



2020 TAC TOUR

UNITED STATES SOO BAHK DO MOO DUK KWAN FEDERATION®



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도
인

Moo Do in ACTION



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THEME

Moo Do In – A person committed to Moo Do life and to making Moo Do Jaseh their habit.

무

武

Moo

martial, military

도

道

Do

path, way

인

人

In

person, mankind

OBJECTIVE

Maximize use of class time to ensure there is optimal opportunity to complete repetitions for premier development. Implementing repetitions of the class emphasis, content, drills or simply use of Hu Ri practice while conducting warm ups is an area that will offer a significant increase in practice. This will allow students to become more comfortable with the drill that is being taught as well as focusing on the use of the hip while warming up the body for class. Following this process will connect with the goal of creating and building productive habits as a Moo Do In and ultimately improve the foundation of our sparring proficiency.

EMPHASIS

	Moo Pahl Dan Khum <i>Remembering</i> <i>Russ Hanke Sa Bom Nim</i>	Reflecting on great memories of Hanke Sa Bom Nim and on his loyalty to the Art, the Founder and Kwan Jang Nim as well as the impact he made as a Charter Member of the U.S. Federation and on so many practitioners over the course of his 60-year training history. Truly an example of dedication at the highest level and a Moo Do In that was always where the Art was.
	Building Productive Habits <i>Hu Ri Warm Up Drills</i>	Focus on “warming up” keeping the body relaxed during drill repetitions as well as the idea that the Hu Ri movement practiced (offensive and defensive) becomes a habit that will translate into a natural sparring movement motivated by the Hu Ri to support sparring development and improvement. NOTE: Each drill should be practiced without a partner before partner exercise begins.
	Moo Do Values Sparring <i>Applying Warm Up Habits</i>	Application of warm up habits and drills in sparring to motivate harmony in your chain of command as well as establishing an Um / Yang exchange with your partner to create a Moo Do picture that carries Moo Geh (Heaviness / Moo Do Presence).



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BUILDING PRODUCTIVE HABITS WITH WARM UP DRILLS

– DRILL 1 –

TEUL OH HA DAN MAHK KEE (LEADING FOOT STEPPING TO FRONT SIDE), TEUL OH CHOONG DAN KONG KYUK

- **Overview:**
 - Warm up (hip turning side to side) from a comfortable sparring stance
 - Continue warming up and progress into a Teul Oh Ha Dan Mahk Kee, Teul Oh Choong Dan Kong Kyuk movement (**Figures 1-3 and Figures 7-8**). **NOTE:** Figures 4-6 and 10-12 would be added for partner drills during sparring application later in class.
 - Ahp Po Do Oll Ri Gi and Ahp Cha Nut Gi in a warming up mode
 - Partner warm up - offensive and defensive exchanges (in sparring atmosphere) – change partners every 30 seconds
- **Theme:** Hu Ri Turning
- **Emphasis:** Leading foot will move to front side for defense every time. Creating a sparring environment while warming up. Distance Control, Use of Hu Ri and Shi Sun.

DRILL 1 – OPTION 1 – CLOSED STANCE

		
Figure 1 Starting Position	Figure 2 Partner A: Ahp Cha Nut Gi - kicking foot lands forward Partner B: Leading foot moves to front side with Teul Oh Ha Dan Mahk Kee	Figure 3 Partner B: Teul Oh Choong Dan Kong Kyuk.
		
