



Jo Kyo Certification Study Kit

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In appreciation for their dedication and energy in preparing this study kit.

World Moo Duk Kwan® Jo Kyo Certification Study Kit

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A word from the President of World Moo Duk Kwan®

Dear member,

Thank you for your interest in enhancing your presentation skills for the instruction of the Soo Bahk Do martial art system in accordance with Moo Duk Kwan® standards of excellence.

In this document the Technical Advisory Committee has provided a well-researched and scientifically based teaching methodology that can help you ensure that students of all ages and abilities have the most rewarding training experience learning Soo Bahk Do under the guidance of Moo Duk Kwan® certified instructors while you simultaneously preserve the standards and integrity of our martial art.

Certified Instructors serve a very important role in the preservation of our art and are the primary practitioners responsible for protecting and maintaining the authenticity, legitimacy and credibility of our martial art as created by its founder and entrusted to us for preservation.

As an instructor, you have many opportunities to influence the lives of countless other practitioners in a positive manner and the teaching methods presented in this course are intended to further your education and help you be the most effective instructor possible. The techniques presented here take into consideration many factors of the student (learner) and will help you inspire students and motivate them to always seek personal growth and improvement in their training and personal life.

I have reviewed the teaching methodologies presented here and determined them to be fully supportive of the preservation of the Soo Bahk Do traditional martial art system as intended by Moo Duk Kwan® Founder Hwang Kee.

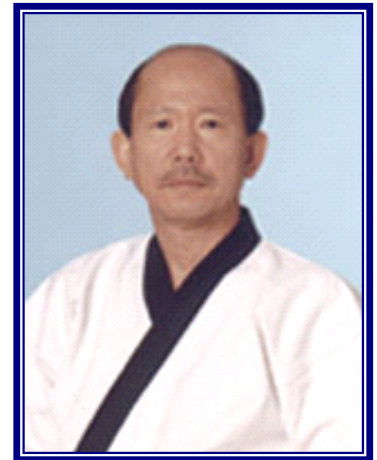
The World Technical Advisory Committee has also reviewed and sanctioned the contents of this course. I encourage you to fully explore the scientifically based concepts that are presented here and to apply them in your own instruction. They can help you ensure each student has the most enjoyable training experience and develops the greatest possible appreciation for their role in "The Art and I."

I wish you the best in your continued dedicated training and your instruction of the Soo Bahk Do martial art as an instructor certified by the Moo Duk Kwan®.

In the Moo Duk Kwan



Hwang, Hyun Chul, Sa Bom
Moo Duk Kwan® Kwan Jang



How to complete your Jo Kyo Certification Study Kit

Your Jo Kyo Certification Study Kit has been designed as an interactive PDF. For the best experience, use this document with Adobe Acrobat Reader which you can [freely download from Adobe](#). Using Adobe Acrobat Reader will ensure that you can save your progress as you go.

Much of the content in this Study Kit can be completed electronically, however it is important that you check with your instructor to find out how they would like to receive your answers: either as a printed document or as a PDF.

Certain sections will need to be printed, so it is best to fill in as much information as you can before printing. Sections such as the practical applications should be printed and taken with you to class for your instructor to review and sign. These sections are identified with the icon of a printer in the top corner of the page. Click on that printer icon and you will print only that page. Be sure to keep these documents safe; the completed practical applications are to be submitted as part of your application for Jo Kyo certification.



Once you have completed the knowledge review sections, you can print off those sections or email the completed PDF to your instructor for their review. Use the 'Jo Kyo certification application cover sheet' on the following page as a checklist to ensure that you have completed all the necessary sections.



Jo Kyo Certification Application cover sheet

Candidate information

Name:	Date of birth:
Dan Bon / Gup ID:	Rank:
Email address:	Phone number:
Postal address:	
Country / Federation:	
Instructor's name:	Dojang:
Date Jo Kyo apprenticeship commenced: <i>Candidate must have possession of the Jo Kyo Certification Study Kit at least 90 days prior to target exam date.</i>	

Study Kit checklist

- ☐ Practical application: Class warm-up
- ☐ Practical application: Class assistance
- ☐ Class management
- ☐ Knowledge review: White Belt Instructional Guide
- ☐ Knowledge review: Orange Belt Instructional Guide
- ☐ Knowledge review: Class warm-up and stretching
- ☐ Knowledge review: Lesson planning and preparation
- ☐ Knowledge review: Teaching introductory lessons
- ☐ Knowledge review: Teaching children
- ☐ Knowledge review: Five Moo Do Values in Action
- ☐ Jo Kyo Certification Recommendation Form

Section I

Jo Kyo Certification

CONTENT

- Teaching certifications overview
- Jo Kyo expectations and requirements
- Your journey to Jo Kyo

Teaching certifications overview

CERTIFICATION	DEFINITION	ELIGIBILITY	ASSESSMENT	ROLE
Jo Kyo 助教	Assistant Instructor <i>Assist, Instruct</i>	Red Belt Age 10+ Possess study kit 3+ months	Dojang level	Assist their certified instructor.
Kyo Sa 教師	Certified Instructor <i>Instruct, Teacher</i>	1-3 Dan Age 18+ Possess study kit 12+ months	Region or Country level	Authorized to teach Soo Bahk Do. Administers Gup Shim Sa. Recommends students for Dan testing.
Kyo Bom 教範	Ko Dan Ja Member <i>Instruct, Model</i>	4+ Dan Age 21+ Not Kyo Sa certified Possess study kit 12+ months	Current Ko Dan Ja Shim Sa process for all Sa Dan candidates.	High level practitioner. Successfully teaches classes. May sit on Gup Shim Sa board.
Bu Sa Bom* 副師範	Sa Bom in training <i>Assist, Teacher, Model</i>	4+ Dan Age 21+ Kyo Sa certified Possess study kit 12+ months	Completes Kyo Bom process if Kyo Sa certified, OR current Ko Dan Ja member completes Kyo Sa testing process.	Authorized to teach Soo Bahk Do. Administers Gup Shim Sa. Recommends students for Dan testing. May sit on Dan Shim Sa board.
Sa Bom 師範	Certified Master Instructor <i>Teacher, Model</i>	4+ Dan Age 25+ Kyo Sa certified Possess study kit 24+ months	Completes Sa Bom process at Ko Dan Ja Shim Sa.	Authorized to teach Soo Bahk Do. Administers Gup Shim Sa. Recommends students for Dan testing. Under direction of TAC, administers Dan Shim Sa and Ko Dan Ja Shim Sa. May be appointed to Regional Examiner or TAC positions.

* Bu is a common term in Korean meaning second in command like "Vice" President. Bu Sa Bom requires a Kyo Sa certification. Any Ko Dan Ja member may go through the regional Kyo Sa examination process to later obtain Bu Sa Bom certification. Ko Dan Ja candidates who already have a Kyo Sa certification are automatically eligible for Bu Sa Bom.

