



Brief History of the Moo Duk Kwan

| | |
|-------------------|---|
| 1910 | Japanese Occupation |
| 9th November 1914 | Birth of Grandmaster Hwang Kee |
| 15th August 1945 | End of World War II Korean Independence |
| 9th November 1945 | Founding of Moo Duk Kwan (Hwa Soo Do) 5 original styles formed (Tang Soo Do) |
| 1950 - 1953 | Korean War - Dan Bon: No.1 (Kim, Un Chang), No. 2... |
| 1953 - 1961 | Prime period of the Moo Duk Kwan <ul style="list-style-type: none"> ■ Use of Huh Ri ■ Do Bohk Trims (1954) ■ The First Goodwill Internationals (1955) ■ Dan Bon ■ Publication ■ Physic / Science application ■ Moo Yei Do Bo Tong Ji (1957) - Rebirth of Soo Bahk Do ■ Korean Soo Bahk Do Association (1960.6.30) ■ Moo Duk Kwan patch ■ Yuhk Ro Hyung, Chil Song Hyung ■ Ko Dan Ja Shim Sa ■ Founding purpose of the Federation ■ Action philosophy (Kwang Jan Nim's life journey) ■ YOU |

Moo Duk Kwan Division

| | |
|---------------|--|
| 16th May 1961 | Military Coup - Birth of Tae Kwon Do (General Choi) <ul style="list-style-type: none"> ■ Release from jobs ■ No passport ■ Military service - Tae Kwon Do ■ Soo Bahk Do certification ■ Cancellation of the Korean Soo Bahk Do Association (1965) |
|---------------|--|

Moo Duk Kwan in the USA

| | |
|----------------|---|
| 1950 - 1960 | US Military personnel who served in Korea No National organisation until 1976 |
| 28th June 1976 | The US Soo Bahk Do Moo Duk Kwan Federation, formally known as U.S. Tang So Do Moo Duk Kwan Federation was founded |

수박도 무덕관

Present

- Important time for Moo Duk Kwan history
- Past present future

Common Goal

- Strengthen the foundation

Achieving the Common Goal

- Increase the value of doing through on-going education
- Carry the theme with creativity for next 10 and more years
- Active participation (role)

Specific contents

1. Identity

- Initiated and created on the Moo Do philosophy
- Moo Do identity
- Connection between the identity and the role

2. Art and I

- Who is the art
- Bow to the Art - honouring the past, creating the future through your practice (role)
- Be where the art is
- Connection between the art and participation
- Longevity of the art

3. Leadership

- Soo Bahk Do Moo Duk Kwan is the Art of Leadership
- Leadership Jo Kyo, Kyo Sa, Sa Bom and Ko Dan Ja

4. Specific Roles

- Being Moo Do practitioner (Baek Mun Bool Yo Il Kyun)
- Visibility
- Teaching opportunity
- Public relations opportunity
- Sharing the Art
- Learn and support through active participation

5. Application

- Strengthen individual Do Jang - Strengthen the Federation
- Longevity of the individual Do Jang
- On-going Moo Do education
- On going activity and programs for achieving the Common Goal

President's Vision Tour II Quiz 2014

Take this quiz online: <http://worldmoodukkwon.com/presidents-vision-tour-ii-quiz-2014/>

1. What is the date of Korea's Independence AND what other significant historical event happened in the world at this time?

This is a two part question. You must select two answers.

- a. August 15, 1945
- b. November 9, 1945
- c. World War 2 Began
- d. World War 2 Ended



2. When was the Hwa Soo Do Kyo Beon published in Korea AND who was the author?

This is a two part question. You must select two answers.

- a. Joo Bang Lee
- b. Hwang Kee
- c. 1942
- d. 1949



3. What is the meaning for "Hwa Soo Do?"

Draw a line to connect each element to the corresponding term.

- | | |
|--------|--------|
| a. Hwa | Hand |
| b. Soo | Way |
| c. Do | Flower |

4. Who was the student awarded Moo Duk Kwan® Dan Bon #1 by Founder Hwang Kee?

- a. Eun Tchang Kim
- b. Kim, Young-duk
- c. Nam, Sun Hyun
- d. Choi, Hee-suk
- e. Yoo, Kwa Young



5. During what time period did Founder Hwang Kee's Moo Duk Kwan® martial art schools experience wide spread growth and popularity resulting in the Moo Duk Kwan's® "Prime Time."

