



世界武德館 Moo Yei Shi Bo

WORLD MOO DUK KWAN®

80



ENG

FEBRUARY 2026

VOL 26



Moo Duk Kwan®, the fist logo, Soo Bahk Do, and the official Soo Bahk Do logo are registered trademarks of the World Moo Duk Kwan®.

Copyright 2026 by World Moo Duk Kwan®

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

World Moo Duk Kwan® Administrative Offices
 20 Millburn Ave
 Springfield, New Jersey 07081
 United States of America
news@worldmoodukwan.com
 (888) 766-2245

www.worldmoodukwan.com

武藝時報

Contents

Message from Kwan Jang Nim	4
Editor's note	7
80th Anniversary Awards and Recognitions	8
Attending a Ko Dan Ja Shim Sa as a Silver Moo Do In Candidate	12
North Star – Finding Your True North	14
2025 Moo Do International Seminar: Zone 4	16
Euro Ko Dan Ja Shim Sa	18
Interview with Teri Coffee SBN	20
End-of-year Online Class: Growing from inside to outside	26
Calendar of Events	28

Message from Kwan Jang Nim

Greetings World Moo Duk Kwan® members and supporters.

Happy New Year!

It is natural to view new beginnings with hope and attention to how we intend to live the coming months. As I reflect upon the Moo Duk Kwan® and its unique attributes as an initiative that promotes social peace and harmony, there are several distinct elements that define it as a special organization. One theme expressed many times is worth revisiting as we begin the new year. The phrase “discipline goes beyond personal desire” expresses the Moo Do philosophy that each action we take is an expression of our personal discipline. Grounded in our training, which in of itself is a lifelong habit of enduring hardship and difficulty, we learn the propriety and necessity of actions that are aligned with our virtues. Actions that are right. Actions that speak to our sincere commitment to following our philosophy. Which produces social order and harmony. Our personal responsibility as Moo Do In is to align all of our thoughts, speech and actions with our philosophy. And what is this philosophy? It is contained in the truths of the art itself and the guiding principles of our established doctrine.

When faced with difficulty and hard decisions, actions that lead to personal comfort are not only attractive, they may produce immediate results that are favorable. A life of ease and comfort might provide an immediate result that is personally gratifying. However, principles of rightness and virtue are deeply set in nature and dictate a larger benefit to our human existence. It takes Courage, the first of the Founder’s “8 Key Concepts”, to act in a manner that is not immediately beneficial to one’s own self. An act of courage may impact a generation, despite being of little personal benefit at the time. A simple review of the “10 Articles of Faith” illustrates that there is not a single one that is immediately personally beneficial. Loyalty to your country could possibly result in one’s own death in a war to protect the home country; obedience to parents and elders contributes to social order which one may not immediately personally benefit from. The remaining eight all speak to a larger social harmony that places societal order above personal desires. To a greater good for all. It would be initially easier to switch the actions

*Principles
of rightness
and virtue
are deeply
set in nature
and dictate a
larger benefit
to our human
existence.*

*The cover photo and other 80th
anniversary photos are courtesy
of Ian McDuffie SBN.*



of each article to one of personal gain. Be loyal to your own self; be obedient when it suits your desires; love whom you wish as often as you like. I will stop here but the point has been made. All of which the Founder highlighted over 80 years ago as the binding doctrines at the center of our values.

One profile in courage illustrates the point further. During the early 1970's as the Moo Duk Kwan® was growing in the United States, at a time when the first generation of pioneers were developing the art toward a highly lucrative and successful tournament endeavor, Victor Martinov SBN wanted to be better informed of the Moo Duk Kwan® and its Founder's vision and the direction he himself was to take. He traveled to Korea to visit with the Founder. Unknown and unexpected, this bold visit set in stone his resolve to return to the US and align his efforts with that of the Founder. To keep the art pure and to disentangle himself from the sport direction that was taking place. In an environment where individuals were personally becoming famous and leveraging their celebrity status for personal gain. His courage and personal actions have resulted in a whole future generation of serious students who are currently enjoying the art of Soo Bahk Do and the philosophy of the Moo Duk Kwan®.

What we do today is important in every way. As are our actions. What we decide to act upon requires a careful assessment of the purpose behind it, the implications of the result, and whether the action is aligned with our philosophy. For our own happiness' sake. For the happiness of our community. For the happiness and order of our world. 



In Moo Duk Kwan®
HC Hwang Sa Bom,
Moo Duk Kwan® Kwan Jang

*What we
do today is
important
in every way.
As are our
actions. What
we decide to act
upon requires
a careful
assessment of
the purpose
behind it, the
implications
of the result,
and whether
the action is
aligned with our
philosophy.*



MISSION STATEMENT

To uphold the vision set by the Founder of Moo Duk Kwan®, Hwang Kee and his successor HC Hwang, Kwan Jang Nim, by providing high quality *Moo Do* education material to the members of World Moo Duk Kwan® and all martial arts students who have lineage to the Founder, Hwang Kee (or the Moo Duk Kwan®).

OBJECTIVES

- To develop a publication based on the Five Moo Do Values of History, Tradition, Philosophy, Discipline/Respect, and Technique.
- To provide a fair and balanced representation of content from across World Moo Duk Kwan®.
- To produce four Volumes each year, launching on the 1st of February, May, August and November.
- To promote officially endorsed national and international events.
- To make the publication freely available to all members of World Moo Duk Kwan® and the wider public.

