

WHAT IS TANG SOO DO

Literally translated, the word “**Tang**” means T’ang Dynasty of China which reflects the shared cultural background between **China and Korea** (617-907 AD). “**Soo**” means hand, but it implies fist, punch, strike, or defence, and “**Do**” means way of life or art.

This ancient form of martial arts which traces its lineage back **2000 years to the Korean peninsula**, is a method of empty hand and foot, and weapon fighting, based on the scientific use of the body in self defence.

Physically, Tang Soo Do is based on the principles **70% hard / 30% soft, yielding, circular motion and penetration**. However, as an art, Tang Soo Do combines all aspects, such as effort to live with developmental principles, defensive and offensive skills, handling weapons, developing power and living a healthy and harmonious life, physically and mentally. Conceptually, it is a defensive martial art, and should never be used violently or excessively.

Tang Soo Do is also an harmonious training of the **mind, body and spirit**. When anyone reaches this higher state of achievement, mysterious mental and physical strengths can be achieved that even modern science cannot comprehend. Tang Soo Do is not a sport, and is much more than self-defence. Its most important aspect is a way to enter total tranquillity – **Moo Shim (empty mind)** – which is the most powerful and peaceful state of being.

A Tang Soo Do practitioner’s ultimate goal is not only to possess excellent techniques, but, more importantly to develop and perfect one’s character as well.