

PART TWO

Basic Points

Part II: Basic Points

I. Basic Tenets of Tong-II Moo-Do

- 1. I pledge to be filial and loyal to my Parents.**
- 2. I pledge to be loyal to my country.**
- 3. I pledge to take care of and love my brothers and sisters.**
- 4. I pledge to make sincere efforts to achieve unity between mind and body.**
- 5. I pledge to overcome every difficulty by endurance.**
- 6. I pledge to be courageous and bold for the cause of righteousness.**
- 7. I pledge to fight against injustice with an indomitable spirit.**

II. Beneficial Features of Tong-II Moo-Do

- A. Because it is based on Unification Principle, it can give trainees healthy physical training and help them to develop a healthy character.
- B. It is very comprehensive and systematic in its variety of techniques and forms (unified warming up exercises, comprehensive forms of circular moves and straight moves, unified free training techniques, unified self-defense and unified weapon techniques).
- C. Practicing the comprehensive techniques and skills can aid the creation of a healthy and fit body.
- D. The harmony of various techniques promotes a sense of beauty and arts.
- E. Tong-II Moo-Do is interesting and attractive and can be learned by male and female, young and old alike.

III. Conduct

A. General Conduct

All students must uphold and protect the honor and prestige of Tong-Il Moo-Do. Students are forbidden to use Tong-Il Moo-Do techniques to provoke or challenge innocent persons, and any such act will make the offender subject to disciplinary action. Students should use these techniques only to protect the honor or well-being of the weak or themselves in a righteous cause.

B. Conduct in the Dojang

Literally translated, "do" means the "Way," and "jang" means a "room." Thus, Dojang means the room to seek the Way. It is a training hall for the spirit; a house of mental and physical discipline. Students are expected to conduct themselves accordingly, and to strictly observe the Rules of the Dojang:

- 1) Before entering the Dojang, remove your shoes.
- 2) Bow upon entering or leaving the Dojang.
- 3) Obey the instructor and follow his words earnestly and obediently.
- 4) All joking and horseplay must cease upon entering the Dojang.
- 5) While seated on the mat or floor, maintain a proper posture. Do not lean against the wall or stick your feet out in front of you.
- 6) To avoid harming yourself or others, remove all rings or jewelry before engaging in practice.
- 7) Students are expected to maintain a high standard of personal hygiene.

C. Ethics of Tong-Il Moo-Do (based on the Principle of Harmony)

Ethics in the Dojang should reflect orderly relationship in the family. That is, students must respect all positions. Elders in the Way should care for their juniors, and juniors should cultivate humility. All should strive for loyalty and filial piety. For though the Way of Harmony has a sportive aspect, the Way itself is not sport. Thus, the perfection of defensive skills must be objective to the perfection of ethical virtue.