CONTRIBUTORS TO *MOO YEI SHI BO VOLUME 26*



HC Hwang KJN



Steve Diaz SBN



Steve Lemner SBN



Kriton Glenn SBN



Francisco R Blotta SBN



Greg Price SBN



Kim Wyles SBN



Diego Salinas SBN



Elodie Mollet SBN



Marc Puissant SBN



Diego Olguín SBN



Chloé Mellet JKN

Now accepting submissions for Volume 27 (May 2026)

news@worldmoodukkwan.com

Editor's note

The official World Moo Duk Kwan® newsletter

We're back with Volume 26 of the *Moo Yei Shi Bo* after a short break in the second half of 2025.

Throughout 2025, we marked the 80th Anniversary of the Moo Duk Kwan® in numerous ways. Over 200 people travelled from around the world to join the 80th Anniversary Celebrations in Seoul, while many more participated in local and national events that were held to commemorate this momentous occasion. We launched the special 80th Anniversary edition of the *Moo Yei Shi Bo*; the first time we have offered the newsletter both online and in print.

You can still download the 80th Anniversary edition via the World Moo Duk® Kwan website (along with all past



**BUY
YOURS
NOW**

volumes), or purchase the print version via Lulu.



The ease of the print-on-demand service means that anyone can order one or more copies and have them delivered directly to you, regardless of where you live.

We have made a few minor changes to the format of the *Moo Yei Shi Bo* in this latest volume. While holding true to our first objective of developing a publication

based on the Five Moo Do Values, you'll see that the articles are now tagged with one or more of the values depending on the content. We believe that this will be a good way to encourage contributions from a wider range of authors who may have previously felt that they could only prepare content for a specific section of the newsletter. If you have an idea for an article, please get in contact and we can help to bring your ideas to life.

We are now accepting submissions for Volume 27 (May 2026), however please do not hesitate to send us your ideas at any time.

Kim Wyles, Sa Bom
news@worldmoodukkwan.com

ÉQUIPE ÉDITORIALE DU MOO YEI SHI BO

Editor



Kim Wyles SBN

Senior Advisor



Steve Diaz SBN

Advisory Team



John Johnson SBN



Steve Lemner SBN



Lisa Kozak SBN



Francisco R Blotta SBN

Spanish Translator



Elodie Mollet SBN

French Translator



80th Anniversary Awards and Recognitions

MOO YEI SHI BO EDITORIAL TEAM

From October 20-21, 2025, over 200 World Moo Duk Kwan® members from across the globe descended on Seoul for the Moo Duk Kwan® 80th Anniversary. Led by HC Hwang KJN, the celebrations included a series of demonstrations recreating significant moments in the history of the Moo Duk Kwan® and brought to life the journey of the Founder. The formal banquet followed the demonstrations, and provided participants the opportunity to catch-up with old friends and make new connections. The event concluded with a full day of training seminars taught by members of the World TAC, with sessions focusing on the theme *Growing from the inside to outside*.

HC Hwang KJN took the opportunity during the banquet to formally recognise a number of Moo Duk Kwan® members for their efforts in making the 80th Anniversary a success and presentations to the Designees of those countries who participated:

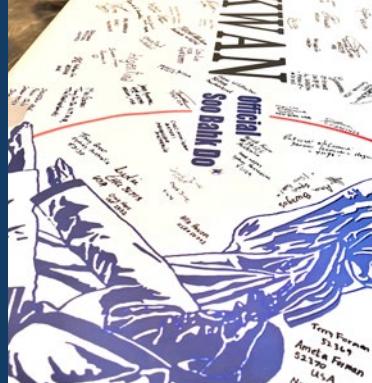
- Francisco Blotta SBN** (Argentina)
Presented to Francisco R Blotta SBN
- Pilar Leguel SBN** (Mexico)
Presented to Yisel Guzman SBN
- Steve Diaz SBN** (USA)
Presented to DKJang SBN
- Urs Spoerri SBN** (Switzerland)
Presented to Stephanie Spoerri SBN
- Josh Lockwood SBN** (USA)
- Jared Rosenthal SBN** (USA)
- Cort and Mary Kate Stinehour SBN** (USA)
- Kim Wyles SBN** (Australia)
- Brian Corrales SBN** (USA)
- Matt Hitch SBN** (Korea)

Frank Tsai SBN (USA) was also recognised for his great work behind the scenes throughout the 80th Anniversary.

United States	France
Philippines	Switzerland
Greece	Belgium
Malaysia	Spain
Mexico	Chile
U.K. & Ireland	Iceland
Argentina	Puerto Rico
Panama	Costa Rica
Australia	Germany
Italy	Portugal
Iran	Korea







80TH ANNIVERSARY & KDJSS PHOTOS

A large collection of photos from the 80th Anniversary Celebrations and the Korea Ko Dan Ja Shim Sa have been provided by **Ian McDuffie SBN**, who has (once again) done a wonderful job of capturing some great memories from both events. Please feel free to use the photos, but please be sure to acknowledge him if you use them.





