

Basic Terminology & Frequently Asked Questions

My Pledge

1. I shall respect the instructor and all senior ranks.
2. I shall conduct myself in a respectful manner.
3. I shall respect the teachings of Tae Kwon Do and never misuse it.
4. I shall always respect the rights of others.
5. I shall strive for brotherhood and peace in this world.

- **What is the Korean term for training hall?**

❖ Do Jang

- **What is the Korean term for instructor?**

❖ Sa bum nim (Which also means, to teach by example)

- **What does ki-bon mean?**

❖ Basic

- **What is the Korean term for uniform?**

❖ Do bok

- **What is your head instructor's name?**

❖ Grand Master Suk Byung Park

- **What is our main philosophy?**

❖ Respect Humble Patience

- **Korean counting * Form names & number of movements**

1	Hana
2	Dool
3	Set
4	Net
5	Tasut
6	Yausut
7	Ilgope
8	Yaudul
9	Ahope
10	Yaul

Kibon	12
Kicho	24
Jung Do Il Chang	30
Jung Do Yee Chang	31
Jung Do Sam Chang	29
Guen Bon	28
Cho Ji In Il Chang	33
Cho Ji In Yee Chang	33
Chon Ji In Sam Chang	33
Man Nam	52
Ka Chi	36
Sa Rang	33

- * **Tenents of Tae Kwon Do**

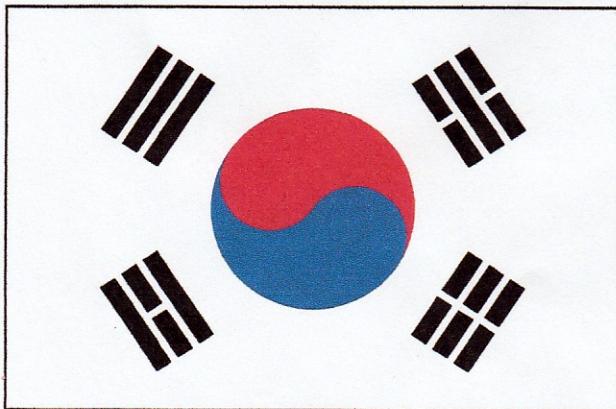
C	Courtesy
H	Humility
I	Integrity
P	Perseverance
S	Self Control
I	Indomitable Spirit

AMERICAN JUNGDO FEDERATION

ADVANCED TERMINOLOGY

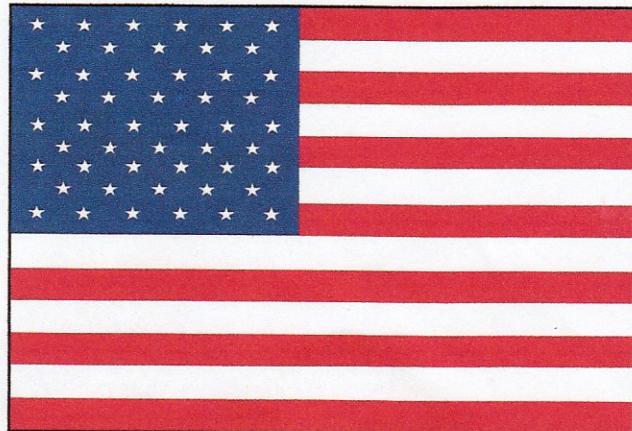
KOREAN FLAG

1. What is the Korean flag called?
 - ❖ Taekuk
2. What does the Red and Blue Symbol in the center of the flag represent?
 - ❖ Balance of the Eaum (blue) and Yang (red).
The ancient symbol of opposites in the universe.
3. What is the thought of the Taekuk?
 - ❖ While there is a constant movement within the sphere of infinity, there is also balance and harmony.
4. What is the English definition of "Korea"?
 - ❖ Land of the morning calm.
5. What are the meanings of the trigrams in each of the corners?
 - ❖ _____ = Heaven (Keon)
 - _____
 - ❖ _____ = Earth (Gon)
 - _____
 - ❖ _____ = Fire (Ri)
 - _____
 - ❖ _____ = Water (Gam)
 - _____