- a. 1910 to 1945
- b. 1945 to 1949
- c. 1945 to 1953
- d. 1953 to 1961

6. Which of the following were key attributes and/or accomplishments of Founder Hwang Kee's Moo Duk Kwan® martial art school during its "Prime Time?"

- a. The Moo Duk Kwan school logo was very visible and well known
- b. Use of Huh Ri (hip) emphasized in training at Moo Duk Kwan martial art schools
- c. Use of Do Bohk (uniform) trim adopted in Moo Duk Kwan martial art schools 1954
- d. The Moo Duk Kwan hosted the 1st Goodwill Demonstration in 1955, 10
- e. The Moo Duk Kwan Dan Bon system played a major role in upholding discipline and respect in the art
- f. Moo Duk Kwan Founder Hwang Kee published numerous books and newspapers
- g. Moo Duk Kwan Founder Hwang Kee applied science and physics in teaching his martial art

- h. Moo Duk Kwan Founder Hwang Kee discovered the Moo Yei Do Bo Tang Ji and focused on a rebirth of Soo Bahk Do
- i. The Korean Soo Bahk Do Association, Moo Duk Kwan was formed 1960-06-30
- j. Moo Duk Kwan Founder Hwang Kee published the Moo Yei Si Bo (newspapers) 1960-09-01
- k. The Moo Duk Kwan became the most influential and highly regarded martial art institute in Korea



7. What year did the Japanese occupation of Korea begin?

- a. 1901
- b. 1904
- c. 1910
- d. 1914

8. What is the birth date of Moo Duk Kwan Founder Hwang Kee?

- a. October 17, 1916
- b. November 9, 1914
- c. November 7, 1945
- d. December 12, 1921



9. What date was the Moo Duk Kwan® martial art school founded by Hwang Kee?

- a. November 9, 1914
- b. November 9, 1945
- c. December 6, 1949
- d. May 5, 1954

10. Why did Hwang Kee name the martial art that he taught in his Moo Duk Kwan® martial art school "Hwa Soo Do?"

- a. Hwang Kee liked the spelling and sound of Hwa Soo Do
- b. During the 36 year Japanese occupation of Korea, its culture, education and history was usurped and lost during that time. Hwang Kee chose the name Hwa Soo Do for its close connection to the Hwa Rang in Korea's history.
- c. Hwang Kee chose Hwa Soo Do because there was widespread public knowledge about the Hwa Rang in Korea's history.



11. When was the Korean War?

- a. 1950 to 1953
- b. 1910 to 1945
- c. 1914 to 1928
- d. 1951 to 1956

12. The Korean war was caused hardships on Founder Hwang Kee's Moo Duk Kwan® martial art school including the loss of which three key students?

- a. Kim, Young-duk
- b. Eun Tchang Kim
- c. Choi, Hee-suk
- d. Hwa Yong Yu
- e. Sam Hyun Nam

13. When did H.C. Hwang begin training at Founder Hwang Kee's Moo Duk Kwan® martial art school?

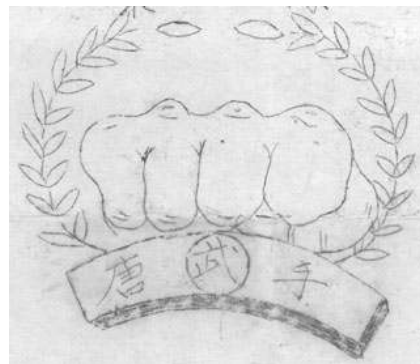
- a. May 5, 1954
- b. November 9, 1945
- c. December 7, 1956
- d. March 4, 1949



14. During the Moo Duk Kwan's® prime time what significance was achieved relevant to the Moo Duk Kwan® fist logo?

You must select three correct responses to answer this question correctly.

- a. Founder Hwang Kee's The Moo Duk Kwan® martial art schools gained much respect and recognition across Korea and the Moo Duk Kwan® fist logo became widely known as representing authorized Moo Duk Kwan schools, instructors and students.
- b. The Moo Duk Kwan® logo was banned when Tae Kwon Do was created by the Korean government.
- c. Moo Duk Kwan® schools, instructors and students proudly displayed the Moo Duk Kwan® logo to identify their affiliation with Founder Hwang Kee.
- d. Founder Hwang Kee granted rights to use his Moo Duk Kwan® logo to some of his former students who resigned from the Moo Duk Kwan® and joined the Korean government sponsored Taekwondo initiative.
- e. Some Moo Duk Kwan® alumni who were no longer training in a Moo Duk Kwan® school or associated with the Moo Duk Kwan® also displayed the logo to enhance their credibility.