IV. Meditation

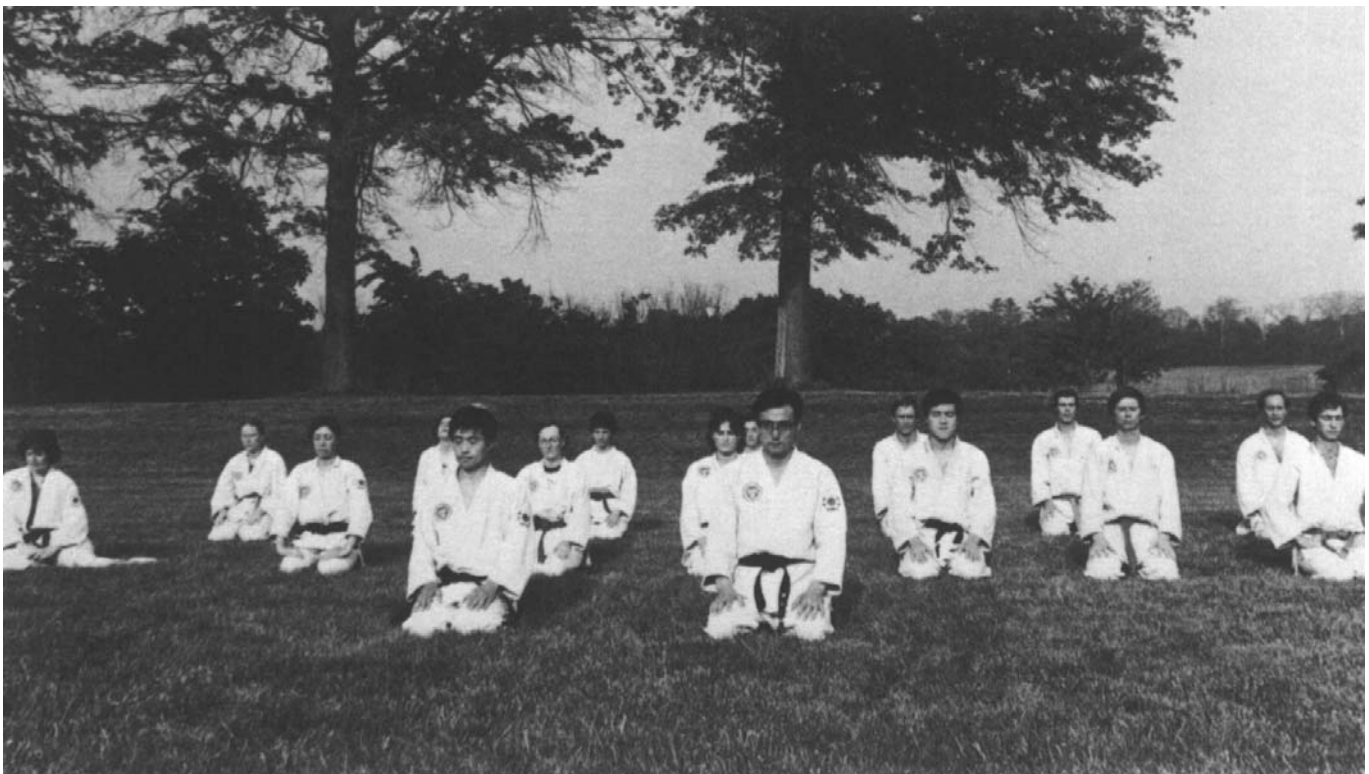
In Tong-Il Moo-Do training, there is a three minute meditation period before and after class. Its purpose is to allow a student to establish inner harmony with the spirit of the dojang. This internal preparation requires bringing one's heart, thought, and action into focus on the Tong-Il Moo-Do practice.

This meditation period is a vital aspect of every training session for it serves as a strong reminder of the spiritual purpose of Tong-Il Moo-Do training. Meditation before and after each practice anchors the motivation of the student in the spirit of truth, beauty and goodness.

The proper meditation posture is to kneel respectfully, facing the front of the dojang. The back should be straight, the head slightly bowed, the eyes closed, and the hands atop the thighs. Breathing evenly, the student should meditate on the purpose, objectives, or tenets of Tong-Il Moo-Do.

To assist the student in gathering his focus, the instructor may give an inspirational message to encourage spiritual discipline and character development. Such a message should be received attentively, and considered carefully by each student at the opening meditation, as well as at the closing one. In this way, meditation is an important means to affirm the inner nature and purpose of Tong-Il Moo-Do training.

Suggested meditations are included at the close of this manual.



V. Tong-Il Moo-Do Grades

Type of Belt	REQUIREMENT				
	Minimum Training Period	Forms	One Step Spar-ring	Self-defense	Level of understanding for TIMD Bon and Philosophy
Yellow Belt	3 month	Pyung Hwa Eui Bon	Formation	Same-hand Cross Hand	Pyung Hwa Eui Bon, Sawi Gidae Eui Bon
		Sawi Gidae Eui Bon			Basic understandings of Philosophy
Green Belt	4 month	Pyung Hwa Eui Bon	Formation with throwing	Two hand grab to wrist	Meaning of Wanhwa Eui Bon
		Wonhwa Eui Bon			Basic understandings of Philosophy
Green Belt with Blue stripe	3 month	Pyung Hwa Eui Bon	Growth	Shoulder grab Cross hand	Meaning of Sunhwa Eui Bon
		Sunghwa Eui Bon			Basic understandings of Philosophy
Blue Belt	3 month	Pyung Hwa Eui Bon	Growth with throwing	Two hand grab from rear	Meaning of Samdange Eui Bon
		Samdange Eui Bon			Advanced understanding of Philosophy
Blue Belt with Brown stripe	3 month	Pyung Hwa Eui Bon	Growth with throwing and locking	Front two hand grab to both shoulders	Meaning of Cham Gajung Eui Bon
		Cham Gajung Eui Bon (Right)			Advanced understanding of Philosophy
Brown Belt	4 month	Cham Sarang Eui Bon	Perfection with throwing	Finger control	Meaning of Cham Gajung Eui Bon
		Cham Gajung Eui Bon (Left)			Advanced understanding of Philosophy
Brown Belt with Black stripe	5 month	Cham Sarang Eui Bon	Perfection with throwing and locking	Application	Meaning of TONG-IL, Chang Jo Eui Bon
		Tong-Il Eui Bon			Advanced understanding of Philosophies
Black Belt	5 ~ 12 months	Cham Sarang Eui Bon	Free style	Application	Meaning of TONG-IL, Chang Jo Eui Bon
		Chang Jo Eui Bon	multiple		Ability to give philosophy lectures
2nd degree Black Belt	2 year Instructor experience	Cham Sarang Eui Bon	Free style	Application	Meaning of Chun Seung Eui Bon
		Chun Seung Eui Bon	multiple		Experience to give philosophy lectures
3rd degree Black Belt	4 year Instructor experience	Cham Sarang Eui Bon	Free style	Application	Meaning of Wang Kwon Eui Bon
		Wang Kwon Eui Bon	multiple		Much experience to give philosophy lectures

