

Student Identification Page

Federation ID #: _____ * Attendance # _____

Name: _____

Address: _____ City: _____ State _____ Zip _____

Studio Name: **Winding River Karate Studio, Inc.** Studio Certification # **SB 28**

Instructor's Dan #: **19787**

Instructor's Name: **Frank S. Schermerhorn, Sa Bom Nim** Instructor's Rank: **7th Dan**

Your Starting Date: **September 29, 2009**

Date of Your White belt test: **Friday, November 6, 2009**

Date of Your next Gup (Grade) Test: **Friday, December 4, 2009 (tent.)**

Applying for Federation Membership

On the day you start training you will be presented with an application for Federation gup membership. This membership will register you as a member of our National and International organizations, The U. S. Soo Bahk Do Moo Duk Kwan Federation, Inc.® and World Moo Duk Kwan®. This entitles you to certified rank promotion, access to Federation events such as clinics and tournaments, and directly connects you to the line of the founder of the Moo Duk Kwan® style, Grandmaster Hwang Kee.

Please fill out and mail in your Federation Gup membership application as soon as you receive it. The sooner you apply, the quicker you will receive your gup membership card, number (which determines your seniority), and manual with your future test requirements. Students must register before 9th gup test.



*There is a special incentive program operating **now**, which rewards you with a Free White Belt DVD (\$35 value) for becoming a Federation member within 15 days of starting classes. Just write, "received a free DVD from my instructor" on the bottom of your Federation application and send in now! You may also receive your new **Student Manual** when you bring in your completed application.*

You may contact the Federation during normal business hours, toll free at 1(888) Soo-Bahk, or register online at Soobahkdo.com

A Welcome to the Practitioner



We would like to thank you for your decision to join Winding River Karate Studio, Inc. and through us a worldwide family of Soo Bahk Do[®] practitioners. The origins of this practice date back to ancient Korea. In modern times, our founder, Grandmaster Hwang Kee organized the first school, called the *Moo Duk Kwan*[®] (Martial Virtue School) in 1945. Since that time over 46,000 *Dans* (Midnight Blue Belt Holders) have been promoted. Our Art emphasizes movements and techniques for self-defense situations, but, most importantly, offers a vehicle for self-improvement.

Soo Bahk Do[®] (lit. Hand Strike Way) is an action-oriented philosophy. Throughout your training you will learn how to move with increased confidence, coordination, speed, and power. This will result in you becoming a more secure, mentally and physically stronger person. We understand that you may face challenges as you begin a new discipline. Remember that nothing of value is accomplished easily. As long as you apply yourself with persistence and dedication, you will find yourself meeting your personal goals and expectations.

We are glad that you have chosen Winding River Karate Studio and we would like to welcome you into the *Moo Duk Kwan*[®] family.

Yours in Soo Bahk Do,

F. S. Schermerhorn
Certified Master Instructor

Sandra Schermerhorn
Certified Master Instructor

Erin Potter
Program Director

Introducing the Staff

Master F. Schermerhorn, President WRKS, Certified Master Instructor, 7th Dan,
Master S. Schermerhorn Vice-President WRKS, Certified Master Instructor, 4th Dan
Ms. Erin Potter, Program Director, Certified Assistant Instructor

Larissa Plaskon, Paul Quinlivan, Andrew Eberhard, Will Harrison-Cho Dans, Student Assistants
Mrs. Debbi Gregory, PTA Liaison

Ten Steps to Excellence

Grandmaster Hwang Kee established a unique system and so an equally unique belt sequence. The gradual darkening of the belt colors from white, orange, green, red, and finally midnight blue; is an indication of the gradual learning process and maturation of the students. Orange, green, or red stripes may be used on the white belt as incremental steps to 9th gup. The blue stripes, always on the left, added to the white, orange, green, and red belts indicate another increment to the midnight blue belt (Dan). The new Maine Memorial School students will be having their test for the 10th gup (White Belt) on Friday, November 6, **2009**. Federation members, please see student manual for time and subject matter requirements for higher ranks.

Grade/Level	Belt Color/Stripes	Season/Meaning
10th Gup (Grade)	White belt	<i>Winter- Hidden potential</i>
9.8 orange stripe, 9.5 green stripe, 9.3 red stripe (intermediate steps for younger children)		
9th Gup	White w/ blue stripe	
8th Gup	Orange	<i>Season between winter and spring</i>
7th Gup	Orange w/ blue stripe	<i>Preparing for growth</i>
6th Gup	Green	<i>Spring- beginning growth,</i>
5th Gup	Green w/ blue stripe	<i>fast change</i>
4th Gup	Green w/ 2 blue stripes	
3rd Gup	Red	<i>Summer- ripening and maturity</i>
2nd Gup	Red w/ blue stripe	
1st Gup	Red w/ 2 blue stripes	
Cho Dan (1st Degree)	Dark blue(black equivalent)	<i>Autumn- harvest</i>

5 Moo Do Values

1. History: The Moo Duk Kwan[®] system has a long and proud history.
2. Tradition: As a traditional martial art, Soo Bahk Do works at developing the individual's true self.
3. Discipline and respect for all
4. Philosophy: The art has many lessons to apply to daily life.
5. Technique: From self-defense to negotiations, the right technique is critical.



