

## Specific Knowledge of Culture and Terminology

Name of the art you are studying: **Soo Bahk Do**  
Name of the style (organization): **Moo Duk Kwan**  
Name of founder of our style: **Grandmaster Hwang Kee**  
Instructor: **Sa Bom Nim (4<sup>th</sup> Dan and up, certified instructors)**  
**Kyo Sa Nim (2<sup>nd</sup> – 3<sup>rd</sup> Dan, certified instructors)**  
Uniform: **Do Bok**  
Belt: **Dee**  
Studio, Training Floor: **Do Jang**  
Seniors: **Sun Beh (Nim)**  
Juniors: **Hu Beh**  
Courage: **Young Gi**

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### Counting in Korean

One: Ha Na	Six: Yuh Sot
Two: Dool	Seven: Il Gop
Three: Set	Eight: Yo Dull
Four: Net	Nine: Ah Hope
Five: Da Sot	Ten: Yohl

Concentration: **Chung Shin Tong Il**

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Basic: **Ki Cho**  
Attack: **Kong Kyuk**  
Defense: **Mahk Kee**  
Bow: **Kyung Reh**  
Form: **Hyung**  
Begin: **Si Jak**  
Sparring: **Dae Ryun**  
Attention: **Cha Ryut**  
Return: **Ba Ro**  
Meditation: **Muk Nyum**  
Endurance: **In Neh**

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### Counting In Chinese

First: Il	Sixth: Yuk
Second: E	Seventh: Chil
Third: Sam	Eighth: Pal
Fourth: Sa	Ninth: Gu
Fifth: O	Tenth: Ship

Honesty: **Chung Jik**

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Self Defense: **Ho Sin Sool**  
One-step Sparring: **Il Soo Sik Dae Ryun**  
Free Sparring: **Ja Yu Dae Ryun**  
External Power: **Weh Gung**  
Internal Power: **Nae Gung**  
Spiritual Power: **Shim Gung**  
Breaking **Kyuk Pa**  
Humility: **Kyum Son**  
Moo Duk Kwan Flag: **Kwan Gi**  
Meditation: **Muk Nyum**