



CONFIDENTIAL



2013 / NATIONAL FESTIVAL & CHAMPIONSHIP



外柔內剛
哲學
技擊
傳統
歷史

**SOO BAHK DO
MOO DUK KWAN
DAN CONVENTION**
JULY 19-20 * CHERRY HILL, N.J.

용기 * 정신통일 * 인내 * 정작 * 겸손 * 힘조정 * 신축 * 완금



FOR DETAILS ON THIS YEARS EVENT
& BANQUET DINNER CRUISE!

DESIGN: RICH ARLEYS



Invitation Only



We hope this message finds you and your family in good health and spirits as we approach the **2013 National Festival and Dan Leadership Convention** in Cherry Hill, NJ on **July 18th to 20th**.

Did the "CONFIDENTIAL" stamp get your attention? Actually, the information in this document is provided for "Dan Eyes" but you **are encouraged to share the info freely with all Gup members**. There is a LOT of new information to grasp about the new Festival format, 3 person sparring teams and much more that will inform changes in regional activities and we want all Dans to be in the know, so you can help educate Gup members.

The 2013 National Festival is a Dan focused event with Gups invited Thursday for **Institute auditions** and **Friday 3:00 to 5:00 pm** for the **Moo Duk Kwan®-a-thon fundraiser** that is open to all who submit any amount of sponsor donations. Gups or Dans raising \$150 or more are invited to the VIP Dinner Friday evening with the Kwan Jang Nim and Federation Officials. Of course **Gups are also encouraged to help Sat as ring assistants or be spectators and help support Dan members**.

Founder Hwang Kee had no roadmap to success in 1945 when he conceived his Moo Do philosophy and founded his first Moo Duk Kwan® martial art school. Neither did the Federation's founding members have any guarantee of creating a successful organization in 1974, but history has proven the mettle and vitality of the vision driving both endeavors.

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson



Today, as a Moo Duk Kwan® Dan member who is benefitting from the road paved through history by your seniors, you now have a high opportunity to help assure the ongoing preservation of our art and its unique identity through your immediate personal actions. **Please take action before you put this letter down and before the other priorities and demands of life divert your attention.** The Kwan Jang Nim and Federation Officials are counting on Dans like yourself to help pave the way forward by your personal example and active participation.

1. **If you live within driving distance** of the **Crowne Plaza Hotel in Cherry Hill, NJ**, then please attend even if only for a portion of this exciting event. Thursday video **auditions for the Soo Bahk Institute** and the Friday **Moo Duk Kwan®-a-thon** only take a couple of hours. **Parents please consider making it possible for your Dan child to attend this year.** Next year Dans may be required to fly across the country to attend the 2014 Festival that is in your own back yard this year.
<http://festival.soobahkdo.org/event-registration/>
<http://festival.soobahkdo.org/casting-call-auditions/>
2. **If you must fly in**, please prioritize doing so. Remember that opportunity always knocks at the least opportune moment, so your extra effort will undoubtedly yield rewards that may not be evident. Reserve your flight & room today.
<http://festival.soobahkdo.org/hotel/>
3. **If you absolutely, positively cannot attend**, then in lieu of your Festival attendance costs please consider making a generous financial contribution to **the Moo Duk Kwan®-a-thon fundraiser** as your demonstration of support for preserving our art's future and its unique identity. You can donate to **the Federation** or **the Foundation** or even to the **personal Moo Duk Kwan®-a-thon fundraiser of a fellow member** who is attending the Festival.
<http://festival.soobahkdo.org/campaign-list/>



Region 2 Members Welcome You To The 2013 National Festival and Dan Leadership Convention!



Sa Bom Nim Michael Garaguso graciously accepted the TAC appointment to serve as the 2013 National Festival Volunteer Coordinator and his team of volunteers are working hard to make this event a memorable and enjoyable one for all.



Anyone interested in supporting or serving on a [Festival Committee](#) may contact **Sa Bom Nim Tom Brnich** for information about how you can help. (609) 330-7431 or email: tbrnich1@comcast.net.

Region 2 Members are also sponsoring a **"Meet and Greet Social Hour"** for early arrivers on **Thursday evening 6:30 to 7:30 PM** and you are invited to arrive early and attend the Board of Directors meeting or audition for the Soo Bahk Do Institute or just hang out and relax and visit with fellow members.

Region 2 is looking forward to hosting your attendance! www.r2.soobahkdo.org

Order Event Apparel Online



www.moodukkwamall.com

You'll Flip Over the Exciting Seminars



Moo Duk Kwan-a-thon
Fast N Furious Footwork
Aspire Higher:
Jump Kick The Clouds
Over Throws You Should Know
Superior Sparring Tactics



Devastating Combos
Endless Ho Shin Sool
Precision Impact
Takedown Rebounds
Invincible Jae Seh



Audition For The Soo Bahk Do Institute



Open Casting Call
Thursday 1:30-4:00 PM
Come give your best
performance and
be considered by the



Kwan Jang Nim and TAC

for Official publication on the Soo Bahk Do Institute
www.soobahkdoinstitute.com

Be Inspired By The Best of The Best Dan, Ko Dan Ja & Team Competition



Dan Divisions
Ko Dan Ja Divisions
Regional Adult Sparring Teams



NEW! - Regional Dan Youth Sparring Teams
Youth Team Ages 12 & Teen Team Ages 13 -16
Regional Hyung Teams - Youth, Adult, Seniors

NEW! Goodwill 3 Person Sparring Teams
You pick your team mates
Friends from any studio or region
No qualifying required.



Celebrate & Relax on The River



Learn more & Register at www.festival.soobahkdo.org

<http://festival.soobahkdo.org/cruise/>

What Are The Video Auditions?