Testing Procedure

Students are selected for testing based upon progress, length of time training, and classes attended. Gup (Grade) testings are usually held once a month. **The next test for Maine Memorial students earning their white belts is planned to be at the Main Studio in Binghamton, Friday, November 6th at 5:30 PM.** The test will be a formal test in front of a board of Dan members (Midnight Blue Belt holders) at the Main Studio in Binghamton. We allow and encourage parents and guests to come and watch. Higher belt students will test following the white belt test. We encourage all students to stay and watch their seniors test for respect and learning.

After being recommended for the rank of White Belt with a blue stripe (9th gup), the student will receive in class the official rank certificate from our National Federation Headquarters. *This indicates that the student's rank is legitimate and issued under the authority of the Moo Duk Kwan[®] President, Grandmaster H.C. Hwang.* Only Federation members tested under U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.[®] guidelines receive this certification. (See page 1: "Applying for Federation Membership.")

7 Training Guidelines

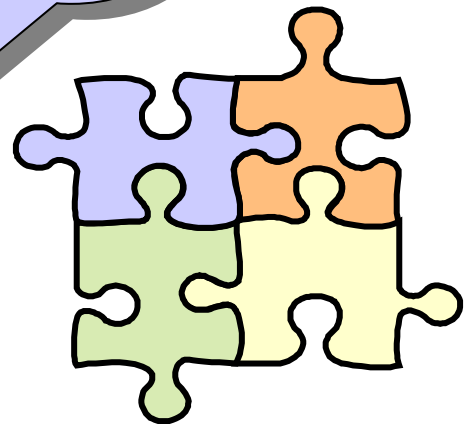
1. Set reasonable goals and train with the intention of reaching those goals.
2. Develop respect and obedience; an essential test of a student's character- no matter the age is the development of humility through subordinating one's personal ego for the rules of the dojang which stress equality and fairness for all practitioners.
3. Apply concentration to your training. We strike with force to a small target area to concentrate power. By focusing our mental energies onto a specific task we make the best of our efforts.
5. Practice with sincerity, for if one does not practice regularly, then do not face the enemy. The improvement of techniques requires repetition. Skill in the martial arts is like a jewel, it is a rough stone until polished. If it is not polished none will ever see its inner beauty.
6. Be patient and practice endurance. If one's mind is made up to learn then there will be success. Nothing can be learned without patience. Remember, "Winners never quit and quitters never win." Learning to persevere is learning a lifelong habit of achievement.
7. Practice with balance; the balance of body and mind is of utmost importance in Soo Bahk Do. Develop your mind and spirit along with your body. The Grandmaster says, "A martial artist should also be a scholar." **There is a tradition at Winding River that all students bring in their report cards to show Master Schermerhorn.**

Terminology of Soo Bahk Do

Name of the art	Soo Bahk Do
Name of the art, (old name)	Tang Soo Do
Name of the style	Moo Duk Kwan
National Flag	Kuk gi
Founder of Soo Bahk Do	Grandmaster Hwang Kee
Grandmaster (<i>Son of founder</i>)	Grandmaster H. C. Hwang
Training Hall or Studio	Dojang
Uniform	Dobohk
Belt	Dee
Master Instructor	Sa Bom (Nim)
Certified Instructor (1st-3rd Dan)	Kyo Sa (Nim)
Certified Assistant Instructor	Jo Kyo (Nim)
Junior Member	Hu Beh
Senior Member	Sun Beh (Nim)
Block/ Defense	Mahk Kee
Attack/ Offense	Kong Kyuk
Courage	Yong Gi



Korean #'s	English #'s	Chinese #'s
Ha na	One	Il
Dool	Two	E
Set	Three	Sam
Net	Four	Sa
Da Sot	Five	O
Yuh Sot	Six	Yuk
Il Gop	Seven	Chil
Yo Dull	Eight	Pahl
Ah hope	Nine	Gu
Yohl	Ten	Ship



The Dan (midnight blue) belt of Soo Bahk Do[®] is the equivalent of the black belt of other styles. The reason for having our Dan belts midnight blue instead of black is just as outstanding as the achievement itself. Dark blue in Korea is associated with fulfillment, fruitfulness, and accomplishment. Black is associated with the end of learning or death. The midnight blue of the Dan member signifies that this is the new beginning of learning. Dark blue is also one of the colors of the Yin/Yang symbol, in its Korean counterpart; the Um/Yang. The Um/Yang can be found on the Korean flag at the right front of the studio. The Um side of the circle represents a peaceful, harmonious nature.

