

# Soo Bahk Do®



## Study Guide

for

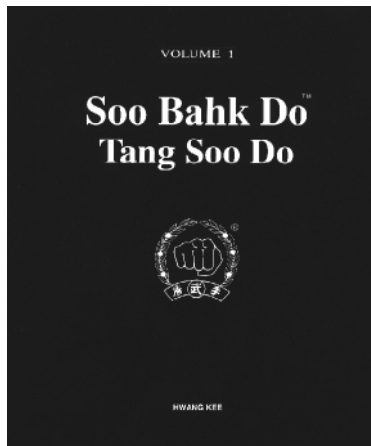
Grand Master Hwang Kee's

Volume 1 Textbook

Soo Bahk Do® Moo Duk Kwan®

# Study Guide

for Kwan Jang Nim Hwang Kee's  
Volume 1 Textbook



Developed by Sa Bom Russ Hanke  
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Sa Bom Frank Bonsignore  
Sa Bom Daymon Kenyon

Approved by  
Kwan Jang Nim Hwang Kee

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## This Study Guide belongs to:

Your Name \_\_\_\_\_ Your Federation Gup/Dan Id \_\_\_\_\_

Your Date of Birth \_\_\_/\_\_\_/\_\_\_ Your Federation Membership Expires on \_\_\_/\_\_\_/\_\_\_

## ALL CHO DAN, E DAN & SAM DAN CANDIDATES ANSWER QUESTIONS A thru H

A. Name of your instructor. \_\_\_\_\_

B. His/Her rank ? \_\_\_\_\_

C. His/Her Moo Duk Kwan Dan Bon. \_\_\_\_\_

D. Give a brief history of your instructor.

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E. Name of your instructor's instructor. \_\_\_\_\_

F. His/Her rank ? \_\_\_\_\_

G. His/Her Moo Duk Kwan Dan Bon. \_\_\_\_\_

H. Give a brief history of him/her.

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**NOTE:**All students should be able to trace their genealogy back to Kwan Jang Nim Hwang Kee.



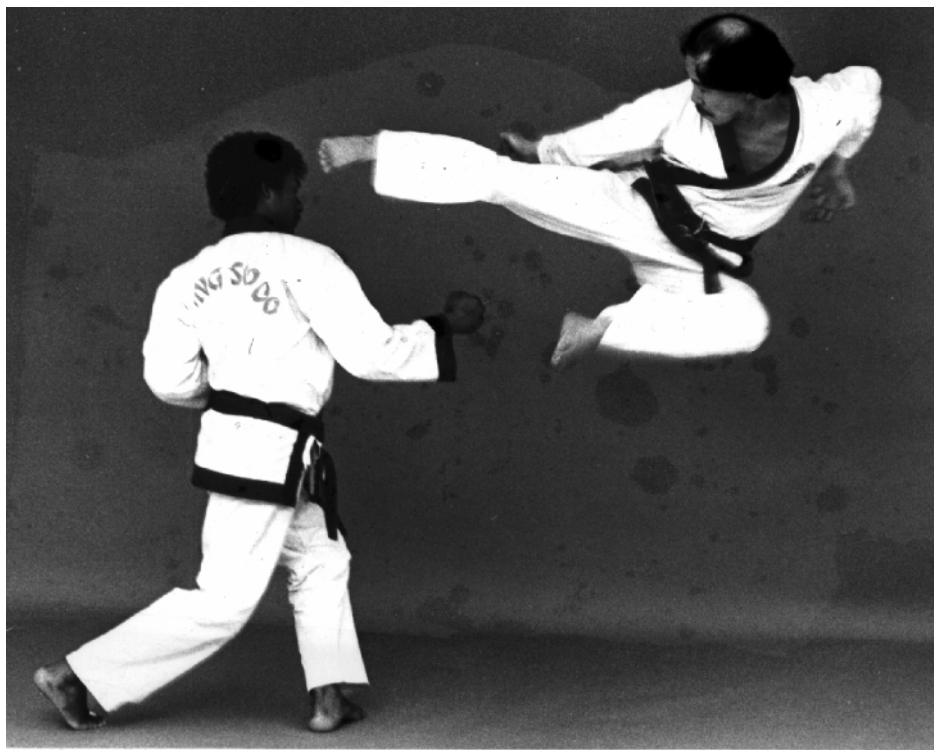
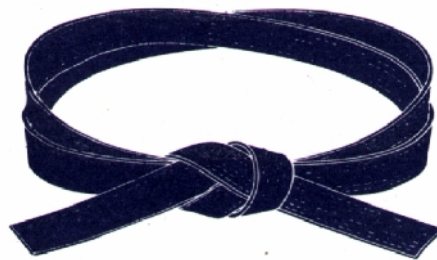
# Questions For All Candidates Applying For Cho Dan