Attending a Ko Dan Ja Shim Sa as a *Silver Moo Do In* Candidate

GREG PRICE, SA BOM | UNITED STATES

In many ways the Ko Dan Ja Shim Sa held November 2024 in Minnesota USA, was not unlike the many before it. It was the usual well run, organized and efficient event that we have come to know and look forward to. Old friendships were rekindled, fond memories were shared and superb technical instruction was yet again provided. Bonds were deepened and we were once again shown through instruction and action that Soo Bahk Do Moo Duk Kwan® is truly a living art that continues to evolve and progress over time.

There were, however, two major aspects of this event which made it unique. First, due to health issues, HC Hwang, Kwan Jang Nim was unable to attend. One of the highlights of attending a Moments With The Masters and a Ko Dan Ja Shim Sa is to be able to see Kwan Jang Nim and enjoy the personal touch that he always adds to the

training and overall experience. I will always remember fondly my own experience as a Chil Dan candidate when our group had to settle for training in a hallway corridor because we couldn't find a regular room to train in. Kwan Jang Nim was just passing by on his way to somewhere else when he discovered us training in the hallway. He was so pleased that we were working on (and struggling with) trying to put together a Sip Dan Kum partner demonstration that he spontaneously stopped and worked with us for over an hour. It was typical of his personal involvement and leadership in the Art and our thoughts and prayers will always be with him and his family.

The other unique feature of this Ko Dan Ja Shim Sa was the presence of 80-year-old Mr Marco Levy as a *Silver Moo Do In* candidate.

Mr Levy trains with Daymon Kenyon SBN, but he is one of the last few remaining students in the Dojang who originally began their training under Kenyon SBN's father, Fred Kenyon SBN. I recently had the pleasure of meeting with Mr Levy in the office of his highly successful jewelry store in Old Town San Diego, California and posed the following questions to him.

Q: Why did you start training?

A: I wanted my daughter, who was thirteen or fourteen years old at the time, to learn self defense and we felt it would be even better if she didn't do it alone.

I find it interesting how many times we hear that parents get involved in martial art because their children are training, and they want to train together.

Q: Why did you continue training?

A: There is nothing better for you! The friends, bonds, relationships, quality of life, stretching and concentration.

I should note that Mr Levy expressed this very enthusiastically. He and I went on to further share and discuss in detail the reasons for continuing to train. I found it fascinating that many of our reasons for continued training were the same. We both felt the deepest appreciation in particular for the human relations aspect of our Art. We agreed that over time this aspect became more and more meaningful.

Q: Why did you desire to attend Ko Dan Ja Shim Sa?

A: I don't desire it to tell you the truth!

I particularly enjoyed Mr Levy's candid answer and subsequent explanation. He went on to explain his reasons for reluctance to test. He had doubts because of his age, the duration of continual physical training and whether or not it

was really something he needed to do at this point in his life. He mainly credits the continual encouragement and support of Kenyon SBN for going through with testing. Kenyon SBN eventually convinced Mr Levy that if anybody could do it, he could, and that it would be an invaluable experience.

Q: What was your overall personal experience?

A: I loved it while I was there. All the instructors were excellent, the best.

He went on to express how impressed he was with the technical excellence and professionalism of the instructors. I got the impression that he might have been even a little surprised that he was able to do all that was asked of him physically. We both agreed that at Ko Dan Ja Shim Sa the older candidates are treated with the appropriate appreciation and respect due them at their particular time in training and life. His overall evaluation of the Ko Dan Ja Shim Sa experience was very positive, and he was glad that he was encouraged to do it.

I discussed this Ko Dan Ja Shim Sa with Kenyon SBN as it related to *Silver Moo Do In* in general, and Mr Levy in particular. I asked him what his thoughts were regarding mature members attending these events. He felt that it was very important that senior members never retire, but that they themselves and their instructors continue to realistically measure their abilities and adjust their training accordingly. He said that some form of training is always more valuable than stopping, even if it meant ultimately *"just sitting on the edge of your bed in the morning and doing Moo Pal Dan Kum"*.

Kenyon SBN noted that the Sa Dan candidate group is the most structured in its training compared to the more independent O Dan, Yuk Dan and Chil Dan groups. Yet, as a member of the Sa Dan group Mr Levy never stepped off the mat or asked to be excused from any training session, which would have been accorded to him if he so chose. Kenyon SBN went on to express his agreement with Kwan Jang Nim as to how important the promotion and growth of *Silver Moo Do In* is to the strength, value and future of the Moo Duk Kwan® and that it should be an integral part of all future clinics, Shim Sa, Regionals, Nationals, and Moment With The Masters. Lastly, he expressed how proud he was of Mr Levy for being a *Silver Moo Do In* Ko Dan Ja Shim Sa candidate and hoped that it would set an inspirational example for future *Silver Moo Do In* practitioners. 



