

WMDK ORAL QUESTIONS FOR DAN CANDIDATES

SAM DAN SHIM SA

1. Name three students whom you personally connected to your art of Soo Bahk Do® Moo Duk Kwan® during the last 3-4 years and who became training members of your Federation after your referral:

- b. Name 1
- a. Name 2
- b. Name 3

2. Please cite some specific examples of how you have participated in, and/or contributed to Vision success during your last 3-4 years of training.

Personal Answer

2. Name at least five factors that are considered and evaluated when judging Hyung competition in order to formulate a score:

- a. Proper Soo Bahk Do Hyung Sequence
- b. Power Control
- c. Tension and Relaxation
- d. Speed and Rhythm Control
- e. Direction of Movement
- f. Spirit or Attitude
- g. Proper Power of Techniques
- h. Understanding Hyung Technique
- i. Distinctive Features of the Hyung
- j. Perfect Finish
- k. Precision of Movements
- l. Intentness
- m. Proper Breathing Control
- n. Ring Protocol Set by Federation

3. Count from 11 to 15 in Korean and Chinese.

- a. Answer:
Yohl Hana, Yohl Dul, Yohl Set, Yohl Net, Yohl Dasut
Ship Il, Ship E, Ship Sam, Ship Sa, Ship O.

4. What does “Moo Sang” and “Yu Sang” mean ? How does this philosophy apply to you ?

- a. Answer: 1. Moo (Nothing), Sang (Figure) = Invisible thing Yu (Exist), Sang (Figure) = Visible thing

Personal. Things to consider

- a). Helps us to achieve balance in our actions and thoughts
- b). Appreciate the values of Soo Bahk Do as Moo Do both in our mind and body.

5. What does “Moo Pahl Dan Khum” Mean?

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- a. Answer: Literally, Moo (Martial), Pahl (Eight), Dan (Level), Khum (Silk). The exercises introduced by the Kwan Jang Nim for better understanding of Neh Gong aspect of our training.
6. There are two basic founding purposes of the Federation. What are they ?
 - a. Answer: a). Moo Do Organization. b). Members Organization.
7. What does “Sip Sam Seh” mean ? And what Sip Sam Seh does consists of ?
 - a. Answer: Thirteen influence consisting of of “Pal-Gwe” (8 trigrams which indicated 8 directions) and “0-Heng” (5 essential elements of the universe). Pal-Kwe: 8 directions, S, N, E, W, SE, SW, NE,NW. - Moo Sang Heng: Hwa (Fire), Soo (Water), Mok (Wood), Khum (Metal), Toh (Earth) -Yu Sang
8. How has the Song of the Sip Sam Seh informed your Soo Bahk Do training?
 - a. Answer: The introduction of this song into the written documents of Soo Bahk Do is highly significant and must be acknowledged by all practitioners. This ancient song focuses the mind (heart) on the essence of martial arts training. The song describes both the ultimate goals of training and the essentials of how to achieve these goals. Each movement in my training needs to be informed by the wisdom of the Sip Sam Seh philosophy in theory and application.
9. What is the special meaning of the Yuk Ro Hyungs related to the culture and history of Korea?
 - a. Answer: The Yuk Ro Hyungs are translated by the Kwan Jang Nim from the ancient Korean martial arts manual which he discovered in the library of the Seoul National University in 1957. As such, they represent the Soo Bahk Ki of the authentic Korean traditional martial art. Their discovery and translation reconnects the Korean cultural present with it's past. This reconnection is critical to an understanding of Korean culture and history.
10. What is the name of Yuk Ro E Dan Hyung ? And its meaning ?
 - a. Answer: “Joong Jol”. Joong (Middle / Center), Jo I (Cutting).
11. How often do you personally train with your instructor?
 - a. Answer:
12. Please describe how you prepared yourself for this testing. Was your approach any different from your preparation for Cho Dan or E Dan?
 - a. Answer: Personal. However, it is important their preparation should be connected with the proper Moo Do Chain.
13. What roles and responsibilities should a Sam Dan have in the Do Jang that differs from Cho Dan and E Dan?

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- a. Answer: Personal. However, it is important to understand that as a senior Yu Dan Ja their roles and responsibilities should be connected with the proper Moo Do Chain.
14. If you successfully pass this examination, what kind of things will you undertake in the next year that will reflect upon your rank?
- a. Answer: Personal.
15. What can you do to contribute to the success of our art of Soo Bahk Do?
- a. Answer: Personal
16. What does "Moo Do Shim Gong" mean to you?
- a. Answer: Consider followings: Mental discipline, Mental and Physical application of the Moo Duk Kwan philosophy in their actions, Understanding and upholding the values of history, traditions, and philosophy of the art and style, and Understand that loyalty is the highest level of the Moo Do Shim Gong.
17. What is the proper protocol when a student visits another Certified Do-Jang of the Federation?
- a. Answer: They must notify their instructor before the visit takes place. Their instructor should call and make the hosting instructor aware of the student's upcoming visit. Students should confirm their visit with the hosting instructor prior to visiting a Do-Jang. Students should respect the policies & guidelines of the hosting Do-Jang while visiting.