Figure 4 Partner B: Twist the Hu Ri into Kyo Cha Rip Jaseh	Figure 5 Partner B: Ahneso Pakhuro Cha Gi	Figure 6 Partner A: Recognize the kick and counter Teul Oh Choong Dan Kong Kyuk



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DRILL 1 – OPTION 2 – OPEN STANCE

 Figure 7	 Figure 8	 Figure 9
Starting Position	Partner A: Ahp Cha Nut Gi with rear leg Partner B: Leading foot moves to front side with Teul Oh Ha Dan Mahk Kee	Partner A: Kicking foot lands forward.
 Figure 10	 Figure 11	 Figure 12
Partner B: Teul Oh Choong Dan Kong Kyuk Partner A: Accept punch with slight contraction (front hand)	Partner B: Kyo Cha Rip forward Partner A: Front foot steps back at the same time as partner advances forward	Partner B: Dollyo Cha Gi Partner A: Teul Oh Ahneso Pakkuro Soo Do Mahk Kee with leading foot moving to the front side
 Figure 13	 Figure 14	
Partner B: Kicking foot lands forward	Partner A: Teul Oh Choong Dan Kong Kyuk	

DRILL 1 – OPTION 3 – ANY STANCE

Partner A: Ahp Cha Nut Gi and kicking foot lands forward or backwards on their own will	Partner B: Leading foot moves to front side with Teul Oh Ha Dan Mahk Kee, Teul Oh Choong Dan Kong Kyuk followed by any appropriate technique according to previous experiences	Partner A: Respond accordingly with a defense followed by counterattack
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– DRILL 2 –

KYO CHA RIP JASEH

- **Overview:**
 - Warm up (hip turning side to side) from a comfortable sparring stance
 - Progress into Kyo Cha Rip Jaseh from a sparring stance (with hip turn only)
 - Move to a Kyo Cha Rip Jaseh with Teul Oh Ha Dan Mahk Kee and Teul Oh Choong Dan Kong Kyuk
 - Kyo Cha Rip Jaseh with defensive mode and Ahp Cha Nut Gi (or Dollyo Cha Gi or Ahneso Pakkuro Cha Gi)
 - Offensive and defensive exchange (in sparring atmosphere) – change partners every 30 seconds
- **Theme:** Hu Ri Turning
- **Emphasis:** Kyo Cha Rip Jaseh as Hu Ri turns. Creating a sparring environment while warming up. Start slowly and then increase speed with repetition.

DRILL 2 – OPTION 1 – OPEN / CLOSED STANCE



Figure 15

Starting Position (This can be performed open stance or closed stance. Response by Partner A will be the same).



Figure 16

Partner A: Ahp Cha Nut Gi (kicking foot lands forward)
Partner B: Defend stepping back in to Kyo Cha Rip Jaseh Ha Dan Mahk Kee



Figure 17

Partner B: Counter with Teul Oh Choong Dan Kong Kyuk (or any of the kicks mentioned above)



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DRILL 2 – OPTION 2 – EXTENDED KYO CHA RIP ACTIVITY



Figure 138

Starting Position



Figure 149

Partner A: Ahp Cha Nut Gi (kicking foot lands forward)
Partner B: Defend stepping back in to Kyo Cha Rip Jaseh Ha Dan Mahk Kee



Figure 20

Partner A: Set the foot down in front
Partner B: Pause to allow Partner A to place the foot down into ready posture



Figure 21

Partner B: Counter with Teul Oh Choong Dan Kong Kyuk (or any of the kicks mentioned above)
Partner A: Stepping back into Kyo Cha Rip Jaseh after front kick while accepting the middle punch with Pahkeso Ahnuro Mahk Kee



Figure 22

Partner A: Counter with Dollyo Cha Gi (or Ahneso Pahkuro Cha Gi / Ahp Cha Nut Gi)
Partner B: Stepping back into Kyo Cha Rip Jaseh accepting the Dollyo Cha Gi with Pahkeso Ahnuro Mahk Kee (high and low) – finish with counterattack.