15. During the Moo Duk Kwan's® prime time what was the significance of the Moo Duk Kwan® teaching use of Huh Ri?

- a. Moo Duk Kwan martial art school students who were taught use of Huh Ri moved so fast that they always looked like they were rushed and in a hurry.
- b. The use of Huh Ri was very common among all martial arts being taught in Korea, but only Hwang Kee documented the principle in his published books.
- c. Huh Ri is a made up word and has no real meaning.
- d. Founder Hwang Kee's Moo Duk Kwan® martial art schools were the only ones teaching the use of Huh Ri in physical technique execution (especially when kicking) and this clearly distinguished their physical performance from all other martial art students.



16. During the Moo Duk Kwan's® prime time what was the significance of the Moo Duk Kwan® use of colored trim on uniforms (Do Bahks)?

- a. Moo Duk Kwan® Founder Hwang Kee initiated the use of colored uniform (Do Bahk) trim in 1954 in his Moo Duk Kwan® martial art schools in order to visibly reward students for their progress and rank advancement.
- b. Moo Duk Kwan® Founder Hwang Kee adopted use of colored trim on student uniforms (Do Bahks) in 1954 because it was colorful and helped attract public attention and new students to join Moo Duk Kwan® martial art schools.
- c. In 1954 Moo Duk Kwan® Founder Hwang Kee initiated use of colored trim on uniforms (Do Bahks) to assure that all Moo Duk Kwan® martial art school students were connected with the ancient tradition of the garments worn by martial art practitioners during the Kyo Ky Ryo Dynasty 2500 years earlier.



17. During the Moo Duk Kwan's® prime time what was significant about the 1st International Goodwill Demonstration hosted by the Moo Duk Kwan® in 1955?

- a. Hwang Kee's Moo Duk Kwan® martial art school was the first Korean team to appear in an International Demonstration hosted in another country just two years after the Korean War.
- b. Si Gong Kwan became the most widely known Moo Duk Kwan® martial art school in Korea and became the Moo Duk Kwan® headquarters following the success of the 1st International Goodwill Demonstration held there in 1955.
- c. Even though it was only 2 years after the Korean War, Moo Duk Kwan founder Hwang Kee set a strong example of his dedication to pursuing improved human relations by inviting China and other international guests to participate in the event held at Si Gong Kwan in Seoul.



18. During the Moo Duk Kwan's® prime time what was the significance of the Dan Bon system initiated by Moo Duk Kwan Founder Hwang Kee?

- a. Moo Duk Kwan Founder Hwang Kee was the only original Korean style Kwan Jang Nim to assign Dan Bons to students based on scores they received during their dan test. He and his successor have preserved the integrity of this unique system to date.
- b. In Moo Duk Kwan martial art schools Founder Hwang Kee assigned Dan Bons to students so they knew what order to line up in during class and during group training sessions with students from other schools. He and his successor have preserved the integrity of this unique system to date.
- c. Moo Duk Kwan Founder Hwang Kee was the only original Korean style Kwan Jang Nim to assign Dan Bons to students based on their seniority in training in order to strongly emphasize Discipline and Respect among senior and junior students among his Moo Duk Kwan schools. He and his successor have preserved the integrity of this unique system to date.

