

# **Eight Key Concepts**

<b><u>Korean</u></b>	<b><u>English</u></b>
1. <b>Yong Gi</b>	<b>Courage</b>
2. <b>Chung Shin Tong Il</b>	<b>Concentration</b>
3. <b>In Neh</b>	<b>Endurance</b>
4. <b>Chung Jik</b>	<b>Honesty</b>
5. <b>Kyum Son</b>	<b>Humility</b>
6. <b>Him Cho Chung</b>	<b>Control of Power</b>
7. <b>Shin Chook</b>	<b>Tension &amp; Relaxation</b>
8. <b>Wan Gup</b>	<b>Speed Control</b>