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SCRIVEN SOO BAHK DO FAMILY MARTIAL ART CLUB

December 2007

Editorial

President's Vision Tour

Master H.C.Hwang, the President of the World Moo Duk Kwan (our governing body), announced in late 2002 his plans to tour around the World and share his vision for the future of Soo Bahk Do Moo Duk Kwan with members by training and discussing the Past, Present and Future of the organisation.

President H. C. Hwang explained his motivation as follows, "Our beloved founder of the Moo Duk Kwan, Grandmaster Hwang Kee passed away on the 14th July 2002. Upon his passing, Grandmaster Hwang Kee became part of the Past. We are the present, and the future of the Moo Duk Kwan.

It is dependant upon us and our actions. Now is a very important time in the Moo Duk Kwan's history for the present members to strengthen relationships with each other and solidify a worldwide structure that will ensure the future longevity of the art into the next century."

The goal is to strengthen the foundation of the Soo Bahk Do movement through the active participation of all members. The objective of this exercise is to grow the organisation for the benefit of current and future members.



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A network of local and national committees has been established in the USA to implement initiatives to promote Soo Bahk Do through community based activities.

We, as a club have been working to make a small contribution to the strategy by endeavouring to grow the club through various initiatives which properly reflect the values and benefits of Soo Bahk Do training.

Examples include advertising our product as a traditional art form which can be beneficial in many different ways for all members, conducting taster courses in local sports centres, involvement in charitable fund raising initiatives and giving demonstrations of Soo Bahk Do techniques in local schools and church based organisations.

Many new students are introduced to the club by existing members and this also continues to be a major channel of introduction.

Building our organisation for the benefit of future generations is a continuing process which we hope will involve more and more club members who are willing to give up some of their spare time. Members who wish to be part of the 2008 plan should speak to their instructor.

Compliments of the season to all club members and their families.

Soo Bahk !!

Profiles

Grandmaster H C Hwang

- May 5, 1954: Entering the Moo Duk Kwan discipline.
- October 27, 1957: Promoted to Cho Dan(1st Dan).



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- March 1959: Graduated Yong San Elementary School.
- March 1962: Graduated Sun Rin Middle School.
- March 1965: Graduated Yang Jong High School.
- November 15, 1965: Promoted to Sa Dan (4th Dan).
- September 1969: Graduated Korea University (Major in Philosophy).
- May 24, 1970: Promoted to O Dan (5th Dan) and Sa Bom (Master Instructor).
- 1970-1973: Served as the chief Sa Bom at the Central Headquarters Dojang.
- 1973-1974: Served as the chief Moo Duk Kwan Sa Bom in Athens, Greece.
- June 30, 1975-July 2002: Served as the Chairman of Technical Advisory Committee of the U.S. Soo Bahk Do Moo Duk Kwan Federation (Formally known as the U.S. Tang Soo Do Moo Duk Kwan Federation).
- 1989-July 2002: Served as the Vice President of the World Moo Duk Kwan.
- August 31, 1999: Promoted to Gu Dan (9th Dan) in the World Moo Duk Kwan.
- July 2002-Present: Served as the President of the World Moo Duk Kwan and Life President of the U.S. Soo Bahk Do Moo Duk Kwan Federation.
- Black Belt Magazine Hall Of Fame 2004 Man of Year.

Founder Grandmaster Hwang Kee

- Born on November 9, 1914 in Jang Dan, Kyong Ki province.
- May 1921, young Hwang Kee witnessed martial arts in action when a man used "Tae Kyun" techniques to defend against superior odds.
- Graduated High School in March 1935 and went to Manchuria to work for the railway company.
- May 1936: Trained with Master Yang Kuk Jin, a Chinese Master, until August 1937.
- Returned to Seoul in 1939 and studied Okinawan Karate while working in the Survey department of the Cho Sun Railway Bureau.



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- Founded the Moo Duk Kwan and established its philosophy on November 9, 1945.
- Discovered an ancient martial art script documenting Soo Bahk techniques some 300 years ago.
- June 30, 1960: Incorporated as the Korean Soo Bahk Do Association, Inc.
- 1964-1965: Unification with Tae Kwon Do considered but unsuccessful.
- 1966: Won a lawsuit in the Supreme Court brought by the Korean Government to wind up Soo Bahk Do.
- 1966 onwards: Established Tang Soo Do style in the UK, Greece, United States, France, Belgium, Germany, Italy, Switzerland, Netherlands, Puerto Rico, Argentina, Malaysia, Brunei, Mexico and Australia.
- 1990: Replaced leadership in England (UK Tang Soo Do Moo Duk Kwan Federation).
- Subsequently reverted to the Soo Bahk Do (Tang Soo Do) Moo Duk Kwan designation to distinguish organisation from the other Tang Soo Do organisations disconnected from the founder.

5 Requirements and 11 Points of Emphasis on Mental Training

Requirements

1. Oneness with nature.
2. Complete awareness of environment.
3. Experience.
4. Conscience.
5. Culture.

Emphasis

1. Reverence for nature.
2. Courtesy.
3. Modesty.
4. Thankfulness.
5. Self-sacrifice.



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6. Courage.
7. Chastity.
8. Physical Control.
9. Strength inside and mildness outside.
10. Endurance.
11. Reading ability.

5 Requirements and 10 Points of Emphasis on Physical Ability

Requirements

1. Contact with natural surroundings.
2. Contact with diverse physical conditions.
3. Suitable nourishment.
4. Suitable exercise.
5. Suitable rest.

Emphasis

1. Vocal exhalation for thoracic strength (Ki Hap).
2. Focus of sight.
3. Continuous balance during movement.
4. Flexibility of the body.
5. Correct muscle tone for maximum power.
6. High and low speed technique.
7. Exactness of technique.
8. Adjustment for proper distance.
9. Proper breathing for endurance.
10. Conditioning of hands and feet.

Mental discipline is required in order to study and be able to demonstrate the techniques.

News Items

- A club competition was held at the Lewes Leisure Centre on Monday 27th August 2007.



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- The U.K. Soo Bahk Do Moo Duk Kwan Federation held its annual Championships in Preston on Sunday 18th November 2007. Iain Harris won the Mens' Senior Sparring section.
- The club website was brought on line in October 2007 "scrivenmartialarts.co.uk".
- Kids Halloween party held at the Lewes Leisure Centre on Saturday 3rd November 2007.

Publication Team

Readers are invited to submit articles or comments for publication to the Editorial Team - Andy Scriven, Bob Scriven.

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