

Region 8

US Soo Bahk Do Moo Duk Kwan Federation



2018 TAC Tour
142nd Dan Shim Sa

September 27-29, 2018 ~ Midway, UT



2018 TAC Tour



Kwan Jang Nim H.C. Hwang, President of World Moo Duk Kwan and the US Soo Bahk Do Moo Duk Kwan Federation and successor to the late founder Hwang Kee will preside over this historic event. Kwan Jang Nim and members of the Technical Advisory Committee will present exciting content in dynamic training seminars and thought-provoking discussions. The following topics will be addressed:

- Moo Duk Kwan emphasis and preservation
- TAC structure and testing requirement adjustments
- Pyung Ahn Hyung standardization
- Hu Ri warm-up ideas to create a productive habit.

142nd Dan Shim Sa

The weekend will culminate with the 142nd Dan Shim Sa. Candidates testing for Cho Dan, E Dan, Sam Dan, and Kyo Sa (teaching certification) will demonstrate in front of Kwan Jang Nim, Region 8 Officials, and the Region 8 membership. This is the largest group of candidates Region 8 has seen to date.

Kyo Sa Candidates

Makala Pace	50122	Salt Lake City, UT
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Sam Dan Candidates

Dean Rutherford	44500	Hailey, ID
Per Lindfors	48567	Hailey, ID
John Dyer	48735	New Castle, CO

E Dan Candidates

Ava Mackie	49693	Basalt, CO
Nick Sapsin	50114	Boulder, CO
Makala Pace	50122	Salt Lake City, UT
Anne Yellow Kidney	50296	Hailey, ID

Erika Basile	50297	Boulder, CO
Jadan Watada	51016	Basalt, CO
Nicholas Torres	51017	Basalt, CO
Raelan Torres	51018	Basalt, CO

Cho Dan Candidates

Tanner Keith	H201303	Basalt, CO
Eliyot Knibbe	H204792	Salt Lake City, UT
Patrick Bogdanich	H204793	Salt Lake City, UT
Jack Rupert	H205119	Basalt, CO
Eli Corrales	H205715	Salt Lake City, UT
Sara Kokish	H207798	Basalt, CO
Lily O'Rourke	H205813	Basalt, CO









Katie Kim	H207921	Salt Lake City, UT
Leam Van Law	H208134	Hailey, ID
Dylan Kettering	H208225	Salt Lake City, UT
Manay Whitcomb	H208288	Hailey, ID
Neva Baer	H209014	Hailey, ID
Charles Hansen	H209276	Salt Lake City, UT

Transfer Students

Esther Lum	H212976	Basalt, CO
Timoth Ngo	H212977	Basalt, CO

Leonel Chavez	H213137	Basalt, CO
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Special Guests

 H.C. Hwang Kwan Jang Nim	 Jeff Moonitz, SBN Hu Kyun In	 Oliver Whitcomb, SBN	 Jeff Griggs, SBN TAC Ki Sul Bu
 Jennifer Gibbons, SBN TAC Ki Sul Bu	 Brian Corrales, SBN Regional Examiner	 Norman Tai, SBN Regional Administrator	 Susan Fittanto, SBN Board Chair

Schedule

Thursday

Time	Event	Participant	Location
6:00 to 7:30 pm	Kyo Sa Examination	Kyo Sa Candidates, all members	Davos
8:00 pm	Dinner	On your own	

Friday

Time	Event	Participant	Location
12:00 to 1:00	Lunch	Meal Plan	Grindelwald
1:00 to 3:00	Dan Shim Sa Preview	Testing Candidates	Matterhorn
3:30 to 5:00	Current MDK adjustments and Pyung Ahn Hyung standardization/application	7 th Gup and above	Matterhorn
3:30 to 5:00	Moo Do Huri	10 th -8 th Gup	Davos/Monte Rosa
6:00 to 8:00	MDK Emphasis & Preservation	All Ranks	Matterhorn
8:30 pm	Dinner	Meal Plan	Grindelwald

Saturday

Time	Event	Participant	Location
7:30 to 8:15	Neh Gong Seminar	All Ranks, ages, and public	Matterhorn
8:30 to 9:30	Breakfast	Meal Plan	Grindelwald
9:45 to 11:45	Creating a productive habit	All ranks. Under 12 will separate for the 2 nd hour.	Matterhorn/Davos
12:00 to 1:00	Lunch	Meal Plan	Grindelwald
1:00 to 3:30	142 nd Dan Shim Sa	All ranks, ages, public	Matterhorn
3:30 to 4:00	Photos with Kwan Jang Nim		Matterhorn
3:30 to 4:30	Dan Shim Sa Review	Regional Leadership	St. Moritz
4:30 to 5:30	Instructor's Meeting	Instructors	St. Moritz
7:00 pm to 10:00	Celebration Banquet	Banquet ticket holders	Matterhorn

Meal Plan Menu

All meals will be served in the Grindelwald room.

Friday Meal Plan

Lunch:

- Penne Pasta Carbonara
- Garlic Bread
- Bacon, Sweet Peas, Carrots w/ Parmesan Cheese
- Lemonade
- Butterscotch White Chocolate Blondies

Dinner:

- Grilled Pork Chop
- Baked Rolls w/ Butter
- Garden Salad w/ tomatoes, cucumbers, carrots, and red onion. Ranch dressing
- Cottage Fried Potatoes, Seasonal Vegetables
- Cherry Pie w/ Whipped Cream
- Lemonade

Saturday Meal Plan

Breakfast:

- Scrambled Eggs, Bacon, Hash Browns
- White and Wheat Toast, Butter and Jam
- Fruit Yogurts
- Apple Juice

Lunch

- Whole Wheat Turkey Club Sandwich
- Bacon, Lettuce, Tomato, Avocado
- Chefs Cold Salad
- Lemonade
- Assorted Cookies

Dinner (Celebration Banquet)

- Grilled Beef Sirloin Mushrooms & Onions Jus
- Mashed Potatoes
- Fresh Baked Rolls w/ Butter
- Caesar Salad Romaine Lettuce, Parmesan Cheese, Croutons, Caesar Dressing
- Chef's Choice Vegetable
- Apple Pie with Whipped Cream
- Lemonade



Your Host

Wasatch Martial Arts Academy is a certified member of the US Soo Bahk Do Moo Duk Kwan Federation and World Moo Duk Kwan and the only school in Utah legally authorized to teach Hwang Kee's art known as Soo Bahk Do, Tang Soo Do, or Moo Duk Kwan. We are located at 2 North Medical Drive in Salt Lake City have classes for all ages and abilities. Visit wasatchmartialarts.com.



Our Martial Art

Soo Bahk Do is the name of the martial art we study. Though it is a Korean martial art, it has been influenced by both Chinese (soft) and Okinawan (hard) fighting systems. In Soo Bahk Do you'll find quick, sharp movements, followed by long, fluid movements. Our technique blends east Asian wisdom with modern-day scientific principles. Soo Bahk Do's movements can be distinguished by our unique use of hip and devastating kicks.

Soo Bahk Do is much more than a form of exercise or self-defense. Soo Bahk Do is a way of life that helps cultivate and refine a person's mind, body, and spirit in the pursuit of Hwal (longevity).