Jo Kyo expectations and requirements

Jo Kyo (助教) – Certified assistant to an instructor

A Jo Kyo is an assistant to a certified instructor and shares a “sun and moon” relationship. The Jo Kyo is responsible to assist their certified instructor as follows including, but not limited to:

- Assisting a certified instructor conducting a class. The assistant’s role is to help with class management and look to the individual needs of the students in a way that enhances the class without being noticed (mu sang).
- Teaching a prescribed lesson or section of a lesson under the direction of a certified instructor. The Jo Kyo’s approach to teaching is to mimic or reflect the certified instructor to begin developing fundamentals in teaching.

General requirements

- Must be a member in good standing of World Moo Duk Kwan®.
- Loyalty to the Moo Duk Kwan® through their instructor and to its Founder, Hwang Kee and President, H.C. Hwang Kwan Jang Nim.
- Sound moral character.
- Regular weekly dojang attendance with a record of consistent teaching experience.
- Good record of participation in clinics and other activities conducted on a studio and regional level.
- If over 18 and living in the United States provide proof of completed background check and child safety training prior to exam.
- Must have attained the rank of 3rd Gup or higher and be at least 10 years of age.
- Minimum of three (3) months teaching experience under the guidance of a certified Sa Bom / Kyo Sa.
- Must be in possession of the Jo Kyo Study Kit for at least 90 days before exam.

Expectations of performance – General knowledge / skills

- Assist a certified instructor with beginner classes and new students.
- Lead safe and effective warmups—including moo do huri warm up drills—and cool downs.
- Class management awareness (i.e. line discipline, spacing, proper use of targets, belt tying, studio policies).
- Call basic commands and count in Korean with strong moo do presence.
- Ability to lead sections of a class and demonstrate when called upon by a certified instructor.

Your journey to Jo Kyo

Congratulations on your interest in obtaining a Jo Kyo certification. This Study Kit is designed to support you and your instructor along your path. The certification process includes the following learning objectives:

1. Utilize a framework for effective class support to the instructor.
2. Perform class preparation duties to include warm up and student management support.
3. Acquire basic class management skills.
4. Select and execute basic commands using proper terminology with strong moo do presence.
5. Lead specifically apportioned sections of a class at the instructor's direction.
6. Be a model example in demonstrations.

The examination process below outlines the process for obtaining Jo Kyo certification.

Jo Kyo examination process

Request to test

- Candidate should demonstrate a desire to teach, commit to assisting their instructor, and request to prepare for Jo Kyo.
- If over 18 and living in the United States: Activate Background Check & Continuing Education subscription on Soo Bahk Do Institute.
- Candidate shall order the Jo Kyo Certification Study Kit at least 90 days prior to target exam date.

Complete Jo Kyo Study Kit

- Candidate will work through the outlined articles, knowledge reviews and practical application / class instruction requirements per the Study Kit.
- Upon completion, the candidate's certified instructor will review the Study Kit with the candidate.

Jo Kyo examination

- Candidate will submit the completed Jo Kyo Study Kit to their certified instructor.
- The certified instructor will provide a class environment where the candidate will be assessed on their ability to lead and teach, demonstrating proficiency in areas including but not limited to the 'Expectations of performance' listed on the previous page.
- Certified instructor shall submit the signed Jo Kyo Certification Recommendation Form and completed practical application logs with their recommendation to their country's TAC for processing.

Instructor's role in preparing a Jo Kyo candidate

A candidate's certified instructor will provide a mentoring program. While the length of the mentoring program can vary, successful mentorships have been found to be at least three (3) months in duration and at minimum provide guidance on the practical application sections of the Study Kit.

Section II

Practical Application

CONTENT

- Class warm-up
- Class assistance
- Class management



Practical application: Class warm-up

Conduct 10 class warm-ups under your instructor's supervision. Each warm-up should include a moo do huri warm-up drill. Complete the log sheet below after each class, review your performance with your instructor and have them verify. The completed form is to be submitted with your application for Jo Kyo certification.

Class warm-up

Class #	Class type (age / level)	Lesson date	Verifying instructor name	Verifying signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Class warm-up and stretching fundamentals

Introduction

A proper warm-up and stretch helps prepare the body for training in Soo Bahk Do. Maximize the use of class time by introducing the theme along with implementing some movements of the class emphasis, content, or drills while focusing on the use of huri through your warm-up. This will allow students to become more comfortable with the drill that is being taught as well as focusing on the use of the hip while warming up the body for class. Following this process will connect with the goal of creating and building productive habits as a Moo Do In and ultimately improve the foundation of our sparring proficiency. Moo do huri warm-up drills are an important and valuable beginning to each class.

Warm-up with dynamic stretching

Warm-ups should include exercises that loosen up the joints of the body such as neck, shoulders, hips, knees, and ankles. Dynamic stretching is a movement-based type of stretching. It's different from traditional "static" stretching because the stretch position is not held. Dynamic stretches are controlled movements that prepare muscles, ligaments and other soft tissues for performance and safety. Example of dynamic stretching include huri-twisting, lunges and doing multiple repetitions (4-6) holding an isolated contraction or expansion for two seconds at a time.

Cool-down with static stretching

After a workout, when the body is warm, static stretching improves flexibility and range of motion, it can also help muscles recover faster, leading to less pain and stiffness. Static stretches are those in which you stand, sit, or lie still and hold a single position for period of time. Proper breathing in connection to stretching increases circulation, relaxes the body and helps get rid of lactic acid buildup. Each stretch, breathe deep into the muscle. Breathe in through the nose and allow the abdomen to expand. When exhaling, let the air escape through the mouth. Remind your students to use their breathe and imagination to increase the focus of the muscle group being addressed.



Practical application: Class assistance

Assist with 20 classes under your instructor's supervision. Complete the log sheet below after each class assist, review your performance with your instructor and have them verify. The completed form is to be submitted with your application for Jo Kyo certification.

Class assistance

Class #	Class type (age / level)	Lesson date	Verifying instructor name	Verifying signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				



Class #	Class type (age / level)	Lesson date	Verifying instructor name	Verifying signature
13				
14				
15				
16				
17				
18				
19				
20				

Class management

Working with your certified instructor, receive instruction on the following technical areas and demonstrate understanding and proficiency in application.