Comments on Tong-Il Moo-Do Grades

- * The length of time allocated for the promotion is prorated at a minimum of two lessons per week. Promotion examinations will be offered regularly and the promotion test will involve evaluations of Tong-Il Moo-Do performance and understanding of the Tong-Il Moo-Do Philosophy.
- * Belt recognition or certification will be granted to those students who successfully passed the promotion examination (techniques and philosophy) given by the reviewing board of the Federation (WTMF committee).
- * The length of time for promotion may be shortened for those students who show special ability and exemplify themselves by diligent and sincere practice.
- * Basic understanding philosophy means that trainees understand Summarized Martial Arts Philosophy Book.
- * Advanced understanding philosophy means that trainees understand Full contents Martial Arts Philosophy Book.
- * 1st Degree through 4th Degree Black Belt will be granted by a Federation board (WTMF committee) based on the recommendation of the Continental TIMD President.
- * Higher than 4th Degree Black Belt will be granted only with the approval of the International President based on the recommendation from a Federation board (WTMF committee).

The width of the stripe on the belt is 1/8 inch (3 mm). The distance between the stripe and the end of the belt is 2 inches (5 cm).

VI. Tong-II Moo-Do Glossary

도장	Dojang	: literally “the place to seek the Way”
도복	Dobok	: literally “the clothes of the Way”
사범님	Sahbumnim	: Instructor
단	Dan	: Degree - black belt and above
급	Geup	: Grade - 8th-1st grades

준비운동	Joonbi Oondong	: Warming up exercise
차렷	Charyut	: Attention
경례	Kyungne	: Bow
준비	Joonbi	: Ready motion
시작	Shijak	: Begin
바로	Baro	: Back to ready stance
쉬어	Shier	: At ease
뒤로돌라	Duiro Dora	: About face
바꿔서	Bakwusu	: Change stance to the other side

앉어	Ahnju	: Sit down
일어서	Irusu	: Standup
목념	Moonknyum	: Meditation

하나	Hana	: one	일	Ill	: 1st
둘	Dool	: two	이	Yee	: 2nd
셋	Set	: three	삼	Sam	: 3rd
넷	Net	: four	사	Sah	: 4th
다섯	Dasut	: five	오	Oh	: 5th
여섯	Yousut	: six	육	Yook	: 6th
일곱	Ilgob	: seven	칠	Chil	: 7th
여덟	Youdol	: eight	팔	Pal	: 8th
아홉	Ahob	: nine	구	Goo	: 9th
열	Youl	: ten	십	Shib	: 10th

VII. Unified Warming Up System

Before engaging in strenuous activity, the body should be carefully prepared. Warm-up (including stretching and limbering exercises) provides the necessary transition from normal to vigorous activity. Here is a simple listing of useful exercises:

- squatting arm raise
- forward stepping arm raise
- forward and backward waist bends
- right and left side bends
- trunk twist (with extended fist)
- rolling pushup
- regular pushup
- kneeling arm stretch

leg splits:

- toes forward, body parallel to mat
 - toes up, alternate waist bends to each leg
 - toes up, alternate torso twists
 - toes up, forward bend
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- legs together, stretch forward
 - feet together, stretch forward
 - bridge (arch stomach upward)
 - back arch (stomach down, push upper body up and back)
 - leg raises
 - the bow (stomach down, arch back pulling ankles with hands)
 - shoulder stand (legs vertical, also, touch toes to mat)
 - rotations (in alternate directions: knee, hips, neck, shoulders)

Proper regulation of breathing is fundamental. Exhale and inhale in harmony with chest contraction and expansion.