## JUNIOR DAN CANDIDATES

(14 years & younger)

## ADULT DAN CANDIDATES

(15 years & older)



The answers to all of the following questions may be found, on the page number listed after each question, in Kwan Jang Nim's book **"Soo Bahk Do<sup>®</sup> (Tang Soo Do)" Volume 1**

1. Give the meaning of the words "Soo Bahk Do<sup>®</sup> & Tang Soo Do". (Editor's note)

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2. Give the five doctrines of the "Hwa Rahng Do". (Page 3)

1. 

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3. Explain "Moo". (Page 4)

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4. What is the objective of the skilled disciple of the Martial Arts? (Page 4)

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4. Our basic ideology is the harmony between \_\_\_\_\_ and \_\_\_\_\_. (Page 5)

5. As you attain higher skill and technique, remember to avoid \_\_\_\_\_, remain \_\_\_\_\_ and \_\_\_\_\_ and be brave and \_\_\_\_\_. (Page 5)

6. When did Soo Bahk Do<sup>®</sup> (Tang Soo Do) begin? (Page 5)

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7. How long ago did Kwan Jang Nim establish his school called the "Moo Duk Kwan ®"? (Page 8)

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8. Name and explain the ten articles of faith in Soo Bahk Do® (Tang Soo Do) training.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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6. \_\_\_\_\_

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7. \_\_\_\_\_

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8. \_\_\_\_\_

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9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

\_\_\_\_\_

9. How many techniques does Soo Bahk Do® (Tang Soo Do) have? (Page 6)

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10. In what country did the martial arts start? (Page 9)

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11. Name five factors of technique. (Page 19)

1. \_\_\_\_\_ (basic values)
2. \_\_\_\_\_ (effort and sincerity)
3. \_\_\_\_\_ (wisdom)
4. \_\_\_\_\_ (courage and confidence)
5. \_\_\_\_\_ (keen judgment)

12. Reverence for life is as important as \_\_\_\_\_ and \_\_\_\_\_ within the Moo Duk Kwan<sup>®</sup>. (Page 26)

13. To reinforce our attacking power, we rely (simultaneously) on expansion and contraction of our body, namely \_\_\_\_\_. (Page 96)

14. An Ee Dan attack is how many times stronger than a ground attack? (Page 111)

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15. Breaking techniques, in our art, is a means of demonstrating the \_\_\_\_\_ to which we have trained our bodies to use. (Page 112)

16. Jung Kwon is the symbol for \_\_\_\_\_. (Page 122)

17. The proper \_\_\_\_\_ is basic to all movements in Soo Bahk Do<sup>®</sup> (Tang Soo Do), and is the foundation of each movement. (Page 146)

18. What are the foundations for all movement in Soo Bahk Do<sup>®</sup> (Tang Soo Do)? (Page 174)

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19. Name the fourteen matters that demand special attention while training in Soo Bahk Do® (Tang Soo Do). Explain each. (Page 28, 29)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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6. \_\_\_\_\_  
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9. \_\_\_\_\_  
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10. \_\_\_\_\_  
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11. \_\_\_\_\_  
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12. \_\_\_\_\_  
\_\_\_\_\_
13. \_\_\_\_\_  
\_\_\_\_\_
14. \_\_\_\_\_  
\_\_\_\_\_

20. The center of balance originates where? (Page 146)

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21. What stance should be used when great power and some speed is needed? (Page 149)