Technical area	Proficient (Y / N)	Verifying instructor name	Verifying signature
Holding targets			
Line discipline and spatial awareness			
Belt tying			
Studio policies			
Calling basic commands with strong moo do presence			

Safety in the dojang

Safety is essential in every Moo Duk Kwan® dojang. Studio owners and instructors are obligated to create a safe environment for every practitioner where they can develop their mind, body, and spirit. A safe dojang begins with cleanliness. We cannot develop a strong mind, body and spirit in an environment that is not clean. This idea is described as Hwal by Founder Hwang Kee in the Moo Do Chul Hak. Cleanliness begins with the separation of clean and unclean areas. That is, areas where shoes are worn and areas where shoes are not worn. To cultivate our mind, body, and spirit, we separate ourselves from dirt and germs, negative energy. For this reason, a disciplined cleaning regimen is essential for every moo do dojang. Training areas should be cleaned regularly and sanitized as often as possible to create an ideal training environment for every practitioner. Additionally, common areas and restrooms should always be clean so even non practitioners feel the positive energy of the clean moo do dojang. This also minimizes the transmission of germs onto the training area. Cleanliness in the dojang is not the exception, but the rule.

A second essential measure to create a safe dojang is the protection or removal of any object that could cause bodily harm. The dojang should be up to code with all local safety regulations and dangerous objects should be stored safely. Think of the same safety measures you would want in the home for a child.

Lastly, instructors must ensure that all training methods are as safe as possible. There is certainly inherent risk in martial arts training, however it is up to the instructors to beware of these risks and to minimize them as much as possible. The Moo Duk Kwan® curriculum for the Soo Bahk Do martial art provides a natural progression from Cho Bo Ja to Ko Dan Ja, however it is the instructors responsibility to instill safe training habits within their dojang. Step by step instruction for every technique enables the practitioner to develop good habits for each individual technique and thus minimizing injury. Teaching advanced techniques to junior practitioners increases the potential for injury. As instructors we must remember that our goal is to support every member in the development of their mind, body, and spirit.

Calling commands in class

Cha Ryut	차렷	차렷	Attention
Kyung Ney	경례	敬禮	Bow
Joon Bee	준비	準備	Ready position
Shi Jahk	시작	始作	Begin
Ba Ro	바로	바로	Return
Shio	쉬어	쉬어	Rest
Shi Sun	시선	視線	Look / Line of sight
Tora	돌아	돌아	Turn
Dwi Ro Tora	뒤로 돌아	뒤로 돌아	Turn to rear
Kahm Sa Ham Ni Da	감사 합니다	感謝 합니다	Thank you

Stances and techniques

Joon Be Jaseh	준비 자세	準備 姿勢	Ready stance
Jun Gul Jaseh	전굴 자세	前屈 姿勢	Front stance
Hu Gul Jaseh	후굴 자세	後屈 姿勢	Back stance

Sa Ko Rip Jaseh	사고립 자세	四股立 姿勢	Side stance
Ha Dan Mahk Kee	하단 막기	下段 막기	Low block
Sahng Dan Mahk Kee	상단 막기	上段 막기	High block
Ahneso Pahkuro Mahk Kee	안에서 밖으로 막기	안에서밖으로막기	Inside/outside block
Joong Dan Kong Kyuk	중단 공격	中段 攻撃	Middle punch
Sahng Dan Kong Kyuk	상단 공격	上段 攻撃	High punch
Wheng Jin Kong Kyuk	횡진 공격	橫進 攻撃	Side punch
Ahp Cha Nut Gi	앞차넣기	앞차넣기	Front kick
Ahp Podo Oll Ri Gi	앞으로 올리기	앞으로 올리기	Front stretch kick
Yup Podo Cha Gi	옆 뺏어차기	옆 뺏어차기	Side kick
Dohl Ryoh Cha Gi	돌려 차기	돌려 차기	Roundhouse kick
Ahneso Phakuro Cha Gi	안에서 밖으로 차기	안서 밖으로 차기	Inside/outside kick
Phakeso Ahnuro Cha Gi	밖에서 안으로 차기	밖에서 안으로 차기	Outside/inside kick

Commands in starting and closing a class

Cha Ryut	차렷	차렷	Attention
Kook Gi Bae Rye	국기배례	國旗拜禮	Salute flags
Ba Ro	바로	바로	Return
Ahn Jo	앉어	앉어	Sit
Mook Nyum	묵념	默念	Meditation
Ba Ro	바로	바로	Return
Kwan Jang Nim Keh Kyung Ryeh		Bow to President of Moo Duk Kwan®	
Sa Bum Nim Keh Kyung Ryeh		Bow to instructor master-level	
Kyo Sa Nim Keh Kyung Ryeh		Bow to instructor	
Sun Beh Nim Keh Kyung Ryeh		Bow to senior member	
Jo Kyo Nim Keh Kyung Ryeh		Bow to assistant instructor	
Shim Sa Kwan Nim Keh Kyung Ryeh		Bow to testing board	

Counting in Korean

Korean			Sino-Korean	
1.	Ha Na	하나	Il	일
2.	Dul	둘	Ee	이
3.	Set	셋	Sam	삼
4.	Net	넷	Sa	사
5.	Da Sot	다섯	O	오
6.	Yo Seut	여섯	Yuk	육
7.	Il Gop	일곱	Chil	칠
8.	Yeu Deul	여덟	Pal	팔
9.	A Hop	아홉	Gu	구
10.	Yeul	열	Ship	십

Section III

Independent Learning

CONTENT

- Lesson planning and preparation
- Introductory lessons
- Teaching children
- Five Moo Do Values in Action

Lesson planning and preparation

The wheel method

The wheel method of instruction provides a simple method for planning and organizing your Soo Bahk Do classes in accordance with Moo Duk Kwan® guidelines. The result is a lesson plan that incorporates a theme or mental concept, and physical application of the theme students can apply during their class practice.

Class theme – 10%

The mental concept applied and reinforced throughout the class is referred to as the class theme. The class theme typically relates to some aspect of our Moo Duk Kwan® philosophy – the Eight Key Concepts, Mission 2000, Moo Sang / Yu Sang, etc. *“The Five Moo Do Values in Action”* is an article authored by H.C. Hwang Kwan Jang Nim featuring guidance about how to incorporate the Five Moo Do Values into a class theme and is included in this Study Kit.

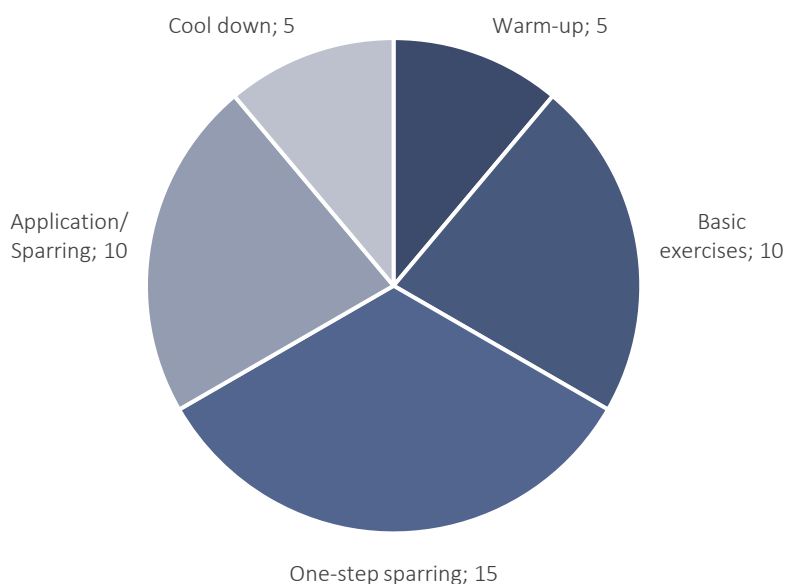
Class emphasis – 90%

The physical application or area (e.g. Il Soo Sik, Ho Shin Sul, Hyung, etc.) that you spend the majority of the class time instructing is referred to as the class emphasis.