Greg Price SBN, Daymon Kenyon SBN and Mr Mrcro Levy



North Star – Finding Your True North

KRITON GLENN, SA BOM | AUSTRALIA

In the strict astronomical sense, the North Star—commonly known as Polaris—is a 'fixed point' in the sky used for navigation by those residing in the Northern Hemisphere. Because Polaris lies very close to the Earth's north celestial pole, it appears almost stationary in the night sky and has served for centuries as a reliable guide for orientation and travel. Its location and function have long been documented and are well-explained in this article from NASA: **Milankovitch Cycles and Earth's Climate.**



The changing positioning of Polaris from the Earth's perspective over millennia is largely due to a shift caused by the **precession of the Earth's axis**—a slow, cyclical wobble that occurs over approximately 26,000 years, a component of the Milankovitch cycles, which affects long-term climate variability. Additionally, from a global perspective, and

for World Moo Duk Kwan® members, it is important to note that for the ~ 850 million people living in the Southern Hemisphere—around 12% of the global population—Polaris is not visible and holds no practical navigational value. Nonetheless, it remains a culturally significant symbol for many, particularly in the Northern Hemisphere.

From a philosophical or personal development perspective, the concept of a "North Star" has an enduring relevance as a metaphor, especially for Moo Duk Kwan® practitioners who aim to stay aligned with their own purpose amid an array of external pressures. Using this "True North" concept provides a mental framework; aligning direction and integrity in life and work.

For example, in the production of essays for the testing cycles, some students may rely solely on readily available or entry-level

information or regurgitate existing information. True understanding, an appreciation, and an absorption of the concept require more than surface-level recitation. For serious Moo Duk Kwan® practitioners, it is essential to critically examine traditional texts, identify any gaps, and continuously update their understanding through ongoing study and reflection. Pursuing this personal discovery supports their own path towards their 'True North'.

The "North Star" can serve as an allegory for one's personal authenticity; an internal compass that represents one's core values, purpose, and guiding principles. It offers direction through times of uncertainty and serves as an anchor for living a principled life. This mirrors the Socratic idea of self-examination as a pathway to personal growth, self-awareness, and integrity.



The "North Star" can serve as an allegory for one's personal authenticity; an internal compass that represents one's core values, purpose, and guiding principles.

For the dedicated practitioner, here are some meditation themes that support our journey of discovering one's true north:

- Reflect on core values; those that guide your decisions and shape your actions.
- Investigation of self: Ask, are my actions aligned with my authentic self and higher purpose?
- Consider your natural strengths and how they can be used to create a life of meaning and integrity.
- Regularly assess whether your values, purpose, passions, and talents

are integrated into your daily life. Am I living true to myself? Am I truly authentic? Or am I simply replicating what others expect of me?

For further reflection and inspiration, I recommend a presentation on the concept of true north can be found at the 29:30 mark in the video: ["Finding Your True North"](#) 

It is up to us to take the time to reflect, investigate, and realign where required. When we do this, our authentic purpose is revealed, and transformation unfolds. It is a rewarding, never-ending journey. 

REFERENCES

True North: Discover Your Authentic Leadership
George, B., Sims, P., McLean, A., & Mayer, D. (2007). *True North: Discover Your Authentic Leadership*. Jossey-Bass.

Man's Search for Meaning
Frankl, V. E. (1959). *Man's Search for Meaning*. Beacon Press.

The Hero with a Thousand Faces
Campbell, J. (1949). *The Hero with a Thousand Faces*. Princeton University Press.



2025 Moo Do International Seminar: Zone 4

SANTIAGO, CHILE, MAY 2025

*Connecting Tradition and Future:
Visit of Leonardo Barboza SBN
and Sergio Verdugo JKN to Chile*

DIEGO OLGUÍN, SA BOM | CHILE

In May 2025 an International Seminar and Yu Dan Ja Shim Sa were held in Costa Rica, with Moo Do members from several sister nations of Zone 4. Chile hosted the international visit of Leonardo Barboza SBN, TAC Chairman and National Designee of Costa Rica, and Sergio Verdugo JKN, Director of Do Jang Nosara on the west coast of the same country.

This visit marked a milestone for both national organizations, consolidating international instances of technical training, strengthening the Moo Do spirit and development of the martial community, within the framework of two major activities: the International Seminar and Yu Gup Ja Shim Sa of the Metropolitan Region.



INTERNATIONAL SEMINAR: APPLIED TECHNIQUES AND HUMAN CONNECTION (MOO DO)

On Saturday, May 3rd, an international seminar on applied techniques was held at the Do Jang Ciudad del Este in the Metropolitan Region of Santiago, Chile.

The event brought together instructors and students from across the country under the guidance of Barboza SBN and Verdugo JKN. Participants deepened their understanding of fundamental Ki Cho principles for applying Hyung in both self-defense and combat.

The presence of every Moo Do member at the event created an atmosphere of international brotherhood, demonstrating how Soo Bahk Do transcends physical boundaries to build a community founded on the Moo Do Values of shared learning. This strengthened the spirit of positive human relationships described in Mission 2000 by Hwang Kee, Chang Shi Ja.

Also, special emphasis was placed on our Moo Do Shim Gung, highlighting practitioners' role as ambassadors of the Moo Duk Kwan® heritage.

Together, we reaffirm our commitment to fostering the growth of our Moo Do art

YU GUP JA SHIM SA: ONE STEP FURTHER ON THE PATH

During the visit on May 10th, the Metropolitan Region held its Ju Gup Ja Shim Sa, organized by the Technical Advisory Committee of the World Moo Duk Kwan® National Federation of Chile. The examination brought together students from various Dojangs across the region, who demonstrated their growth in the Five Moo Do Values.

