

# Cho Dan Bo Study Guide

## 1. What does Black Belt Represent?

Mastery, Calmness, Dignity, and Sincerity. The Black Belt is the final stage of one life cycle and the beginning of the next. This is not only the end of one stage, but more importantly, the beginning of a path which leads up through the ranks of the higher black belts and true mastery.

## 2. What is Moo Shim?

Moo Shim is empty mind. This is a state in which one no longer thinks before they do something, the action is performed without thought. This is only possible when the mind and body are united as one unit which comes from many hours of training.

For example, when you get into a car and drive somewhere that you have been to many times before, you don't think where to turn, when to stop, or when to go. You perform this action automatically without thought because your mind and body are one.

Just think of all the things that you do with out thinking first. When you touch something hot you move your hand quickly; when something is thrown at you, you catch it or move out of the way; when you are walking and someone walking ahead of you stops, so do you. All of these things are done without thinking first. You can then consider MOO SHIM (empty mind) "action without thought."

### **TERMS**

3.	360 DEGREES	SAM BAEK YUK SIP DO
4.	BREAKFALL	NAK BUP
5.	FRONT BREAKFALL	AHP NAK BUP
6.	SIDE BREAKFALL	YUP NAK BUP
7.	BACK BREAKFALL	DWI NAK BUP
8.	FRONT/SIDE BREAKFALL	AHP YUP NAK BUP
9.	SPINNING KNIFE HAND ATTACK	DWI TOLLYO SOO DO KONG KYUCK
10.	SPINNING BACK FIST ATTACK	DWI TOLLYO KAP KWON KONG KYUCK
11.	FRONT PUSH KICK	AHP POTO CHA KI
12.	SPINNING CRESCENT KICK	DWI TOLLYO AHNESO PHAKURO CHA KI
13.	SPINNING AXE KICK	DWI TOLLYO CCHICK KI
14.	LOW WHEEL SWEEP	DWI CHOI HA DAN HU RYO CHA KI
15.	DOUBLE KICK (same time)	SSANG BAHN CHA KI
16.	DOUBLE KICK (separate times)	YANG BAHN CHA KI
17.	LUNG / THRUST	CHI RU KI
18.	KNIFE FOOT	CHOK DO
19.	REVERSE	BANDAE
20.	REVERSE ELBOW STRIKE	BANDAE PAHL KOOP CHI KI
21.	REVERSE PUNCH / FRONT STANCE	CHUN KUL BANDAE CHI RU KI
22.	HIGH REVERSE PUNCH	SANG DAN BANDAE KONG KYUCK
23.	REVERSE TWISTING IN / OUT BLOCK	TEUL OH AHNESO PHAKU RO MAHK KI
24.	VERTICAL FIST	JIK KWON
25.	WAIST TWISTING	HU RI TWUL KI

## 26. SIP SOO

MEANING	TEN HANDS
CREATOR	UNKNOWN
DATE OF CREATION	200 TO 300 YEARS OLD
PLACE	HA NAM PROVINCE OF NORTHERN CHINA
# OF MOVES	25