



PHILOSOPHY — OF THE — HYUNGS

唐手道

CHAMPION TANG SOO DO

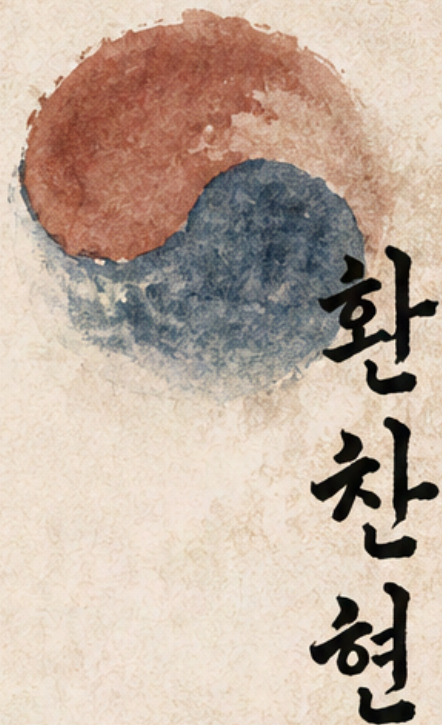




KEE CHO HYUNGS

The name of these Hyungs and creator is Grandmaster Hwang Kee, the founder of Moo Duk Kwan Tang Soo Do. The Kee Cho Hyungs were created in 1945 in Seoul, Republic of Korea.

Each of the three Kee Cho Hyung Il Bu, Ee Bu and Sam Bu have 20 movements.



PYUNG AHN HYUNGS (THE TURTLE)

Pyung Ahn Forms were originally called 'Jae – Name' and created by Okinawan Master Mr. Itosu in the Hwa Nam area of China approximately 1870. Mr Itosu reorganized the Jae Nam form into closely resembling the present Pyung Ahn Hyung.

When one begins to master the Pyung Ahn Hyungs they will develop a feeling of 'Pyung' meaning peace and confidence, balance and calmness with oneself and nature. 'Ahn' meaning safe, confident and comfortable. These are feelings a person will develop in the mind and body of any situation.





BASSAI

(SNAKE AND BREAKING
THROUGH THE FORTRESS)

The Hyung that presupposes the spirit and the strength necessary to break into an enemy's stronghold; It is full of vitality. It is a Hyung of the usage of opposites, composure and agility, strength and change, fast and slow, light and heavy. It also shows applications of strength. The Hyung originally came from So Rim Sa Kwon Bup style. It was created in the mid to late 16th century in Hwa Nam area of China.

拔塞



内患奇



NAIHANCHI HYUNG

(IRON HORSE)

'I gather within me all forces of the earth. I look up and ask the heavens for perfection of self. I insult its force and energy into my body'. The Naihanchi were once practiced as one Hyung, however because of their length and degree of difficulty it was divided into three sections for teaching purposes. These forms have slow, fast and strong movements in both offensive and defensive techniques. Balance and solid stances add to the importance of these forms. The legs are set in a strong, straddling position as if on horseback and tension is applied to the outside edges of the soles of the feet. The history of these forms date back some 900 years ago during the Song Dynasty.



SIP SOO

(TEN HANDS; THE BEAR)

The Hyung enables one to perform the actions of ten men. It enables a person to deal with weapon attacks especially stick attacks. This is the only form in Tang Soo Do that has no offensive techniques only blocking techniques. Concentration of power must be understood in the Hyung and in doing so twisting the body, overturning the opponent, tightening parts of the body and taking the opponent by force will be mastered.



CHINTO / JINDO

(WHITE CRANE ON THE ROCK)

The name Jindo means Jin (advance) and Do (retreat). It was originally known as Chinto (quiet waves), the name of a Chinese sailor and Martial Artist. The Hyung is for mastering balance whilst standing on one leg and using counterattacks and is characterized by fast and strong movements. This Hyung belongs to White Crane Kung Fu.



