



Green Belt Blue

Stripe General Knowledge

3 AREAS OF HUMAN DEVELOPMENT

Weh Gung means "external power" . it is it the actual physical movements from which power is created and is a very visible thing (Yu sang).

The fundamental application of Weh Gung in our training is the use of one's waist (Hu Ri) This emphasis on the proper use of the Hu ri by makes our. The proper use of your Hu ~Ri will help create great energy in an efficient manner with minimum effort and allow you to perform with maximum power and balance.

Neh Gung means “internal power”. The application in your training is in your breathing (Ho Hoop). Neh Gung application in your training, it will help to increase your awareness of the internal world of one's body and utilizing Ki (energy) freely. This connects our mind and our body.

Shim Gung means “ spiritual power”. There are many ways to demonstrate your shim gung when you are training. A practitioner who models proper discipline, eye contact, and uses a strong and loud kihap will demonstrate the ideal shim gung of a moo do practitioner.