

Su P'a Ri: A framework for Instructors

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The Moo Duk Kwan has a strong culture of discipline and respect. We demonstrate this value in action, in part, through our standardization (Il Kwan Seung), which provides a strong foundation for a student of the Moo Duk Kwan. Su P'a Li is a traditional framework to demonstrate the lifelong journey of a practitioner. The basic definitions are outlined in the table below.

Hanja	Hangul	Roman	Literal Meaning	Application
守	수	Su	Protect, Defend	Learn a technique
破	파	P'a	Break, Destroy	Apply the technique
離	리	Li	Depart, Separate	Transcend

Su

Su practitioners look to follow a series of steps with exactness to learn a technique. Advanced Su level practitioners are ideal instructors for the beginning student such as a Jo Kyo because they too are living this experience. Su-level instructors are excellent drill sergeants who teach the Moo Duk Kwan curriculum with exactness without deviation and ask their students to copy.

P'a

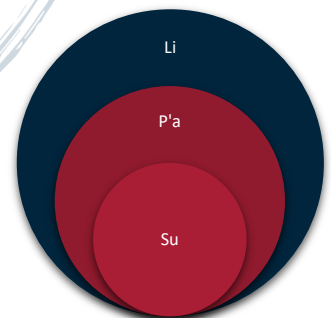
P'a is where you begin to apply what you learned in Gi Cho, Hyung, Il Soo Sik, and Ho Sin Sul and understand that “surprising things will happen when you meet your opponent.” Constant adjusting is the norm and you begin to understand conditional statements: “When this occurs, then I adjust in the following way.” P'a level instructors are creative in how they apply the Moo Duk Kwan curriculum into their classes to manage the needs of each individual student.

Li

Li is often translated to “transcendence.” Your dedication as a student of the Moo Duk Kwan brings you to the point of “Mu Shim” or “no mind”. The Art becomes a part of you, and you strive to move naturally and intuitively based upon the laws of Nature taught within the Moo Duk Kwan curriculum, but you are not bound by the curriculum. You begin to give back to the Art. Li-level practitioners keep the Art alive.

Non-Linear Framework

Oftentimes this framework is misunderstood as a linear journey, graduating from one phase to the next. Rather, it is better demonstrated in this model. Effective instructors are found throughout this model. As we strive for Li, we must never leave behind Su. This is the spirit of “Cho Shim” or beginner’s mind.



*“A student is an unfinished orchestra...”
- Hwang, Hyun Chul, Moo Duk Kwan Kwan Jang*