Thursday July 18th, 2013 from 1:30 PM to 4:00 PM
Gups and Dans may audition to be featured on the Soo Bahk Do Institute. If you are interested in having your individual, partner or group technical performance of your choice videoed and considered by the Technical Advisory Committee for official publication on the Soo Bahk Do Institute should signup to audition by completing the signup form on the web page or

Text **AUDITION** to **69302**

Your performance should be approximately 1 to 3 minutes long and may be any personal skill or partner or group demonstration that you desire to present.

Videographers will be present to record your performance and it will be reviewed by the Technical Advisory Committee at a later date and could be published on the Soo Bahk Do Institute as an official Moo Duk Kwan® video.

Anyone whose video performance is selected by TAC for official publication will be notified and will receive a special subscription discount for the Soo Bahk Do Institute or a discount coupon for shopping on **the Moo Duk Kwan® Mall**.

<http://festival.soobahkdo.org/casting-call-auditions/>

What Is The Moo Duk Kwan-a-thon?

Friday July 19th, 2013 from 3:00 to 5:00 PM is the **Moo Duk Kwan®-a-thon** which is a new national fundraising event to help support Federation initiatives including identity preservation. It occurs on Friday July 18th 3:00 to 5:00 PM so Gup and Dan members within driving distance can easily attend this portion of the National Festival even if unable to stay all weekend.

During the Moo Duk Kwan®-a-thon the TAC will be providing a series of fun and exciting, rapid paced training activities to challenge all participants and the admission is any amount of sponsor donations. Gups and Dans raising more than \$150 in sponsor donations are invited to a VIP Dinner on Friday evening with the Kwan Jang Nim and Federation Officials.

If you are a highly motivated Gup or Dan and want to vigorously support the Moo Duk Kwan-a-thon, then you can also **activate your personal fundraiser page on the festival website in about 30 seconds** and begin collecting your sponsor donations online and monitor your sponsorship progress online.

Your manually collected donations can be turned in onsite at the registration table.

<http://festival.soobahkdo.org/moo-duk-kwan-a-thon-and-vip-dinner-friday-july-19-2013/>

How Do I Qualify To Get On A Regional Dan Sparring Youth or Teen Team?

Under the TAC's guidance, the Regional Examiners in each Region provide opportunities for members to qualify as regional team members.

For 2013 the TAC has added two additional Regional Dan Sparring Team Divisions: Dan Youth ages 8 to 12 and Dan Teens ages 13 to 17.

Dan members who qualify to serve on a Regional Team may qualify for financial assistance from the Region to support attendance of the National Festival.

Please consult your instructor or Regional Examiners about your region's procedures, requirements and events for qualifying as a Regional Team Member.

Regional Team members are eligible to order Official Regional Team apparel on **the Moo Duk Kwan Mall**.

www.moodukkwamall.com

<http://festival.soobahkdo.org/events-national/competition/regional-youth-sparring-teams/>

Text **FESTIVAL** to **69302**

What Is The Goodwill 3 Person Dan Sparring Team Division?

For 2013 the TAC has expanded the Dan Sparring divisions to include new self composed Goodwill 3 Person Sparring Team divisions.

Any 3 Dan members may form their own 3 person Goodwill sparring team without any regional qualification processes.

3 person Goodwill Dan Sparring Teams may consist of members from different dojangs or different regions or team members may all be from the same Dojang or same Region. Team composition is up to the members forming the team and this division is intended to foster Goodwill among motivated Dans who desire to expand their sparring experience at the National Festival.

Dans who may not have 2 other partners to make a 3 Person Dan Sparring team can register for the division and the TAC will randomly pair 2 other members to compose a 3 Person Goodwill Team at the event.

Members on a 3 person team will spar the members on other 3 person teams in 2 person matches.

<http://festival.soobahkdo.org/goodwill-3-person-sparring-teams/>

2013 Festival Schedule of Activities

THURSDAY

8:00 - 9:00 AM

TAC Breakfast

9:00 - 10:30 AM

TAC Meeting

10:30 - 12:00 PM

TAC Training and videoing for the Institute

12:00 - 1:15 PM

Lunch on site

1:30 - 4:00 PM

1. [Gup & Dan Auditions](#) for the Institute
2. Technical Advisory Committee Institute Videoing
3. Senior Advisory Committee Institute Videoing
4. Hu Kyun In Institute Videoing

4:00 - 6:00 PM

Federation Board (501c4) Annual Meeting

5:00-6:00 PM

Regional Examiners Meeting

6:30 - 7:30 PM

Meet & Greet for all present sponsored by Region 2

7:30 - 8:30 PM

Dinner On Site

Festival meal plan, meals provided here

8:45-9:45 PM

Seminar by Larry Seiberlich, Sa Bom Nim for all Dan ranks
Actualizing Martial Arts: Defensive Tactics The End Game

FRIDAY

Friday schedule is tentative and in flux as Teams may compete Friday evening depending on registration quantities.

Check back for updates or Text FESTIVAL to 69302 for last minutes changes and updates

7:30 - 8:30 AM

Breakfast

Festival meal plan, meals provided here

8:45 AM

Lineup

9:00 - 10:15 AM

Session 1 Seminars

Seminars for all Dans occur in this timeslot

Refer to seminar matrix and www.festival.soobahkdo.org

10:30 -11:45 PM

Session 2 Seminars

Seminars for all Dans occur in this timeslot

Refer to seminar matrix and www.festival.soobahkdo.org

11:45 -1:00 PM

Lunch

Festival meal plan, meals provided here

Friday 1:30 - 2:45 PM

Session 3 Seminars

Seminars for all Dans occur in this timeslot

Refer to seminar matrix and www.festival.soobahkdo.org

Friday 3:00 - 5:00 PM

Moo Duk Kwan®-a-thon - for Gups & Dans

**Moo Duk Kwan-a-thon Admission for Gups and Dans is any amount of sponsor donations.*

***All Moo Duk Kwan-a-thon fundraisers with \$150 or more in sponsor donations are invited to VIP Dinner*

Friday 6:00-7:30 PM

Invitational Dinner with Kwan Jang Nim and Fed Officials

****Moo Duk Kwan-a-thon fundraisers submitting \$150 or more in sponsor donations are invited to VIP Dinner**
Festival meal plan, meals provided here