Under the watchful eye of Barboza SB and other Moo Do members who comprised the examining table, chaired by Diego Olguín SBN, TAC Chairman and National Designee of Chile, not only were the physical and technical skills of the applicants evaluated, but also their Moo Do spirit, demonstrating a great development of the Art, where both the TAC Chairman of Chile and Costa Rica could appreciate the technical and protocol standardization that our international organization seeks to promote in each association or national federation of Soo Bahk Do Moo Duk Kwan®, which demonstrates a strong and worldwide standardization.

BUILDING THE FUTURE WITH DEEP ROOTS AND MOO DO BROTHERHOOD

The visit of Leonardo Barboza SB and Sergio Verdugo JK was not only a technical event but also an act of building the Moo Do community across the various locations they visited in the Republic of Chile—from the Do Jang Ciudad del Este and Do Jang Providencia in the Metropolitan Region to the Do Jang Limache in the Valparaíso Region. In every greeting, every correction, and every conversation, they planted the values that strengthen the path of Soo Bahk Do as a traditional and formative martial art.

On behalf of World Moo Duk Kwan® Chile and Costa Rica, we deeply appreciate the bonds of generosity and mutual brotherhood between both countries. Together, we reaffirm our commitment to fostering the growth of our Moo Do art and spirit among our students and instructors, and to expanding it throughout our zone.

Because Moo Duk Kwan® is more than an organization or a school, it is an international brotherhood, which demonstrates in action that we are one Moo Duk Kwan® – *Eui Hana Moo Duk Kwan®*. 



**Seminario Internacional
Soo Bahk Do**
Santiago, Chile - May 2025

KODANJA SHIMSA

REGISTRATIONS
EXTENDED UNTIL
15 FEBRUARY 2026

ALICANTE, SPAIN
MARCH 2026
21th to 27th

WORLD MOO DUK KWAN ZONE 3
EURO SOO BAHK DO MOO DUK KWAN FEDERATION
www.worldmoodukwan.eu

REGISTRATION



SPANISH 
SOO BAHK DO MOO DUK KWAN
20TH ANNIVERSARY
INTERNATIONAL
EURO MOO DO FESTIVAL
27-29 MARCH 2026



LOCATION: ALICANTE, SPAIN
E-MAIL: SOOBAHKDO.COA@GMAIL.COM
WHATSAPP NUMBER INFO: +34 673 70 65 16
www.worldmoodukwan.eu

REGISTRATION





Interview with Teri Coffee SBN

MOO YEI SHI BO EDITORIAL TEAM

Teri Coffee SBN has been inspiring Moo Duk Kwan® practitioners both inside and outside the Dojang for over forty years. In October 2025 she attended the Korea Ko Dan Ja Shim Sa for her 8th Dan assessment, and we took the opportunity to sit down and talk to her about her martial arts journey.

How did you start your martial arts training?

I started training in Soo Bahk Do Moo Duk Kwan® in 1983. At the time it was called Tang Soo Do Moo Duk Kwan®, and my instructor was, and still is, Dae-Kyu Jang SBN. I started because it was something to share with my husband at the time. But when I threw my first punch, and my first kick, the feeling of connection to my internal power was so special to me that I couldn't leave it. I started training then, and I'm still here, 42 years later. I don't see myself stopping until my body and mind can't do it anymore. It's a part of me, it's no longer a choice. It's how I live and it's who I want to be every day. I was so fortunate to have an instructor, Jang SBN who encouraged all of his students to step into their power and personal excellence, whether they were males or females...all treated the same.

Had you done anything martial arts or other sports activities before you started Soo Bahk Do?

I've always been interested in sports and athletics. I was on the tennis team in high school, I was running all the time, and I loved being outside. I've always been very physical and enjoyed challenging myself.



Were there other women in the Dojang when you started?

When I started in our Dojang there was a woman named Judy Atkins. She was a Dan, and she was fierce. When I saw her, I saw what could be. She would wear her hair down in the Dojang, which was acceptable at the time, and she had huge lioness hair. She would demolish everybody during Ja Yu Dae Ryun (sparring) activities. We would usually have 12 partners, and we would go through a full rotation. So that means that everyone would spar 12 times, and she would demolish every single person. She never lost control; it was always very focussed, very strong, and very wilful. In terms of her intention, it was declared immediately, and usually, the person was on their heels and most of them were men.

Were there any other women practitioners who inspired you over the years?

When I started there were very few women in the Art. In our Dojang we had a small handful of women and mostly men which was pretty typical of most Dojangs throughout the United States. There were less than 10% women in most of the Dojangs at the national or regional events I attended. Women in our leadership were very scarce. As a 7th Dan, Keiko Mason SBN was the Senior woman in our Region (Region 9). She was always present and helpful, but I was not able to see her in action because she was no

longer actively demonstrating. Mary Ann Walsh SBN was the highest ranked woman in the Moo Duk Kwan® when I was training in the 80's. She was the first woman in the Moo Duk Kwan® to obtain Ko Dan Ja (4th Dan) status, and was the first woman to obtain 8th Dan. Her Dan Bon was 17926, and was an example of grace, humility and power and earned the respect of those around her. Kachevas SBN is another woman in leadership that I grew up with in our Art, respecting and being inspired by. Kachevas SBN, also an 8th Dan with Dan Bon is 20786, trained under Jeung Sook Lee with my instructor, Jang SBN. I watched her powerful and dynamic action along with her brilliance of teaching others to lift and inspire them too. I feel so very grateful for these great examples of women in leadership with true Moo Do heart and spirit.

