



Green Belt Written Test Study Guide

Code of Moral Conduct and Ethics of Cuong Nhu Oriental Martial Arts

1

Cuong Nhu students should strive to improve themselves and their abilities in the martial arts in order to serve the people.

2

All students should be faithful to the ideals of Cuong Nhu and attempt to spread and develop these beliefs within the younger generation so that they too will morally and physically fit.

3

All members of Cuong Nhu are unified in spirit and respect each other and their instructors.

4

Only by absolute discipline of mind, body and spirit do students maintain honor in Cuong Nhu.

5

All members should respect all other styles of the martial arts and only use martial arts techniques for self-defense and to protect truth and reason.

6

Cuong Nhu students through dedicated daily practice increase their spirit, stamina and moral character.

7

The goal of Cuong Nhu students is to maintain a pure, simple, sincere and noble life.

8

Self-confidence, self-control, modesty and a non-defeatist attitude are the mental keynotes for students of Cuong Nhu.



Philosophy Review

ONE GREEN STRIPE

5 Firsts for Friendship

Communicate
Smile
Care
Share
Forgive

5 Steps to Health

Think
Eat
Exercise
Rest
Perform

5 S's for Warmups

Safety
Slowness
Self awareness
Stretching
Strengthening

5 A's for Self-Defense

Awareness
Alertness
Avoidance
Anticipation
Action

5 W's for Self Defense

Wrong time
Wrong place
Wrong people
Wrong attitude
Wrong techniques

5 R's for Self Defense

Right perspective
Right time
Right place
Right techniques
Run

TWO GREEN STRIPES

5 P's of Achievers

Perspective
Patience
Perseverance
Pride in accomplishment
Practice 'til perfect

5 D's of a Winner

Direction
Discipline
Determination
Dedication
Do 'til death

5 Think Rights (No Brain, No Gain)

Think simpler
Think faster
Think better
Think deeper
Think wiser

5 Res's for Interrelating

Responsibility (*self-respect*)
Respect Others
Responsiveness
Resolution
Resilience

5 F's for Learning and Teaching

Fun
Friendship
Focus
Fly your spirit
Finish your goal

5 Re's of Meditation

Relaxation
Respiration
Renewal/rejuvenation
Reflection
Realization

GREEN BELT

5 Sources of Power

Mind
Body
Spirit
Soul
Ki

7 Main Martial Arts of Influence

Shotokan
Boxing
Judo
Aikido
Wing Chun
Tai Chi Chuan
Vovinam

5 Controls for Self Defense

Control the area (*awareness*)
Control yourself (*fear, anger*)
Control the attackers (*strategy*)
Control the situation
Control the consequences

5 Alls for Self Defense (3-D)

All angles
All levels
All techniques
All situations
All people

5 Win's of a Winner

Over yourself
Opponent's respect
Third party's respect
Over the situation
People's hearts

10 Don'ts for Sparring

Angry
Tense
Fearful
Hurried
Waste energy
Overconfident
Distracted
Pre-conceived ideas
Discouraged if you lose
Afraid of losing



Cuong Nhu History

Master Ngo Dong founded Cuong Nhu Oriental Martial Arts in 1965. Cuong Nhu (pronounced "kung new") combined the hard-style blocks, punches and kicks of traditional Japanese karate with the shorter, more circular movements of arts like Aikido, Wing Chun, Kung Fu and Vovinam (a Vietnamese art).

To build a strong moral and spiritual foundation for his style, Master Dong interjected his personal philosophy of self-improvement, community service, and love and respect for others. In Vietnam, Cuong Nhu was more than just another form of martial art. It provided an ideological touchstone for its students, young people who had grown up in a sadly disjointed, war-torn society that was hard-pressed to meet their spiritual needs. Master Dong taught martial art techniques to help his students build themselves up physically, improve themselves, and personally pursue goals and serve society.

As a child, Master Dong learned Vovinam from his brother, Ngo Quoc Phong, one of the top five students of Vovinam's founder, Grand Master Nguyen Loc. Dong also learned Wing Chun from his two oldest brothers, who studied with Chinese Master Te Kong. Although their father, Ngo Khanh Thuc, was then attorney general of northern Vietnam, the Ngo brothers tested their fighting skills on the street by engaging hustlers and professional street fighters inhabiting the alleys and back streets of Hanoi.

