (under nose)	In choong
Balance	Choong shim
Look (focus)	Shi sun
Breathing (exhale / inhale)	Ho hoop
Twisting movement	Tuel o
Advance (move forward)	Chun jin
Retreat (move backward)	Hu jin
Three-step sparring	Sam soo sik dae ryun
Breaking technique	Kyok pa
Grading / assessment	Shim sa
Bow to partner	Sang ho kan e kay, kyung ret
Hello	An nyong ha sip ni ka
Goodbye	An nyong hi kye se yo

## 5 MOO DO VALUES

History	Yeok sa
Tradition	Jon tong
Discipline / Respect	Neh kang weh yu
Philosophy	Chul hak
Technique	Ki sool

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## HAND TECHNIQUES

Reverse punch (back stance)  
Low x-block  
High x-block  
Reinforced middle block  
Bent wrist strike  
Ground level knife hand block  
Plier hand strike  
Long backfist strike  
Long hammer fist strike

## FOOT TECHNIQUES

Reverse roundhouse kick  
Side hook kick  
Short back spinning kick  
Long back spinning kick  
Jump back kick  
Jump side hook kick  
Jump long back spinning kick  
Jump short back spinning kick  
Jump back spinning outside-in kick

## CHIL SUNG HYUNG

The Chil Sung Hyungs were developed by Kwan Jang Nim Hwang Kee in 1952. 'Chil' means seven and 'Sung' means star; this refers to the seventh star of the Big Dipper constellation, and is also known as the North Star.

In early years travelers used the North Star as a guide for finding their way. The motivation of the Chil Sung Hyungs is 'Guiding the Way' - these hyungs guide the Moo Duk Kwan practitioner towards becoming a better martial artist.

Developed by  
Where developed  
Year developed  
There are seven Chil Sung Hyungs

## SOO GI

Yuk jin kong kyuk  
Ha dan ssang soo mahk kee  
Sang dan ssang soo mahk kee  
Choong dan ssang soo mahk kee  
Son mok deung  
Choi ha dan soo do mahk kee  
Jip kye son kong kyuk  
Jang kap kwon kong kyuk  
Jang kwon do kong kyuk

## JOK GI

Peet cha gi  
Yup hu ri gi  
Dwi aneso pakuro cha gi  
Dwi hu ri gi  
Ee dan dwi cha gi  
Ee dan yup hu ri gi  
Ee dan dwi hu ri gi  
Ee dan dwi aneso pakuro cha gi  
Ee dan dwi pakeso anuro cha gi

Kwan Jang Nim Hwang Kee  
Seoul, Republic of South Korea  
1952  
Il Ro, Ee Ro, Sam Ro, Sa Ro,  
O Ro, Yuk Ro, Chil Ro

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## STARTING / CLOSING CLASS

Attention  
Salute the country flag  
Return  
Meditation  
Rest  
Bow to Master Instructor  
Bow to Senior Instructor  
Bow to senior member

Cha ryut  
Kuk gi ba ray  
Ba ro  
Muk nyum  
Shio  
Sa Bom Nim kay, kyung ret  
Kyo Sa Nim kay, kyung ret  
Sun Beh Nim kay, kyung ret

## MOO DO ANATOMY