Friday 8:00 - 10:00 PM POSSIBLE TEAM ELIMINATIONS

Depending on the qty of registered Dan participants and Dan teams the TAC may run Dan team eliminations during this timeslot. - TBD

Text FESTIVAL to 69302 for last minute changes and updates

SATURDAY

Saturday 7:30 - 8:30 AM

Breakfast

Festival meal plan, meals provided here

Saturday 9:00 AM

Lineup

Saturday 9:05 AM

Kwan Jang Nim Arrives

Saturday 9:10 AM

Opening Ceremonies

Anthems

Speeches

Awards (political, teams winners if eliminations occur Friday night)

Saturday 9:45 AM

Demonstrations

Other presentations

Saturday 10:30 AM

Competition Begins

KDJ Hyung

Regional Team Hyung (unless concluded Fri evening)

Regional Sparring Teams (unless concluded Fri evening)

Goodwill 3 Person Sparring Teams (unless concluded Fri evening)

Individual Dan Competition

Saturday 12:00 -2:00 PM

Rolling Lunch Breaks While Competition Proceeds

Festival meal plan, meals provided here

Saturday 5:00 PM

Closing Ceremonies

Awards

Saturday 6:00 PM

[Bus Pickup At Hotel for Dinner Cruise](#)

Saturday 7:00 -10:30 PM

[Dinner Cruise on Spirit of Philadelphia](#)

Festival meal plan, meals provided at hotel

Saturday 10:30 PM

Bus Pickup Return To Hotel


Saturday 11:00 -2:00 AM

After Hours





Instructors	Seminars	Thur	Friday 9:00- 10:15 AM	Friday 10:30- 11:45 AM	Friday 1:30- 2:45 PM	Friday 3:00- 5:00 PM
	Your National Festival and Dan Leadership Convention Experience To help assure you have the most rewarding experience possible the Technical Advisory Committee may substitute instructors or add, eliminate or combine seminar content or certain sessions depending on participation quantities, rank, gender and age composition. Text FESTIVAL to 69302 to be notified of last minute updates. Please share updates you receive with fellow members who may not have access to their mobile device at the time you receive a notification.					Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans Room TBD
	Auditions Gups and Dans can have your individual, partner or group technical performance videoed and considered by the Technical Advisory Committee for official publication on the Soo Bahk Do Institute. Text AUDITION to 69302 to reserve an appointment or completing the online signup form: http://festival.soobahkdo.org/casting-call-auditions/ Your performance should be approximately 1 to 3 minutes long and may be any personal skill or partner or group demonstration that you desire to present.	Thur 1:15- 4:00 PM Open To GUPS DANS KDJ TAC SAC HKI REX Room TBD				
	Neh Gong, Weh Gong, Shim Gong Application in Training & Teaching H.C. Hwang, Kwan Jang Nim In this high level seminar you will learn key aspects of Weh Gong, Neh Gong and Shim Gong and how they apply to your personal training and how to incorporate them into your instruction of students. You will leave with new insights and lessons for yourself and ways to share with your students. Time permitting, participants will also enjoy: Training and Teaching Yuk Ro Hyung		Friday 9:00- 10:15 AM Open To KDJ Sa Bom & Kyo Sa Room TBD			
	Actualizing Martial Arts: Defensive Tactics The End Game Larry Seiberlich, Sa Bom, SAC, 9 th Dan 1815 This senior level seminar will provide keen insights and experiences in integrating the three gungs in all applications and the use of personal and situational awareness to successfully engage and neutralize potential attackers. Participants will train to quickly analyze their situation strategically, and practice skills for applying the optimum (not maximum) techniques in a dynamic and evolving encounter. Leave this seminar with an improved understanding of how you can instantly bring all your years of experience, your physical skills and philosophical values to bear in a dynamic self defense situation.	Thur 8:45- 9:45 PM Open To All Dans & KDJ Room TBD				
	Experimental Festival Sparring Cash Cooper, Sa Bom, TAC Chairperson, 6 th Dan 23082 Take part in the cutting edge development of Soo Bahk Do festival sparring concepts and techniques as conceived by the 2013 Chil Dan Candidates in this experiment that is part of their 2013 project. Participants will serve as a focus group providing feedback and input for that may help shape the future of Soo Bahk Do festival sparring.				Friday 1:30- 2:45 PM Open To All Dan Ranks Room TBD	


