



SCRIVEN SOO BAHK DO FAMILY MARTIAL ART CLUB

Educational Supplement 2

5 Moo Do Values in Action

In his preface to the 5 Moo Do values of **History, Tradition, Philosophy, Discipline/Respect and Technique**, Grandmaster reminds us that these are the background to our proud martial art identity.

Each of the values represents what the Moo Do organisation stands for individually and as a whole. What is important is that the student applies these in training and in all aspects of our daily lives.

The following is a shortened version of the Grandmaster's guidance on this subject. For the full version, please contact your instructor.

History (Yeok Sa)

We understand who we are by knowing our past. Knowing who we are shapes our future.

It is important that we honour our past particularly the experiences of our elders, seniors and instructors as they are part of our past and will have an influence on how we create our future.

Our history has been underpinned by loyalty and respect.

Loyalty has to be unconditional and enduring regardless of circumstances, and should not be motivated by the desire for position, power or money.



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Tradition (Jon Tong)

Actions and thoughts which are inherited, established, or transmitted and passed down as custom, which is the essence of the Soo Bahk Do Moo Duk Kwan culture.

The tradition of bowing to each other is a custom practised by the individual to show respect and/or appreciation. The bowing tradition carries on the spirit of respect and appreciation in a very visible form.

Traditions strengthen our spirits and create a positive influence and connection with the other four Moo Do values.

Philosophy (Chul Hak)

Our philosophy (values and beliefs which influences the conduct of the organisation) guides our intent (Shim Gung) toward the good.

Philosophy includes the 8 Key concepts, the 10 articles of faith on mental training etc. These values will be carried beyond the do jang and form a good foundation to build human relationships.

Our actions will be meaningful when guided by good intent. It can be summed up with the adage "actions speak louder than words". Philosophy strengthens Discipline and Respect.



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Discipline /Respect (Neh Khang Weh Yu)

Discipline in action

1. Professional conduct rather than casual demeanour
2. Proper postures (ways of standing and sitting posture)
3. Dependability

Respect

1. Helping and caring for others
2. Smile, kindness
3. Recognition
4. Carrying proper body mannerism with care and politeness.

These attributes must be demonstrated by the individual having regard for our history, tradition, philosophy and technique to show their true value to the Soo Bahk Do student. Otherwise they might be regarded merely as tools for good “people skills”.

Technique (Ki Sool)

Techniques when performed based upon and strengthened by our History, Tradition, Philosophy and Discipline/Respect will develop beyond just physical techniques.

For example, Techniques are guided by the 8 Key concepts (Philosophy); when we bow we connect with the meaning and spirit of the bow and Tradition is strengthened. By applying the attributes of Discipline/Respect in our training our techniques become more effective and enjoyable.

In this context, techniques will encompass physical mannerisms (visible things) such as adopting the correct approach in varying/difficult situations and exercising proper protocol, which can be powerful and effective self defence techniques.