DRILL 2 – OPTION 3

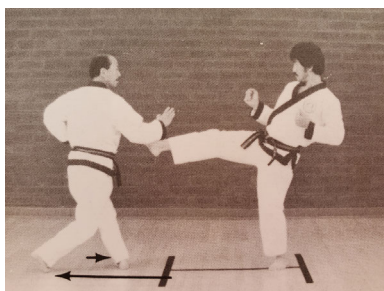


Figure 23

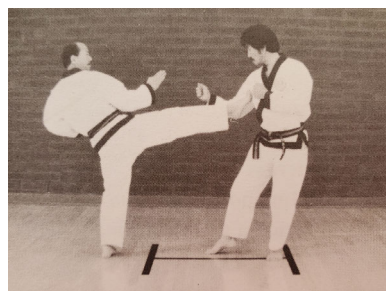


Figure 24

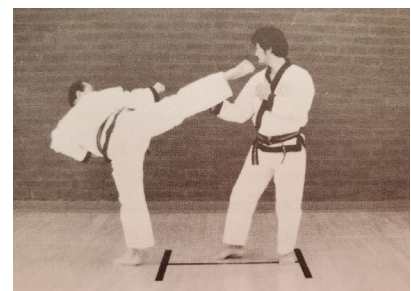


Figure 25



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– DRILL 3 –

TEUL OH PAHKESO AHNURO MAHK KEE, TEUL OH CHOONG DAN KONG KYUK

- **Overview:**

- Warm up (hip turning side to side) from a comfortable sparring stance.
- Progress into leading foot moving to the front side with Teul Oh Pahkeso Ahnuro Mahk Kee and Teul Oh Choong Dan Yuk Soo Do Kong Kyuk
- Another option is for the leading foot to move backward (with hip turn) 180 degree performing Teul Oh Pahkeso Ahnuro Mahk Kee and Teul Oh Choong Dan Kong Kyuk (or Teul Oh Yuk Soo Do Kong Kyuk)
- Side kick warm up - with step behind or from rear leg
- Offensive and defensive exchanges (in sparring atmosphere) – important to note that the block should be to the heel side of the foot – change partners every 30 seconds. Offensive partner can perform Yup Podo Cha Gi with either leg.

- **Theme:** Hu Ri Turning

- **Emphasis:** Outside to Inside block to heel side of leg. Creating a sparring environment while warming up.

DRILL 3 – OPTION 1 – OPEN STANCE WITH LEAD LEG KICKING



Figure 26

Starting Position



Figure 27

Partner A: Front leg Yup Podo Cha Gi (with step behind moving forward) stepping down in front into Hu Gul Jaseh
Partner B: Moving front leg forward and defend with Pahkeso Ahnuro Mahk Kee in an offensive front stance



Figure 28

Partner B: Counter with Teul Oh Choong Dan Kong Kyuk
Note: Progress to side kick attack with either leg – the defender needs to block to the rear of the leg and then counter. Free flowing sparring format.

DRILL 3 – OPTION 2 – OPEN STANCE WITH REAR LEG KICKING



Figure 29

Starting Position

Note: This defense could be applied to open stance with rear leg kicking OR closed stance with lead leg kicking. Defender should respond to blocking to the calf-side of Partner A's leg.



Figure 30

Partner A: Rear leg Yup Podo Cha Gi stepping down in front into Hu Gul Jaseh.
Partner B: Moving front leg backward to rotate 180 degrees and defend with Pahkeso Ahnuro Mahk Kee in an offensive front stance



Figure 31

Partner B: Counter with Teul Oh Choong Dan Kong Kyuk
Note: Progress to side kick attack with either leg – the defender needs to block to the rear of the leg and then counter. Free flowing sparring format.



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– DRILL 4 –

OFFENSIVE KYO CHA RIP DOLLYO CHA GI (OR AHP CHA NUT GI) – IL SOO SIK DAE RYUN 1-2 APPLICATION

- **Overview:**
 - Warm up (hip turning side to side) from a comfortable sparring stance.
 - Progress into leading foot moving to the front side with Teul Oh Ahneso Pahkuro Soo Do Mahk Kee (Teul Oh Ha Dan Mahk Kee for Ahp Cha Nut Gi) and Teul Oh Choong Dan Kong Kyuk (same defense as Il Soo Sik Dae Ryun 1 and 2)
 - Offensive Kyo Cha Rip Dollyo Cha Gi (or Ahp Cha Nut Gi)
 - Offensive and defensive exchanges (in sparring atmosphere) - change partners every 30 seconds
- **Theme:** Hu Ri Turning
- **Emphasis:** Offensive Kyo Cha Rip tempo. Creating a sparring environment while warming up.