Instructors	Seminars	Thur 8:30- 9:30 PM	Friday 9:00- 10:15 AM	Friday 10:30- 11:45 AM	Friday 1:30- 2:45 PM	Friday 3:00- 5:00 PM
	Devastating Combinations Daymon Kenyon, Sa Bom, TAC Weh Gung Bu 7 th Dan 19839 In this seminar you'll gain insights into designing strategic combinations of techniques that you can apply in an instant during sparring or a self defense situation. Some combinations may look good, but may also be hard to apply while other combos are so natural that their effective application is almost effortless and instantaneous. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.			Friday 10:30- 11:45 AM Open To All Dan Ranks Room TBD		Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	Precision Impact Kris Poole, Sa Bom, TAC Shim Gung Bu 7 th Dan 20631 During this seminar you'll learn insights about proper positioning of your hands and feet so you can develop power packed striking skills. You'll learn how to generate a more powerful impact with any strike or kick. Come prepared to hone your targeting and impact skills to razor sharp precision. Leave with newfound power packed striking ability. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.				Friday 1:30- 2:45 PM Open To All Dan Ranks Room TBD	Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	Invincible Ja Seh Dae Kyu Chang, Sa Bom, TAC Shim Gung Bu 7 th Dan 20780 Moo Duk Kwan® Founder Hwang Kee encouraged every practitioner to develop the indomitable will and the undefeatable spirit of a warrior tempered with the resolute mind of a scholar. Such attributes are not easily developed and embodying them in one's life requires an Invincible Ja Seh. Is your Ja Seh invincible? What can you do to make it more so? How can you strengthen your Ja Seh in your training? During the Moo Duk Kwan®-a-thon you'll apply what you've learned.		Friday 9:00- 10:15 AM Open To All Dan Ranks Room TBD			Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	TAC Designated Floor Manager Bill Nelson, Sa Bom, TAC Neh Gung Bu 7 th Dan 21420 Members interested is serving as Center Referees and Ring Judges are requested to notify Sa Bom Nim Nelson via completing this online form http://festival.soobahkdo.org/ko-dan-ja-attending-the-2013-festival-please-notify-tac/ or email him at allgirl@charter.net He will be organizing participants into divisions, managing new team divisions, setting up rings officials and seeking to assure efficient management of the event proceedings and competition.					
	2013 Ko Dan Ja Shim Sa Preparation Craig Hays, Sa Bom, TAC Weh Gung Bu 6 th Dan 23132 In this seminar future and present Ko Dan Ja Shim Sa candidates will gain deep insights into the USA TAC's Ko Dan Ja testing process, candidate requirements and candidate project expectations. Participants will receive experienced advice about how to adequately prepare for the most reward training and learning experience of your life. A written supplemental booklet is provided to all participants.			Friday 10:30- 11:45 AM Open To 3 rd Dans & KDJ Candidates Room TBD		
	Fast N Furious Footwork Jeff Griggs, Sa Bom, TAC Weh Gung Bu 6 th Dan 23269 Strategic movement and ambulatory mobility are important skills for successfully overcoming an opponent. You will learn master level insights about your footwork during this session. Come away with a new understanding of movement and with the ability to apply your new footwork concepts effectively. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.			Friday 10:30- 11:45 AM Open To All Dan Ranks Room TBD		Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans

Instructors		Seminars		Thur 8:30- 9:30 PM	Friday 9:00- 10:15 AM	Friday 10:30- 11:45 AM	Friday 1:30- 2:45 PM	Friday 3:00- 5:00 PM
	Aspire Higher: Jump Kick The Clouds Lisa Kozak, Sa Bom, TAC Neh Gung Bu 6 th Dan 23540 Will you learn anti-gravity skills? Not quite, but you will learn to aspire higher by applying secrets that maximize your jump kick height and you will learn how to achieve greater elevation and “hang time” than you may have ever thought possible. When your body is fully airborne and your kick contacts your target, then amazing force is transmitted. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.				Friday 9:00- 10:15 AM Open To All Dan Ranks Room TBD			Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	Endless Ho Shin Sool Josh Lockwood, Sa Bom, TAC Neh Gung Bu 6 th Dan 29755 Real-life self defense situations are very stressful, they are not pretty or organized and the pace of action can be frantic and light speed with no time to think. Instantaneous, learned reactions may provide the best opportunity for you to prevail under these circumstances. You'll leave with a new understanding of your self defense skills and during the Moo Duk Kwan®-a-thon you'll apply what you've learned.				Friday 9:00- 10:15 AM Open To All Dan Ranks Room TBD			Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	Superior Sparring Tactics Jennifer Gibbons, Sa Bom, TAC Shim Gung Bu 5 th Dan 32238 You'll learn superior sparring tactics and spontaneous technical application skills during this seminar. Self defense situations demand reflexive responses and instinctive application of your skills without delay. This seminar will help you learn how to apply your skills spontaneously and strategically for victory in sparring and self defense. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.					Friday 10:30- 11:45 AM Open To All Dan Ranks Room TBD		Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans
	Studio Best Practices Michael Garaguso, Sa Bom, Certified Studio Owner 7 th Dan 21491 Sa Bom Nim Garaguso operates the largest school in the Federation and is a 7th Dan with a long history of successful school operations. He will share insights, concepts and best practices that can help Studio Owners attract more new students and retain a higher percentage of existing students through the applications of proven studio marketing and management techniques. Future studio owners will also gain valuable insights and knowledge to support your future success.						Friday 1:30- 2:45 PM All Dans Studio Owners Future Studio Owners Room TBD	
	Hosting a Successful Kick-a-thon James Harwood, Sa Bom, Regional Examiner 6 th Dan 23104 You'll learn about the many side benefits your studio and students will gain when you host a kick-a-thon to raise funds for your cause. While a small program or school kick-a-thon can easily raise over \$3000, the side benefits of organizing, promoting and hosting the event may be worth far more to your school than the fundraising results. Learn what we did that pushed Region 1 over our fundraising goal.						Friday 1:30- 2:45 PM Open To All Dans Studio Owners NPVT Mems Room TBD	

Non practitioners Welcome

Parents of students and non-practitioners with a spectator pass are invited to participate in the *Firearm Defense Fundamentals* seminar. This popular seminar has been in high demand and has been well received by participants in all walks of life. You'll leave with an informed respect for firearms and matters related to them, plus strategies for dealing with an attacker who may have one.

Instructors	Seminars	Thur 8:30- 9:30 PM	Friday 9:00- 10:15 AM	Friday 10:30- 11:45 AM	Friday 1:30- 2:45 PM	Friday 3:00- 5:00 PM
 	Firearm Defense Fundamentals Joey Poppo, Sa Bom, Certified Studio Owner 6 th Dan 28041 Anthony Dos Santos, Jo Kyo, Certified Studio Owner 1 st Dan 47183 This informative seminar will help you become knowledgeable about many aspects of firearms and how to respond to public demand for training related to firearms. You'll learn about the use of force continuum, legalities and the application of deadly physical force, basic definition of firearms, functions of firearms and practical defensive skills from instructors in law enforcement who are experienced with firearms and topics being presented. Leave better prepared to serve your community. During the Moo Duk Kwan®-a-thon you'll apply what you've learned.			Friday 10:30- 11:45 AM Open To Non Practitioner and All Dan Ranks Room TBD		Friday 3:00- 5:00 PM Moo Duk Kwan® a-thon Open To Gups & Dans