After moving south to Hue, Vietnam in 1956, Master Dong began Shotokan karate training under a former Japanese captain, Choji Suzuki. After years of fanatical training, Master Dong earned his fourth degree black belt. He also studied Judo and earned a black belt in that system. Later, Master Dong studied with American Marine Lt. Ernie Cates, a Judo and Goshin Jujitsu instructor who had been in the first U.S. Olympic Judo trials.

Through Master Cates' instruction, Master Dong began to better understand the spiritual side to the martial arts. He shared training techniques with Master Cates and eventually combined his broad martial arts knowledge into his own style, Cuong Nhu, which means "hard-soft" in Vietnamese. Master Dong has since devoted his life to the development of Cuong Nhu and to the personal growth of thousands of students.

In the tradition of early martial arts masters, Master Dong is a civic leader, as well as a scientist and author. He earned two degrees, in biology and chemistry, in Vietnam and served as professor of biology at the University of Hue from 1961 to 1971. After the devastating 1968 Tet offensive, Master Dong organized a civil defense organization, the People's Self-Defense Forces of Hue, to help protect the public from the random violence spawned by the war. His organization engaged some 25,000 people in a program of karate, games and friendly competition to rebuild morale and spirit.

In 1971, he traveled to the United States to pursue a Ph.D. in entomology at the University of Florida. In September 1971, during his post-graduate studies, Master Dong opened the first Cuong Nhu Karate club in the United States. Within two years it grew into the largest intramural organization on campus. In the spring of 1973, the Cuong Nhu Karate Association, with a permanent board of directors, was incorporated to ensure continuity and uniformly high standards of instruction.

Master Dong earned his doctorate in three years and returned to Vietnam in 1974. He was then appointed president of Da Nang College. An outspoken opponent of communism, Master Dong was placed under house arrest by the communist government of Vietnam in 1975. He and his family later took the tremendous risk of escaping by boat to Indonesia. They finally arrived in the United States in November 1977, on homecoming day at the University of Florida.

Master Dong is president of the Cuong Nhu Oriental Martial Arts Association, an international organization that oversees the development of Cuong Nhu. In Vietnam he has published books on subjects ranging from martial arts philosophy and technique to flower arrangement. This is the fourth English-language publication of his Cuong Nhu training manual.

Master Dong is also an accomplished runner. He discovered the joys of running in 1986 and soon completed his first two marathons, which he ran on consecutive weekends. His first ultra-marathon was the 100-mile Western States run in Squaw Valley, Calif. To date, he has completed 23 marathons, eight 50-mile ultra-marathons and fourteen 100-mile ultra-marathons.

During a special ceremony at the May 1994 Training Camp, Master Dong was promoted to 6th degree in Judo. Sensei Ed Szrejter, Executive Director of the U.S. Judo Association made the presentation. Master Dong is



the 47th Judoka among the USJA's 20,000 members to reach 6th dan. We were also privileged to share in the promotion of Sensei Ernie Cates to 7th degree.

Master Dong retired from the University of Florida on August 18, 1994. He was awarded with dual proclamations from the City of Gainesville and Alachua County, Florida, declaring August 14, 1994 as Dr. Ngo Dong Day.

Martial Arts History

Martial arts history in the Orient contains many examples of parallel as well as synergistic development, both in technique and philosophy. The indigenous people of each region developed their own methods of offense and defense. Then, through the mixing pot of centuries of conflict, these methods evolved from the efforts and insights of both men and women. As technological innovations replaced skilled warriors on the battlefield, these martial methods evolved into martial "Ways" used to train the body and spirit. The major component styles from which Cuong Nhu is derived all share this evolutionary path.

Vietnamese martial arts began their evolution during the wars against invaders from surrounding countries and, due to the small stature of the Vietnamese people, took the soft style approach to self-defense. In 1253, the first National Martial Arts School was opened at the Imperial Court, offering degrees (up to Ph.D) in the martial arts. This school taught empty hand combat, uses of 18 different kinds of weapons, martial arts tactics, weather forecasting techniques and war strategies. Some years later, the first martial arts tournament was held and Tran Quoc Toan became national champion. Fifteenth place went to a princess named Thuy Tien. Tran Quoc Toan was also nationally known as a youth hero for helping defeat invading Mongolian troops. At the age of 16 he had already taken command of an army of teenage volunteer soldiers.

The people of Binh Dinh province, located in central Vietnam, are famous for their expertise in the Vietnamese martial arts. Two martial arts experts from Binh Dinh were Quang Trung, one of Vietnam's kings, and his female general Bui Thi Xuan. Xuan was the chief instructor of a martial arts school and proved her expertise by defeating a tiger to save the life of a man she later married. She was renowned for her courage and leadership.

