

# World Moo Duk Kwan®

## World Moo Duk Kwan Essay Requirements

Essays shall be a minimum of 1000 words in length

### **Candidates testing for Cho Dan:**

1. What Soo Bahk Do Moo Duk Kwan means to me  
This is a personal essay.

### **Candidates testing for Ee Dan:**

2. What does your Dan Bon mean and how does it relate to Moo Duk Kwan and its discipline?  
Candidate is requested to contemplate, expound upon and emphasize the “Essence of Moo Do” i.e., discipline/respect in seniority, etc. in this essay. Candidates are referred to the 1995 Moo Duk Kwan History Book article discussing the Moo Duk Kwan Dan Bon and how it affects the discipline of Moo Do.

### **Candidates testing for Sam Dan:**

3. Describe the essential characteristics of Soo Bahk Do Moo Duk Kwan which make it unique and differentiate it from other styles. Candidate is requested to contemplate and expound upon the Moo Duk Kwan’s uniqueness and accomplishments made from 1954 to 1961 in Korea. Vision Tour presentations have provided additional information about many of these events.

### **Additional Question for All Rank Candidates:** (length need not be 1000 words)

4. Please cite your personal Vision participation and Vision contributions that you have made during your training career and how they have helped achieve measurable success toward vision objectives.

Note to Examiners: For the purpose of scoring the section “**Vision Participation**” on the *WMDK Application For Dan Rank Promotion* form, examples of suitable candidate answers might include, but are not limited to activities and contributions like the following:

1. I have endeavored to demonstrate proper Moo Do behavior in all my actions in and out of the  
Dojang
2. I have joined and/or supported my Dojang’s PVT Committee activities.
3. I have helped at my Dojang when my instructor has needed my assistance in any area.

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4. I have sought out opportunities to demonstrate and discuss our values with non-practitioners
5. I have referred xx friends to my dojang who began training
6. I have invited my instructor to give xx demonstrations or speeches at my church, school, club, business, etc.
7. I have participated in xx public demonstrations for my Dojang
8. I have consistently greeted and introduced myself to new members in my dojang and encouraged them in the early stages of their training
9. I have assisted and encouraged fellow members who have become discouraged after failing a test or when other life challenges make them want to quit training
10. I have distributed flyers and other promotional materials about my dojang and Soo Bahk Do in my local community
11. I have arranged xx demonstrations or speaking opportunities for my instructor with my school or club
12. I have conducted xx fund-raising efforts for Soo Bahk Do projects in my community
13. I have submitted xx articles, press releases and/or photos to my local newspaper about Soo Bahk Do and our Dojang activities
14. I have actively encouraged my fellow students to attend xx regional, national and international Soo Bahk Do events with me.
15. Candidate may cite any other activity or contribution that has helped strengthen our foundation and achieve measurable results toward vision objectives

Should a candidate fail to submit answers that are suitable to Examiners, the candidate might be encouraged to review the Vision Objectives and better understand their role in achieving measurable results toward them before their next test. For example, reading assignments (PVT Summary, PVT Website, PVT Showcase Articles, Strategies of Active Citizenship, etc.)