AMERICAN FLAG

1. What do the thirteen stripes represent?
 - ❖ The original 13 colonies of the U.S.
2. What do the fifty stars represent?
 - ❖ Each star represents one of the states.
3. What do the red stripes represent?
 - ❖ Courage
4. What do the white stripes represent?
 - ❖ Purity & Innocence
5. What does the blue field represent?
 - ❖ Vigilance & Perseverance
6. What does the American flag represent?
 - ❖ Freedom & Independence
7. What is another name for the American flag?
 - ❖ Old Glory



Basic Punching, Blocking Kicking

Basic Blocking / Punching

- 1 Middle Punch
- 2 High Punch
- 3 Down Block
- 4 In to Out Middle Block
- 5 Out to In Middle Block
- 6 High Block
- 7 Knife Hand Strike
- 8 Reverse Knife Hand Strike
- 9 Single Side Block
- 10 Twin Side Block
- 11 Twin Knife Hand Strike
- 12 X Down Block
- 13 X High Block
- 14 Eyes Poke
- 15 Palm Heel Strike
- 16 Throat Grab
- 17 Spear Hand Strike
- 18 Triple Punch (High, Middle, Low)



Basic Kicking

- 1 Stretch Kick
- 2 Front Center Thrust Kick
- 3 Round House Kick
- 4 Side Kick
- 5 Hook Kick
- 6 Out To In Crescent Kick
- 7 In To Out Crescent Kick
- 8 Single Double Kick
- 9 Axe Kick

One Step Sparring

Hand Counters		Promotion Requirements
Green Belt and Above		Green Belt
1	Left Knife Hand Side Block, Right Hand Middle Punch	5 Hand Techniques
2	Left Knife Hand Side Block, Right Hand High Punch	Blue Stripe
3	Left Knife Hand Side Block, Right Knife Hand Strike	5 Hand & Foot Techniques
4	Left Knife Hand Side Block, Right Hand Eyes Fork	Blue Belt
5	Left Knife Hand Side Block, Right Palm Heel Strike	5 Hand, Foot & Throwing Techniques
6	Left Knife Hand Side Block, Right Spear Hand Strike	Brown Stripe
7	Right Hand Out-to-In Block, Right Hand Back Fist	6 Hand, Foot & Throwing Techniques
8	Right Hand Out-to-In Block, Back Side Turn Elbow Strike, Back Fist (Head), Hammer Fist (Groin)	Brown Belt
9	Left Hand Out-to-In Block, Back Side Turn, Right Elbow Strike to Ribs	7 Hand, Foot & Throwing Techniques
10	Left Hand Push Block, Right/Left Middle Punch, Right High Punch	Red Stripe
Foot Counters		8 Hand, Foot & Throwing Techniques
Blue Stripe And Above		Red Belt
1	Right Foot Front Center Thrust Kick	9 Hand, Foot & Throwing Techniques
2	Left Hand Block, Right Foot Round House Kick	Black Stripe
3	Right Foot Side Kick	10 Hand, Foot & Throwing Techniques
4	Jump Double Kick	
5	Jump Double Kick, Double Punch	
6	Right Hand In-to-Out Side Block, Side Kick to Ribs	
7	Right Hand In-to-Out Side Block, Hook Kick to Head, Round House to Face	
8	Right Foot Out-to-In Block, Right Foot Side Kick	
9	Right Foot Out-to-In Block, Left Foot Turning Back Kick	
10	Jumping Round House Kick	
Throw Counters		
Blue Belt & Above		
1	Left Hand Side Block, Hip Throw	
2	Left Hand Side Block, Neck Throw	
3	Left Hand Side Block, One Arm Throw	
4	Left Hand Side Block, Two Arm Throw	
5	Left Hand Side Block, Outside Foot Sweep	
6	Left Hand Side Block, Inside Foot Sweep	
7	Right Hand Out-to-In, Turning Step Behind, Basket Throw	
8	Right Knifehand, Reverse Knifehand, Knee, Sweep	
9	Right Hand Out-to-In Block, Back Side Turn, Left Reverse Knife Hand, Left Foot Sweep	
10	Left Hand Out-to-In Block, Back Side Turn, Right Arm Clothesline, Right Foot Sweep, Right Hook Kick	
Other Hand Counters		
11	Left Hand Side Block, Throat Grab	
12	Left Hand Side Block, Single Double Punch	
13	Right Knife Hand Strike - Draw - Right Reverse Knife Hand Strike	
14	Right Hand Out-to-In Block, Reverse Knife Hand Strike	
15	Right Hand Out-to-In Block, Elbow Strike	
16	Left Hand Out-to-In Block, Back Side Turn, Elbow Strike (Kidney)	
17	Left Hand Out-to-In Block, Back Side Turn, Elbow Strike (Head)	
Other Foot Counters		
11	Jumping Front Center Thrust Kick	
12	Left Foot Hook Kick	
13	Left Foot Axe Kick	
14	Left Foot Side Kick	
15	Right Hand In-to-Out Side Block, Round House Kick	
16	Right Foot Single Double Kick	
17	Left Foot Out-to-In Block, Right Foot Turning Back Kick	
18	Left Foot Out-to-In Block, Right Foot Spinning Hook Kick	
Other Throw Counters		
11	Left Hand Side Block, Crossing Inside Foot Sweep	
12	Right Hand Out-to-In Block, Back Side Turn, Grab One Foot, Pull Up	
13	Left Hand Side Block, Grab Leg, Throw	
14	Left Hand In-to-Out Block, Grab Lapel With Left Hand, Throw Over Head Using Foot	