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22. Explain the importance of Choon Bee Ja Seh. (Pages 149,150)

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23. A house cannot be built without materials (\_\_\_\_\_) and a foundation (\_\_\_\_\_). (Page 174)

24. Answer the following questions on the Hyung, Kee Cho Hyung Il Bu: (Page 354)

1. Motive of this form? \_\_\_\_\_

2. Name of its creator? \_\_\_\_\_

3. Date of its creation? \_\_\_\_\_

4. Place of its creation? \_\_\_\_\_

5. Total number of techniques? \_\_\_\_\_

6. Characteristic of this form? \_\_\_\_\_

25. Answer the following questions on the Hyung, Pyung Ahn Cho Dan. (page 372)

1. The original name? \_\_\_\_\_

2. Name of its creator? \_\_\_\_\_

3. Date of its creation? \_\_\_\_\_

4. Place of its creation? \_\_\_\_\_

5. Total number of techniques? \_\_\_\_\_

6. Characteristic of this form? \_\_\_\_\_

26. Explain the words Pyung Ahn? (Page 372)

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27. Draw the Chinese words (characters) of Pyung Ahn. (Page 372)

28. Give the total number of techniques of the following Hyungs.

1. Pyung Ahn Ee Dan. \_\_\_\_\_ (Page 379)
2. Pyung Ahn Sam Dan. \_\_\_\_\_ (Page 387)
3. Pyung Ahn Sa Dan. \_\_\_\_\_ (Page 395)
4. Pyung Ahn O Dan. \_\_\_\_\_ (Page 403)

29. What is origin of Bassai's name? (Page 411)

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30. What are the characteristics of Bassai form? (Page 411)

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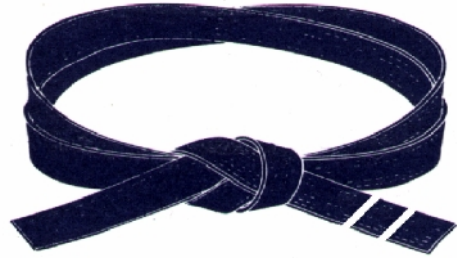
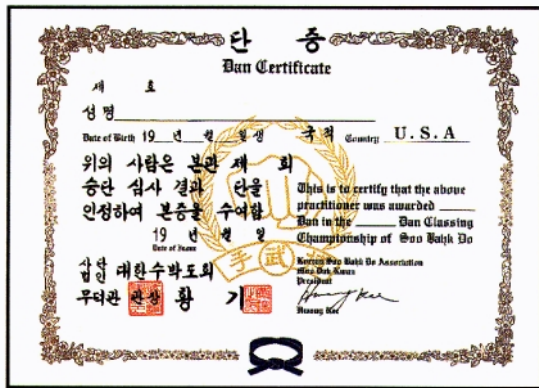
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31. Answer the following questions on Bassai: (Page 412)

1. Name of its creator? \_\_\_\_\_
2. Place of its creation? \_\_\_\_\_
3. Date of its creation? \_\_\_\_\_
3. Total number of techniques? \_\_\_\_\_



# Questions For All Candidates Applying For E Dan



# QUESTIONS FOR E DAN CANDIDATES

1. Give the five reasons Kwan Jang Nim wrote his book. (Preface)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Give the contents of the next four volumes . (Preface)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

3. Soo Bahk Do® (Tang Soo Do) is a Martial Art which has both \_\_\_\_\_ and \_\_\_\_\_ characteristics.

4. What is the instinctive martial art of humans? (Page 6)

\_\_\_\_\_

\_\_\_\_\_

5. In Korea, at the time of the Shilla Dynasty, we can assume that the martial arts were studied by \_\_\_\_\_ and the \_\_\_\_\_. (Page 8)

6. The development of the martial arts was according to the development of \_\_\_\_\_. (Pages 9, 10)

7. In the Orient, there was evidence that proved that Tang Soo Ki (\_\_\_\_\_) existed about \_\_\_\_\_ years ago. (Page 10)

8. Explain Tae Kyun. (Page 12, 13)

\_\_\_\_\_

\_\_\_\_\_

9. Name some of the other martial arts of the time. (Page 13)

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10. When was the Japanese occupation of Korea? (Page 14)