As of this writing, over 200 students have been recommended for Dan ranking in the Moo Duk Kwan[®] system through Winding River Karate Studio.

Courtesy & Etiquette in Soo Bahk Do

It is important for the student to understand that the courtesy, respect, and discipline throughout training are not for the teachers, but rather for yourself. Kwan Jang Nim H. C. Hwang, son of Grandmaster Hwang Kee once said, "the right posture invites learning." Simply put, the proper behavior, once practiced, will develop the right attitude.

Soo Bahk Do Moo Duk Kwan[®] is a traditional Martial Art based on respect for all life. It is important to develop this respect of our parents, teachers, and fellow members in accordance with the discipline of Soo Bahk Do Moo Duk Kwan[®]. The proper behavior for each specific situation is explained in detail.

1. Entering the dojang: Upon entering the Dojang (gymnasium or Mrs. Melly's room at Maine Memorial), pause by the entrance and salute the flag by holding the right open hand across the chest with the palm facing the heart. Then, come to attention and bow. This demonstrates respect and appreciation for our country, our style, and our training. You should also perform this discipline upon leaving the dojang.

2. General situation in the dojang:

A) Upon entering the dojang one must show respect by personal preparation. Cease talking and try to quiet yourself both mentally and physically. Turn your thoughts towards your training. All this creates an atmosphere of "Jung Sook" (internal peace). Begin some warming up exercise or practice your form on your own if the class has not started yet. *Note: Students should use the restroom/get a drink before class, asking to be excused during class is disruptive.*

B) If a Midnight Blue Belt member is already in the dojang, you should face them and bow. The appropriate bow is performed by standing at attention and bowing from the hips about 45 degrees. The senior member will bow in return. While in the dojang, upon the entrance of a senior member, you must recognize him or her with a bow from the attention position.

Junior members always bow to senior members first. The senior member bows back.

C) Late Entrance: When a student arrives late and enters the dojang after the class has begun, the student follows this protocol: First, salute. Then remain at an attention position by the edge of the floor until you are recognized by the instructor, then bow to the instructor and walk behind the other members of the class to the end of the line. Do not cut through the line. The same procedure is used to re-enter class, if you have been excused by the instructor.

D) Receiving instruction or asking questions: At any time, before, after, or during a class when the instructor or any senior member offers personal correction to a junior member, the junior member must stand at attention (if possible). At the completion of the instruction or receiving the response to the question, the junior member must bow and say "Thank you Sir/Ma'am". This shows appreciation and respect. A junior member should refrain from correcting any senior member in the dojang.

E) Personal Hygiene is of the utmost importance. Uniforms should be clean, finger & toenails should be trimmed; hands & feet should be thoroughly washed. **For your safety and the safety of your training partners, no jewelry should be worn in the classroom.** Secure your valuables or leave them at home.

At the end of class, when directed by the senior, all members should bow to the instructor and say "Kahm Sa Ham Nida" (thank you). It is traditional to then raise the right fist and shout "**Soo Bahk!**" as recognition of our Soo Bahk Do[®] brotherhood and sisterhood.

Philosophy of Self Defense

Self-defense, as the name implies, is the protection of one person from the threat of outside harm. Self-defense consists of two parts, the concept of "self" and the concept of "defense." Protection of the physical self is the most commonly interpreted meaning of self-defense. However the protection of one's mental and spiritual self should be of no less importance; since one's identity is the fusion of the physical, mental, and spiritual self. Development of the total self is a goal for Soo Bahk Do practitioners.

The concept of defense involves an avoidance of threatening situations, constant preparedness, and readiness to adapt to any situations. One must be prepared to avoid conflict, if possible, and must be ready to stop confrontations before they start or as quickly as possible if they do happen. "Defense" is in full agreement with the philosophy of the Moo Duk Kwan. *Moo* means "to prevent fighting" or to "stop conflict." Self-defense is also to be used to guard others from harm, ideally this should be done while not causing injuries. Only in life threatening instances should self-defense be used in a dangerous capability. Soo Bahk Do's self-defense techniques should be used to eradicate inhumanities, not to propagate them.

White Belt Progress Journal

10th Gup Test Requirements (See Student Manual for next test requirements)

Check each item off when you feel confident in it. Confidence is determined by: 1. Performing the item without hesitation (without thinking). 2. Having confidence that you are not only performing the item, but that you are performing it correctly (as far as you know). 3. Give yourself extra credit if your instructor compliments you on the item.