Self Defense Forms

Green Belt & Above

- | | |
|---|---|
| 1 | Right Foot back (front stance), left hand down block,
Right foot forward (front stance) single double punch (right then left). * |
| 2 | Right Foot back (front stance), left hand high block,
Right foot forward (front stance) right hand high punch. * |
| 3 | Right Foot back (front stance), left hand side block,
Right foot side kick,
Right foot forward (front stance) right knife hand strike. * |
| 4 | Right Foot back (front stance), twin side block,
Right foot front center thrust kick,
Right foot forward (front stance) twin knife hand strike. * |

Blue Stripe & Above

- | | |
|---|--|
| 5 | Right foot back (back stance) left hand in to out middle block,
Right foot out to in crescent kick,
Back side turn - jump spinning soul kick (left knee up, right foot kick). * |
| 6 | Right foot back (back stance) left hand side block,
Right foot side kick,
Right foot forward (front stance) right reverse knife hand strike. * |
| 7 | Right foot back (back stance) left knife hand side block,
Right foot round house kick (put right foot down in front after kick),
Back side turn - left foot back kick (look over left shoulder). * |
| 8 | Right foot back (fighting stance) twin fighting block,
Jump double kick (right knee up then left foot kick),
Left foot forward (front stance) double punch (left hand then right). * |

Blue Belt & Above

- | | |
|----|---|
| 9 | Left foot back (back stance) right knife hand side block,
Front break fall,
Right foot side kick towards front (from ground). * |
| 10 | Right foot back (back stance) left side block,
Left side break fall,
Right foot side kick towards right side (from ground). * |
| 11 | Back break fall,
Roll up to left foot forward fighting block,
Back side turn - right foot jump spin hook kick. * |
| 12 | Right foot back (fighting stance) fighting block,
Back side turn - right foot jump spin hook kick,
Left foot jumping front center thrust kick (two foot take off),
Simultaneous double punch (towards ground, keep back straight). * |

