

# STUDY GUIDE

## STUDENT CREED

1. I will develop myself in a positive manner, and avoid anything that would impair my mental growth or physical health.
2. I will develop self-discipline in order to bring out the best in myself and others.
3. I will use the skills I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

## 10 ARTICLES OF FAITH

1. Be loyal to one's country.
2. Be obedient to one's parents and elders.
3. Be loving to one's husband or wife.
4. Be cooperative to one's brothers and sisters.
5. Be respectful to elders.
6. Be faithful to your teachers.
7. Be faithful to your friends.
8. Fight only in justice and with honor.
9. Never retreat in battle.
10. Always finish what you start.

## 8 KEY CONCEPTS

- |                       |                      |
|-----------------------|----------------------|
| 1. Yong Gi            | Courage              |
| 2. Chung Shin Tong Il | Concentration        |
| 3. In Neh             | Endurance            |
| 4. Chung Jik          | Honesty              |
| 5. Kyum Son           | Humility             |
| 6. Him Cho Chung      | Control of Power     |
| 7. Shin Chook         | Tension & Relaxation |
| 8. Wan Gup            | Speed Control        |

## COMMANDS FOR CLASS

Cha Ryut	Attention
Kuk Gi Kyung Ret	Acknowledge Flags
Ba Ro	Return
Ahn Jo	Sit
Muk Yum	Meditate
Ba Ro	Return
Cha Ryut	Attention
Sun Beh Nim Kay Kyung Ret	Bow to the Senior Member
Yu Dan Ja Nim Kay Kyung Ret	Bow to the Black Belt
Kyo Sa Nim Kay Kyung Ret	Bow to the Instructor
Sa Bom Nim Kay Kyung Ret	Bow to the Master Instructor
Kwan Jang Nim Kay Kyung Ret	Bow to the Grand Master Instructor
Kam Sa Ham Ni Da	Thank you very much
Ahn Young Ha Sim Nee Kah	Greeting (Hello)

## COUNTING

English	Korean	Chinese
1	Hana	Il
2	Dul	E
3	Set	Sam
4	Net	Sa
5	Tasot	O
6	Yosot	Yuk
7	Ilgop	Chil
8	Yodol	Pahl
9	Ahop	Ku
10	Yol	Ship

Name of Style: Mood Duk Kwan (School of Martial Virtue)

Founder of Moo Duk Kwan: Grand Master Hwang Kee

Name of Art: Tae Kwon Do (Way of Foot and Fist)

Name of Art: Tang Soo Do (Way of China Hand)