Class organization

The mental theme should be carried and applied throughout the class instruction. The time allowed for a single class can be broken down into sections for ease of organization. An example of this is shown below for a typical 45-minute class:

Class theme:	Wan Gup
Warm up:	5 minutes
Basic exercises:	10 minutes
One-step sparring: <i>(class emphasis)</i>	15 minutes
Application/Sparring:	10 minutes
Cool down:	5 minutes



Depending upon the length of the class, additional blocks of 5 minutes may be added or subtracted to make up the allotted class time.

To support the student’s learning process the warm-up, basics and drills ideally utilize and build upon movements pulled from the class emphasis (which in the example above was one-step sparring).

Introductory lessons

The introductory course is an orientation to your program. New students are being exposed to the Soo Bahk Do martial art and your program for the first time. It is extremely important that you make an exciting and enthusiastic first impression for your Moo Duk Kwan® school. Be aware of when the prospective student will be arriving and make sure to greet them with a smile. If time allows take them on a tour of your studio and show them where the restrooms and changing rooms are.

First introductory lesson

The purpose of the first introductory lesson is to get the student in for the second lesson. Make sure the student enjoys what they are doing and realizes that your program is easy to get started with. A suggestion is not to make the introductory lesson too long and to keep it simple. One of the most common mistakes is to make the introductory lessons too hard (for example teaching all Gi Cho Hyung Il Bu, doing split stretches, or doing 100 punches in a horse stance). How you structure your first introductory lesson should be based on your school's normal practices. Your instructor can provide guidance in structuring your lesson plan.

A typical first Introductory may include the following:

1. How to put on your uniform
2. Salutations
 - a. Bowing
 - b. Saluting to flags
3. Etiquette
4. How to make a fist
5. Jhoon Bee
6. Basics from Jhoon Bee
 - a. Punch
 - b. Low block
 - c. Middle block
 - d. High block
7. Introduction to basic stretching
8. Front stance
9. Basics from front stance
 - a. Punch
 - b. Low block
 - c. Middle block
 - d. High block
10. Basic kicks
 - a. Front stretch kick
 - b. Inside outside kick
 - c. Front snap kick
11. Self-defense
 - a. Cross wrist grab #1

At the completion of the first Introductory lesson, give the student a quick summary of what you covered, let them know what to expect for the second lesson, and schedule or confirm the second lesson time and date. If time allows, this is also a good opportunity to review things like your student guidelines or student handbook.

Second introductory lesson

At this point the student's excitement level should be very high. What you do for your second introductory lesson should again be based on your normal studio practice. During the second introductory lesson you can review the material covered in the first lesson with the addition of a few more techniques.

At the completion of the second Introductory lesson, give the student a quick summary of what you covered, let them know what to expect for the next lesson, and schedule or confirm the time and date. If they will be joining your regular classes at this point, confirm their class schedule times and days. Also confirm when their next class will be.

Teaching Children

By HC Hwang, Sa Bom Nim, Moo Duk Kwan® Kwan Jang Nim

Introduction

Children's class shouldn't be strict like adult class. Moo Duk Kwan® philosophy of discipline during Soo Bahk Do training is based on the laws of Nature. We must always have a keen understanding of the laws of Nature.

Children should be accepted as children. It is natural for a child to be treated like one.

General guidelines in teaching children

1. **Explanation / Demonstration should be as simple as possible.** If an explanation is necessary, try to limit to only a few areas – 1 or 2 areas would be optimal. It is natural for children to have a short attention span by nature because children are more action oriented rather than thinking oriented.
2. **Useful thinking terms during instruction.** Use terms like "front hand" or "back hand" rather than "left hand" or "right hand". Use terms like "brick wall side" or "mirror side" rather than "left side" or "right side".
3. **Use friendly terms that are familiar to children.** Rainbow, Crayon, Choo Choo train etc. It is more enjoyable for children to apply their imagination into their actions.
4. **Count in a faster tempo.** As we discussed before, a child's attention span is short and their minds are very active, therefore they will be disrupted by other things if too much time is spent between counts.
5. **Use positive terms.** Use positive terms whenever possible and try to avoid negative images such as "Don't do this", "You shouldn't do that " or "You did it incorrect again."
6. **Follow up with your words or any incomplete matters in class.** You mentioned to Joe that you would check on his sidekick during the next class. You must remember to note it and check his sidekick at the next class.
7. **Do not pick on "one" child consistently.** Pay equal attention to all children during class. If you see a child try, even though his/her technique may not meets your expectations, say "Good Joe/Mary ", if you bring your knee up little higher, it will be even better".
8. **Your voice projection and count (Ku Ryong) must be energetic and comes from your "Dan Jun".** You have to be motivated in order to motivate children. Good voice projection, good Ku Ryong, and your active role is one application to show your motivation.

Teaching Soo Bahk Do techniques to children

1. Gi Cho

- Front stance: Walking on railroad tracks, flashlight on knot of your belt, sit on your front leg, using lines on the floor, etc.
- Back stance: Small stance, walk little by little, sit on your back leg. etc.
- For example, when teaching "Pal Put Gi", children will be confused if you tell them "fist turns when punching", "shoulder straight when punching" or "aim to your opponent's solar plexus". You should explain first, one hand out and one hand in, then if it becomes easier for them, teach them other ones like "fists turns when punching, then pull.
- Let their active mind help make your instruction easier and more motivational for them.

2. Hyung

- Gi Cho Hyung Il Bu seems to be very challenging when teaching young children. Refer to your White Belt Instructional Guide and keep reminding them "front hand and back hand concept".
- Note: When you're teaching Hyung by the count, avoid having children stay in one position for a long period while spending more time with one child. You will lose contact with the students as a group as well as their motivation.

3. One Step Sparring / Ho Sin Sool

- Will be taught to the intermediate level of children.

4. Free Sparring

- Back fist and reverse punch. Using front hand and back hand concept when teaching this basic combination.
- Low block and reverse counter punch against front snap kick.
- Front jump-kick and reverse punch (or back fist and reverse punch).
- Back fist and reverse punch and follow with an optional kick.
- Note: It is important for children to learn proper protocol during sparring for their character development and safety.