* = Kihap

Self Defense Techniques (Hapkido)

Yellow Stripe

1 Right Handshake
Thumb bar, grab wrist w/ left, rotate right hand grip (thumbs on back of hand), twist/bar wrist
2 Right Handshake
Clasp hands, go under arm (opponents left side), wrist/arm bar
3 Right Handshake
Clasp hands, go under arm (opponents right side) rotate grip, twist/bar arm, kick to face
4 Right Handshake
Small tug pulling their arm into arm pit, left arm goes over theirs, bar elbow
5 Right Handshake
Small tug pulling their arm over shoulder, bar elbow on top of shoulder

Yellow Belt

6 Same side wrist grab
Twist wrist out between thumb & fingers, grabbing their hand, reverse knife hand to neck
7 Same side wrist grab
Cock wrist up grabbing their wrist, rotate elbow over their arm, bar arm
8 Opposite side wrist grab
Clasp their fingers, rotate hand to the outside (your thumb up), push towards opponent
9 Both wrist grab
Twist wrist out between thumb & fingers, grabbing their hand, step to side, knife hand to neck
10 Both wrist grab
Cock wrist up grabbing their wrists, throw one arm away, rotate elbow over their arm, bar arm

Green Stripe

11 Both wrist grab
Grab one wrist then other, twist theirs arms in a pretzel
12 Both wrist grab
Arms out, knee to groin, hip throw, punch to face, leg over neck, sit, bar arm/shoulder
13 Hair grab
Push their hand to your head, bend over & to the side, bar elbow with your elbow
14 Reach for hair
High block with opposite arm, figure 4, bar arm/shoulder
15 Lapel grab
Reach over top their hand, thumb on thumb, rotate their hand pinky up, bar wrist

Green Belt

16 Lapel grab
Start # 15, other hand pulls elbow up
17 Belt grab / over grip
Reach over top their hand, thumb on thumb, rotate their hand pinky up, bar wrist
18 Belt grab / under grip
Grab their arm, hand above & below elbow, pull arm up & towards yourself
19 Shoulder grab from behind
Grab hand on shoulder, other arm goes up & over to bar elbow/arm
20 Shoulder grab from behind dropping hand
Grab shoulder, knee side kick, turn facing them, sweep pushing on chin (o soto gari)

Blue Stripe

21 Two hand choke
Grab thumbs, pull apart
22 Two hand choke arms bent
Grab hand on shoulder, other arm goes up & over to bar elbow/arm
23 Two hand choke
Arm goes over theirs, slightly turning away, elbow strike to face
24 Front outer bear hug
Knee to groin, drop weight down - arms out & up, turn, hip throw
25 Front inner bear hug
Knee to groin, push on chin until release, sweep (o soto gari)

Blue Belt

26 Rear outer grab
Stomp foot, drop weight & extend arms up, elbow strike, step behind, basket throw
27 Rear inner grab
Grab top arm and thumb or finger, bar it & push away
28 Rear inner grab
Grab bottom arm and wrist, push arm down & away, bar arm, kick to face
29 Rear inner grab (interlock)
Capture wrist, slid under their top thumb, pry away and down
30 Rear inner grab (clasp)
Drop to horseback stance, grab one foot twisting toward groin, kick to groin

Brown Stripe

31 Rear one arm choke
Grab their arm & shoulder, drop down on knee, one arm throw
32 Rear one arm choke
Elbow strike, grab arm, slide under their arm, while barring wrist/arm, kick leg over arm, bar
33 Rear one arm choke
Elbow strike, step behind, basket throw
34 Front kick catch
Step to side, pull foot, then lift foot and push them backwards
35 Round house kick catch
Step inside, grab their kicking leg, trip (o uchi gari)