- 19. What was the significance of the publications authored by Moo Duk Kwan Founder Hwang Kee before and during the Moo Duk Kwan's® martial art schools prime time?**
- Moo Duk Kwan® Founder Hwang Kee frequently published new books for use as text books in the Korean Educational system where he had schools.
 - The Korean Education ministry engaged Moo Duk Kwan Founder Hwang Kee to author books that taught the concepts of traditional Korean Martial arts.
 - Moo Duk Kwan® Founder Hwang Kee independently authored and published new books about every 10 years to educate readers about the value of scholarly studies and philosophy in Moo Do training and its embodiment by practitioners
- 20. What is one important attribute that distinguished the books written by Moo Duk Kwan® Founder Hwang Kee during the Moo Duk Kwan's® prime time?**
- Moo Duk Kwan Founder Hwang Kee was the first to publish martial art books in Korea with pictures and drawings in them.
 - Moo Duk Kwan Founder Hwang Kee was the first to publish martial arts books in Korea that illustrated and emphasized scientific principals and physics applied in the execution of technical movements taught in his martial art schools.
 - Moo Duk Kwan Founder Hwang Kee was the first to publish martial art books in Korea that revealed secrets to the power and precision that his martial art students were able to achieve.
- 21. What is the Moo Yei Do Bo Tong Ji?**
- The Moo Yei Do Bo Tong Ji is the only Korean martial arts book known to have been written during the Yi Dynasty (300 years before 1957) and to describe traditional "su bak" Korean fighting techniques employing bare hands and feet.
 - The Moo Yei Do Bo Tong Ji was a series of newspapers published by Moo Duk Kwan Founder Hwang Kee in 1960-1961 and which helped position the Moo Duk Kwan as the most influential style in Korea.
 - The Moo Yei Do Bo Tong Ji is an historical Korean martial arts book written by Professor Na Hyun Seong at Seoul University.
 - The Moo Yei Do Bo Tong Ji is a modern Korean martial arts book written by Moo Duk Kwan® Founder Hwang Kee describing the "su bak" empty hand and bare feet fighting techniques taught in his Moo Duk Kwan® martial art schools.
- 22. What was the significance of the Moo Yei Do Bo Tong Ji during the prime time of Founder Hwang Kee's Moo Duk Kwan®?**
- You must choose three correct responses to answer this question correctly.*
- The Moo Yei Do Bo Tong Ji was discovered at Seoul National university by Moo Duk Kwan Founder Hwang Kee with help of Professor Na Hyun Seong.
 - The Moo Yei Do Bo Tong Ji contained the term "su bak" referring to a traditional style of Korean fighting with the bare hands and feet.
 - The Moo Yei Do Bo Tong Ji inspired Hwang Kee to retire to the mountains of China where he perfected his martial art system (Yuk Ro Hyung, Sip Dan Khum Hyung, Hwa Seon).
 - The Moo Yei Do Bo Tong Ji was the 1st time Hwang Kee learned of "su bak" and from that day forward he devoted his studies to the rebirth of this important part of Korean culture and history (Yuk Ro Hyung, Sip Dan Khum Hyung, Hwa Seon) and integrated its concepts into his Soo Bahk Do® martial art system.

23. What was the significance of the Korean Soo Bahk Do Association's formation during the Moo Duk Kwan's® prime time?

You must choose two correct responses to answer this question correctly.

- a. The formation of the Korean Soo Bahk Do Association by Moo Duk Kwan® Founder Hwang Kee marked his unification with the government Tae Kwon Do movement.
- b. The formation of the Korean Soo Bahk Do Association by Moo Duk Kwan® Founder Hwang Kee pre-dated the formation of the Korean Tae Kwon Do Federation.
- c. Moo Duk Kwan® Founder Hwang Kee was so passionate about devoting his energy toward the rebirth of "su bak" in his Soo Bahk Do® martial art system that he changed the name of his Korean Tang Soo Do Association to the Korean Soo Bahk Do Association.

24. What is the Moo Yei Si Bo?

You must select two correct responses to answer this question correctly.

- a. The Moo Yei Si Bo is a modern Korean martial arts book written by Moo Duk Kwan® Founder Hwang Kee describing the "su bak" empty hand and bare feet fighting techniques taught in his Moo Duk Kwan® martial art schools.
- b. The Moo Yei Si Bo is a series of monthly newspapers published by Moo Duk Kwan® Founder Hwang Kee through the Korean Soo Bahk Do Association, Moo Duk Kwan during 1960-1961 which helped position the Moo Duk Kwan® martial art schools as the most influential and respected in Korea.
- c. The Moo Yei Si Bo is the only Korean martial arts book known to have been written during the Yi Dynasty (300 years before 1957) and to describe traditional "su bak" Korean fighting techniques employing bare hands and feet.
- d. In April 1961 after the military coup of the Korean government, publication of the Moo Yei Si Bo was forced to shut down.

25. How did the military coup of the Korean government May 16, 1961 effect the Moo Duk Kwan®?

You must choose three correct responses to answer this question correctly.