5. Punching and kicking exercise with partner (conditioning)

- How to hold a target properly.

6. Terminology

- Use terminology instead of Ki Hap during actual performance by students. For example, with Pahl Put Gi exercise using "Yong Gi" in two punches, or when exercising kicking with a partner say "Myung Chi" as students execute a front snap kick to the solar plexus.

7. Discipline

- Discipline is something for children to enjoy through the Moo Duk Kwan® experience of training in Soo Bahk Do, rather than something you have to do.
- Yong Gi is a mental discipline we are all striving to improve. Explain what Yong Gi means. Explain what brave energy (courage) means: not hesitating, "Yes, I can" attitude, good body posture, good Ki Hap, etc.
- Encourage a strong mental and physical attitude (discipline) in their actions with positive reinforcement.

Objectives in teaching Soo Bahk Do to children under the Moo Duk Kwan® philosophy

- Enhance self-esteem, build confidence, respect, stimulate creativity.
- Build up a child's positive character utilizing the Moo Duk Kwan® philosophy.
- Develop better physical coordination for future encounters of physical challenges.
- Experiencing a positive atmosphere during dojang activities through examples set by Instructors and student members.
- Help to become a positive future contributor to our society.

Five Moo Do Values in Action

By HC Hwang, Sa Bom Nim, Moo Duk Kwan® Kwan Jang Nim

Your identity as a Moo Duk Kwan® practitioner of the Soo Bahk Do martial art has been created as a result of our moo do values. It is therefore appropriate and proper that as an instructor you emphasize and apply these values in your daily life and in your curriculum of instruction. Five examples of our moo do values, where they're found in our training and how they're important are listed below.

IYOK SA	JEON TONG	CHUL HAK	KI KHANG / JON KYUNG	KI SOOL
				
HISTORY	TRADITION	PHILOSOPHY	DISCIPLINE & RESPECT	TECHNIQUE

Iyok (Yuk) Sa – History



Iyok: takes part, experience

Sa: history, recording

Where is history found in our training?

- History of humanity, moo do, Korea, Soo Bahk Do, Moo Duk Kwan®, Federation, your dojang.
- Honoring the past – Respect for seniors, elders.
- History on the background of hyungs and other achievements, team hyung, pit cha gi image.

Why is history important?

- Pride and credibility.
- Backbone of being / Strengthening our identity.
- Appreciate the value of where we are in the present by honoring the past that has made it possible for us to be where we are today.
- Our history shows us how our present has been created.

Jeon (Jun) Tong – Tradition



Jeon: *transmit*



Tong: *govern*

Where is tradition in our training?

- Traditional bowing, beginning, and ending ceremony in each class.
- Protocol.
- Shim Sa process, procedures, and certifications.
- Dan Bon.
- Moo Duk Kwan® do bok.

Why is tradition important in our training?

- Uphold the spirit of the original Intent of the Art / strengthening our identity.
- Forming our unique identity through character development and learning the value of each tradition.

Chul Hak – Philosophy



Chul: *sagacious, bright*



Hak: *learn, study*

Where is philosophy in our training?

- In our training and actions inside and outside of the dojang.
- Moo Do Chul Hak (philosophy).
- Sip Sam Seh, Eight Key Concepts, 10 Articles, Mission 2000.

Why is philosophy important in our training?

- Strengthens our character and identity.
- Helps guide our training to meet with the principles underlying the nature of the universe.
- Philosophy is necessary to have for Shim Gong training.

Ki Khang / Jon Kyung – Discipline / Respect



Ki: *principle, rule*

Khang: *principle, ethic, things to keep*

Jon: *respect, high regard*

Kyung: *respect, handle with care*

Where is discipline and respect found in our training?

- In all aspects of our moo do training.

Why are discipline and respect important in our training?

- Character development / Strengthening our identity.
- The benefit you and others receive through discipline and respect.
- Basis of foundation to achieve Human Relations as well as all relations.
- Discipline is built upon respect and the principles of nature for all things.

Ki Sool – Technique



Ki: *skill*



Sool: *artifice*

Where is technique in our training?

- Use of Huri.
- Physics and science application to study of Soo Bahk Do.

Why is technique important in our training?

- Connects to the history, tradition, and philosophy of our art.
- Excellent path to understand all Five Moo Do Values.

As an instructor you must be motivated to serve as a role model and edify the positive moo do experiences that have created your moo do identity to your students, your family and to your local community.

Section IV

Knowledge Reviews

CONTENT

- White Belt Instructional Guide
- Orange Belt Instructional Guide
- Class warm-up and stretching
- Lesson planning and preparation
- Teaching introductory lessons
- Teaching children
- Five Moo Do Values in Action

Knowledge Review: White Belt Instructional Guide

After reading the book “White Belt Instructional Guide” answer the following questions.

1. The information found in the White Belt Instructional Guide, as well as all the Moo Duk Kwan® Instructional Guides, is based on the teachings of Kwan Jang Nim Hwang Kee.
☐ True ☐ False
2. The Gup Instructional Guides provide a wealth of information, but it is very important for you to attend classes for instruction and to train on a regular basis with your certified instructor.
☐ True ☐ False
3. The philosophy of the Moo Duk Kwan® belt system for Soo Bahk Do is based on nature. The original White, Green, Red, and Blue Belt levels are related to the four seasons. The Orange Belt was added in 1975 to add encouragement and motivation for White Belt beginners. Which season does the White Belt represent?
☐ Winter ☐ Between winter and spring ☐ Spring ☐ Summer ☐ Autumn
4. The proper stance is basic to all movement in Soo Bahk Do. Balance and stability are the most important aspects of any Soo Bahk Do stance.
☐ True ☐ False
5. The first stance that a White belt practitioner learns is the Jhoon Bee Jaseh or ready stance. All motion begins and ends with the Jhoon Bee Jaseh.
☐ True ☐ False
6. A Soo Bahk Do student must pay attention throughout their movement to ensure success. Even at the end of a series of movements it is important to maintain a state of readiness in case something should happen. Accordingly, all motion starts and finishes in the Jhoon Bee Jaseh. The finish or return position is also called the Ba Ro Jaseh. What is the purpose of finishing in the Jhoon Bee Jaseh or Ba Ro Jaseh? Select all that apply:
☐ Jhoon Bee Jaseh or Ba Ro Jaseh allows for a strong finish. A strong finish is important because even in success if you neglect the last minutes you may fail. It is also the ending that will remain in other people’s minds.
☐ Jhoon Bee Jaseh or Ba Ro Jaseh preserves the “beauty” of the last moment.
☐ Ba Ro Jaseh represents the “beauty of a good completion” and gives the student an opportunity to appreciate what they have just finished.
☐ Ba Ro Jaseh allows a student to move on to another good beginning.