Brown Belt

36 On back attacker in your guard
Same side wrist grab, other arm does a figure 4, bar arm by pulling towards yourself
37 On back attacker in your guard
Cross choke attacker (inside grab up high on collar), push feet against their thigh and sit up
38 On back attacker in your guard
Side arm under theirs, pivot to opposite hip, leg over attacker, keep hand on shoulder, bar elbow
39 On back attacker in your guard choking you
Both hands grab 1 wrist, pivot to opposite hip, top leg over their head pushing to ground, bar arm
40 On back attacker in your guard
Slide arm over the back of head & under chin (guillotine), other hand grabs arm under chin, squeeze

Red Stripe

41 On back attacker in your guard tight
Grab collar & pull up, pivot to hip slide knee inside, sweep them to back, sit bar arm
42 Both on knees
Pull down, arm slides by ear & under arm, leg traps head, stand then sit @ 45° angle, bar arm
43 Attacker on back, you're in the mount position
Attacker punching, block w/ opposite side, figure 4, bar arm to floor
44 Attacker on back, you're in their guard
Both hands push above groin, standing, arm around ankle, figure 4, bar leg
45 Continued from 44
Continue hold on ankle, twist leg to rotate attacker to stomach, sit on thighs, lean back to bar leg

Red Belt

46 Knife overhead
Pivot away 180° on right foot, catch back of their hand, push knife to them
47 Knife overhead
Pivot 180° on right foot, circle block, bar wrist as you pull them to the ground
48 Knife slash
Pivot 180° on left foot, twin block back of wrist & elbow, twist to ground
49 Knife slash
Pivot 180° on left foot, block w/right, grab like #1, twist to ground, bar wrist w/ elbow on ground
50 Knife slash
Pivot 180° on right foot, block inside wrist, grab wrist & thumb, bar thumb & pull to ground

Black Stripe

51 Knife thrust
Pivot 180° on left foot, grab wrist thumb up, push knife back to them
52 Knife thrust
Pivot 180° on left foot, grab wrist thumb up, go under arm, stab them in horseback behind them
53 Knife thrust
Pivot 180° on left foot, grab wrist thumb down, bar arm like # 7
54 Knife thrust
Pivot 180° on left foot, block with right hand, push on elbow forcing to ground, bar elbow
55 Knife thrust
Jump back grabbing wrist (interlocking fingers), go under arm (like #2) to throw attacker

Black Belt

56 Gun to front
Pivot 180° on left foot, block w/ left, do # 7, sit with back to opponent, bar arm
57 Gun to front
Pivot 180° on left foot, block with left hand, grab wrist, do # 1
58 Gun to back
Pivot 180° on right foot, block with right hand, grab wrist, do #1
59 Gun to (high) back
Pivot 180° on the left foot, raise left arm to trap hand/gun, grab arm elbow up, push down
60 Gun to (high) back
Pivot 180° on the right foot, catch gun in right inside elbow, left reverse knife hand, stretch & sweep