DRILL 4 – OPTION 1 – CLOSED STANCE



Figure 32

Starting Position



Figure 33

Partner A: Offensive Kyo Cha Rip



Figure 34

Partner A: Offensive Kyo Cha Rip Dollyo Cha Gi
Partner B: Leading foot move to front side while performing Teul Oh Ahneso Pahkuro Soo Do Mahk Kee (Teul Oh Ha Dan Mahk Kee for Ahp Cha Nut Gi)



Figure 35

Partner B: Teul Oh Choong Dan Kong Kyuk



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DRILL 4 – OPTION 2 – CLOSED STANCE



Figure 36

Starting Position



Figure 37

Partner A: Offensive Kyo Cha Rip (in preparation for Dollyo Cha Gi)



Figure 38

Partner A: Offensive Kyo Cha Rip Dollyo Cha Gi
Partner B: Leading foot moves to front side while performing Yup Podo Cha Gi (or E Dan Yup Podo Cha Gi, Yup Hu Ri Gi)



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– DRILL 5 –

PHILOSOPHY OF AHP CHA NUT GI VS. DWI CHA GI DRILL (HEO AND SHIL)

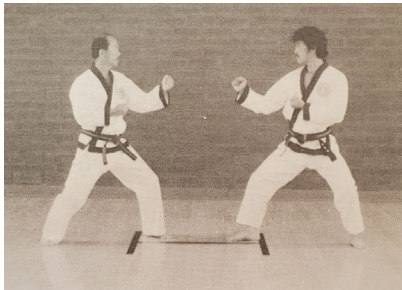
• Overview:

- Ahp Podo Oll Ri Gi and Ahp Cha Nut Gi in a warming up mode.
- From a comfortable sparring stance: Twist Hu Ri while pivoting and release a Dwi Cha Gi.
- Practice in two ways: 1). Pivot in place Dwi Cha Gi. 2). Leading foot steps backward (hip turns 180 degrees) with pivot and release Dwi Cha Gi. (concept of “Accepting to Open Side”).
- Accept Ahp Cha Nut Gi to an open side and counter with Dwi Cha Gi.
- Partner warm up - offensive & defensive exchanges (sparring atmosphere) – change partners every 30 seconds
- Gradually build up complexity of the drill so that members build confidence by doing the following:
 - Perform sequences comprised of Figures 39, 40, 41
 - Perform sequences comprised of Figures 39, 40, 41, 42
 - Perform sequences comprised of Figures 39, 40, 41, 42, 43, 44

• Theme: Hu Ri Turning

- **Emphasis:** Focus on accepting Ahp Cha Nut Gi to the open side of body (Philosophy of Heo & Shil). Creating a sparring environment while warming up.

DRILL 5 – OPTION 1 – OPEN STANCE

 Figure 39	 Figure 40	 Figure 41
Starting Position	Partner B: Ahp Cha Nut Gi from the rear leg Partner A: Transfer weight to back leg turning the Hu Ri to motivate a Pahkeso Ahnuro Mahk Kee	Partner A: Complete Dwi Cha Gi Partner B: Accept the kick with Hu Gul Ha Dan Mahk Kee
 Figure 42	 Figure 43	 Figure 44
Partner B: Front leg Ahneso Pahkuro Cha Gi Partner A: Acknowledge the kick with slight contraction in Hu Gul Jaseh	Partner A: Counter with Teul Oh Choong Dan Kong Kyuk	Partner A: Using Hu Ri retract the arm that executed the Teul Oh Choong Dan Kong Kyuk to complete the Finished Position