7. The front stance or Chun Gul Jaseh is an offensive oriented stance with the weight of your hip directed toward the front leg. The knee of the back leg should be locked straight while keeping the back straight and centered directly over the hips.
- ☐ True ☐ False
8. The back stance or Hu Gul Jaseh is a defensive oriented stance with the weight of your body toward the rear leg.
- ☐ True ☐ False
9. In the side stance or Sa Ko Rip Jaseh, the weight of the body is distributed equally on both legs.
- ☐ True ☐ False
10. When turning to the rear (Dwi Ro Tora), a Soo Bahk Do practitioner always looks over the rear leg.
- ☐ True ☐ False
11. A unique aspect of Soo Bahk Do as instructed in Moo Duk Kwan® schools is the emphasis of the proper use of the hip in both the demonstration and explanation of technique. The proper use of the hip will help students achieve higher levels of skill in their martial arts training.
- ☐ True ☐ False
12. What are the two types of hip use taught at the White Belt level? Select all that apply:
- ☐ Defensive hip ☐ Offensive hip ☐ Reactive hip ☐ Direct hip
13. Please translate the following hand techniques (Soo Gi) into Korean:

TECHNIQUE	KOREAN TRANSLATION
Low block	
Inside to outside middle block	
Outside to inside middle block	
High block	
Middle block in a back stance	
Middle punch	
High punch	
Side punch	

14. It is very important to warm up properly before beginning any hand or foot (kicking) exercises to avoid injuries. Proper warm up of the legs includes warming up the hamstring and thigh muscles, and loosening up the hip, knee, and ankle joints.

☐ True ☐ False

15. Please translate the following foot techniques (Jok Gi) into Korean:

TECHNIQUE	KOREAN TRANSLATION
Front stretch kick	
Side stretch kick	
Front snap kick	
Side snap kick	
Round-house kick	
Jump front snap kick	

16. Form or Hyung training is an important part of all traditional martial arts. Practicing forms allows a student to develop physical stamina and mental focus while perfecting the ability to perform hand and foot techniques.

☐ True ☐ False

17. Form or Hyung training is considered the “mother body” or essence of all aspects of technique in the martial arts. To truly study Hyung, there are several aspects that a student must consider and practice. Which of the following apply to proper Hyung training? Select all that apply:

- ☐ During Hyung training, one must be concerned with the application and meaning behind each movement and technique.
- ☐ A student should seek the meaning behind each movement as well as the interrelationship among movements.
- ☐ Each different Hyung or family of Hyung has its own characteristic and personality, just as each individual student does.
- ☐ It is acceptable for White Belt students to learn and try to perform higher-level Hyung.

18. Complete the following table with information about the Gi Cho Hyung:

HYUNG	KOREAN NAME	CREATOR	NUMBER OF MOVES
Basic Form 1			
Basic Form 2			
Basic Form 3			

19. One-Step Sparring or Il Soo Sik Dae Ryun is pre-planned sparring with a partner. Il Soo Sik Dae Ryun helps students develop what three aspects of their training?

- ☐ Learning to strike an object ☐ Learning to take a blow ☐ Develop balance
☐ Develop focus ☐ Develop distance control

20. Self-defense or Ho Sin Sool teaches a student techniques which can be used to defend themselves in the event that an opponent grabs them.

- ☐ True ☐ False

21. Ho Sin Sool must be studied with detail to make the pain compliance techniques work.

- ☐ True ☐ False

22. Please translate the following common Korean terms used to conduct class:

KOREAN TERMINOLOGY	ENGLISH TRANSLATION
Cha Ryut	
Kuk Gi Bay Ray	
Kwan Jang Nim Kyung Ret	
Sa Bom Nim Kyung Ret	
Kyo Sa Nim Kyung Ret	
Kyung Ret	
Sang Ho Kan E Kyung Ret	

23. What is the Korean name of the uniform worn by Soo Bahk Do students?

24. What is the Korean name for the place where students practice Soo Bahk Do?

25. Please translate the Moo Duk Kwan® Eight Key Concepts for Soo Bahk Do training:

KOREAN TERMINOLOGY	ENGLISH TRANSLATION
Yong Gi	
Chung Shin Tong Il	
In Neh	
Chung Jik	
Kyum Son	
Him Cho Chung	
Shin Chook	
Wan Gup	

Knowledge Review: Orange Belt Instructional Guide

After reading the book "Orange Belt Instructional Guide" answer the following questions.

1. All students should have the same distances and angles in a proper Soo Bahk Do stance.

☐ True ☐ False

2. Describe the most important function of a stance.

3. Number the following stances in order of most stable to least stable (1 = most stable, 4 = least stable).

Front stance Back stance One-legged stance Horse stance

4. What should the angle be between your front leg and rear leg in a Hu Gul Jaseh?

☐ 45 degrees ☐ 30 degrees ☐ 90 degrees ☐ 60 degrees

5. In the defensive use of Kyo Ja Rip Jaseh, normally you would move slightly:

☐ Forwards ☐ Backwards

6. When turning to the rear with an outside to inside block, as you turn your weight should shift to your rear leg.

☐ True ☐ False

7. Paying close attention to the instructions for the proper use of the hip will (select all that apply):

- ☐ Increase your awareness of yourself.
☐ Help you achieve higher levels in your martial arts training.
☐ Probably won't help you in other physical activities.

8. In preparation for the defensive use of the hip in a Chun Gul Jaseh, you should inhale through your mouth as the hip is held forward in preparation.

☐ True ☐ False

9. When completing a Chun Gul Jaseh, you should inhale as the weight drops into the front leg.
- ☐ True ☐ False
10. When completing a Hu Gul Jaseh with defensive use of the hip, internal tension drops to the front leg into the completion of the stance.
- ☐ True ☐ False
11. When completing a right-hand Ha Dan Mahk Kee in a Chun Gul Jaseh, your right hip snaps back as your weight drops into the front leg.
- ☐ True ☐ False
12. Weight drops to the right leg as the right hip snaps forward in the completion of a right leg forward Chun Gul Jaseh when using:
- ☐ Offensive hip ☐ Defensive hip
13. The Korean terminology 'Teul Oh' means to twist, as in twist your:
- ☐ Shoulders ☐ Hip ☐ Punching hand
14. Hu Gul Choong Dan Soo Do Mahk Kee should be done (select all that apply):
- ☐ By preparing with both hands relaxed at the waist.
- ☐ With the weight on the back leg and the blocking side of your hip held back.
- ☐ By releasing the arms in a linear motion with the force of the hip action.
- ☐ With the backhand covering the Myung Chi at the completion.
15. Please translate the following leg techniques (Jok Gi) into Korean:

TECHNIQUE	KOREAN TERMINOLOGY
Inside to outside snap kick	
Outside to inside snap kick	
Round-house kick	
Back kick	
Short back spinning kick	
Jumping front snap kick	