Who have been some of the biggest influencers on your career?

The primary influencer in my Moo Duk Kwan® training and growth is my own instructor, Dae-Kyu Jang SBN. His encouragement, support and great teachings have inspired me to keep stepping into my next step of growth and to make sure that I bring others along with me, and help to lift them to be their better selves. He has taught me the most important part of my training is sincere effort, integrity and lead with my heart. I would not be training still, let alone going through the 8th Dan



evaluation process, without his wonderful leadership, teachings and heartfelt care for all of us.

Martinov SBN was another huge influence. He was the highest ranking member in our Region, along with Ah Po SBN. Martinov SBN had a special way of connecting with us through Ho Shin Sool demonstrations during the clinics that he would conduct. Unfortunately, I couldn't start taking them until I was a Dan member, because that was a big privilege in our Region; we had to be a Dan member before we could take those classes. I always

remember he didn't talk much; it was all action, so you had to pay attention, be very aware and alert, watch carefully, and just do. He didn't spend time answering questions, he just requested we would work hard and make time on the mat matter with that short precious time together.

Is that where you found your interest in your area of specialisation in the Ho Shin Sool, through those classes?

I think as a woman, being grabbed and controlled by somebody is a bigger fear factor than it is for most men. So it was important for me to learn how to feel free. If somebody was intimidating me or grabbing at me, I needed to know that I have options, and powerful options that I can use to take care of myself and be in control again. That became really important to me. Once I learned the standardized Ho Shin Sool, I was introduced to a higher level again when Martinov SBN started teaching the clinics; it was like Ho Shin Sool 2.0.

You're involved with teaching self defence classes? Can you tell us about those?

I was inspired by the way I felt with Ho Shin Sool, and the way I felt in general with the sense of my power through the connection to every action that I was making in Soo Bahk Do. I thought about the many women who would not have that opportunity; the young girls who could not invest as much time as I was but who maybe had families and people around them to take care of. So many of them didn't have the opportunity to train in the martial arts, and I felt they should have an opportunity to connect with their own sense of power, for themselves, so I designed a free self defence program that was practical, easy to do, not too technical, just direct and natural. It was simple techniques like stomping on a foot, an elbow strike, and a back fist strike. But we also showed them how to use their voice and create space between themselves and others to feel safer.



I designed a free eight-hour course for the moms, sisters and girls that were in the Dojang watching others train. These were the family members of those that were training in the Dojang; they thought it wasn't for them, and maybe it wasn't, but they still should have the opportunity to have a sense of how powerful and have an opportunity to learn it. So I started providing the classes on my own free time when I could. That developed into a business, and in 2007 I established the Santa Barbara Women's Self Defence

(sbwselfdefense.com) so that I could reach out to more than just the women and young girls in the Dojang but to the community around me.

You also run the Coastal Self Defence Academy to teach self defence strategies to those who are physically and mentally challenged.

When I started Santa Barbara Women's Self Defence in 2007, I loved teaching the women and the young girls that came through the doors. They did two-hour courses where they learned a few

of the basics, and we had some of the young girls and women sign up for further training. Eventually I realised that there were a lot of people still left out of the power picture. People that felt a little more challenged and maybe more vulnerable. In 2014, I established a nonprofit organization called Coastal Self Defence Academy (coastalselfdefenseacademy.org) so that I could present the powerful, self defence feelings, awareness, confidence and independence that everybody deserves. I felt that many people with physical or mental challenges had been left behind. It was like they were looking in the windows at everybody else who was training, and they were thinking that's not possible for them.

I was encouraged to go to the Braille Institute in Santa Barbara and see if this could work for them, and I've now been teaching self defence courses there once a week since 2014. People at the Braille Institute have various degrees of sight impairment from no vision to very limited vision, and the ages are surprising: we have 20 year olds through to 80 plus year olds.

I also have ventured into Jodi House (jodihouse.org), for people with brain injuries. Their brain injuries might bring them there because of strokes, car crashes, falling or severe sports injuries. These are mostly young people with a lot of them being young men; there are more men than women. Their power and



independence felt like it had been stripped from them. The control of their power felt like it was disappearing with the brain injury and memories were being challenged, even needing to learn how to walk and talk again. There was limited opportunity to be physical (a lot of what makes us feel human and independent) which often leads to feelings of lack of self esteem and confidence. I wanted to strengthen them and lead the focus to what they can do, not what they can't do. That's what Soo Bahk Do does for us. Our art says, what can you do, to not think about what you can't do. That carries over to teaching self defence to people with physical or mental impairments; having them realize that they can be part of their own big picture of power, purpose, self esteem, confidence, and live independently the way they wish to.

We're here in Korea for your Pahl Dan (8th Dan) assessment. What would your words of wisdom be for anyone, but particularly women within Soo Bahk Do, who, even today, don't see a lot of women in the higher ranks?

I would say to all women that we are capable and powerful beings. We can take those abilities that are part of us to progress into our stronger and more complete selves. This needs to be encouraged and cultivated by a supportive community. Look to the role models in your life who are

strong, powerful women, that are doing what they do because they believe in themselves, and they feel they can do it. They're showing an example of going through those doors without hesitation. Be a role model for others coming up behind you, because it's very important to have representation. It is important for women to be able to express themselves in their fullness of their power with commitment and intention.