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11. At the end of the Japanese occupation, what schools were in existence in Korea? (Page 14)

1. \_\_\_\_\_ headed by \_\_\_\_\_ in \_\_\_\_\_.
2. \_\_\_\_\_ headed by \_\_\_\_\_ in \_\_\_\_\_.
3. \_\_\_\_\_ headed by \_\_\_\_\_ in \_\_\_\_\_.
4. \_\_\_\_\_ headed by \_\_\_\_\_ in \_\_\_\_\_.
5. \_\_\_\_\_ headed by \_\_\_\_\_ in \_\_\_\_\_.

12. By the start of the Korea War (June 25, 1950) a number of schools emerged and formed new organizations. Name them. (Page 14)

|    | <b>SCHOOL</b> | <b>MEMBER STYLES</b>             | <b>HEADED BY</b> | <b>LOCATION</b> |
|----|---------------|----------------------------------|------------------|-----------------|
| 1. | _____         | _____                            | _____            | _____           |
| 2. | _____         | _____<br>_____<br>_____          | _____            | _____           |
| 3. | _____         | _____<br>_____<br>_____          | _____            | _____           |
| 4. | _____         | _____<br>_____<br>_____<br>_____ | _____            | _____           |
| 5. | _____         | _____                            | _____            | _____           |

13. The Korean Tae Soo Do Association incorporated and joined with the \_\_\_\_\_ (a sporting body) in January 1964. Korean Tae Soo Do Association changed its name to \_\_\_\_\_ in 1965. (Page 14)

14. Okinawa was divided into three parts: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, which fought each other for power, about \_\_\_\_\_ years ago. (Page 20)

15. The art was also developed in Do Ma Ri (a section on Okinawa) through the \_\_\_\_\_ merchants and visitors.

16. In Japan, it is probable that present day Karate was started by \_\_\_\_\_, who was an Okinawan. (Page 20)

17. There is a complete difference between martial arts and sports philosophy. Explain. (Page 24)

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18. The author hopes that men who practice the martial arts will be \_\_\_\_\_ to their own system after they have distinguished what its \_\_\_\_\_ are. (Page 25)

19. Explain **Ryu Pa**. (Page 25)

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20. Soo Bahk Do® (Tang Soo Do) is entirely a martial art, based on the principles of nature, not \_\_\_\_\_. (Page 30)



21. Kwan Jang Nim feels that the study of the ancient martial arts itself is of great help in the cultivation of both, the \_\_\_\_\_ and \_\_\_\_\_. (Page 33)

22. Explain:

Shim Kong \_\_\_\_\_

Neh Kong \_\_\_\_\_

Weh Kong \_\_\_\_\_ (Page 43)

23. What is the *Moo Yei Do Bo Tong Ji* ? (Page 46)

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24. What is Kwan Jang Nim's major field? (Page 46)

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25. Explain Kwon Bup. (Page 83-86)

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26. Name the five requirements and ten points of emphasis on physical training. (Page 28)

**Five Requirements:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Ten Points:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**27.** What is Newton's Second Law? (Page 95)

\_\_\_\_\_

**28.** Waist twisting results in the addition of \_\_\_\_\_ to various parts of the body and the weight of the whole body in motion. (Page 96)

**29.** How many times greater, on the following basics, will the force be increased by twisting the waist?

Ha Dan Mahk Kee \_\_\_\_\_ (Page 102)

Sang Dan Mahk Kee \_\_\_\_\_ (Page 102)

Ahp Cha Kee \_\_\_\_\_ (Page 107)

Yup Cha Kee \_\_\_\_\_ (Page 107)

**30.** Force will be changed by one's \_\_\_\_\_ condition. (Page 114)

**31.** Force will be changed by one's \_\_\_\_\_ strength. (Page 114)

**32.** Force will vary, depending upon the training of \_\_\_\_\_ and body. (Page 114)

**33.** The above described principles of physics, will apply not only to breaking but also \_\_\_\_\_ techniques. (Page 114)