KUNG SANG KOON

(THE EAGLE LOOKING AT THE SKY)



空
上
拳



This Hyung was founded in the southern part of China in the 17th Century. This Hyung is very popular in Martial Arts, appearing in many Korean, Chinese and Japanese styles. This form is designed to simulate multiple attacks from various angles.



ROHAI

(WHITE CRANE OR HERON)

鷺
鶴



This Hyung is most noted for the use of one legged stance or Crane stance. Due to the difficulty in utilizing the one legged stance the practitioner will develop poise through the mastery of this form. The founder of this form is unknown but is believed to have come from the White Crane Kung Fu style in Southern China.





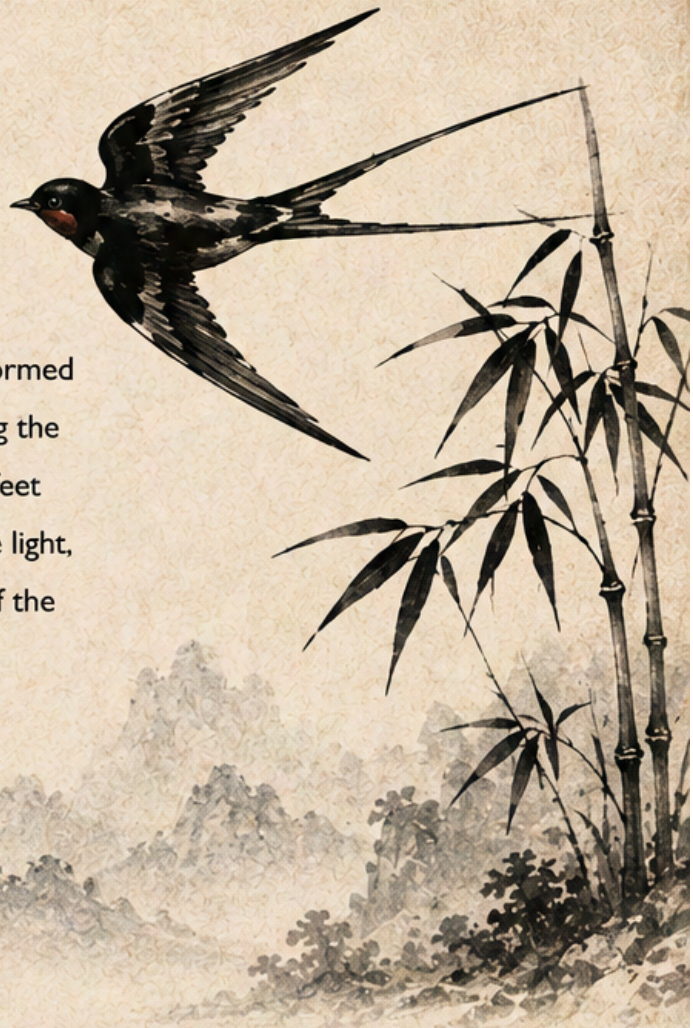
WANG SHU

(FLYING SWALLOW)

燕手



Wang Shu is very active and must be performed with great speed when lowering and raising the body. The student must stay light on their feet to move quickly. The Hyung represents the light, easy, keen and quick-witted movements of the 'Flying Swallow'



SEI SHAN

(PRAYING MANTIS)

螳螂拳



This form is based on some of the basic aspect of Tai Chi Chuan. All steps slide close to the ground in half circular movements. There are one finger spear thrusts to the eyes or an arm grab. Practise requires extra attention in the control of breathing, balance, relaxation, control of power and tension of the body. Sei Shan is used in many Okinawan systems such as IsshinRyu, ShorinRyu, Goju Ryu and Shurite.





JION

(THE GOAT)

From the Jion temple this Hyung is the feeling of perfect harmony like the Buddha's and in its calm movements a strong spirit. The Hyung is appropriate for mastering rotational movements and shifting directions.



智翁拳



OH SIP SA BO

(TIGER)

This form is very advanced, one of the longest in Tang Soo Do. It unites fast and slow, hard and soft as well as circle theory techniques. It requires a great deal of stamina. The practitioner must also pay close attention to the accuracy of the techniques while maintaining proper speed of execution.