What about for the moms and partners who are on the outside who are watching in? Do you have a message for them about the opportunities that they might find within the Moo Duk Kwan®, for those people who have not yet put on the Dobok?

Actually, it's not just women, but to anyone I would say to be brave enough to experience what it might feel like, and then make your decisions after that. You don't know until you try something, and surprising things can happen. When you experience our Moo Duk Kwan® opportunities and teachings, you might connect with the magic that myself and others around me seem to be feeling years and years later. Or it might just be something that lifts your spirit and makes you feel more balanced in your life.

You might not need to do it for years due to life's happenings but it can make a positive difference in your life and you won't know until you try.

What are your hopes for the future of our art and our organisation?

Um/Yang – We talk about that all the time – powerful forces moving around each other, but one can't exist without the other as one flows into the other constantly. I'd love for our art to continue to embrace the calming power of Um energy that many women bring to the art, and to help give them more leadership opportunities. The stronger Um energy that many women bring to our art can inspire a more balanced, compassionate, encouraging and empowered environment. Women in our leadership is one of the ways to help make that happen.

It is also important that we continue to show respect for the women that have reached levels of accomplishment. For instance, our Region 9 is now promoting myself and Vicki Kenyon SBN to sit on the Shim Sa Evaluation Panels. It took a while, but it came through suggestions about



how we can make women feel more connected and supported by having women on the panels. Something small like that can make a big difference, especially for a young girl when she's standing in front of a Shim Sa Panel. That connection and relatability is important to our encouragement and support for our members.

Any final thoughts you'd like to share?

I love my training. I love doing what I do, and I try to share that forward and let people know to come to have a good time, find the positives in everything that you do, in every part of your training, look for those magical moments that inspire your soul. You may want to do it forever, like me, and perhaps you will want to embrace our personal growth, empowerment, connection and Moo Duk Kwan® magic too! 





End-of-year Online Class: Growing from inside to outside

Online class for all members of World Moo Duk Kwan® – December 2025

WORLD TAC

On Saturday 20 December 2025, the World Technical Advisory Committee (World TAC) hosted an online class for all members of World Moo Duk Kwan®. The class was taught by the four members of the World TAC 2nd Generation, with the theme of 'Growing from the inside to the outside'. Each instructor taught a 20-minute session based on the theme, with parts of the class inspired by the content taught during the Moo Duk Kwan® 80th Anniversary.

There was something worthwhile in this 90-minute class for participants of all levels. We reviewed basic techniques with a focus on better connection to breath and understanding the importance of creating tension through breath control. We learned new ways of moving in Kyo Cha Rip Jaseh, as well as when and how to apply this dynamic movement. We developed balance and power through the application of Shin Chook with combinations, and finished with the creative application of Ill Soo Sik Dae Ryun concepts to better

understand the importance of distance control in partner work drills.

Students of all ranks enjoyed a solid workout which covered a range of basic and advanced techniques. Instructors also benefitted from hearing and seeing the World TAC talk about, and put into action, important themes and concepts that are relevant to all of us when teaching a class.

Whether you missed the session or took part in it live, it will be worth your time to watch it again, both from the perspective of a student enjoying the training and from the perspective of an instructor. Try to pick up on the different methods each instructor used to explain the theme and teach their lesson, and look for ways to improve your own skills and instructing style. This is all part of the journey of becoming a better martial artist, both as a student and instructor.

A recording of the class is now available on the Soo Bahk Do Institute and YouTube. 

World TAC – December 2025 Online Class



CRAIG HAYS SBN

ZONE 2 – NORTH AMERICA

Introduction and explanation of the theme, and connecting the theme to basic techniques.

FRANCISCO R BLOTTA SBN

ZONE 4 – SOUTH AND LATIN AMERICA

Understanding Kyo Cha Rip Jaseh, how to move from the centre of the body and how to apply Kyo Cha Rip Jaseh in dynamic situations.

KIM WYLES SBN

ZONE 1 – ASIA PACIFIC

Coordinating breath with contraction/expansion to develop balance and power in techniques, and applying it to combinations inspired by Hyung.

DIEGO SALINAS SBN

ZONE 3 – EUROPE

Applying Ill Soo Sik Dae Ryun concepts to better understand the importance of distance control in partner work drills.