**34.** There will be differences, depending on how much one spends his \_\_\_\_\_ . (Page 114)

**35.** The fist is primarily for \_\_\_\_\_ and with strength. (Page 124)

36. P'al Mok is one of the strongest \_\_\_\_\_ techniques in Soo Bahk Do<sup>®</sup> (Tang Soo Do). (Page 135)
37. P'al Mok is the most frequently used defense against \_\_\_\_\_ and \_\_\_\_\_ attacks. (Page 135)
38. Since ancient times, what has been referred to as the most important foundation for the martial arts? (Page 174)
- 
39. Name the **Ten Guidelines for Practical Training** : (Page 119)
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  10. \_\_\_\_\_
40. What is the most important aspect of any stance? (Page 146)
- 
- 
41. What stance should be used when the practitioner needs to use speed? (Page 149)
- 
42. While standing in Choon Bee Ja Seh, all parts of the body should be provided with what percentage, of the body's total strength? (Page 181)
- 
43. As the body begins to move, it utilizes \_\_\_\_\_ % of the whole strength. (Page 181)
44. During the motion, using breath control, the body uses \_\_\_\_\_ % of the whole strength. (Page 181)

45. Perfect form, exquisite fusion of \_\_\_\_\_ and \_\_\_\_\_ is a high art and a thing of beauty. (Page 350)

46. If the practitioner makes us aware that the form consists of parts of individual movements, then we witness skill, perhaps, but not art. Explain. (Page 351)

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47. The practitioner who over reaches himself does a disservice to himself and to our art. Explain. (Page 351)

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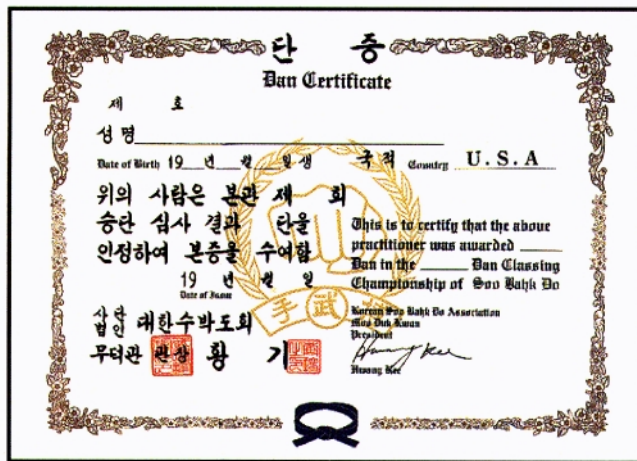
48. What were the original names of the Nai Han Chi forms? (Page 353)

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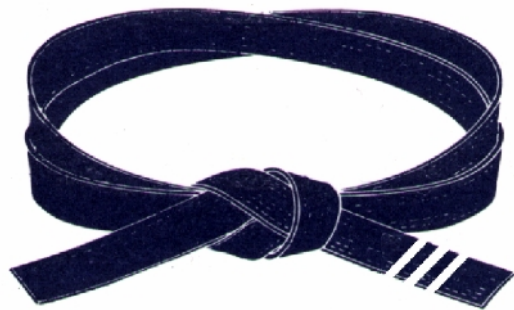
49. Kwan Jang Nim list **ten things to consider in hyung training** Name them. (Page 353)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Questions For All Candidates Applying For Sam Dan



DAN PROMOTION CERTIFICATE



# QUESTIONS FOR SAM DAN CANDIDATES

1. All tactics of Martial Arts or of military affairs begin with what **five basic principles**? (Pages 4, 5)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Does the knowledge of the martial arts include weapons? explain. (Page 5)

\_\_\_\_\_

\_\_\_\_\_

3. Why is Soo Bahk Do<sup>®</sup> (Tang Soo Do) the ultimate art? (Page 5)

\_\_\_\_\_

\_\_\_\_\_

4. Our ancestors used their Do Soo Kong Kwon \_\_\_\_\_ and \_\_\_\_\_ as their only weapons, instinctively, for self defense against wild \_\_\_\_\_. (Page 9)

5. Men established martial arts according to their own \_\_\_\_\_ and \_\_\_\_\_, depending on their \_\_\_\_\_. (Page 9)