In 1946, Grand Master Nguyen Loc systematized the different styles of the Vietnamese martial arts and named the resulting art vovinam (vo: martial arts, vinam: abbreviation for Vietnam). His successor, Le Van Sang, later changed the name to viet vo dao (viet: Vietnam, vo: martial arts, dao: the Way).

The basis for Shaolin boxing or kung fu was introduced in 540 A.D., when an Indian Monk named Bodhidharma, the leader of Zen Buddhism, traveled to northern China to lecture on Buddhism. He taught in the Shaolin temple, where the monks were in such poor physical condition, he supplemented their long hours of motionless meditation with a series of 18 exercises to improve breathing, circulation and coordination of body and mind. He created an external form emphasizing the limbering of joints, bones and muscles, mobility and unity of hard and soft. This method of training was enriched by the traditional Chinese martial arts.

Frequent temple burnings during this period of history drove the monks from the temple. Their arts spread throughout Asia. From this period came the saying, "Northerners are kickers and Southerners are punchers." Those monks driven to the north became horsemen and mountain climbers and therefore developed strong legs and techniques to capitalize on them. Those in the southern region excelled in hand techniques since they used their hands for boating and fanning.

In the 14th century during the Yuan dynasty, Master Chang San-feng, a Taoist priest, studied tao yin, an early Chinese breathing art, that was the forerunner of tai chi. Considered the founder of Yang style tai chi chuan (the ultimate fist), he introduced and systematized this internal form of martial art. It focused on the training of bones and muscles, overcoming an opponent at the moment of attack and controlling breathing and movement from the slowest to the fastest.

Yim Wing Chun, whose name means "forever springtime," was a woman who studied kung fu under the Buddhist nun, Ng Mui. The style she taught dealt with close combat and economy of movement. Yim, it is told,



witnessed a fight between a crane and a snake and incorporated the skills of both animals and the training she received from Mui to develop Wing Chun.

The development of Okinawan martial arts was strongly influenced by Chinese fighting techniques. Shaolin kung fu eventually reached Okinawa and developed into the local art known as Okinawa-te. Chinese missionaries and merchants brought more martial arts techniques to Okinawa, and many Okinawan masters traveled to China to further their training. By the 17th century, Okinawa was under Japanese domination, and national policy forbade the possession of weapons. In this hostile environment, Okinawa-te evolved into karate (kara: Chinese, te: hand) and became tremendously important as a means of self-defense.

In 1922, Master Gichin Funakoshi, then president of the Okinawan Martial Arts Promotion Society, gave impressive demonstrations in Japan. He attracted a large number of students and remained there to teach karate. Many Okinawan masters followed Master Funakoshi and established their schools throughout Japan. Funakoshi, like many martial arts masters, was multitalented. The name of his style, shotokan (sho; writing, do: the Way, kan: house or hall), came from Funakoshi's pen name, "Shoto," and was a tribute to his mastery of calligraphy. It was Funakoshi, in fact, who changed the writing of the term karate to mean the art of the empty hand (kara: empty, te: hand).

Grappling, wrestling and throwing techniques were parts of traditional Japanese combat training and have survived in many forms into modern times. All are generally characterized by simple, decisive movements. For example, jujitsu (ju: soft, yielding, jitsu: techniques), formalized by Hisamori Takenouchi in 1532, advocates close combat techniques of striking to vital target areas, throwing, joint locking and choking.

In 1882, Master Jigoro Kano, an expert in jujitsu, created a new martial art by eliminating jujitsu's lethal elements and adding rules and regulations. He called his new art kodokan judo. Judo (ju: soft, do: the Way) means gentle Way. It involves anticipating an opponent's attack, unbalancing and throwing the opponent using minimum effort, or using locks and immobilizations. A judoka trains in free form attack, free falling and discovering the opponent's weaknesses and responding to his movements.

Also evolving from jujitsu was aikido (ai: combine, ki: internal strength, do: the Way), a defensive art involving joint manipulations, throws and some elements of kendo. It advocates the coordination of mind and body, harmonizing the use of the attacker's weight and strength to the defender's advantage. In 1938, the first aikido school was established under Master Morihei Ueshiba, the founder. A soft style martial art, aikido is a very spiritual practice, the essence of which is love.

Start The Revolution Within Yourself
O Sensei Ngo Dong, Founder