



Pum Dan

Research Project:

Bong Sa

The following project is due before you test for Black Belt. The exact due date will be given when you receive permission to test.

1. Give a dictionary-style definition for Bong Sa.
2. Give a more personal description of Bong Sa, making specific reference to experiences and circumstances in your life.
3. Design, implement and write a report on a project that studies the meaning and application of Bong Sa in your life. Your project must be on a much larger scale than a "Blue Stripe" project and must involve the recruitment of others. You must get approval for your idea before beginning the project.
4. In your report, describe what you learned from the experience. What went well and what did not? How did your project change your understanding of Bong Sa?