	Youth Leadership Development Jared Rosenthal, Sa Bom, Certified Studio Owner 5 th Dan 32740 Sa Bom Nim Rosenthal is the appointed National Youth Leadership Coordinator providing guidance and creating new opportunities for younger Dan members to excel and grow into future leadership roles. Dan youth are invited to join this session and learn more about how you can be informed about and become more actively involved in Youth Leadership Opportunities. http://youth.soobahkdo.org/		Friday 9:00- 10:15 AM Open To All Rank Dans Under 18 Room TBD		
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Goodwill 3 Person Sparring Team Registration Clarifications

A studio or regional qualification process is NOT required to form a **Goodwill 3 Person Sparring Team**. Team members qualify to order Official Team Apparel on the Moo Duk Kwan Mall. www.moodukkwamall.com

Three members who compose a **Goodwill 3 Person Sparring Team** in advance receive a significant registration discount over members who register individually without identifying and confirming their team mates in advance.

All you need do is identify your team mates from your own studio, any other studio, your own region or any other region and agree among yourselves to participate as a **Goodwill 3 Person Sparring Team** and then list all three team member names on the registration form.

Only one person needs to remit the Goodwill 3 Person Sparring Team entry fee of \$69.

Individual Team members **DO NOT** need to select the "Three Divisions" option on the registration form when one team member has registered the whole team. That option is for members who do not compose their team in advance and want the TAC to match them with random members at the event to compose a team.

<http://festival.soobahkdo.org/goodwill-3-person-sparring-teams/>

Moo Duk Kwan®-a-thon Fundraising

Admission to the Moo Duk Kwan®-a-thon on Friday from 3:00 to 5:00 PM is open to Gups and Dans.

There is no fee to participate other than remittance of any amount of sponsor donations and a signed registration form. **Personal fundraiser pages** can also be created online in about 30 seconds to collect donations from friends, family, businesses, etc. online Join your fellow members who have activated their personal fundraiser pages. <http://festival.soobahkdo.org/campaign-list/>

Members who are registered for any other Festival activities qualify to participate in the exciting Moo Duk Kwan®-a-thon activities.

Gups or Dans who are not registered for any other Festival activities and who are only attending the Moo Duk Kwan®-a-thon can remit any amount of sponsor donations on their registration form to enter.

The TAC has planned a super exciting slate of activities from low effort to challenging high effort with abundant recover time between each round.

Participants can change activities every 10 minutes or repeat sessions as often as desired.

<http://festival.soobahkdo.org/moo-duk-kwan-a-thon/>

Moo Duk Kwan®-a-thon Friday 3:00 to 5:00 PM



Friday July 19th from 3:00 to 5:00 PM

attendees submitting any amount of sponsor donations toward the Moo Duk Kwan®-a-thon are eligible to participate.

Some members have asked about the rationale of making admission to this session contingent on sponsor donations. In short, the goal of acquiring sponsor donations is intended to challenge Gups and Dans to exercise your confidence and presentation skills as future leaders of our art.

Every Certified Studio Owner is faced with the daily challenge of presenting our art to the general public in a manner that captures the attention of those interested in martial art training or other benefits it provides. Each Gup and Dan member needs to hone similar skills whether you operate a studio or not.

Your leadership challenge is to connect with the public and solicit sponsor donations for your participation in the Moo Duk Kwan®-a-thon. During this activity you will surely encounter opportunities to hone your “Elevator Pitch” and to educate members of the public about our art and about how they can support you in preserving the values it emphasizes.

Attendees submitting \$150 or greater in sponsor donations will be invited to dinner with Kwan Jang Nim, TAC and senior officials.

Every 10 minutes a timer horn will sound notifying participants that they can rotate to a new activity area of their choice or repeat activities of their choice.

3:00 – 3:10 Round 1

3:10 – 3:20 Break

3:20 – 3:30 Round 2

3:30 - 3:40 Break

3:40 – 3:50 Round 3

3:50 – 4:00 Break

4:00 – 4:10 Round 4

4:20 – 4:30 Break

4:30 - 4:40 Round 5

4:40 – 4:50 Break

4:50 – 5:00 Round 6

<http://festival.soobahkdo.org/moo-duk-kwan-a-thon-and-vip-dinner-friday-july-19-2013/>

Moo Duk Kwan®-a-thon 10 Minute, Fast Paced, Challenge Rounds

Fast N Furious: Dynamic Footwork

Participants will engage in hi intensity drills designed to hone footwork awareness and skills.

Jeff Griggs Sa Bom Nim

Area 1

Aspire Higher: Jump Kick The Clouds

Students will learn how to fly higher than ever and get more hang-time than ever before when performing jumping kicks.

Lisa Kozak, Sa Bom Nim

Area 3

Simplified Sweep Aways

Students will apply gravity against opponents using a series of simplified sweeps and take downs

Bill Nelson, Sa Bom Nim

Area 5

Takedown Rebounds

Students will focus on strategies for rapid recovery after a throw or takedown

Cash Cooper, Sa Bom Nim

Area 7

Superior Sparring Tactics

Students will focus on rapid application and repetition of key sparring combinations

Jennifer Gibbons, Sa Bom Nim

Area 9

Devastating Combinations

Partners will engage in rapid fire, creative applications of techniques in a free-style one-step format

Daymon Kenyon, Sa Bom Nim

Area 2

Endless Ho Shin Sool

Partners or trios will engage in continuous ho shin sool locks and escapes without pause unless escape is impossible.

Josh Lockwood, Sa Bom Nim

Area 4

Precision Impact

Students will use striking targets to hone striking skills and produce powerful, trembling impact

Kris Poole, Sa Bom Nim

Area 6

Overthrows You Should Know

Students will drill on over-throwing techniques for larger opponents.

