

## Anacortes Soo Bahk Do

O Hang & Pahl Gwe

2<sup>nd</sup> Gup Test

Name \_\_\_\_\_ Gup # \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

1. Soo Bahk Do was founded on the basis of the Ship Sam Seh, the \_\_\_\_\_ Influences.
2. The Ship Sam Seh consists of two parts:  
the eight \_\_\_\_\_, also called the \_\_\_\_\_;  
and the five stages of \_\_\_\_\_, known as the \_\_\_\_\_.
3. Kung (\_\_\_\_\_ - circumspection)  
It symbolizes the beginning and end of any movement. One must have strength and purpose at the beginning and end of any movement.
4. Mok (\_\_\_\_\_ - continuity)  
It can be shaped into straight or curved pieces.
5. Soo (\_\_\_\_\_ - yielding)  
It reaches its goal by moving continually.
6. Hwa (\_\_\_\_\_ - aggressive)  
It has no definite form but clings to the burning object.
7. Toa (\_\_\_\_\_ - stable)
8. List two quotes from the Song of the Ship Sam Seh, and explain their meanings:

Quote 1.

Meaning:

Quote 2.

Meaning:

Refer to resource sheet from your instructor.