AMERICAN KYUKI-DO FEDERATION

POOMSE

RANK	COUNTS	NAME	MEANING	SHAPE
11 th Kup	12	Kibon (Kihap 1, 12) (Left foot returns)	Basic or Beginning: Principal building blocks for your training both mental and physical.	+
10 th Kup	24	Kicho (Kihap 1, 8, 24) (Left foot returns)	Foundational: A solid foundation on which to build and develop you Martial Arts potential.	T
9 th Kup	30	KyuKi Il Chang (Kihap 1, 12, 16, 30) (Right foot returns)	Spark Spirit: Kyuki-Do's ability to awaken the spiritual potential within each of us.	\
8 th Kup	31	KyuKi Yee Chang (Kihap 1, 9, 31) (Right foot returns)	Spark Mental: Kyuki-Do's ability to awaken the mental potential within each of us.	/\
7 th Kup	29	KyuKi Sam Chang (Kihap 1, 7, 20, 29) (Left foot returns)	Spark Physical: Kyuki-Do's ability to awaken the physical potential within each of us.	
6 th Kup	28	Guen Bon (Kihap 1, 16, 25, 28) (Left foot returns)	Roots: Representing the past experiences of those who have gone before us and given of themselves for our benefit.	+
5 th Kup	33	Chon Ji In Il Chang (Kihap 1, 14, 25, 33) (Left foot returns)	Sky: The limitless potential for the development and well being of the individual.	I
4 th Kup	33	Chon Ji In Yee Chang (Kihap 1, 24, 28, 33) (Right foot returns)	Earth: Earth, which has served as the one constant for the development of humanity.	I
3 rd Kup	33	Chon Ji In Sam Chang (Kihap 1, 17, 33) (Left foot returns)	People: Human kind, which fills the cosmos with hopes, dreams, and the uniqueness within each person; which together with the earth and heaven make up the universe in which we live.	X
2 nd Kup	52	Man Nam (Kihap 3, 18, 32, 42, 50) (Left foot returns)	Meet or Gather Together: Learning from contact, we are the sum total of all experiences we have had, represented by the coming together of the practitioner and the Bo staff.	X
1 st Kup	36	KaChi (Kihap 1, 17, 36) (Left foot returns)	Go Together: Sharing the journey of life.	—
1 st Dan	33	Sa Rang (Kihap 1, 14, 33) (Left foot returns)	Love: The willingness to sacrifice yourself for the benefit of someone or something you believe in.	\
1 st Dan	12	Kyuki-Do Nakbop Hyung	Form of Falling:	
1 st		Jung Do Kibon	The True Path: To correctly think, listen, see, and move. We will be successful in the right	

AMERICAN JUNGDO FEDERATION

Tae Kwon Do Belt Testing Requirements

11th Kup, Yellow Stripe (3 Months)

1. Basic Stances
2. Basic Hand & Foot Techniques
3. Kibon
4. Self Defense Techniques 1-5
5. Seated Break Falling
6. Favorite Combination Techniques
7. Basic Terminology

10th Kup, Yellow Belt (3 Months)

1. Know All Of Above Plus:
2. Three Step Sparring
3. Kicho
4. Self Defense Techniques 1-10
5. 5 Count Break Fall
6. Dojang Rules & Regulations

9th Kup, Green Stripe (3 Months)

1. Know All Of Above Plus:
2. Moo Do Il Chang
3. Self Defense Techniques 1-15

8th Kup, Green Belt (3 Months)

1. Know All Of Above Plus:
2. Self Defense Forms 1-4
3. Moo Do Yee Chang
4. Self Defense Techniques 1-20
5. Standing & Walking Break Falls
6. One Step Sparring – 5 Hand Techniques

7th Kup, Blue Stripe (3 Months)

1. Know All Of Above Plus:
2. Self Defense Forms 1-8
3. Moo Do Sam Chang
4. Self Defense Techniques 1-25
5. One Step Sparring – 5 Hand & 5 Foot
6. Free Sparring

6th Kup, Blue Belt (3 Months)

1. Know All Of Above Plus:
2. Self Defense Forms 1-12
3. Guen Bon
4. Bo Form #1
5. Self Defense Techniques 1-30
6. One Step Sparring – 5 Hand, 5 Foot, 5 Throws

5th Kup, Brown Stripe (3 Months)

1. Know All Of Above Plus:
2. Chon Ji In Il Chang
3. Self Defense Techniques 1-35
4. One Step Sparring – 6 Hand, 6 Foot, 6 Throws

4th Kup, Brown Belt (3 Months)

1. Know All Of Above Plus:
2. Continuous Hand Techniques
3. Chon Ji In Yee Chang
4. Self Defense Techniques 1-40
5. One Step Sparring – 7 Hand, 7 Foot, 7 Throws

3rd Kup, Red Stripe (3 Months)