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DRILL 5 – OPTION 2 – CLOSED STANCE



Figure 45

Starting Position



Figure 46

Partner B: Ahp Cha Nut Gi from the rear leg
Partner A: Front foot steps back motivated by the Hu Ri to accept front kick



Figure 47

Partner A: Complete Dwi Cha Gi
Partner B: Accept the kick with Hu Gul Ha Dan Mahk Kee



Figure 48

Partner B: Front leg Ahneso Pahkuro Cha Gi
Partner A: Acknowledge the kick with slight contraction in Hu Gul Jaseh



Figure 49

Partner A: Counter with Teul Oh Choong Dan Kong Kyuk



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– DRILL 6 –

KYO CHA RIP DEFENSE, TEUL OH JANG KAP KWON KONG KYUK (OR PEET CHA GI) DRILL

- **Overview:**
 - Warm up (hip turning side to side) from a comfortable sparring stance.
 - Progress into a cross (both arms and feet) stance at the 1st turn and open stance into a relaxed Teul Oh Jang Kap Kwon at the 2nd turn.
 - Partner warm up - offensive and defensive exchanges (in sparring atmosphere) – change partners every 30 seconds
- **Theme:** Hu Ri Turning
- **Emphasis:** Dynamic response when you receive kick to open side or closed side (as well as active front leg). Creating a sparring environment while warming up.

DRILL 6 – OPTION 1 – CLOSED STANCE



Figure 50

Starting Position



Figure 51

Partner A: Front leg attacking with Dollyo Cha Gi stepping down in front.
Partner B: Accepting opponent's Dollyo Cha Gi to your open side with contracted defensive Kyo Cha Rip (open hand high/low defense).



Figure 52

Partner B: Counter with Teul Oh Jang Kap Kwon Kong Kyuk. (The same leg that stepped back into Kyo Cha Rip Jaseh moves diagonally forward.)



Figure 53

Partner B: Pull right hip back in to sparring stance. Front leg to remain active.



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DRILL 6 – OPTION 2 – OPEN STANCE



Figure 54

Starting Position



Figure 55

Partner A: Back leg attacking with Dollyo Cha Gi stepping down in front.
Partner B: Accepting opponent's Dollyo Cha Gi to your open side with contracted defensive Kyo Cha Rip (open hand high/low defense).



Figure 56

Partner B: Counter with Peet Cha Gi. Kicking leg lands in front and remains an active leg.



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– DRILL 7 –

COUNTER KICK DRILL (E DAN AHNESO PAHKURO CHA GI OR E DAN DWI CHA GI / HU RI GI)

• Overview:

- Suggested for younger practitioners
- Ahp Podo Oll Ri Gi and Ahp Cha Nut Gi alternative in a warming up mode.
- Body turns 180 degrees with effort/motivation from the Hu Ri
- Body turns / bounced back to accept kick
- Partner warm up - offensive and defensive exchanges (in sparring atmosphere) – change partners every 30 seconds

• Theme: Accept kick by Hu Ri Turning

- **Emphasis:** Focus on accepting Ahp Cha Nut Gi and creating a quick counterattack. Creating a sparring environment while warming up.

DRILL 7 – OPTION 1 – CLOSED STANCE

		
Figure 57 Starting Position	Figure 58 Partner A: Ahp Cha Nut Gi to closed side of partner. Partner B: Accept kick to open side as stance is switched (180-degree turn) through the front leg stepping backward toward the closed side of the body.	Figure 59 Partner B: Counter with Anheso Pakhuro Cha Gi with the front leg (<i>alternate counterattacks</i> - E Dan Anheso Pakhuro Cha Gi or E Dan Dwi Cha Gi)
		
Figure 60 Partner A: Counter with Teul Oh Choong Dan Kong Kyuk (or E Dan Dwi Hu Ri Gi).	Figure 61 Partner A: Pull left hip back into sparring stance for completion of exercise.	



