

## **PHILOSOPHY**

### **The Charter of the Moo Duk Kwan**

Reverence for life is as important as offense and defense within Moo Duk Kwan. Our basic charter charges all members to protect life, even that of an enemy. Developing reverence for nature, with emphasis on beauty, speed, and rightness of action, are training goals held forth by the charter.

### **Respect**

What is respect? The dictionary's definition of respect is Respect – admiration for, or sense of the worth or excellence of a person: deference to a right, privilege or privileged position: the condition of being esteemed or honored.

Respect is not fear, submission or patronage. When you show true respect, you will gain all the strength from the person or group you respect. This is because your respect will echo like the sound of a mountain, and it will come back to you in form of respect from others. Before you expect respect from a specific person, you should show respect to the person when you want to get respect from. The ability to demonstrate respect for human life is a vital part of your Tang Soo Do training.

In today's fast-paced society, people seem to have forgotten the basics. In order to be successful in your life, it is necessary to hold a high regard for all people, honor them, and be courteous to them. Tang Soo Do teaches us Oriental philosophy in which respect plays a major role. The act of bowing is a physical way of demonstrating respect for the person you are greeting. The bow should also bend from the waist. True respect comes from within.

### **Five Codes of Tang Soo Do**

Two of the greatest of the Hwa Rang Do warriors were Jul San and Chu Kwang. Through their influence, the five codes were established to be used to govern their lives and purify their minds. The codes become an all-encompassing guideline by which they would conduct themselves as martial artists.

The five codes of Tang Soo Do apply to all members and are meant to guide the Tang Soo Do student. All members are required to memorize and fully understand the meaning of the codes:

1. Loyalty to country.
2. Obedience to parents
3. Honor friendship ( trust and brotherhood among friends )
4. No retreat in battle ( always finish what you start )
5. In fighting choose with sense and honor ( never take a life unless another life is in danger)

### **Tenets of Tang Soo Do**

In order to conform and live by the codes of Tang Soo Do, a true martial artist must have belief in the following:

1. Integrity
2. Concentration
3. Perseverance
4. Respect and obedience
5. Self-control
6. Humility
7. Indomitable spirit

### **FOURTEEN ATTITUDES REQUIRED TO MASTER TANG SOO DO**

1. Purpose of training should be an enhancement of mental and physical betterment.
2. Serious approach.
3. All-out effort.
4. Maintain regular and constant practice.
5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.
7. Always listen and follow the direction of your instructor or senior members.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned.
12. When you learn new techniques, learn thoroughly the theory and philosophy of the techniques as well.
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

### **CHILDREN'S HOME RULES**

1. Children must show respect to their parents and family members at all times.
2. Children shall greet their parents when they enter the house and tell them good-bye when they leave.
3. Children will be truthful at all times.
4. Children will maintain a good relationship with their brothers and sisters.
5. Children must help with household chores.
6. Children will keep their own rooms neat and clean.
7. Children must keep their body, hair, and teeth clean every day.
8. Children will not interrupt adult conversations.
9. Children will study their homework at school and at home.
10. Children must show respect for teachers and peers at all times.

\* Children who do not follow the 10 home rules, show respect and cheerfully obey their parents and instructors may be reduced in rank.

### **A.T.F RULES AND REGULATIONS**

1. If you arrive to class after it has begun, enter the Dojang, and wait on your right knee until the instructor places you in the class. Do not leave class without your instructor's permission.
2. The following are prohibited in the Dojang: Shoes, Smoking, Eating, Drinking, Chewing Gum, Intoxication, Bad Language, Arguing and Horseplay.
3. Always wear a clean A.T.F. uniform to class and wear no jewelry (except in religious nature).
4. Full gear must be worn at all times when sparring. Sparring gear consists of Head, Hand, and Foot protection. Men will wear protective cups and all participants use mouth guards.
5. Whenever you approach your instructor to address him or her, bow first and then speak to him politely.
6. Senior belts students should set a good example. They should show respect for and help lower belt students. Lower belts should always show respect for there for their senior belt fellow students.
7. Do not demonstrate or teach Tang Soo Do outside the Dojang without the express permission of your instructor. Never degrade Tang Soo So or the reputation of the school.
8. You must have permission from your instructor to participate in any tournament or other martial art activity. All awards will be displayed for recognition at the school for a short duration.