Craig Hays Sa Bom Nim

Area 8

Invincible Ja Seh

Students will drill on the technical and philosophical secrets of an invincible Ja Seh connecting the practitioner to the strength of the earth, all elements and their internal energy.

Dae Kyu Chang, Sa Bom Nim

Area 10

Dinner Cruise Saturday July 20th



BEN FRANKLIN DECK	
Seating Capacity	200
Bar	1
Heads	2
Complimentary Coat Check	1
Dance Floor	1



WALT WHITMAN DECK	
Seating Capacity	200
Bar	1
Heads	2
Complimentary Coat Check	1
Dance Floor	1



BETSY ROSS DECK	
Seating Capacity	150
Bar	1
Complimentary Coat Check	1

Spirit of Philadelphia Dinner Cruise

History repeats.

1992 in Ft Lauderdale, Florida is the only time in history that the Federation's National Festival concluded with a dinner cruise and it was a unique and memorable experience for all in Region 4.

On July 20th, 2013 at 6:00 PM Saturday evening history will repeat in Region 2. At the conclusion of the Dan Competition, a charter bus will arrive at the Hotel to transport all who are registered for the Dinner Cruise across the river to the departure dock. Of course you can ride with friends who have cars if you prefer, but parking can sometimes be a challenge in Philadelphia and the bus will whisk you over and back with no headaches.

The Dinner Cruise will be a wonderful opportunity for you to enjoy an exciting social experience with fellow Dan members, make new friends and get to meet and know your fellow leaders in the Federation in a relaxed social environment.

Leadership is a quality that conceives visionary endeavors, compels the bold undertaking of uncertain ventures and drives the achievement of exceptional accomplishments. Share this cruise with a host of fellow members who exude these leadership qualities and more. Be a leader. Be there.

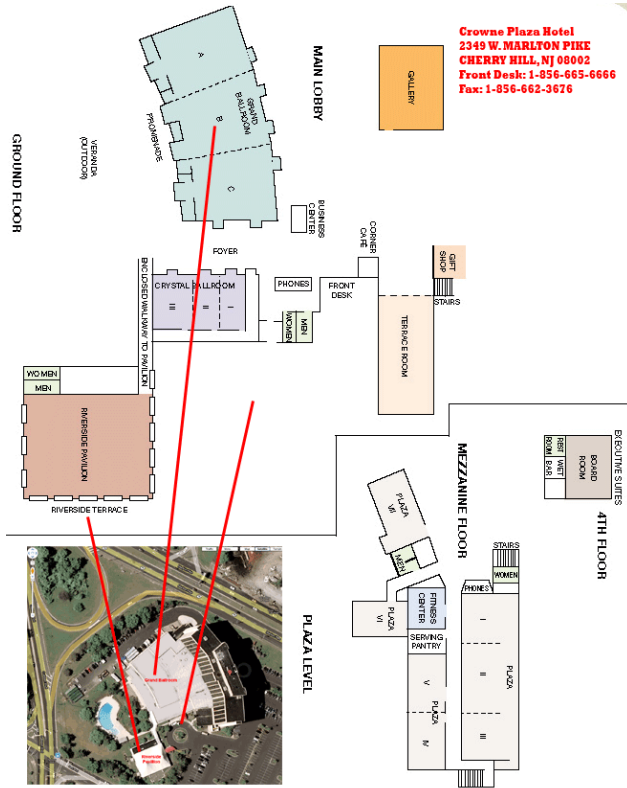
To save your seat until you send in your registration form

Text **DINNERCRUISE** to **69302**

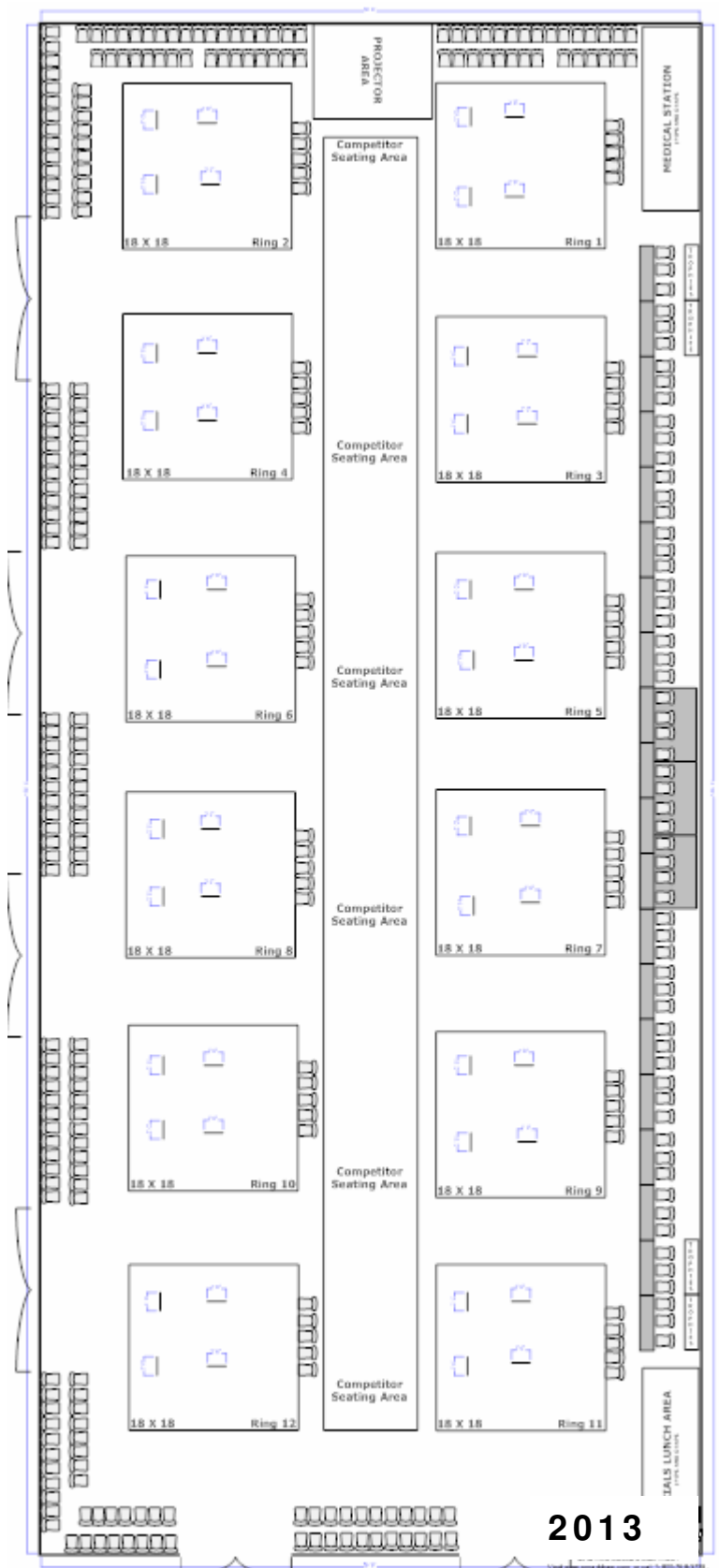
If we reserve 75 tickets, then we can have the
Betsy Ross Deck Private For Members