6. Give the years of the:

Kokuryo Dynasty from \_\_\_\_\_ to \_\_\_\_\_ A.D. (Page 11)

Shilla Dynasty from \_\_\_\_\_ to \_\_\_\_\_ A.D. (Page 11)

Koryo Dynasty from \_\_\_\_\_ to \_\_\_\_\_ A.D. (Page 11)

Yi Dynasty from \_\_\_\_\_ to \_\_\_\_\_ A.D. (Page 12)

7. An especially important and useful book was the **Moo Yei Do Bo Tong Ji** (\_\_\_\_\_). (Page 12)

8. Who were the first two individuals recorded as having practiced **Soo Bahk Ki** some 3,600 years ago? (Page 15)

\_\_\_\_\_

9. Who is Jung E? (Page 15)

\_\_\_\_\_  
\_\_\_\_\_

10. Give a brief history of Jung E. (Page 15, 16)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. According to the monk Myo Ryan Dai Sa, there was a famous man named Ho Sun Pyong who was called the founder of \_\_\_\_\_ (Tai Chi Chuan), by many people, during the period of the Tang Dynasty. (Page 16)

12. Name the following vital points in the body. (Page 19)

1. \_\_\_\_\_ (deadly pressure points)

2. \_\_\_\_\_ (dizzy pressure points)

3. \_\_\_\_\_ (hearing impairing pressure points)

13. The arts that are similar to **Soo Bahk Ki** are taught in what six countries? (Page 21)

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

14. What is the name of the arts that are indigenous to those countries? (Page 21)

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15. When were the Greek Panguacion games established? (Page 21)

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16. Explain the Panguacion games. (Page 22)

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17. Name the ten attributes of Soo Bahk Do® (Tang Soo Do). (Page 24)

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18. Moo Do Chung Shin, the spirit of the martial arts, is still in full force in the world of \_\_\_\_\_ (martial arts). (Page 24)



19. Name the **five requirements** and **eleven points of emphasis** on mental training.  
(Page 26)

**Five Requirements:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Eleven Points:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

20. Those who train in Soo Bahk Do<sup>®</sup> (Tang Soo Do) must stress mental training rather than \_\_\_\_\_ techniques. (Page 28)
21. It is impossible to make Soo Bahk Do<sup>®</sup> (Tang Soo Do) a game, both \_\_\_\_\_ and actually. (Page 29)
22. Briefly, name Kwan Jang Nim's efforts to have Soo Bahk Do<sup>®</sup> (Tang Soo Do) games in the past thirty years. (Page 30)
- \_\_\_\_\_
- \_\_\_\_\_
23. For Soo Bahk Do<sup>®</sup> (Tang Soo Do) to become a game, there are many problems that we have to consider carefully. Among them are: (Page 30)
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
24. There are two kinds of Kong Bup: \_\_\_\_\_ and \_\_\_\_\_. (page 43)
25. During the Tang and Song Dynasties, there were two different kinds of styles. One was \_\_\_\_\_ the other \_\_\_\_\_. (Page 84)
26. When was the beginning of the So Rim Temple soldiers? (Page 84)
- \_\_\_\_\_
27. There were **five secret principles** that only the most loyal students were taught. Name them:
1. \_\_\_\_\_ (Kyung)
  2. \_\_\_\_\_ (Kyung)
  3. \_\_\_\_\_ (Keun)
  4. Speed (\_\_\_\_\_)
  5. Cutting (\_\_\_\_\_ ) (Page 85)

28. The **five principles** are not the physical techniques, but the \_\_\_\_\_ aspect of the martial arts. (Page 85)

29. What is Sa Do? (Page 95)

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30. Kwan Jang Nim believes that the future Sa Do should deal with a scientific interpretation of the art, combined with its \_\_\_\_\_ developed conceptions. (Page 95)

31. An important point to remember, in the art of Sa Do, is your \_\_\_\_\_ and \_\_\_\_\_ condition. (Page 97)

32. Name the **Eleven Important Factors** to promote the development of good Hyungs? (Page 119)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

33. Name seven **Dynamic Factors of Movement**. (Page 119)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

34. Kwan Jang Nim intends to advance Soo Bahk Do® (Tang Soo Do) from the "**Systematic Period**", in which it is now, into a new "\_\_\_\_\_". Explain.