1. Know All Of Above Plus:
2. Chon Ji In Sam Chang
3. Self Defense Techniques 1-45
4. One Step Sparring – 8 Hand, 8 Foot, 8 Throws

2nd Kup, Red Belt (3 Months)

1. Know All Of Above Plus:
2. Man Nam
3. Self Defense Techniques 1-50
4. One Step Sparring – 9 Hand, 9 Foot, 9 Throws
5. Free Sparring – Two Versus One

1st Kup, Black Stripe (3 Months)

1. Know All Of Above Plus:
2. Ka Chi
3. Self Defense Techniques 1-55
4. One Step Sparring – 10 Hand, 10 Foot, 10 Throws
5. Free Sparring – Two Versus One

1st Dan, Black Belt

1. Know All Of Above Plus:
2. Sa Rang
3. Nakbop Hyung
4. Jungdo Kibon
5. Self Defense Techniques 1-60
6. Free Sparring – Three Versus One
7. Terminology, Philosophy & Manner
8. Black Belt Book to include:
 - a. Résumé
 - b. Interests & Goals
 - c. Tell Us About You, Your Life & Family
 - d. Belt Certificates
 - e. Seminar & Tournament Certificates

Minimum Age: 8

Minimum Study: 3 Years

		Seminars	Tournaments	Minimum Time to Black Belt
A+	Excellent	2	4	3 years
A	Excellent	1	6	3 years
A-	Better	0	8	3 years
B+	Good	1	4	3 years 6 mo.
B-	Good	0	6	3 years 6 mo.
C	Average	0	4	4 years
D	Fair	0	2	5 years

Class Etiquette

1. Please wash your hands prior to entering class after using rest room facilities.
2. Conduct yourself professionally in class.
3. Be supportive and helpful to lower belts at all times.
4. When free sparring with those less advanced, the best way to teach is by sparring just above their level.
5. Be punctual.
6. Respond to all questions or instructions with "sir" or "ma'am".
7. When working with less advanced students, use positive reinforcement at all times.
8. Please refrain from attending class if you are contagious.
9. No exposed blood is permitted during class. All bleeding must be stopped and cleaned prior to re-entering class.
10. During class always maintain one of the six positions: attention, bowing, ready stance, listening position, resting position or instructor directed motion.
- II. Bow at the beginning of class to the flags, then the instructor with, "Please sir/ma'am!". At the end of class bow to the flags, then the instructor with, "Thank you sir/ma'am!", then the senior student(s) with, "Please sir/ma'am!".
12. If you need to exit class raise your hand and ask permission first. Bow to the class when exiting. When returning to class wait outside the training area, raise your hand and wait for permission to rejoin the class. Bow to the class prior to re-entering.
13. Class will form up with the student with the highest belt rank in the right front corner followed by the rest of the students in belt order highest to lowest. Students of equal belt rank will form with the older student to the right. Time in rank or knowledge stripes are not indicators of position. The instructor may adjust the students position in class in an effort to better view each student.

Uniform Etiquette

1. Always be mindful of personal hygiene.
2. Keep your uniform clean, neat and in good repair.
3. Remove all jewelry prior to class.
4. Long hair should be tied back with a soft holder (i.e. rubberband, ponytail holder).
5. Patches and awards must be worn properly.
6. Keep nails short to prevent injury.

Community Etiquette

1. Uphold the spirit of the student tenets and creeds.
2. Always show the proper respect to those around you in and out of class.
3. Greet fellow students whenever you see them.
4. Act in a manner that reflects positively on your school and the martial arts.
5. Remember the golden rule; "Treat others as you would have them treat you".

Verses

Fruit Of the Spirit	<u>Galatians 5:22-23</u> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Brotherly Love	<u>Romans 12:17-18</u> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone.
Humility	<u>1 Peter 5:5</u> Young men, in the same way, be submissive to those who are older. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble".
Jung Do (right things)	<u>Ephesians 5:15-16</u> Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil.

