

<p>Kibon:</p> <p>Basic or Beginning, Principle building blocks for your training both mental and physical.</p> <p>12 moves represent the 12 months in a year.</p> <p>January</p>	<p>Kicho:</p> <p>Foundation: A solid foundation on which to build and develop your martial arts potential.</p> <p>24 moves represent the 24 hours in a day.</p> <p>February</p>	<p>Kyuki Il Chang:</p> <p>Spark Spirit: Martial art's ability to awaken the spiritual potential within each of us.</p> <p>30 moves represent the 30 days in some months.</p> <p>March</p>	<p>Kyuki Yee Chang:</p> <p>Spark Mental: Martial art's ability to awaken the mental potential within each of us.</p> <p>31 moves represent the 31 days in some months.</p> <p>April</p>	<p>Kyuki Sam Chang:</p> <p>Spark Physical: Martial art's ability to awaken the physical potential within each of us.</p> <p>29 moves represent the 29 days in February in a Leap Year.</p> <p>May</p>	<p>Guen Bon:</p> <p>Roots: Representing the past experiences of those who have gone before us and given of themselves for our benefit.</p> <p>28 moves represent the 28 days in February in a Non-Leap Year.</p> <p>June</p>
<p>Chon Ji In Il Chang:</p> <p>Sky: The limitless potential for the development and well being of the individual.</p> <p>33 moves represent infinity.</p> <p>July</p>	<p>Chon Ji In Yee Chang:</p> <p>Earth: Earth, which has served as the one constant for the development of humanity.</p> <p>33 moves represent infinity.</p> <p>August</p>	<p>Chon Ji In Sam Chang:</p> <p>People: Human kind, which fills the cosmos with hopes, dreams, and the uniqueness within each person; which together with the earth and heaven makes up the universe in which we live.</p> <p>33 moves represent infinity.</p> <p>September</p>	<p>Man Nam:</p> <p>Gather Together: Learning from contact, we are the sum total of all the experiences we have had, represented by the coming together of the practitioner and the Bo staff.</p> <p>52 moves represent the 52 weeks in a year.</p> <p>October</p>	<p>Ka Chi:</p> <p>Go Together, Sharing the journey of life.</p> <p>36 moves represent the 36 months to black belt.</p> <p>November</p>	<p>Sa Rang:</p> <p>Love: The willingness to sacrifice yourself for the benefit of someone or something you believe in.</p> <p>33 moves represent infinity.</p> <p>December</p>

Student Pledges: <ol style="list-style-type: none"> 1. I shall respect my instructor and all senior ranks. 2. I shall conduct myself in a respectful manner. 3. I shall respect the teachings of my martial art and never misuse them. 4. I shall always respect the rights of others. 5. I shall strive for peace and camaraderie in the world. 	Tenets of KiMudo: <p>Courtesy Humility Integrity Perseverance Self-Control Indomitable Spirit</p>	Theory of Power: <p>Concentration Reaction Force Equilibrium Breathe Control Speed and Mass</p>
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White-Yellow Belt Uniform: Dobok Instructor: Sah bum-nim Training Hall: Dojang Kick: Chagi Belt: Dee Front: Ahp Bow: Kyung-nyeh Attention: Charyot Switch: Kyodae Energy Martial Art: KiMudo Begin: Shi-jak Return: Paro Block: Makgi Side: Yop Strike: Chirugi Low Section: Ha-dan Mid-Section: Chung-dan High Section: Sa-dan Right: Orun Left: Wen Hand: Sohn Forearm: Pal-mok Foot: Bal Kneel/Sit Down: Ahn-Jo Stand up: Eero-su	Green Stripe-Blue Stripe Belt Horse Stance: Kima Sogi Ready Stance: Joon-bi Sogi Front Stance: Ahp Sogi Back Stance: Dwi Sogi Hook Kick: Golcha Chagi Front Kick: Ahp Chagi Roundhouse: Tollyo Chagi Side Kick: Yop Chagi Elbow: Palkumchi Palm Heel: Sohn-badak Knifehand: Sohn-kal Hammer Fist: Meh-joomok Chirugi Forefist Punch: Ahp joomok Chirugi Double Knifehand Block: Dool Sohn-kal Makgi Twin Forearm Block (Box): Sang Sohn Palmok Makgi Palm Heel Strike: Sohn-badak Chirugi X-Forearm Block: Kyocha Palmok Makgi Meditation: Bahn-song	Blue-Brown Belt Major Hip Throw: O-goshi Augmented Block: Kodoro Makgi Back Fall: Hoobang Nakbop Degree Holder: Yudanja 1 Step Sparring: Ilbo Daeryon Ridgehand: Yok Sohn-kal Fixed Stance: Kyojang Sogi Jumping: Dwi-myo Twisting Kick: Bpi-turyo Chagi Crescent Kick (Inside): Ahp Yok Tollyo Chagi Crescent Kick (Outside): Ahp Tollyo Chagi Backfist Strike: Deung Joomok Darigi Axe Kick: Gi Go Chagi Fixed Stance: Kyojang Sogi Wedging Forearm Block: Hecho Palmok Makgi Wedging Knifehand Block (Spreading): Hecho Sohn-kal Makgi Partner/Receiver: Uki Thrower/Doer: Tori	Red Stripe-Red Belt Gentle Way: Judo Meditation: Bahn-song Wedging Block: Hecho Makgi Unite/Energy/Way: Hapki-Do Foot/Fist/Way: TaeKwon-Do One-arm shoulder Throw: Ippon Seoinage Normal Cross Choke: Nami-juji-jime: Body: Mohm Mind: Ma eum Spirit: Jung Shin Body Drop: Tai otoshi Tornado Kick:T'ae Poong Chagi Kneeling Back Kick: Murrup Dwi Chagi Fore Knuckle Punch: Inji Joomok Chirugi Arc Hand Strike: Pandal Sohn Chirugi Flat Spearhand Strike: Sohn Meh Dee Chirugi Uppercut Strike: Twijibo (di ji bo) Darigi	1 Hana 2 Dool 3 Set 4 Net 5 Tasot 6 Yosot 7 Ilgope 8 Yadul 9 Ahope 10 Yol 20 Soomul 30 Solhum 40 Mahun 50 Swin 60 Yesun 70 Ilhun 80 Yodun 90 Ahun 100 Il-baek
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