You
Tube

World Moo Duk Kwan® Calendar of Events

EVENT INFORMATION

March 21-27, 2026

Ko Dan Ja Shim Sa - Zone 3

Alicante, Spain

EVENT INFORMATION

March 27-29, 2026

**International Moo Do Festival
Spanish Federation 20th Anniversary**

Alicante, Spain

EVENT INFORMATION

May 29 - June 1, 2026

Australian National Camp

Perth, Australia

EVENT INFORMATION

July 16-18, 2026

United States National Festival

Salt Lake City, UT, United States



SAVE THE DATE

September 26-27, 2026

**Argentine National Moo Do Festival
Tournament, Seminar and Yu Dan Ja Shim Sa**
Mendoza, Argentina

SAVE THE DATE

October 16-22, 2026

**Ko Dan Ja Shim Sa - Zone 1
WMDK Youth Leader Symposium**
Incheon, South Korea



EVENT INFORMATION

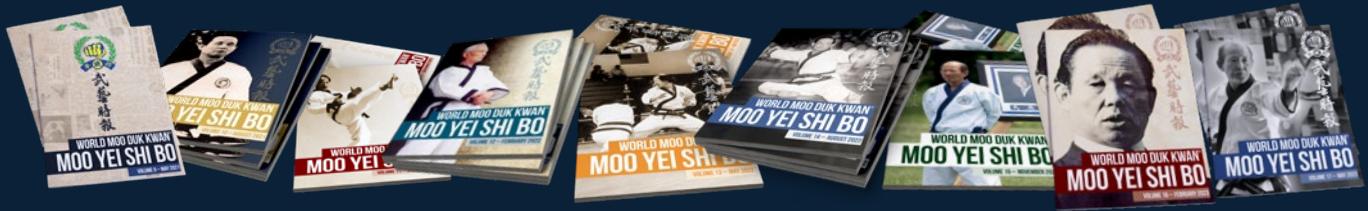
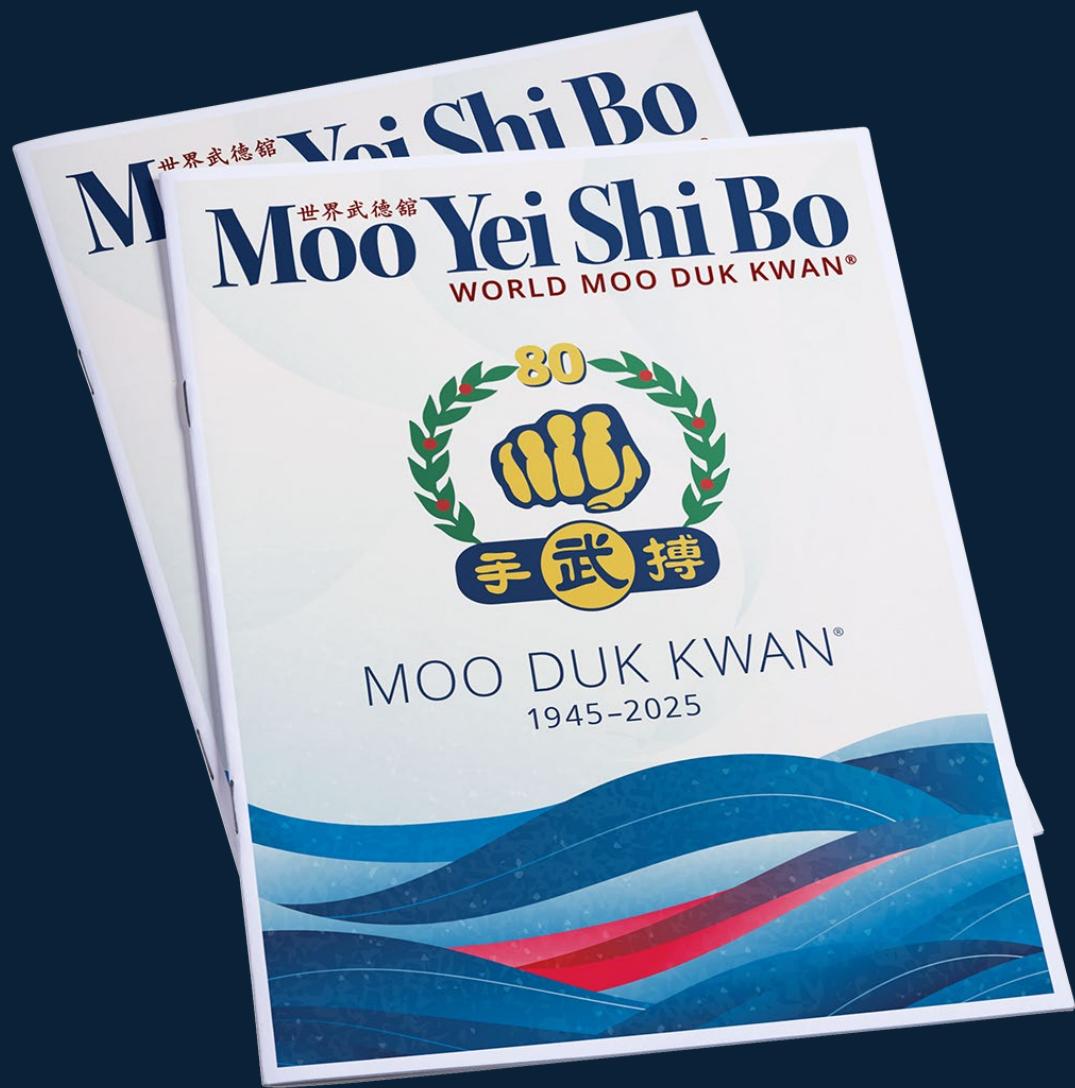
SAVE THE DATE

November 13-19, 2026

**Ko Dan Ja Shim Sa - Zone 2
Moment with the Masters**
Minneapolis, MN, United States

August 12-15, 2027

**Malaysia Moo Duk Kwan® 60th Anniversary
and South East Asian Leadership Seminar**
Miri, Malaysia



Previous Volumes of the *Moo Yei Shi Bo* are available at

worldmoodukwan.com