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– DRILL 8 –

OFFENSIVE SOO GI DRILL

- **Overview:**

- Walk with hip turning
- Progress into walking Teul Oh Sang Dan Kong Kyuk and Teul Oh Choong Dan Kong Kyuk or Teul Oh Kwon Do Kong Kyuk and Teul Oh Choong Dan Kong Kyuk while warming up
- Partner warm up - offensive and defensive exchanges (in sparring atmosphere) – change partners every 30 seconds.
 - **Partner A:** Walking Teul Oh Sang Dan Kong Kyuk and then Teul Oh Choong Dan Kong Kyuk
 - **Partner B:** Walking backwards and receiving Teul Oh Sang Dan Kong Kyuk and Teul Oh Choong Dan Kong Kyuk with light defensive acceptance of attacks

- **Theme:** Hu Ri Turning

- **Emphasis:** Focus on timing/tempo of Teul Oh Kong Kyuk

DRILL 8 – OPTION 1 – CLOSED STANCE



Figure 62

Starting Position



Figure 63

Partner A: Advancing Teul Oh Sang Dan Kong Kyuk (or Kwon Do Kong Kyuk)
Partner B: Hu Jin Sang Dan Mahk Kee by sliding rear leg backwards, dragging the front foot to remain in sparring stance



Figure 64

Partner A: Advancing Teul Oh Choong Dan Kong Kyuk (or Kwon Do Kong Kyuk)
Partner B: Leading foot (active) steps to the front side and counter with Teul Oh Jang Kap Kwon Kong Kyuk) – quick movement.



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DRILL 8 – OPTION 2 – CLOSED STANCE



Figure 65

Starting Position



Figure 66

Partner A: Advancing Teul Oh Sang Dan Kong Kyuk.

Partner B: Hu Jin Sang Dan Mahk Kee by sliding rear leg backwards, dragging the front foot to remain in sparring stance



Figure 67

Partner A: Advancing Teul Oh Choong Dan Kong Kyuk (or Kwon Do Kong Kyuk)

Partner B: Leading foot (active) steps to the front side and counters with Teul Oh Kap Kwon Kong Kyuk – quick movement.



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– DRILL 9 –

TEUL OH HA DAN PAHKESO AHNURO MAHK KEE, TUEL OH CHOONG DAN KONG KYUK DRILL

- **Overview:**

- Hu Ri turning while warming up from a sparring stance
- Progress to leading foot moving to front side performing Teul Oh Ha Dan Pahkeso Anhuro Mahk Kee followed by Teul Oh Choong Dan Kong Kyuk
- Alternating Ahp Podo Oll Ri Gi and Ahp Cha Nut Gi warm up exercise
- Partner warm up - offensive and defensive exchanges (in sparring atmosphere) – change partners every 30 seconds.
 - **Partner A:** Ahp Cha Nut Gi
 - **Partner B:** Leading foot moves to front side while performing Teul Oh Ha Dan Pahkeso Ahnuro Mahk Kee followed by Teul Oh Choong Dan Kong Kyuk

- **Theme:** Hu Ri Turning

- **Emphasis:** Move with leading foot to the front side. Creating a sparring environment while warming up.

DRILL 9 – OPTION 1 – CLOSED STANCE



Figure 68



Figure 69



Figure 70

Starting Position

Partner A: Ahp Cha Nut Gi rear leg.
Partner B: Leading foot moves to the front side while performing Teul Oh Ha Dan Pahkeso Ahnuro Mahk Kee.

Partner B: Counter with Teul Oh Choong Dan Kong Kyuk (prepare for low sweep, Teul Oh Chong Dan Kong Kyuk)



Figure 71



Figure 72

Partner B: Pull left hip (and foot) back to motivate the right leg to move around into a low sweep.

Partner B: Finish with Teul Oh Choong Dan Kong Kyuk.
Note: Allow Partner A to regain balance for safety during class warmup.