- a. The military coup only affected the government of Korea and had no real impact on Hwang Kee's Moo Duk Kwan® martial art schools.
- b. The military coup of the Korean government happened on a date other than May 16, 1961.
- c. Tae Kwon Do was born after the military coup and became a government funded initiative to combine all Korean martial art styles into one national Korean sport body.
- d. Korean instructors at Hwang Kee's Moo Duk Kwan® martial art schools began to succumb to government political pressure and financial incentives to join the government sponsored Tae Kwon Do sport initiative and thus abandon the Moo Duk Kwan's® unique identity which led to internal conflicts and fragmentation of Moo Duk Kwan® practitioners.
- e. For more than over 40 years after the military coup the Korean government provided financial and political support for those supporting its Tae Kwon Do initiative and gradually many Moo Duk Kwan® practitioners became disheartened, misinformed and disconnected from the original teachings of Moo Duk Kwan® Founder Hwang Kee.
- f. The military coup resulted in a great number of the public seeking out martial arts training to protect themselves and Hwang Kee's Moo Duk Kwan® schools filled up with students all across Korea which led to the Moo Duk Kwan's "Prime Time."

26. How was the Moo Duk Kwan® discipline introduced to your country?

- a. Military personnel who trained in Moo Duk Kwan® schools in Korea in the 1950's returned home and many began instructing students in their home country about the martial art and philosophy they had learned.
- b. Moo Duk Kwan® Founder Hwang Kee received government funding to send instructors to different countries and start Moo Duk Kwan martial art schools.

27. What were the names and Dan Bons of the earliest Moo Duk Kwan practitioner(s) who began teaching in your country? **This question is for the USA.**

- Dale Drouillard 757
- Mariano Estioko 759
- Robert Thompson 1791
- Lawerence Seiberlich 1815
- John Butterwick 2277
- Robert Cheezic 2278
- Carlos Norris 2819
- Joe Weeks 3596
- Lynn Jackson 3597
- James Ruston Jr. 4130
- Russel Hanke 4137
- Robert Shipley 4825



28. When was the United States Tang Soo Do Moo Duk Kwan Federation® officially chartered?

- June 28, 1976
- November 29, 1974
- August 3, 1996



29. When did the United States Tang Soo Do Moo Duk Kwan Federation® officially change its name to the United States Soo Bahk Do Moo Duk Kwan Federation®?

- June 28, 1976
- November 29, 1974
- August 3, 1996

歷史 傳統 四剛外柔 哲學 技術

30. What are the five Moo Do values?

You must select five correct responses to answer this question correctly.

- Courage
- Speed Control
- Line of Sight
- History
- Tradition
- Philosophy
- Discipline / Respect
- Technique

31. What is the origin of the five Moo Do values?

- The Five Moo Do Values originated from Moo Duk Kwan® Founder Hwang Kee's activity during the Moo Duk Kwan's® Prime Time
- Moo Duk Kwan Founder Hwang Kee discovered the five Moo Do values in an ancient Korean martial art book.
- The five Moo Do values are ancient Korean symbolic terms whose origin is unknown and the English terms represent those ancient concepts.

32. The Five Moo Do Values have a special meaning for Moo Duk Kwan® practitioners. How do the Moo Do Values connect to our accomplishments in our history and our practice.

Draw a line to connect each element to the corresponding value(s)

- | | |
|---|------------------------|
| a. Use of Huh Ri | History |
| b. Do Bohk trim | Philosophy |
| c. 1 st Goodwill International Demonstration | History & Tradition |
| d. Dan Bon | Technique |
| e. Publications | Discipline And Respect |
| f. Physics & Science Application | Philosophy (in action) |
| g. Moo Yei Do Bo Tong Ji | Philosophy & Technique |

33. What common goal was expressed in the 2003 President's Vision Tour?

- a. There is only one Moo Duk Kwan
- b. Action, Action, Action!
- c. Strengthening The Foundation

34. What three (3) key attributes are required to achieve the common goal expressed during the President's Vision Tour?

You must choose three (3) correct responses to answer this question correctly.