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35. What stance should be used when speed, plus balance and stability is needed, to defend against the enemy? (Page 149)

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36. What stance should be used when balance and stability are need without speed? (Page 149)

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37. The defense is the \_\_\_\_\_ in the martial arts. (Page 181)

38. Kwan Jang Nim hopes that a detailed physiological analysis can be made in what three fields? (Page 181)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

39. The ideal angle in Ha Dan Mahk Kee, to which the body should be turned, is \_\_\_\_\_ degrees. (Page 183)

40. Name the **twelve elements** that may be used as a basis for evaluating a form, for the study of its improved performance. Explain each. (Pages 351, 352)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_
11. \_\_\_\_\_  
\_\_\_\_\_
12. \_\_\_\_\_  
\_\_\_\_\_

41. The forms that belong to the Weh Ga Ryu style were influenced by the \_\_\_\_\_ Chinese schools (Page 352)

42. Kwan Jang Nim lists twenty-three forms from this style. Name them. (Page 352)

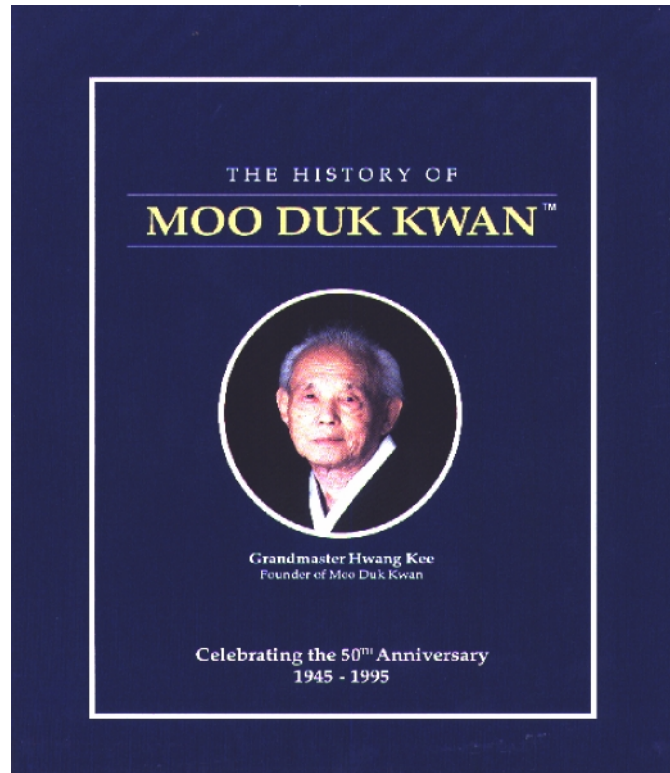
- |           |           |
|-----------|-----------|
| 1. _____  | 13. _____ |
| 2. _____  | 14. _____ |
| 3. _____  | 15. _____ |
| 4. _____  | 16. _____ |
| 5. _____  | 17. _____ |
| 6. _____  | 18. _____ |
| 7. _____  | 19. _____ |
| 8. _____  | 20. _____ |
| 9. _____  | 21. _____ |
| 10. _____ | 22. _____ |
| 11. _____ | 23. _____ |
| 12. _____ |           |

43. The forms that belong to the Neh Ga Ryu style were influenced by the \_\_\_\_\_ Chinese schools (Page 352)

44. Kwan Jang Nim lists sixteen forms from this style. Name them. (Pages 352, 353)

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

# MORE HISTORY OF THE MOO DUK KWAN®



To learn even more about Kwan Jang Nim Hwang Kee's Moo Duk Kwan® martial art school and his worldwide development of his Soo Bahk Do® martial art over the past 50 years, you may acquire a copy of the book ***"History of the Moo Duk Kwan."*** It is filled with interesting photos, facts and never before published information about the Moo Duk Kwan® and its founder. No practitioner's library can be complete without this reference book.

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