Stances: Charyut (Attention) _____ Kyung Ret (Bow) _____ Choon Bee Ja Seh (Ready stance) _____ Kee Ma Ja Seh (Horse riding stance) _____ Chun Gul Ja Seh (front stance) _____

Blocks:

1. Ha dan mahk kee (low block) _____
2. Sang dan mahk kee (high block) _____

Strikes:

1. Choong dan kong kyuk (center attack, punch) _____
2. Sang dan kong kyuk (high attack, punch) _____

Kicks:

1. Ahp podo oll rigi (front stretch kick) _____
2. Ahp cha nut gi (front kick) _____
3. Dol lyo cha gi (round house kick) _____

Hyung (form):

1. Ki cho hyung il bu (1st basic form) first 8 moves only _____

Self-Defense (Ho sin sool):

1. #1 cross wrist grab _____

1. At least 3-4 classes since starting _____

Other Requirements:
Terminology!!!

1. Name of art: _____
2. Name of style (organization): _____
3. Word for Instructor: _____
4. Uniform: _____
5. Founder of Art: _____
6. Studio or hall: _____
7. Counting 1-5 (Korean): _____



Information about Soo Bahk Do Moo Duk Kwan and
Master Instructor: Sa Bom Nim F. Schermerhorn

Soo Bahk Do in its present form is relatively modern. However, its basis, the Korean art of Soo Bahk Ki, dates back many centuries. Soo Bahk was first developed during the Silla Dynasty (618-935 A.D.) but enjoyed its flowering during the Koryo Dynasty (935-1392 A.D.).

Soo Bahk Do is both a hard and soft style, with linear and circular movements. It was developed by Grandmaster Hwang Kee (1914-2002), who, at a young age became interested in martial arts watching one man defend himself against a group of attackers. Thus began a lifetime of study of martial arts, which led him through Korea and Northern China. In 1945, at the close of World War II, Grandmaster Hwang Kee founded the *Moo Duk Kwan*[®] (Martial Virtue School), which became the name of our style or organization. The Moo Duk Kwan grew to the largest Martial Art organization in Korea by 1960. Many American servicemen, including Chuck Norris, trained in the Moo Duk Kwan and earned their *Dan* (Midnight Blue Belt) in Korea. Then the name of the martial art we practiced was known as *Tang Soo Do* (China Hand Way). Grandmaster changed the name to Soo Bahk Do in Korea in 1960 although it was not officially changed in the US until 1994. Now, only the schools that use the trademarked name of *Soo Bahk Do*[®] are still operating under the Moo Duk Kwan and the founder's successor and son, Grandmaster H. C. Hwang. Since 1977, Winding River Karate Studio has been the only certified Soo Bahk Do Moo Duk Kwan[®] studio in Broome and Susquehanna Counties.

Master Schermerhorn entered the Moo Duk Kwan discipline in September 1972 at the age of eighteen, at the Univ. of Scranton under Mr. Joseph Margitich. He rose to distinction early and was passed 3 belt levels in his first test, becoming a green belt in 3 months. By 1974, he was teaching Tang Soo Do at the University and was president of the school's Karate Club. Later that year, his instructor sent him to Susquehanna County to open a branch of the Upper Valley Tang Soo Do School. The studio in Susquehanna, PA was opened in 1977. (Winding River name comes from the Iroquois word, "Susquehanna.")

Although competition is a minor part of Soo Bahk Do, Master Schermerhorn has a distinguished tournament record. In the early 80's he was selected as a member of the Northeast U. S. sparring and form teams. Some notable individual honors:

- * 2nd Place in National All Dan division (forms) 1982 Nationals, Atlantic City, NJ.
- * Northeast Grand Champion in Forms and Sparring 1983, Philadelphia, PA.
- * 2nd place Master Instructor Division 1988 Nationals, Concord Hotel, Kiamesha Lake, NY
- * Participated in International Demonstrations in Korea in 1989, 1995, 2001, and 2005.
- * 3rd place Master Instructor's division National Championships, Dallas TX, 1991

In 1983 Master Margitich passed away, leaving Mr. Schermerhorn as his senior active student. Continuing with the lineage of his instructor's instructor, Mr. Schermerhorn requested and was accepted as a student of Grandmaster H.C. Hwang (son of the Founder Hwang Kee). Subsequently, Master Schermerhorn was promoted to Master Instructor and opened a full-time studio in Binghamton in 1986. Now a 7th Dan, he is the liaison between the Technical Advisory Committee and the *Hu Kyun In*, an oversight committee composed of senior members of the Moo Duk Kwan. He has taught clinics across the US, Belgium, Korea, Mexico, United Kingdom, and, most recently, in Australia. He served on the Board of Directors of the U.S. Soo Bahk Do MDK Fed. for 13 years. As of fall 2009 SBN Schermerhorn has recommended over 200 students for Dan ranking and has been the instructor of 8 other certified Masters.