- a. Seek stillness in motion
- b. Strengthen understanding and embodiment of Moo Do Values through education
- c. Sustain the PVT message theme through creativity
- d. Active participation
- e. Proper rest after training

35. What opportunities and responsibilities do you perceive related to your role in the "Art And I?"

- a. Bowing in the art
- b. To honor the past and create the future through practice
- c. To ensure longevity of the art through personal actions
- d. To apply Moo Do values inside and outside the Do Jang



Five Moo Do Values Sparring Guide



President's Vision Tour II

Personal Vision Tour

2014



Introduction

Our organization has made considerable strides in laying a foundation that supports an evolution in the way we teach and demonstrate free sparring. The goal is to have our sparring reflect our philosophy represented by the Five Moo Do Values. These values should guide the way we approach all areas of our training. New tournament sparring rules based on the Five Moo Do Values have been established and were presented for the first time at the 2013 Moment with the Masters. At this year's Nationals Championship, our Ko Dan Ja members will compete with the new sparring rules and demonstrate the Five Moo Do Values on a national stage. We feel confident if we put the foundation we now have into action, our sparring will evolve into something special. This guide is designed to help the membership understand how the Five Moo Do Values will be applied in tournament sparring, and provide an overview of the weekend's training for the 2014 President's Vision Tour and our own Personal Vision Tour. We thank you for your dedication and hope this approach to sparring helps you continue to evolve as martial artists as well as human beings.

Clinic Instruction

- I. History Overview
- II. Tournament Rules
- III. Moo Do Value Sparring Orientation
- IV. Full Match Demonstration
- V. Tournament Simulation
- VI. Close Out

I. History Overview

- Kwan Jang Nim Hwang identified the goal of structuring tournament sparring in alignment with our philosophy in 2002
- The first demonstration of a new sparring format was presented at 2003 Nationals
- Kwan Jang Nim instructed the membership for 7 years on how the Five Moo Do Values is applied to our training
- The 2013 Ko Dan Ja Shim Sa Candidates developed the new sparring format and rules as their testing project.
- The membership had the opportunity to conduct a tournament based on the new rules at the 2013 Moment with the Masters

II. Tournament Rules

The updated rules for Five Moo Do Values Sparring can be summarized below. A detailed update to our Competition rules is in process for this year's Nationals competition.

- Each match is officiated by one referee and four corner judges.
- Each judge will hold a red flag and blue flag
- There will be five, 20 second rounds per match. All five rounds will be conducted for each set of competitors.
- The competitor who receives the majority of 5 calls wins the round. The competitor who wins at least 3 rounds wins the match.
- Officials will score based on the Five Moo Do Values.



- Contact warnings will be awarded for competitors who make contact. 2 contact warnings result in disqualification.
- Any excessive contact or blood drawn results in immediate disqualification.

III. Moo Do Values Sparring Orientation

- For a large clinic it is best to have four instructors. Divide the 5 MDVs into four sections: History & Tradition, Discipline/Respect, Technique, and Philosophy. Each instructor teaches a basic drill that supports a deeper understanding of a particular value and works on it for 20 – 30 minutes (depending on the length of your clinic). Smaller sized clinics can have everyone work on one Moo Do Value at a time. Prior to each section have Ko Dan Ja/Dan members demonstrate.
 - a. History & Tradition – Use of Jang Kap Kwon, Kwon Do, Jump Kicks, Side stepping defense, Advanced Kicking. Demonstration of strong Moo Do attitude through Ki Hap, Eye Focus, and intent.
 - b. Discipline/Respect – Disciplined use of hip and focused attacks, Respect of the attack through side stepping and proper blocking. Demonstration of strong Moo Do attitude through eye focus, respect, proper bowing.
 - c. Technique – Chain of command, advanced kicking, line/speed/beauty
 - d. Philosophy – Demonstration of Um/Yang principles
- Students (who have been split into four groups as well, based on age, rank, etc.) rotate every 20-30 minutes and work drills one station at a time, moving from slow speed to faster at the end of each session.
- After everyone finishes their fourth station, they will have experienced how the 5mv enhance our sparring.
- The next step is creating one or more partner lines with everyone (can be split up by age, rank, etc.) and putting it all together with rotating sparring.
- After rotating sparring is completed you can have the half the group sit while the standing half picks someone from the group to spar. Continue to alternate sitting and standing to give rest.

IV. Full Match Demonstration

- Conduct a full match of five, 20 second rounds
- Judges, flags, timekeepers will be used

V. Tournament Simulation (To be scheduled at some point in the weekend)

- Split up the group by Dans and Gups, and into smaller groups for multiple rings
- Ko Dan Ja members will serve as center referees
- Dan members will rotate as judges and competitors
- Depending on time allotment 2-5 rounds will be conducted for each person

VI. Close Out

- The 5 Moo Do Values applied to our sparring aligns with our philosophy
- We are making history for the art
- Our sparring will become more enjoyable