<http://festival.soobahkdo.org/cruise/>

Crowne Plaza Hotel



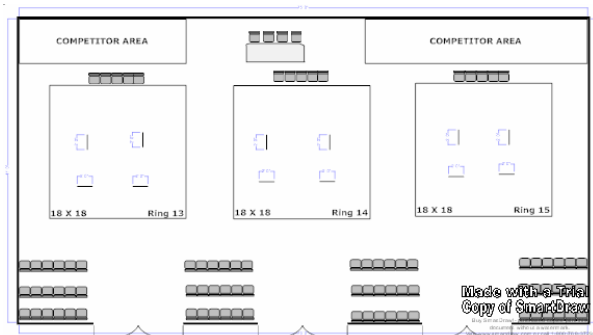
Grand Ballroom



Main Ballroom May Be Divided Into 3 Sections

Scheduled Meals and Some Seminars To Be Held In Additional Breakout Rooms

Crystal Ballroom



2013

**2013
TAC Approved
Dan Hyungs**

Cho Dan

Chil Sung Sam Ro
Joong Jol
Jin Do
Naihanji E Dan

E Dan

Chil Sung Sa Ro
Po Wol
Rohai
Naihanji Sam Dan

Sam Dan

Chil Sung O Ro
Yang Pyon
Sip Soo
Kong Sang Koon

Sa Dan

Sal Chu
Wang Shu
Sei Shan
Chil Sung Yuk Ro

O Dan

Ji On
Choong Ro
O Sip Sa Bo
Chil Sung Chil Ro

Yuk Dan

Hwa Sun

**2013
Dan Hyung
Divisions**

Cho Dan:

7 – 10 M/F
11 – 14 M/F
15-17 M/F
18-30 M/F
31-36 M/F
46+ M/F

E Dan:

11 – 14 M/F
15-17 M/F
18-30 M/F
31-36 M/F
46+ M/F

Sam Dan:

15-17 M/F
18-30 M/F
31-36 M/F
46+ M/F

Ko Dan Ja:

Under 50:
Sa Dan
O Dan
Yuk Dan

Ko Dan Ja Hyung

Over 50:
All ranks M/F

**2013
Dan Sparring
Divisions**

Cho Dan:

7-10 M/F
11-14 M/F
15-17 M
15-17 F
18-30 M LW
18-30 M HW
18-30 F
31-46 M LW
31-46 M HW
31-46 F
46+ M
46+ F

E Dan:

11-14 M/F
15-17 M
15-17 F
18-30 M LW
18-30 M HW
18-30 F
31-46 M LW
31-46 M HW
31-46 F
46+ M
46+ F

Sam Dan:

15-17 M
15-17 F
18-30 M LW
18-30 M HW
18-30 F
31-46 M LW
31-46 M HW
31-46 F
46+ M
46+ F

**Ko Dan Ja
Sequenced Sparring**

**2013
Dan Team
Divisions**

**Regional Dan
Sparring Teams**
Adult 18 & up

NEW!
Regional Dan Sparring
Teams Youth 8 to 12

NEW
Regional Dan Sparring
Teams Teens 13 to 17

**Regional Hyung
Teams**
Junior Dans under 18
Adult Dans 18-40
Senior Dans 41Up

NEW
Goodwill 3 Person
Sparring Teams

Dan Adults male
ages 18 up

Dan Adults female
ages 18 up

Dan Teens
mixed genders
ages 13 to 17

Dan Youth
mixed genders
ages 8 to 12

**All sparring
Participants must
wear the following:**
Headgear,
mouthpiece, groin
cup (men) & hand
pads (covering
knuckles only).

**Full hand, foot and
body protective
gear prohibited.**

**We emphasize no
contact.**

**1st, 2nd and two 3rd
Places in each
sparring division!**



2013 National Festival & Championships Registration Form



Mail, fax or email completed registration form along with payment instructions to:

U.S. Soo Bahk Do Moo Duk Kwan Federation®

20 Millburn Ave Floor 2 Springfield, NJ 07081 (888) SOO-BAHK or (973) 467-5716 Fax



Hotel Group Rate \$129s/d/t/q subject to availability after June 17th 2013

RESERVE YOUR ROOM TODAY (856) 665-6666 or online at www.festival.soobahkdo.org

Participation Is Open To Federation Members With Current Membership

Your Registration Packet Will Be Ready For Pickup On-site. Confirmation Emails Will Be Sent When You Provide an Email Address

PLEASE PRINT CLEARLY & FILL OUT BOTH SIDES COMPLETELY

Name _____ Fed I.D. _____ Membership expires _____

Birthdate _____ Age _____ Sex _____ Rank _____ Flying to Nationals? _____ Airline _____

