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SILVER MOO DO IN

BACKGROUND

During the early years of the Moo Duk Kwan, the majority of practitioners were ages 15 – 35 years. The training for those ages focused primarily on physical demands to meet desires of their natural ages. More than a half century later, there is an ever-growing number of older practitioners as well as those who now have physical limitations due to injury or other causes.

Currently, the older practitioner is faced with basically one of two choices:

- 1) Continue to train uncomfortably both physically and spiritually (i.e., possibly uncomfortable about their decline in performance), or
- 2) Simply quit training altogether.

It is unfortunate that the second alternative is becoming more prevalent. This trend is a sad loss for our art, but it does not need to be inevitable. Because of the unique regard our art has for history, traditions, human relations, and respect for seniors and long-time practitioners we should do all we can to avert this trend.

Currently, the Moo Duk Kwan has various programs to for younger practitioners, such as Youth Leadership Program, Heritage Program etc.,; however, we do not have a program to support the growing number of mature age practitioners.

The Moo Duk Kwan has a vast Soo Bahk Do curriculum which can support mature age practitioners both in mental and physical well-being.

The World Moo Duk Kwan TAC is presenting the “Silver Moo Do In” program to support the current and future mature age membership.

RECOGNITION

The following members have contributed their time and study to develop Silver Moo Do In Program. They are:

- Frank Bonsignore,
- Greg Price,
- Paul Eng-Wong,
- Vicki Kenyon,
- Richard Blake,
- Lynford Graham,
- Michael Shields,
- Jim Sevel,
- David Kitchen,
- Michael Porter.

MISSION STATEMENT

1. To provide longevity for mature practitioners of Moo Duk Kwan through mental and physical well-being.
2. To provide support and guidance for younger generations of Moo Duk Kwan by example.
3. To promote national and international human relations through active participation in the Program.
4. To preserve the culture of Moo Duk Kwan as intended by the founder, Hwang Kee.

CURRICULUM FOR SILVER MDI

- Mun/Moo Pahl Dan Khum
- Yuk Ro Hyung
- Sip Dan Khum
- Sip Dan Khum Partner drills
- Ho Sin Sool / Il Soo Sik / Sam Soo Sik
- Other Soo Bahk Do curriculum as may support the Program