五十四步拳

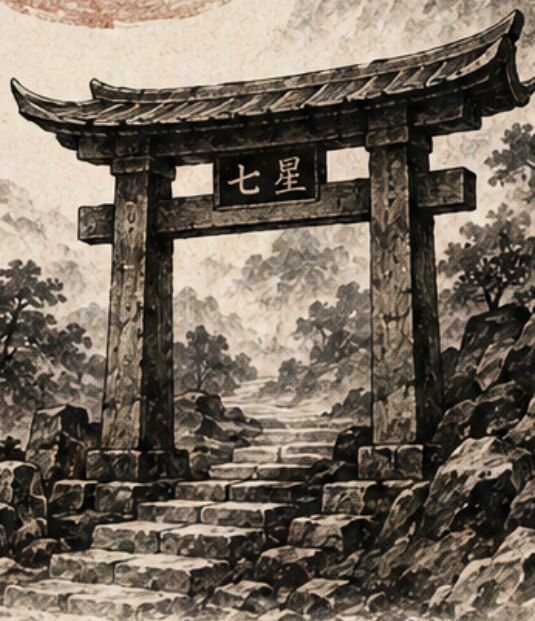




CHIL SUNG

(THE SEVEN STARS)

There are seven Chil Sung Hyungs; they were created by Grandmaster Hwang Kee. They use both internal and external energy. They combine deep breathing and focus on internal energy that is evident: in the slow and graceful techniques. Many of the movements come from the Mooye Dobo Tongi. Chil Sung literally translates into 'Seven Stars' in Korean.



YUK RO

(THE 6 ROADS)

The Yuk Ro Hyungs were created by Grandmaster Hwang Kee. 'Yuk' meaning 'Six' and 'Ro' meaning 'Path'. These six Hyungs were originally named Du Moon (Great Gate), Loppol Jol (Cutting the Middle), Po Wol (Embrace the Moon), Yang Pyun (High Whip), Sah Chi (Utilising Scuolla) and Choong Ro (Capturing). The techniques within the Yuk Ro Hyungs are all recorded in the Mooyae Dobo Tongi.





WEAPONRY

무기

唐武德道館

All weapons practice requires concentration, focus, and control. The weapon is an extension of the body and mind. Each weapon teaches discipline, coordination and respect. Below are the three traditional weapons of Moo Duk Kwan Tang Soo Do.



JANG BONG (LONG STAFF)

長棒

長棒

The Jang Bong is a long staff approximately 6 feet in length. It is used for both offensive and defensive techniques. This weapon develops strength, balance, and coordination.

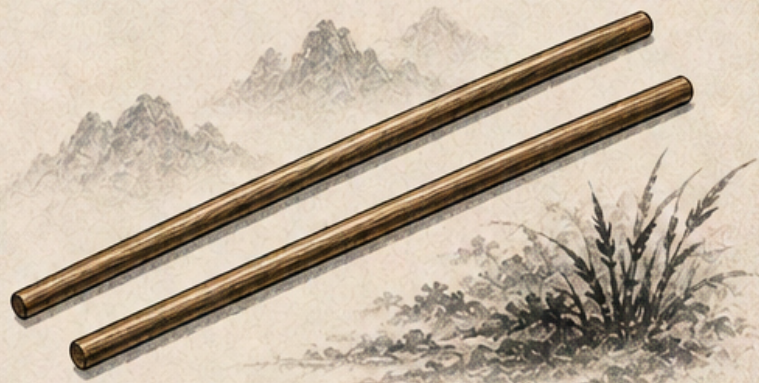


SSANG JOOL BONG (PAIR OF SHORT STAFFS)

雙節棒

雙節棒

The Ssang Jool Bong consists of a pair of short staffs. It is used for striking, blocking and joint locking techniques. This weapon enhances speed, timing, and rhythm.



JANG GUM (LONG SWORD)

長劍

長劍

The Jang Gum is a long sword used for precise cutting, thrusting and blocking techniques. It teaches control, focus, and the balance between power and grace.