Address _____ City _____ St. _____ Zip _____

Home Phone () _____ Work Phone () _____ Instructor _____

Inst. Rank _____ Inst. Dan# _____ Inst. Signature _____

WAIVER

I do hereby release the U.S. Soo Bahk Do Moo Duk Kwan Federation, Inc.® and all others associated with producing this event in any capacity for any liability due to injuries, etc., that I may incur as a result of my attendance or participation. I clearly understand that participation in the sparring aspect of this event could involve bodily contact. I am fully aware of my personal medical condition and hereby certify that I am mentally and physically fit to participate in the event(s) for which I have registered and that I have the medical coverage or personal means to cover the expenses. I permanently waive any compensation for photos, videos, media coverage, etc. of me that may be utilized by the Federation and give permission for publication of them.

Participant's Signature _____ Date _____

Signature of Guardian (If under 18 years of age) _____ Date _____

\$25 Onsite Registration Fee

All sparring participants must wear headgear, mouthpiece, groin cup (men) & hand pads (covering knuckles only). Full coverage hand, foot and body protective gear prohibited.

Contact is prohibited and may result in disqualification.

1st, 2nd and two 3rd Places in each sparring division.

SEE REVERSE FOR PAYMENT OPTIONS AND TO REGISTER FOR OTHER EXCITING ACTIVITIES

HYUNGS (FORMS)

DAN BON _____

NAME _____

RANK _____ AGE _____ HEIGHT _____

REGION _____ INSTRUCTOR _____

DIVISION _____

DEH RYUN (SPARRING)

DAN BON _____

NAME _____

RANK _____ AGE _____ HEIGHT _____

REGION _____ INSTRUCTOR _____

DIVISION _____

3 PERSON SPARRING TEAM

Youth Team ages 8 to 12 Teen Team ages 13-17
Adult Team ages 18 up

1st NAME _____ REGION _____

DAN BON _____ RANK _____ AGE _____ HEIGHT _____

2nd NAME _____ REGION _____

DAN BON _____ RANK _____ AGE _____ HEIGHT _____

3rd NAME _____ REGION _____

DAN BON _____ RANK _____ AGE _____ HEIGHT _____

2013 National Festival Registration Form

Item	Description	Qty	Price	Total
Festival Package (Best Value)	Includes the complete National Festival and Dan Leadership Convention experience & more!. All Meals, Moo Duk Kwan-a-thon, All Seminars, Three Competition Divisions, 1 Festival Pass, 2 T-Shirts, 1 Sat Dinner Cruise Ticket and \$100 credit toward any Instructor Certification Study Kit or an Annual Soo Bahk Do Institute Subscription acquired before July 31st or toward 2013 Moment With The Master or KDJS Event Entry Fees.		\$597.00	
Festival Meal Plan	The Kwan Jang Nim, TAC, SAC and HKI will be eating together at scheduled times. If you would like to eat with them and have all your meals included, then add this option. Includes Thur Dinner, Fri Breakfast, Fri Lunch, Fri Dinner, Sat Breakfast, Sat Lunch, Sat Dinner (not the cruise), Sun Breakfast		\$157.00	
TAC Seminars Friday 3 Sessions	Friday Seminar Session 1, 2 and 3 open to Dans of all ages and ranks. Updates and additional seminar information can be followed on the Festival and Dan Leadership Convention website. http://festival.soobahkd.org		\$147.00	
Single Seminar	One individual seminar on Friday in session 1, 2 or 3		\$69.00	
Audition For Soo Bahk Do Institute	Thursday July 18th from 1:15 to 4:00 PM Gups and Dans can have their individual or partner or group technical performance videoed to be considered by TAC for Official publication on the Soo Bahk Do Institute.		FREE	
Moo Duk Kwan-a-thon (any amount of sponsor donations)	Friday July 19th from 3:00 to 5:00 PM attendees submitting any amount of sponsor donations are eligible to participate in the Moo Duk Kwan-a-thon.		Enter \$ Amt of Your Sponsor Donations	
2013 One Division (A)	Single Division Entry Fee: Indiv Hyung OR Indiv Sparring OR 1 member of a 3 Person Sparring Team to be randomly composed onsite		\$69.00	
2013 Two Divisions (B)	Two Divisions Entry Fee: Any two of Indiv Hyung and/or Indiv Sparring and/or 1 member of a 3 Person Sparring Team to be randomly composed onsite		\$99.00	
2013 Three Divisions (C)	Three Divisions Entry Fee: All three Indiv Hyung, Indiv Sparring and 1 member of 3 Person Sparring Team to be randomly composed onsite		\$129.00	
Goodwill 3 Person Sparring Team (\$69 fee pays for all 3 members) Order Team Apparel at www.moodukkwamall.com	When 3 members register as a team in advance, then only one team member needs to remit the \$69 Team registration fee and individual team members DO NOT need to select Three Divisions (C) listed above.		\$69.00	
2013 Commemorative Festival T-Shirt	Commemorative T-shirts (circle sizes and write in qty of each size) Youth: YS - YM - YL Adult: S - M - L - XL - XXL - XXXL []		\$25.00	
3 Day Festival Pass	Good for non-member Festival Access Thursday, Friday AND Saturday Members may present valid membership ID card for free access.		\$25.00	
Saturday Dinner Cruise Tickets	Cruise ticket is for Saturday evening. Attire is formal or business casual. Includes cruise, deluxe dinner and private chartered bus to and from hotel.		\$137.00	
Family Members Discount	Multiple family members registering together qualify for 5% discount on total. List Fed IDs and take 5% off your total. Fed ID1: _____ ID2: _____ ID3: _____ ID4: _____ ID1: _____		Minus 5%	
Onsite Registration Fee	Onsite Registration Fee applies for all on-site registrations		\$25.00	

\$