16. Form or Hyung training is an important part of all traditional martial arts. Practicing Hyung perfects the ability to perform hand and foot techniques. This is fundamental to making the best use of one's:

☐ Training time

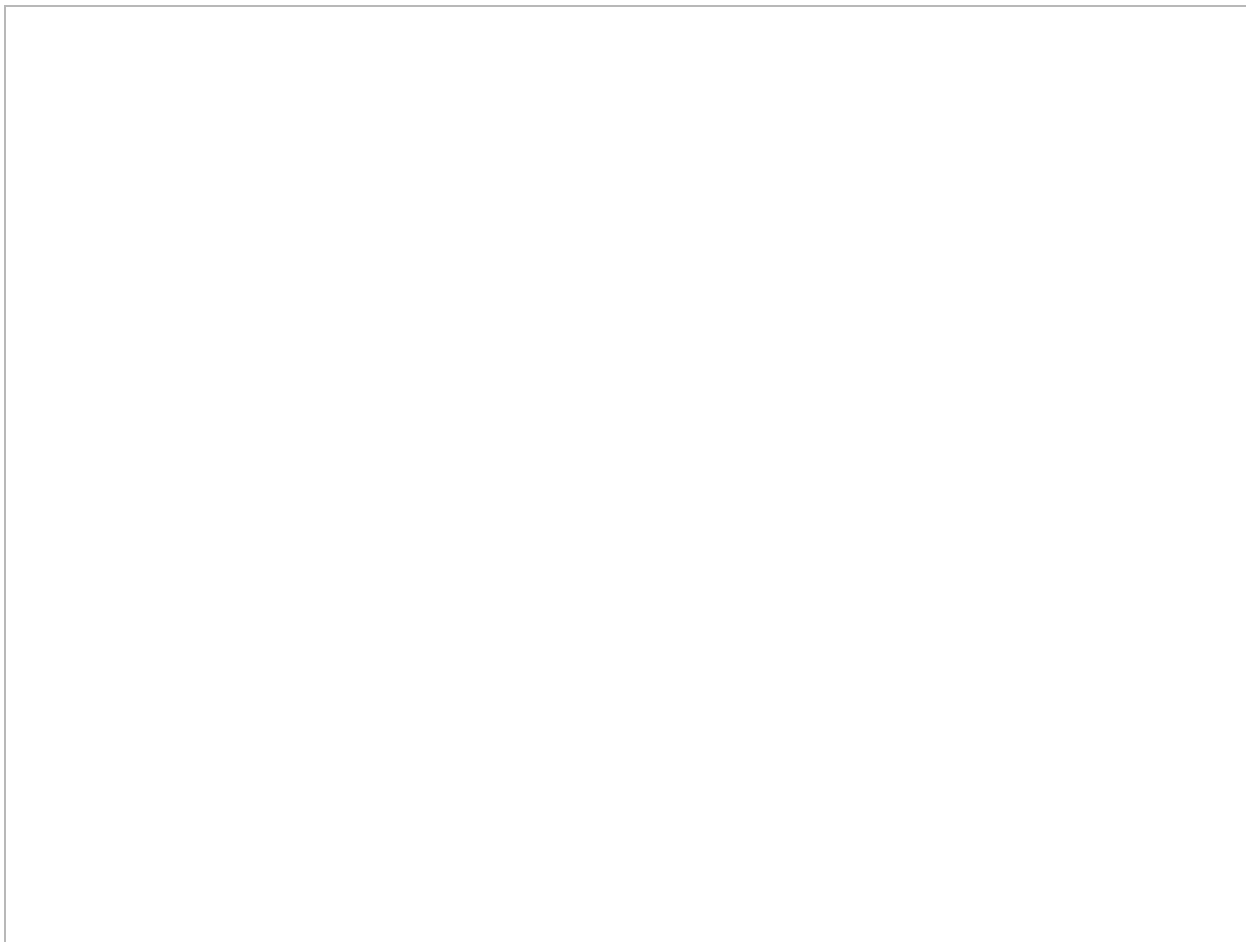
☐ Body

☐ Ability

17. List the elements which make up the character and personality of a Hyung, and which should be considered when learning and practicing Hyung.

1
2
3
4
5
6
7
8
9
10
11
12

18. On a sheet of paper, draw the four characters used to write 'Pyung Ahn', and provide a short explanation of each character. Scan or take a photo of your drawing and upload it to the box below.



19. One-step sparring or Il Soo Sik Dae Ryun helps to develop what three areas:

1
2
3

20. What three things does the physical action of bowing to your partner (Sahng Ho Kan E Kyung Ret) during partner work practice demonstrate?

1
2
3

21. In one-step sparring exercise seven (Il Soo Sik Dae Ryun Chil Bon), what is a common mistake made regarding the two kicks and how do you correct it?

22. In Ho Sin Sool (self-defense) Same Side Wrist Grab Il Bon (#1) it is incorrect to pull your wrist back to release. What is the correct method to release?

23. The colors used on the Moo Duk Kwan® flag (Kwan Gi) are the same as the original colors used in the belt ranking system. What season does each of the four colors represent and what are their meanings?

24. The philosophy of the Moo Duk Kwan® belt system for Soo Bahk Do is based on nature. The original White, Green, Red, and Blue Belt levels are related to the four seasons. The Orange Belt was added in 1975 to add encouragement and motivation for White Belt beginners. Which season does the Orange Belt represent?

☐ Winter ☐ Between winter and spring ☐ Spring ☐ Summer ☐ Autumn

25. Please translate the following common Korean terms used to conduct class:

KOREAN	ENGLISH TRANSLATION
Moo Duk Kwan®	
Sa Bom	
Yu Dan Ja	
Neh Gung	
Weh Gung	
Shim Gung	
Choong Shim	

Knowledge Review: Class warm-up and stretching

After reading the article “Class warm-up and stretching” answer the following questions.

1. List three things a proper warm-up and stretch at the beginning of class should accomplish?

1
2
3

2. List two things stretching after a workout helps to do:

1
2

3. A relaxed sustained stretch should be held for:

☐ 3 to 5 seconds ☐ 10 to 30 seconds ☐ 30 seconds to 1 minute

4. Body alignment is important when you stretch. It is best to bend from the:

☐ Waist ☐ Hips ☐ Back ☐ Knees

5. When stretching, the knee should always be directly over the with the pointing straight and in-line as when walking.

6. Imagination (Moo) helps the ease of performance when stretching.

7. Imagining assists in stretching and improves the -to- communication.

Knowledge Review: Lesson planning and preparation

After reading the article “Lesson planning and preparation” answer the following questions.

