

# Anacortes Soo Bahk Do

## Sip Sam Seh (Oh Hang and Pahl Gwe)

Soo Bahk Do was founded on the basis of the Sip Sam Seh, the Thirteen Influences.

The Sip Sam Seh consists of two parts:

1. the eight directions, also called the **Pahl Gwe**:

NORTH, SOUTH, EAST, WEST, NORTHWEST, NORTHEAST, SOUTHWEST, SOUTHEAST

2. the five stages of change, known as the **Oh Hang**:

Kung (Gold/Metal - circumspection)

It symbolizes the beginning and end of any movement. One must have strength and purpose at the beginning and end of any movement.

Mok (Wood - continuity)

It can be shaped into straight or curved pieces.

Soo (Water - yielding)

It reaches its goal by moving continually.

Hwa (Fire - aggressive)

It has no definite form but clings to the burning object.

Toa ( Earth - stable)

Provides Nourishment and Stability.

The Oh Hang are described as the Creation Cycle & Control Cycle:

### **Creation Cycle:**

**WOOD** burns creating . . . ↵

**FIRE** creates (ash) which is part of . . .

**EARTH** from which we extract . . .

**METAL/GOLD** which through condensation produces . . .

**WATER** which is necessary for the growth of ... **WOOD** ... ↑

### **Control Cycle:**

**WATER** quenches . . . ⇐

**FIRE** melts . . .

**METAL/GOLD** chops . . .

**WOOD** eats . . .

**EARTH** drinks . . . **WATER** ↑

## **The Song of the Sip Sam Seh**

Never neglect any of the Sip Sam Seh.

The source of the will is in the waist.

Pay attention to the slightest change from full to empty.

Let energy flow through the whole body continuously.

Stillness embodies motion, motion stillness.

Seek stillness in motion.

Surprising things will happen when you meet your opponent.

Give awareness and purpose to every movement.

When done correctly all will appear effortless.

At all times pay attention to the waist.

Relaxed clear awareness of abdomen, the energy can be activated.

When the spine is erect, energy rises to the top of the head.

The body should be flexible.

Hold the head as if suspended from a string.

Keep alert and seek the meaning and purpose of your art.

Bent and stretched, open and closed.

Let nature take its course.

Beginners are guided by oral teaching.

Gradually one applies himself more and more.

Skill will take care of itself.

What is the main principle of the martial arts?

The mind is the primary actor and the body is the secondary one.

What is the purpose and philosophy behind the martial arts?

Rejuvenation and prolonging of life beyond the normal span.

So an eternal spring.

Every word of this song has enormous value and importance.

Failing to follow this song attentively, you will sigh away your time.