

N R E W O P F O L O R T N O C P A B
 G O W H Y H V A E O G O Q B R X C Q
 F E I N Q L A T S K O K M C M H A U
 L O R T N O C D E E P S O F U Y W K
 A P Y W A D Y H A R P N P N D K B Z
 D A T R A X K O M J C O G G T Q H M
 H O S B D K A F N E K S S N A U A J
 I H E W X C E L N G H J T W M I N X
 M F N X N H O T E I G T K I T F U W
 C E O G O C R U N R M I L R F X K E
 H L H Y S A H T R O N I V P P O M N
 O J E K T E O U F A T O U B O B Q D
 C T D I Y N Y S N Y G G I H D I Q U
 H P O B G U N X G G N E C S Z C M R
 U N C I F T M T Y A J N F B N H L A
 N V L W J U C S W D I I R Z I E V N
 G O U C G C C M O H C T K P I V T C
 P T A S Y K F C S N M D H E N N I E

Chung Jik
 Chung Shin Tong Il
 Concentration
 Control of Power
 Courage
 Endurance
 Him Cho Chung
 Honesty

Humility
 In Neh
 Kyum Son
 Shin Chook
 Speed Control
 Tension Relaxation
 Wan Gup
 Yong Gi