

Eight Key Concepts

Courage - Yong Gi

Doing something even when afraid

Concentration - Chung Shin Tong Is

Focus, pay close attention

Endurance - In Neh

Doing something even when it's hard or you are tired

Honesty - Chung Jik

Telling the truth

Humility - Kyum Son

Not bragging

Control of Power - Him Cho Chung

Using right amount of power – sometimes heavy, sometimes gentle.

Tension/Relaxation. - Shin/Chook

Be tight and be loose when needed

Speed Control Wan Gup

Using correct speed for what you are doing – slow, fast or in between speed.