1. Give four examples of class themes (mental concepts) you could apply to a Soo Bahk Do class.

1
2
3
4

2. Give four examples of a class emphasis (physical application) that you could apply to a Soo Bahk Do class.

1
2
3
4

3. Give an example of drills you could apply in your class that support you class theme and emphasis for:

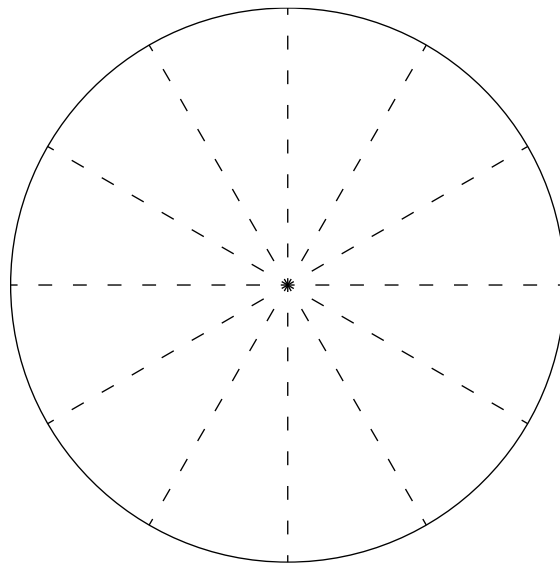
Warm-up
Basics
Partner drills



4. Plan a Soo Bahk Do class using the wheel diagram provided below.

Print this page or draw your own wheel diagram on a separate sheet of paper. Scan or take a photo of your class plan and upload it to the box below (your upload will cover the wheel diagram).

Class theme:



Knowledge Review: Teaching introductory lessons

After reading the article “Instructing an Introductory Lesson” answer the following questions.

1. The introductory lesson is an orientation to your school’s program.
☐ True ☐ False
2. The first impression you make with a new student should be exciting and enthusiastic.
☐ True ☐ False
3. The first lesson should be longer than a normal class to make sure the student gets a good workout.
☐ True ☐ False
4. The first lesson should not include which of the following:
☐ Jhoon Bee Jaseh ☐ Low block ☐ Stretching in front splits ☐ Front stance
5. A second lesson should include a review of the materials covered in the first lesson.
☐ True ☐ False

6. Provide five examples of material (techniques) you would cover in a typical first lesson:

1
2
3
4
5

7. Provide five examples of material (techniques) you would cover in a typical second lesson:

1
2
3
4
5

Knowledge Review: Teaching children

After reading the article “Teaching Children Soo Bahk Do Moo Duk Kwan” answer the following questions.

1. Children and adults should be treated the same in terms of Soo Bahk Do instruction.

☐ True ☐ False

2. Explanation and demonstration should be limited to:

☐ 1 to 2 areas ☐ 3 to 4 areas ☐ As many as necessary to fully explain the concept

3. Which of the following are better terms to use when instructing children? (select all that apply):

☐ Right hand ☐ Mirror side ☐ Brick wall side ☐ Front hand ☐ Left leg

4. What are three examples of friendly terms familiar to children:

1
2
3

5. When instructing children, you should count with a tempo as a child's attention span is short.

6. Give examples of three negative terms to avoid when instructing children:

1
2
3

7. When instructing children, you should pay equal attention to all children:

☐ Always ☐ Unless one child is struggling
☐ When conducting basics ☐ When one is being disruptive

8. What are two examples of terms you can use when teaching a child front stance?

1
2

9. When teaching young children Hyung it is often useful to use the concept of hand and hand.
10. Encourage a strong mental and physical attitude (discipline) in the child's action with reinforcement.
11. What are five objectives in teaching Soo Bahk Do to children under the Moo Duk Kwan® philosophy?

1

2

3

4

5

Knowledge Review: Five Moo Do Values in Action

After reading the article “Five Moo Do Values in Action” answer the following questions.

1. What is the English translation of **Iyok Sa**?

Iyok:

Sa:

2. Give three examples of where History is found in our training.

1

2

3

3. Give three examples of why History is important in our training.

1

2

3

4. What is the English translation of **Jeon Tong**?

Jeon:

Tong:

5. Give three examples of where Tradition is found in our training.

1

2

3

6. Give three examples of why Tradition is important in our training.

1

2

3

7. What is the English translation of **Chul Hak**?

Chul:

Hak:

8. Give three examples of where Philosophy is found in our training.

1

2

3

9. Give three examples of why Philosophy is important in our training.

1

2

3

10. What is the English translation of **Ki Khang / Jon Kyung**?

Ki:

Khang:

Jon:

Kyung:

11. Give three examples of where Discipline / Respect are found in our training.

1

2

3

12. Give three examples of why Discipline / Respect are important in our training.

1

2

3

13. What is the English translation of **Ki Sool**?

Ki:

Sool:

14. Give three examples of where Technique is found in our training.

1
2
3

15. Give three examples of why Technique is important in our training.

1
2
3



Jo Kyo Certification Recommendation Form

Once you have completed the Jo Kyo Study Kit and teaching apprenticeship, complete the candidate information section of this form, and submit it to your instructor. You are responsible for completing the payment of all fees associated with the Jo Kyo certification.

Candidate information

Name:	Date of birth:
Dan Bon / Gup ID:	Rank:
Email address:	Phone number:
Postal address:	
Country / Federation:	
Instructor's name:	Dojang:
Candidate's signature:	Date:

Jo Kyo certification checklist

To be completed by the recommending instructor

JO KYO CERTIFICATION REQUIREMENT	DATE	INSTRUCTOR TO SIGN
Date the candidate was accepted into the Jo Kyo certification program		
Date the candidate successfully completed the Jo Kyo Certification Study Kit		
Date the candidate successfully completed their teaching apprenticeship		
The candidate has successfully completed all expectations and requirements set by their instructor in preparation for their certification examination		
The candidate has paid the necessary fees and has met all administrative requirements		



Jo Kyo examination

To be completed by the recommending instructor

JO KYO CERTIFICATION REQUIREMENT	SCORE	COMMENTS AND INSTRUCTOR'S INITIALS
General knowledge and preparation		
Perform to the standards expected of a Jo Kyo in providing assistance in class		
Lead a safe and effective warmup		
Class management awareness		
Calling commands with strong moo do presence		
Ability to lead class when required		
<i>Point system: 10 perfect, 9 excellent, 8 above average, 7 good, 6 average. An average score greater than or equal to 7 passes. An average score less than 7 fails.</i>		AVERAGE SCORE:

Jo Kyo certification recommendation

To be completed by the recommending instructor

<i>I confirm that the candidate has completed their Jo Kyo Certification Study Kit, apprenticeship, and examination, and meets the World Moo Duk Kwan® standards to be certified as a Jo Kyo. I hereby recommend the candidate for Jo Kyo certification.</i>		
Date the candidate successfully completed their Jo Kyo certification examination:		
Name:	Signature:	Date:

Jo Kyo certification approval

Date the Jo Kyo application received by World Moo Duk Kwan®:		
Kwan Jang Nim signature:	Approval date:	Certificate shipped: