

KSMY MARTIAL ARTS

STUDENT HANDBOOK



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WORLD KIDO FEDERATION
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KSMY Martial Arts School Curriculum

Before attempting Kuk Sool training, students must first understand the principles and values that form the foundation for martial art practitioners. Students must become familiarized with the rules and regulations of the do-jang. Students must also learn preparatory movements of fundamental techniques. This preparation will not only help students learn Kuk Sool techniques safely and accurately but to help them progress at a fast rate. The following is a list of content that will be discussed in this handbook:

-  Ancient History & Modern History
-  Martial Arts Creed - "Martial Art Spirit"
-  Student Creed
-  Martial Arts Code of Behavior
-  Bowing
-  Do-jang Rules & Regulations
-  Parents & Guest Rules
-  Belt Ranks
-  Stances - Gi Bon Ja Se
-  Gi Breathing Techniques - Gi Cho Jja Gi
-  Falling Techniques - Nak Beop
-  Hand Techniques - Su Gi
-  Leg Techniques - Jok Sul
-  Techniques - Ho Sin Sul
-  Forms - Hyeong
 -  Empty Hand Forms
 -  Weapon Forms
-  Sparring Guidelines
-  Kuk Sool Useful Terminology
-  How to Tie Your Belt & Fold Your Uniform

ANCIENT HISTORY

Welcome to the world of Korean historic martial arts! In this synopsis, we will briefly explore the history of Kuk Sool, and the purpose and authority of the Korea Kido Association, the World Kido Federation and Han Min Jok Hapkido Association.

The history of Korean martial arts is as old as the land itself and can be traced as far back as the prehistoric era, where primitive weapons made of wood and stone were used for hunting and fighting. As early as 2707 BC, the Korean warlord Chi-Woo, also known as Jaoji, reigned as the “god of war” in what is now mainland China.

Since then, the majority of Koreans migrated and settled in the Korean Peninsula, where there have been more than a thousand recorded instances of foreign invasions. Consequently, the Korean people developed unique martial arts and military strategies to defend themselves and their territory. Most of these martial arts fall into three groups or branches - Tribal, Buddhist and Royal Court martial arts.

Tribal Martial Arts

The earliest martial arts developed in Korea are referred to as Sa Do Mu Sool; meaning tribal, clan, or family martial arts, as this type was mainly passed down from one generation to the next through family lines. Sa Do Mu Sool was popular among the ancient tribes, city-states, and smaller kingdoms that formed in the Korean Peninsula and parts of what is now China. This was evident well before the first unified Korean kingdom of Ko-Cho Sun which was founded in 2333 BC by the legendary king, Dahn Gun Wahng Guhm. Later, Sa Do Mu Sool was refined and dispersed by voluntary militias comprised of the common people, who often fought in battles to defend their villages.

Traditional athletic activities such as Taekkyon, and Ssireum are considered to have originated from Sa Do Mu Sool. In fact, many techniques found in the popular Olympic sport of Tae Kwon Do can also be traced back to Sa Do Mu Sool.

Buddhist Martial Arts

Buddhism was first introduced to the kingdom of Koguryo in the year 347. As such, a rather unique form of martial arts was developed by both Buddhist monks and martial artists, known as Bul Kyo Mu Sool. Buddhist monks developed and practiced Bul Kyo Mu Sool to not only improve their health while meditating but also to defend themselves while traveling. These resourceful monks developed a dynamic and unique system of self defense techniques which combined manipulation of pressure points with joint locks. This enabled them to subdue and control an assailant without necessarily inflicting lethal harm, which would be counter to their beliefs and way of life. The Kuk Sool curriculum incorporates more than 360 joint and pressure point techniques that were utilized by Buddhist monks.

Buddhist martial arts includes internal training, with emphasis on special breathing and meditation methods, as well as external training, which incorporates extremely effective self-defense techniques. Many

Buddhist monks were so accomplished as martial artists that they were occasionally called upon during national emergencies to fight in battles by forming unprecedented armies of warrior monks. To this day, Bul Kyo Mu Sool plays a significant role for Korean martial artists by providing them with philosophies of non-violence and compassion as well as ethical codes of conduct.

Royal Court Martial Arts

Kings, royal families, and government officials had private armies and bodyguards who practiced a type of martial art known as Kung Jung Mu Sool. These royal court martial arts gave rise to esoteric techniques of easily portable weapons such as short swords, folding fans, ropes, scarves, and walking cane (which was modified into an offensive weapon sporting concealed swords or poison spikes placed in the tip). These weapons had a completely benevolent appearance that helped to preserve a peaceful public decorum for the Royal Court.

Although the sword had its beginnings in Sa Do Mu Sool, it became the weapon of choice for military men and many sophisticated and varied techniques developed in the Royal Court through centuries. Other military weapons taught in Kuk Sool include the spear, trident, and the crescent moon sword. Along with these weapons, there were many unique and advanced open handed and joint-locking principles of Kung Jung Mu Sool that are used extensively in Kuk Sool.

Existing records in Japan suggest that many Kung Jung Mu Sool techniques found their way there and gave birth to the Japanese art of Jujitsu. King JinHung of the Shilla kingdom encouraged the HwaRang warriors to practice Kung Jung Mu Sool in addition to their other martial arts training. But later during the Koryo Dynasty and Chosun Dynasty, Korean kings enforced policies to discourage the practice of martial arts and to forbid the possession of weapons, in order to protect themselves from military rebellion or other political uprisings.

However, Korean martial arts continued to develop both inside and outside of the royal courts, thanks to the efforts of many dedicated Korean martial artists who practiced, recorded, and compiled these precious martial art techniques.

MODERN HISTORY

Many events led to the formation of the current martial art system known as Kuk Sool. Perhaps the best place to begin would be 1910, with the dissolution of the Korean Royal Court by the occupying Japanese forces. During this period of foreign rule (from 1910 until the end of World War II), the Japanese attempted to suppress virtually every aspect of Korean culture and replace it with their own, including martial arts. As a result, many prominent martial arts instructors were forced into hiding. A few martial artists were well-noted for teaching three types of Korean martial arts; Kwun Sool: a kicking and hard punching style, Yoo Sool: a soft style with emphasis on joint-locking and throwing techniques, and Yoo-Kwun Sool: a combination of the two which could be either hard or soft but never used force against force. Many of the martial arts techniques native to Korea were extremely guarded and only taught in secret. Anyone caught teaching them faced severe punishment under a very strict legal system. Because of the severity of this repression, very few Koreans actually participated in martial arts activities for fear of reprisal.

There were a handful of martial artists who chose to honor their family traditions of practicing martial arts. They set about with the task of preserving their vast martial arts knowledge. These dedicated martial artists continued practicing and teaching their techniques in the strictest privacy to immediate family members. Brother In Hyuk Suh and In Sun Seo were among the chosen recipients of this vast knowledge of martial arts. Possessing natural skills and talent, the two traveled throughout Korea studying the many traditional martial arts of the country. They soon discovered that, while all had important and valuable techniques, no style contained the entire spectrum of Korean martial arts in its curriculum. It was this fact that led the brothers to select and combine the most important of these methods from all three martial art categories - Tribal, Buddhist, and Royal Court - into one organized and complete system of martial arts, which we know today as Kuk Sool. Kuk Sool was officially founded as Kuk Sool Won in 1961, under In Hyuk Suh. Shortly after, the brothers formed the Korea Kuk Sool Association. Over three decades ago, the Korea Kuk Sool Association opened its doors to the headquarters do jang located in Busan, South Korea, which continues to this day as the association's headquarters.

The brothers faced numerous hardships and obstacles trying to reestablish the integrity and ethics of the martial arts at a time when martial artists were more frequently viewed by the public as gangsters rather than the gentlemen of martial arts tradition. In 1974, In Hyuk Suh decided to leave the fledgling organization he and his brother had founded in Korea, and move to America. In America, he could introduce Kuk Sool more easily to a public free of preconceived prejudices against the martial arts. Beforehand, Korean martial arts had little exposure in the U.S.

In Hyuk Suh became very successful in his efforts, founding his own new organization a year later known as the World Kuk Sool Association. While In Hyuk Suh continued his efforts to allow Kuk Sool's popularity to grow in epic proportions, the original Korea Kuk Sool Association, now under the sole authority of his brother, In Sun Seo, continued on and began to flourish throughout South Korea. Under the dedicated leadership of Grandmaster In Sun Seo, the popularity and respect for Kuk Sool grew rapidly. In 1983, Grandmaster In Sun Seo was elected to the presidency of the Korea Kido Association (first martial artist to serve as president) and has been serving for the longest duration in history.

In 1986, Grandmaster In Sun Seo founded the World Kido Federation to serve as a link between the official martial arts governing body of South Korea and the international martial arts community. With the formation of the World Kido Federation, international practitioners of Korean martial arts can register their ranks and schools with an official Korean government-recognized organization, which will ensure permanent documentation of their martial arts history. Unlike some private organizations that have collapsed when their leaders pass away or leave the martial arts altogether, World Kido Federation's direct link to the government recognized organization in South Korea ensures legitimacy, continuity, and safety for all their members.

World Kido Federation members enjoy registration of their records through Han Min Jok Hapkido Association, founded by Grandmaster In Sun Seo in 2003. The Han Min Jok Hapkido Association is a non-profit martial arts organization that is sanctioned by the South Korean government through the Ministry of Culture, and bestowed with the authority to historically verify, certify, and govern all of South Korea's nationally recognized martial arts, including Kuk Sool and thirty-one other styles. Grandmaster Seo is the only first generation martial artist to teach and operate a do jang in Korea continuously for the last 40 years. He is the epitome of a true martial artist who combines his technical skills with great wisdom to tirelessly serve the growing martial arts community of Korea as well as the rest of the world. For four decades, he has continued his life's work of discovery, research, historical verification, and documentation of Korea's martial arts. He has received many accolades from the South Korean government and is formally recognized as the world's foremost authority on historical Korean martial arts.

As of present time, Grandmaster In Sun Seo has certified 270,000 Black Belts and he serves as President/Chairman of World Kido Federation, Han Min Jok Hapkido Association and Korea Kuk Sool Association. Grandmaster In Sun Seo continues to travel the world to teach and share his martial arts knowledge and skills. Grandmaster In Sun Seo's personal philosophy embodies the very essence of true martial arts philosophy. He espouses the brotherhood of all martial artists worldwide, without regard to political, religious, ethnic, economic, or affiliation boundaries. It is with this true spirit of the martial arts that the Korea Kuk Sool Association, the World Kido Federation, and the Han Min Jok Hapkido Association offer their martial arts knowledge to all who would seek it. KSMY Martial Arts School is recognized under the World Kido Federation and the Han Min Jok Hapkido Association.

What is a Creed?

A creed is a formal, written statement expressing a particular system of beliefs. Generally written by someone long, long ago, many creeds have survived over generations and contain certain wisdom which is timeless.

“Martial Art Spirit” is the name of a creed that was written hundreds and hundreds of years ago by an ancient Korean martial arts master. This creed contains ideas and guidelines which can apply to people of any century, even future generations.

You will see, as you read the creed, that the ancient Korean martial art warriors were not tough “bad guy” types but rather peaceful and noble defenders of the good. Not only did the martial artist of old train to be the finest warrior in all the land, but he was also committed to being the best person that he could be.

As you begin to understand the creed, you will see that the true martial artist keeps for himself or herself, some very high personal standards. Remember, these are ideals which have helped people to do their best in life for hundreds of years. If you keep them in mind, they can help you too!



MARTIAL ART SPIRIT

TO LIVE IN THE WAY OF THE MARTIAL ARTS IS TO STRIVE FOR A STATE OF MIND WHICH IS DEEP WITH UNDERSTANDING AND PATIENCE AND DEEPER YET. THE MIND OF THE MARTIAL ARTIST ASPIRES TO THE HEIGHTS OF THE HIGHEST MOUNTAIN PEAKS; NOTHING LESS WILL DO. MANY PEOPLE MAY JOIN ALONG THE WAY IN LIFE, BUT FEW WILL ACHIEVE SPIRITUAL AWAKENING, FOR THE PATH IS STREWN WITH DIFFICULTIES. MUCH IN YOUR LIFE'S JOURNEY WILL DEPEND ON HOW YOU WIELD THE SWORD. IF THE WARRIOR SUSTAINS AN INJURY ON THE JOURNEY, IT SHOULD SERVE TO OPEN HIS HEART TO DEEPER UNDERSTANDING AND IGNITE WITHIN HIM A STRONGER LOVE AND A GREATER DESIRE FOR VIRTUE, WHICH BURNS LIKE A SEARING FIRE - A BEACON FOR ALL TO SEE AND FOLLOW AND A WARMTH WHICH ALL AROUND MAY SHARE. GENERATIONS BEFORE US HAVE EMBRACED A LIVING SWORD WHICH HAS OPENED THEIR HEARTS TO THE LOVE OF LIFE; YOU ARE TO LOVE ALL THERE IS TO LIFE! YOU MAY USE YOUR SWORD FOR THE CARRIAGE OF JUSTICE, BUT IT IS WISER NOT TO USE THE SWORD AT ALL. BEFORE YOU SPEAK, YOU MUST CONSIDER ALL THINGS; THINK DEEPLY. KEEP THE WORDS OF OTHERS IN YOUR HIGHEST CONFIDENCE AND YOU SHALL KEEP THEIR TRUST IN YOU. ALWAYS HAVE RESPECT FOR INDIVIDUAL DIFFERENCES OF OTHERS. LIVE YOUR LIFE WITH HONOR AND ALWAYS PRACTICE TO GAIN THE MOST BENEFIT. DON'T RELAX YOUR BODY, FOR IF YOU RELAX, YOUR MIND WILL ALSO BECOME LAZY. REMEMBER TO ALWAYS COMMIT YOUR BODY FULLY INTO TRAINING AND THE CONCENTRATION OF MIND WILL FOLLOW. HUMAN NATURE EXISTS ONLY AS A MOMENT IN THE VASTNESS OF TIME. GRASP WHAT IS GOOD AND MAKE YOURSELF ONE WITH IT. AVOID WHAT IS EVIL. HAVE A GENTLE SPIRIT; SURROUND YOURSELF WITH INNOCENCE. SICKNESS OF THE HUMAN SOUL MAKES PEOPLE LIE AND BECOME SELF-SERVING; BE SURE THAT YOU AVOID THESE THINGS. STRIVE FOR NEW UNDERSTANDING AND KNOWLEDGE; LIVE YOUR LIFE INTELLIGENTLY AND YOU WILL GAIN WISDOM. MARTIAL ART WARRIORS SACRIFICE THE SELF AND GAIN SELF REFLECTION. BE A DIPLOMAT FOR YOUR PEOPLE, YOUR COUNTRY AND YOURSELF WHEREVER YOU MAY TRAVEL. ALWAYS KEEP YOUR MIND STRONG IN THE WAY OF GOOD AND POSITIVE THINGS. SERVE YOUR COMMUNITY. BE AN EXAMPLE TO OTHERS OF WHAT IS RIGHT AND GOOD IN LIFE THROUGH YOUR ACTIONS. CONSIDER ALL OF THESE THINGS TO BE YOUR HEART'S DEEPEST DESIRE!

Student Creed

Students at KSMY Martial Arts School are required to memorize and be able to recite our Student Creed in its entirety. This creed is a positive affirmation of who they are, what they can do, and what they would like to become. Not only do students learn the words, they are also taught the meaning and the importance of what they are saying. Each paragraph of the Student Creed corresponds to a belt color. Beginning students start with “I will develop myself in a positive manner,” and as they earn each belt on their way towards becoming a black belt, additional verses are added. Upon advancing to red/black level, students will know and understand the entire creed.

- 🏆 I will develop myself in a positive manner.
- 🏆 I will have self-discipline and take responsibility for my actions.
- 🏆 I will use what I learn in class defensively and never be abusive or offensive.
- 🏆 I will enjoy improving myself as a martial artist and as a person.
- 🏆 This is a Black Belt School - I am dedicated, I am motivated, I'm on a quest to be my best!

The Martial Artist's Code of Behavior

A GUIDE TO MARTIAL ARTS ETIQUETTE FOR THE STUDENT OF KUK SOOL

As a student of Traditional Korean Martial Arts, you will hear the term “etiquette” frequently. “Etiquette” or “Ye Ui” refers to a special code of behavior for practitioners of traditional style martial arts. The formal inclusion of etiquette in practices of the traditional martial arts in Korea dates back many centuries. “High” etiquette became an expected and prized virtue of leadership. “Etiquette” encompassed not only respectful behavior, but also such things as scholarship, high personal values, loyalty, discipline, courage and conscience - certainly a tall order for people of any land and time.

If you will read through the martial arts creed titled, “*Martial Art Spirit*,” you will discover that it contains distinct references to the Five Principles of the Ancients.

- ◆ 1. Virtue
- ◆ 2. Trust
- ◆ 3. Intelligence
- ◆ 4. Courage
- ◆ 5. Discipline

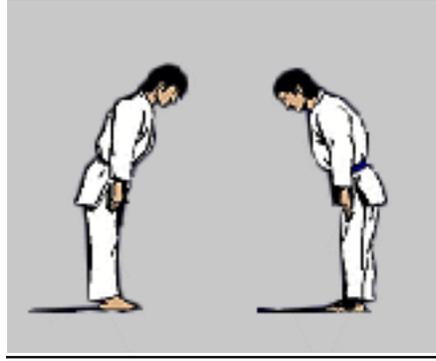
These principles are the foundation of traditional martial arts etiquette. The substance which makes them all happen is **RESPECT**. Behaviors that are motivated by respect are the building blocks of martial art etiquette.

TITLES

Always address instructors by their correct titles. You may also say “Sir” or “Ma’am.” Instructor titles are:

-  총재님 - *Chong Jae Nim*- Grandmaster (10th degree Black Belt)
-  총관장님 - *Chong Gwan Jang Nim* - Chiefmaster (9th degree Black Belt)
-  관장님 - *Gwan Jang Nim* - Master (5th, 6th, 7th, 8th degree Black Belt)
-  사범님 - *Sa Beom Nim* - Instructor (4th degree Black Belt)
-  부사범님 - *Bu Sa Beom Nim* - Deputy Instructor (3rd degree Black Belt)
-  교사님 - *Gyo Sa Nim* - Assistant Instructor (2nd degree Black Belt)
-  조교님 - *Jo Kyo Nim* - Instructor-in-training (1st degree Black Belt)

BOWING



Many Asian cultures use bowing as a common way to show respect. The martial arts custom of bowing is a simple and wonderfully uncomplicated gesture of respect. It is nothing more than that. It has no mysterious religious connections, nor does it translate into idolatry. It is practiced solely to express one's respect. As a student of traditional martial arts, you will bow frequently. It is important to know when and how to bow:

- 🕒 Bow whenever you enter or leave the practice area (Do Jang). This bow is executed by bringing the right fist over the heart (palm side facing your chest) while simultaneously bending forward from the waist and saying "Kuk Sool!"
- 🕒 When you first see an instructor or Black Belt, it is polite to rise to your feet and bow in greeting him or her. When you are leaving the school, remember to bow to the instructor as you bid him or her good night. These bows of greetings and salutations are performed in the "Cha Ryeo" or "Attention" position with the hands on the belt and bending forward at the waist.
- 🕒 "Bowling In" together at the onset of a class formally opens that class session. The formal closing of a class is achieved by "Bowling Out" in unison. These bows are accomplished in the kneeling or "Jeong Jwa" position. The body should be erect with the shoulders back and hands on the belt. When the "Gyeong Rye" or "Bow" command is given, the student should place first the left and then the right hand, palm down with the middle finger slightly touching, on the floor in front of the knees. Bow forward, touching the chest to the knees. Remain in the bow position until the "Baro" or "At Ease" command is given, at which time the student returns to the original "Jeong Jwa" position. Opening and closing bows are usually a sequence of five (5). The five bows are as follows:

1. **Guk Ki** - National Flag
2. **Won Ki** - Association Flag
3. **Gwan Jang Nim** - Master
4. **Su Ryeon Shi Jak** - Practice Begin or **Su Ryeon Kkeut** - Practice is Finished
5. **Su Go Haet Seum Ni Da** (Instructor's statement) - You worked hard! **Gam Sa Ham Ni Da** (Student's reply) - Thank You!

(BOWING CONTINUED)

If you are in a Do-Jang when a class is bowing in or out, always bow with the class, even if you are not practicing. If you are in uniform, the bows should be done in the Jeong Jwa position. If you are in street clothes, the bows are executed from a standing position with the arms straight down the sides. The first bow, which is to the Korean flag, is a salute and is accomplished by raising the right hand, fingers extended and thumb tucked into the palm, in a salute gesture to the left side of the chest. Subsequent bows in the standing position are done with the arms extended straight at the sides while bending forward about 45 degrees at the waist. The eyes should be lowered, but you should still be able to see all of the persons to whom you are bowing. All bows should be sustained until the Ba Ro command is given. On occasion, the instructor may call for bowing in or out to be done in the standing position.

DURING PRACTICE YOU SHOULD BOW:

- *** To the Association flag when beginning or ending hyeong practice
- *** To your partners before and after technique practice
- *** To your partners before and after sparring practice



DOJANG RULES AND REGULATIONS:

SHOW FORMAL RESPECT TO YOUR DOJANG.

- Bow to the flags and your instructors when entering and leaving the school.
- Bow before entering and leaving the practice area. Remove your shoes.
- If a class is in session, please bow with the class. Bow standing (if in street clothes).

GIVE PROPER RESPECT TO YOURSELF, YOUR INSTRUCTORS, YOUR CLASSMATES, AND YOUR ELDERS.

- Do not use vulgar language or put-downs. This will result in serious disciplinary action.
- Concentrate on your training! Never do anything to obstruct your own or another's learning. There should be no unnecessary talking or horseplay during practice.
- Do not try to practice a technique or form that you have not been taught and do not teach others without the permission and/or supervision of your instructor.
- Do not touch weapons or other training equipment without the instructor's permission.
- All rules that apply to the instructors must apply to your elders.

ADDRESS ALL BLACK BELTS AS "SIR" OR "MA'AM."

- When called on in class, answer your instructor with "Yes, Sir/Ma'am!" Always respond with "Sir" or "Ma'am" at the end of all responses. Run when you are being called upon by an instructor.
- When speaking to your instructor, stand in the attention position.
- Do not walk in front of an instructor. If you must, crouch down and excuse yourself.
- Always hand off/take items to/from your instructor with two hands and bow.
- If you have a question for your instructor, do not call your instructor over to you. Instead, approach him/her standing in the attention position.

RESPECT YOUR DO-BOK.

- Do-bok is the Korean word for martial arts uniform. Come to class with a complete and presentable do-bok. This means that the uniform should be clean and un-torn. It should include underwear, a t-shirt, pants, jacket, and a belt. Any t-shirt or garment worn under the jacket should be black. Always treat the do-bok with respect after class and fold it neatly.
- Before class, change into your uniform without delay. We prefer that you come to class in your uniform, ready for training. Always wear the full uniform at the beginning of class. If the weather is hot, you may ask permission to take off the jacket during a class break.
- Should your uniform need to be adjusted during class, face away from the flags and kneel on your right knee while you make the necessary adjustments.

HAVE PRIDE IN THE APPEARANCE OF YOUR SCHOOL. HELP KEEP IT CLEAN AND ORDERLY.

- Pick up after yourselves and others! If you use any of the equipment, put it back where you found it.
- Please bring your own water bottle. A reusable water bottle is recommended.
- DO NOT leave water bottles and clothing behind! These items will be thrown away if not claimed.

WHEN STANDING, ALWAYS BE IN THE ATTENTION POSITION. WHEN SITTING, ALWAYS SIT FORMALLY.

- Whenever you are told to sit down during a class session, sit properly with legs crossed in front of you. Hands should be on the belt in the diamond shape position. Don't slouch or lean against the wall.
- When standing in line, always stand in the attention position without leaning or slouching.

BE CONSIDERATE TO YOUR TRAINING PARTNER.

- Do not wear jewelry during practice. Fitness bands are allowed; however, they must be removed during technique practice. Wedding bands are allowed as long as there are no protruding gems.
- Come to class clean and well groomed. This includes keeping the fingernails and toenails well trimmed. Students **WILL NOT** be allowed to train with untrimmed nails. This is dangerous for both the student and their partner.
- Adjust to different people based on skill level, size, and age.
- When handing things to your classmates, always hand items/take items formally.

ATTEND CLASS REGULARLY.

- Be on time for class. If you must arrive late, ask for permission to join the class. If you must leave early, ask permission before leaving.
- Please inform the instructor of long absences.

ALWAYS PERSEVERE, HAVE PATIENCE, AND MAINTAIN A POSITIVE ATTITUDE!

- Always practice to your full potential. Train to the limit of your endurance, energy and concentration. Don't, however, force yourself beyond what is a safe level for you.
- Never say, "I can't!" Always say "I can try." (There are always variations/modifications)
- Keep a strong mind. Don't allow doubts and fears to overshadow you. A positive mind will yield positive results.

MEMORIZE AND APPLY THE STUDENT CREED.

PARENTS & GUESTS RULES:

1. ALWAYS SHOW PROPER RESPECT TO THE SCHOOL, TO THE STUDENTS, AND TO THE INSTRUCTORS.
2. NO ONE IS ALLOWED ON THE PRACTICE FLOOR EXCEPT FOR OUR STUDENTS. PLEASE DO NOT TOUCH ANY OF THE TRAINING EQUIPMENT.
3. DO NOT TALK TO STUDENTS WHILE THEY ARE PRACTICING. DO NOT DO ANYTHING THAT MAY BE A DISTRACTION.
4. PARENTS – DO NOT COACH YOUR CHILD. THIS IS THE RESPONSIBILITY OF THE INSTRUCTORS.
5. SILENCE CELL PHONES AND TAKE ANY CALLS OUTSIDE.
6. MONITOR YOUR CHILD IN THE WAITING AREA AND THE BATHROOM.
7. PLEASE PICK UP AFTER YOURSELVES. IF YOU HAVE OR YOUR CHILD HAS USED ANY OF OUR ITEMS IN THE WAITING AREA, PLEASE PUT THEM BACK WHERE YOU FOUND THEM.
8. PLEASE TAKE DISRUPTIVE SIBLINGS OUTSIDE DURING CLASS TIME.
9. YOU ARE WELCOME TO CONNECT TO THE WIFI.
10. PLEASE MAINTAIN A POSITIVE AND SUPPORTIVE ATTITUDE TOWARDS OUR STUDENTS! YOU ARE WELCOME TO APPLAUD AND CHEER WHEN APPROPRIATE.

KSMY MARTIAL ARTS SCHOOL BELTS (RANKS)

The concept of belts and rank is probably one that most people associate with martial arts in general, even if they only have a passing interest in the subject.

In Kuk Sool, our belts reflect a member's proven level of competence and (just as importantly) the progression of colors reflects an inner journey that never truly ends. Each belt achieved is truly an accomplishment worthy of respect. It is also worth noting that achieving a belt isn't just a matter of "spending enough time" in a previous belt. In order to achieve the next rank, a student must demonstrate their proficiency in their current belt's techniques, to include kicks & punches, tumbling, forms, and weapons (if applicable).



White Belt

"Pure and without the knowledge of Kuk Sool. As with a tree, the seed must now be planted and nourished to develop strong roots." The student has no knowledge of Kuk Sool and begins with a clean (pure) slate. Purity is often signified by the color white.



Yellow Belt

"The seed is beginning to see the sunlight." The student begins to understand the basics of Kuk Sool. The sun appears to be yellow.



Blue Belt

The pine tree is beginning to develop and grow in strength. "The tree reaches for the sky toward new heights." Having passed beginning point, the student focuses his/her energy upwards toward black belt. The sky appears as blue.



Red Belt

"The sun is setting. The first phase of growth has been accomplished." The first day (the period of time from white belt to red belt) of growth is coming to an end. The physical skill has been developed but lacks control; therefore, physical and mental discipline must now be achieved. Variations of red are found among the many colors of the sunset.



Brown Belt

"The tree is firmly rooted in the earth." At this point the student has mastered the basics and developed deep roots in Kuk Sool. Brown is known as an earthy color, such as dirt.



Red/Black Belt

"The dawn of a new day. The sun breaks through the darkness." The previous day has ended, giving way to a new dawn. The student must begin a new phase of training; that of being a black belt. The red is the sun (in a sunrise) as it breaks through the black of night.



Black Belt

"The tree has reached maturity and has overcome the darkness... it must now 'plant seeds for the future.'" The color black is created when all the colors of the light spectrum have been absorbed into an object. That object has "taken control" of the colors and retained them. If one color was to "escape", the object would no longer be black but would appear as that color. The student has mastered basic and intermediate levels of Kuk Sool. He/she has "absorbed" all the knowledge of the color ranks and overcome or "mastered" that level or training. The colors of the spectrum are bound together and are not reflected off an object, resulting in the absence of color, which we call black.

Stances - Gi Bon Ja Se

Stances (기 본 자 세 - Gi Bon Ja Se) - In Kuk Sool, basic stances are learned in order to improve the following: balance, movement in advancing, retreating, turning and smooth transitions between attacking and defending techniques. The following is a list of Kuk Sool stances:

☀ 공격 자세 - Gong Gyeok Ja Se - Offensive Stance

☀ 방어 자세 - Bang Eo Ja Se - Defensive Stance

☀ 기마 자세 - Gi Ma Ja Se - Horse Riding Stance

☀ 전굴 자세 - Jeon Gul Ja Se - Front Stance

☀ 굴곡 자세 - Gul Gok Ja Se - Cat Stance

☀ 공방 자세 - Gong Bang Ja Se - Offensive Stance & Defensive Stance or Defensive & Offensive Stance



GI BREATHING - GI CHO JJA GI

From ancient times, those who actively practiced Korean martial arts, without exception, also practiced power-gathering techniques. There are two ways of breathing: (a) basic, shallow breathing through the lungs (which is the way most people breath every day); (b) Gi breathing through the lungs and lower abdomen (which is more advanced breathing). Gi breathing exercises are a method of practicing breathing to gather all the internal power (Gi) into one area known as the dan jun (3 cm below the navel) and extend this power freely to the portions of the body where it is needed. The Korean word for the living energy inside a human being is “Gi.”

According to eastern thought, acupuncture can promote healing in some individuals, by opening energy channels in the body which have become blocked or closed. This can restore the proper flow of Gi, and thus healing energy, to the injured or sick part of the body. Some styles of martial arts teach students to hone in on their Gi power.

In Kuk Sool, there are six (6) Key Breathing Exercises practiced. For best results, one should spread his/her fingers as wide as possible, simultaneously “gihap” (yell with an exhalation of breath), and visualize the strength of your entire body flowing into your fingers. These exercises are designed to stimulate internal energy to the external body parts (i.e. fingers, hands, feet). These techniques are called “Gi Cho Jja Gi.”

In all of the exercises, the student first draws a very deep breath, breathing low into the abdomen. Try to fill your stomach with air. If only your chest is full, you need to breathe more deeply. Practice deep, slow, controlled breathing whenever you think about it, when watching TV commercials for instance. This type of breathing helps your body to be calm, relaxed and energized. When your instructor calls for “Sum Swi Gi” during practice, you will use this deep breathing technique. You will learn how to quickly calm your breathing so that you don’t become breathless when practicing.

When practicing Gi Cho Jja Gi, the student will “gihap” and expel 20% of the air in his/her lungs, keeping 80% to fuel the body. While doing the motions of the Gi Cho Jja Gi exercises, the remaining 80% should be held and the stomach muscles tightened. All motions, except for the breath release, should be practiced with resistance. That is, imagine you are moving through mud or lifting something which is very heavy. Concentrate and focus on the energy that is moving into your arms and legs.



TUMBLING - NAK BEOP

Due to the nature of Kuk Sool and the emphasis on throwing techniques throughout the student's training, it is vitally important that the student learn to fall properly -- both to avoid injury and to escape from various types of throwing techniques. A well-rounded martial artist will learn falling, martial art tumbling or "Nak Beop," methods to compliment his or her self-defense training. Learning to fall properly helps martial artists in the following ways:

- Increase your ability to recover if you are knocked down or fall. When an opponent throws you to the ground (or when you fall), you should be able to land safely. When falling, the hands and legs should be used to prevent injury to muscles and joints, as well as protect the head, chest, and internal organs. One should strike the mat with his/her hands and legs to absorb the shock of the fall.
- Reduce the likelihood of injury - Falling properly prevents bones and joints from being injured or broken by evenly distributing body weight and force upon a greater area of the body.
- Provide internal conditioning - Internal body organs are held in place by connective tissue. The person whose training includes regular martial arts falling and tumbling techniques will experience conditioning and strengthening of these tissues. Just as muscles and bones grow stronger from exercise, so do ligaments, tendons and other connective tissue. The result is that the body can better withstand a blunt force trauma, such as a kick, a punch or a fall. The internal organs will not move about loosely, but rather remain more of a tight compact unit and less likely to be injured.

Rules For Tumbling

1. Pay strict attention to your instructor.
2. One student at a time, unless directed otherwise.
3. Line up according to belt seniority - high belts first.
4. Observe senior belts - you can learn by watching.
5. No playing or talking during tumbling practice.
6. Do not attempt any tumbling method which you have not been taught.

Kuk Sool Nak Beop Techniques

- ☀ 앞 구르기 - Ap Gu Reu Gi - Forwards Somersault
- ☀ 뒤 구르기 - Dwi Gu Reu Gi - Backwards Somersault
- ☀ 물 구 나무 서기 - Mul Gu Na Mu Seo Gi - Handstand
- ☀ 앞 낙법 - Ap Nak Beop - Front Fall
- ☀ 뒤 낙법 - Dwi Nak Beop - Back Fall
- ☀ 옆 낙법 - Yeop Nak Beop - Side Fall
- ☀ 앞 옆 낙법 - Ap Yeop Nak Beop - Sideways Front Fall
- ☀ 회전 낙법 - Hoe Jeon Nak Beop - Rolling Fall
- ☀ 공중 낙법 - Gong Jung Nak Beop - Jump Rolling Fall
- ☀ 고양이 낙법 - Go Yang I Nak Beop - Cat Roll
- ☀ 두 손 풍차 - Du Son Pung Cha - 2-Hand Cartwheel
- ☀ 한 손 풍차 - Han Son Pung Cha - 1-Hand Cartwheel
- ☀ 팔꿈치 풍차 - Pal Kkum Chi Pung Cha - Elbow Cartwheel
- ☀ 차올우키 - Cha Ol Uh Ki - Spring Up
- ☀ 공중 풍차 - Gong Jung Pung Cha - Aerial Cartwheel
- ☀ 재주 넘기 - Jae Ju Neom Gi - Front Handspring
- ☀ 뒤로 재주 넘기 - Dwi Ro Jae Ju Neom Gi - Back Handspring

HAND TECHNIQUES - SU GI

Hand Techniques (수 기 - Su Gi) - The bare hand can be used as a weapon to strike, thrust or punch the vital points of an opponent's body. Selecting which type of hand strikes to use depends on the intended target area of an opponent's body. When the bare hand reaches the targeted area, all energy must be focused on that area. The most common attacking techniques are fist and open palm strike. The following is a complete list of bare hand strikes:

- ☀ 정 권 - Jeong Gwon - Straight Fist
- ☀ 평 수 - Pyeong Su - Palm Strike
- ☀ 쌍 평 수 - Ssang Pyeong Su - Double Palm Strike
- ☀ 관 수 - Gwan Su - Spear Hand
- ☀ 일 지 권 - Il Ji Kwon (Index Knuckle) Strike
- ☀ 중 지 권 - Jung Ji Kwon (Middle Finger) Strike
- ☀ 앞 박 치 기 - Ap Bak Chi Gi - Uppercut
- ☀ 수 도 - Su Do - Knife Hand
- ☀ 역 수 도 - Yeok Su Do - Inverted Knife Hand
- ☀ 쌍 수 도 - Ssang Su Do - Double Knife Hand
- ☀ 회 전 수 도 - Hoe Jeon Su Do - Rolling Knife Hand
- ☀ 각 권 - Gak Gwon - Back Fist
- ☀ 손 등 - Son Deung - Back Hand
- ☀ 사 마 귀 권 - Sa Ma Gwi Gwon - Praying Mantis Fist
- ☀ 사 마 귀 막 기 - Sa Ma Gwi Mak Gi - Praying Mantis Block
- ☀ 팔 꿈 치 치 기 - Pal Kkum Chi Chi Gi - Elbow Strike
- ☀ 호 권 - Ho Gwon - Tiger Claw Strike
- ☀ 호 구 권 - Ho Gu Gwon - Tiger's Mouth Grip
- ☀ 앞 뒤 수 기 - Ap Dwi Su Gi - Front & Rear Punching Drill
- ☀ 사 방 치 기 - Sa Bang Chi Gi - Four Direction Punch
- ☀ 십 자 막 기 - Sip Ja Mak Gi - Four Direction Block
- ☀ 좌 우 정 권 뒤 수 도 - Jwa Woo Jeong Gwon Dwi Su Do - 1-2 Punch, Spinning Knife Hand
(Combination)
- ☀ 사 마 귀 막 기, 평 수 - Sa Ma Gwi Mak Gi , Pyeong Su- Praying Mantis Block & Palm Strike
(Combination)
- ☀ 역 쌍 수 도, 회 전 각 권 - Yeok Ssang Su Do, Hoe Jeon Gak Gwon - Inverted Double Knife Hand,
Rolling Back Fist (Combination)
- ☀ 공 방 십 자 막 기 - Gong Bang Sip Ja Mak Gi - Offensive & Defensive Four Direction Block
- ☀ 사 방 치 기 - Sa Bang Chi Gi - Four Sided Cross Punching
- ☀ 쌍 평 수 - Ssang Pyeong Su - Double Palm Strike

LEG TECHNIQUES - JOK SUL



Kuk Sool leg techniques, Jok Sul, use all types of kicking, sweeping and grappling motions. There are many different basic kicks with several variations for each, and literally hundreds of different kicking combinations. The following is a complete list of kicks:

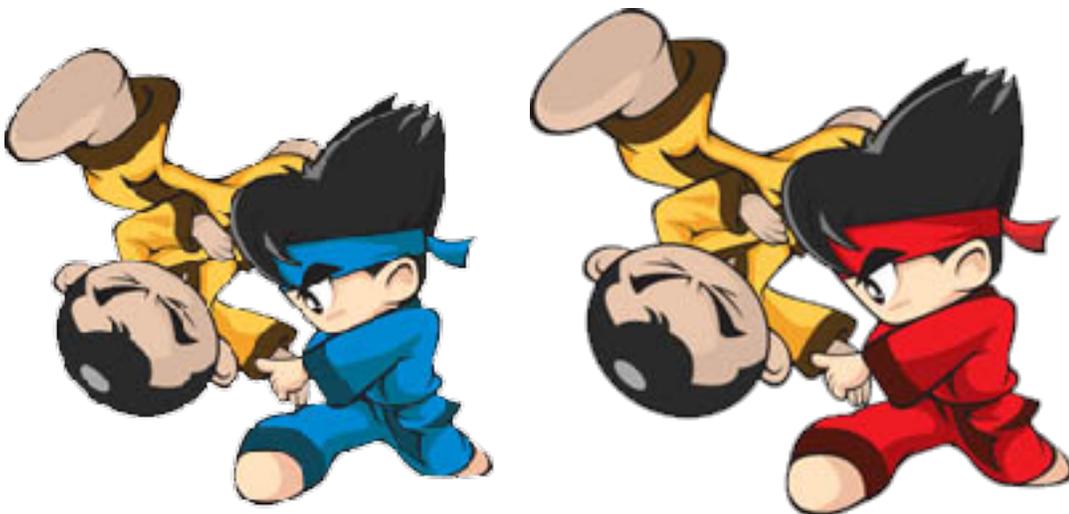
- ☀ 무릎 차기 - Mu Reup Cha Gi - Knee Kick
- ☀ 앞차 올리기 - Ap Cha Eul Ri Gi - Straight Leg Kick
- ☀ 안다리 차기 - An Da Ri Cha Gi - Inner Leg Kick
- ☀ 바깥다리 차기 - Ba Kkat Da Ri Cha Gi - Outer Leg Kick
- ☀ 찍어차기 - Jjik Eo Cha Gi - Axe Kick
- ☀ 앞차기 - Ap Cha Gi - Front Kick
- ☀ 옆차기 - Yeop Cha Gi - Side Kick
- ☀ 발차기 - Bal Deung Cha Gi - Roundhouse Kick
- ☀ 역발등차기 - Yeok Bal Deung Cha Gi - Inverted Round Kick
- ☀ 안꿈치돌리기 - An Kkum Chi Dol Ri Gi - Inside Heel Kick
- ☀ 발꿈치차기 - Bal Kkum Chi Cha Gi - Hook Kick
- ☀ 뒤돌아옆차기 - Dwi Dol A Yeop Cha Gi - Backwards Turning Side Kick
- ☀ 돌아차기 - Dol A Cha Gi - Spin Kick
- ☀ 상단돌아차기 - Sang Dan Dol A Cha Gi - High Spin Kick
- ☀ 하단돌아차기 - Ha Dan Dol A Cha Gi - Low Spin Kick
- ☀ 회전안다리차기 - Hoe Jeon An Da Ri Cha Gi - Rolling Inner Leg Kick
- ☀ 회전발차기 - Hoe Jeon Bal Deung Cha Gi - Rolling Roundhouse Kick
- ☀ 회전뒤돌아옆차기 - Hoe Jeon Dwi Dol A Yeop Cha Gi - Rolling Backwards Turning Side Kick
- ☀ 뛰어차기 - Ttwi Eo Cha Gi - Jumping Kicks
- ☀ 삼방초차기 - Sam Bang Cho Cha Gi - Jump Split Kick
- ☀ 이단옆차기 - I Dan Yeop Cha Gi - Jump Side Kick
- ☀ 가위차기 - Ga Wi Cha Gi - Scissor Kick

TECHNIQUES - HO SIN SUL

Kuk Sool pressure points and joint locking techniques exploit vulnerable areas (vital points) of an opponent's body. There are 657 major pressure points on the body and in Kuk Sool training, we will use 365 of these points. A vital point may be located on the body where there is an exposed nerve without heavy protection from bone or muscle tissue, a joint formed by two bones, or a point on the body where an organ may be easily damaged. Striking a vital point will cause pain, unconsciousness, or serious injury depending on the point struck, development of the opponent, and the force of the blow. A small person may use Kuk Sool techniques to defeat a larger opponent. In Kuk Sool, vital points are not only attacked by striking or kicking but also grabbed or pressed to control the opponent. Kuk Sool not only utilizes pressure points and joint locking techniques, but students also learn grappling and throwing movements.

Kuk Sool systematically divides applied principles of martial arts into techniques which are organized into technique sets. Each belt level has one or more sets a practitioner is required to know before advancing. The number of techniques in each set can range from as little as six to more than twenty, and are ordered and grouped by principle. For instance, there is a throwing technique set, as well as a counter-to-throwing technique set.

Technique sets also range in level of mastery, with some higher-ranking technique sets similar to lower-ranking technique sets, but with a more difficult and/or precise method of application. Individual techniques are performed with one or more partners from a predetermined stance. Most techniques end with a proper application of a joint lock, choke, strike, throw or a combination of any of these. In order to be effective, Kuk Sool techniques must be performed with speed, accuracy and control.



Below is a list of all the techniques taught in Kuk Sool:

Techniques - 초 급 수 - Cho Geup Su
손 목 빼 기 - <i>Son Mok Ppae Gi - Escape From A Wrist Seizure (2)</i>
기 본 수 - <i>Gi Bon Su - Basic Techniques (15)</i>
손 목 수 - <i>Son Mok Su - Defense Against Wrist Seize (11)</i>
외 복 수 - <i>Oe Bok Su - Defense Against Cloth Seize (13)</i>
안 손 목 수 - <i>An Son Mok Su - Defense Against Inner Wrist Seize (6)</i>
맥 치 기 - <i>Maek Chi Gi - Counter Strikes to Vital Points (15)</i>
맥 차 기 - <i>Maek Cha Gi - Counter Kicks to Vital Points (15)</i>
주 먹 막 아 기 본 수 - <i>Ju Meok Mak A Gi Bon Su - Intermediate Gi Bon Su Techniques (15)</i>

Techniques - 중 급 수 - Jung Geup Su
중 급 손 목 수 - <i>Jung Geup Son Mok Su - Intermediate Defense Against Wrist Seize (7)</i>
앞 외 복 수 - <i>Ap Oe Bok Su - Intermediate Defense Against Cloth Seize - Front (20)</i>
뒤 외 복 수 - <i>Dwi Oe Bok Su - Intermediate Defense Against Cloth Seize - Back (23)</i>
관 절 기 - <i>Gwan Jeol Gi - Joint Twisting Techniques (13)</i>
투 기 - <i>Tu Gi - Defense Against Punch with Throws (13)</i>
잡 기 - <i>Jap Gi - Grappling Techniques (20)</i>
방 투 기 - <i>Bang Tu Gi - Defense Against Throws (10)</i>
목 조 르 기 - <i>Mok Jo Reu Gi - Ground Choking Techniques (5)</i>

Techniques - 고 급 수 - Go Geup Su

고 급 손 목 수 *Go Geup Son Mok Su - Advance Defense Against Wrist Seize (15)*

고 급 외 복 수 *Go Geup Oe Bok Su - Advance Defense Against Cloth Seize (15)*

양 손 목 수 *Yang Son Mok Su - Defense Against Both Hands Seize (15)*

쌍 수 - *Ssang Su - Defense Against One-hand Seize by Both Hands (15)*

좌 기 - *Jwa Gi - Defense Techniques in Sitting Position (15)*

와 기 - *Wa Gi - Defense Techniques in a Recumbent Position (15)*

단 도 막 기 - *Dan Do Mak Gi - Defense Against Knife Attacks (15)*

Techniques - 특 수 호 신 술 - Teuk Su Ho Sin Sul

기 본 본 - *Gi Bon Bon - Fundamental Principle Techniques (10)*

각 도 법 - *Gahk Doh Beop - Angle Techniques (10)*

전 환 법 - *Jeon Hwan Beop - Spinning Principle Techniques (13)*

2 인 처 리 술 - *In Cheo Ri Sul - Defense Against Two Attackers (10)*

지 압 술 - *Ji Ap Sul - Single Pressure Point Techniques (10)*

연 행 술 - *Yeon Haeng Sul - Escorting Techniques (10)*

포 박 술 - *Po Bak Sul - Defense with Rope Techniques (10)*

박 술 - *Bak Sul - Head Butting Techniques (6)*

지 팡 이 술 - *Ji Pang I Sul - Defense with Cane Techniques (10)*

평 수 법 - *Pyeong Su Beop - Open Palm Strike Techniques (10)*

부 채 술 - *Bu Chae Sul - Defense with Fan Techniques (10)*

Kuk Sool techniques are divided into four sections (Cho Geup Su, Jung Geup Soo, Go Geup Su and Teuk Su Ho Sin Sul):

초 급 수 - Cho Geup Su - Beginner's Course

The main emphasis is on learning correct stances, movements and hand techniques, foot techniques and joint-twisting techniques. We must learn to step back when being pushed or step forward when being pulled. Effectual self defense means mastering principles of turning and principles of angles. We must be well versed in all the weak points on the body, that is to say the pressure points and joints. In either attack or defense, we must develop solid balance and equilibrium of the body in order to meet the attack of an enemy. Our skill at falling must be impeccable if we wish to escape injury. In the beginning of this course, we learn basic joint twisting and elementary stepping and turning needed to execute self defense techniques successfully. This set also incorporates defense against an active kick. This set furthers our understanding of turning principles so that we may complete our techniques more efficiently and swiftly.

기 본 수 - Gi Bon Su - Basic Techniques (15)

The most “basic” and fundamental Kuk Sool self-defense techniques are Gi Bon Su. In order to perform these techniques, you should know (1) how to transfer Ki power to the fingertips to manipulate opponent’s coming force; (2) the direction of opponent’s Ki power and his movement; (3) the exact place to grab for the pressure point; (4) opponent’s joint structure in order to twist joint at exact angles; (5) offensive and defensive posture to maintain good balance; (6) falling techniques in any direction to escape injury from being thrown by an opponent.

손 목 수 - Son Mok Su - Defense Against Wrist Seize (11)

Son Mok Su means “defense against wrist seize.” These are joint-manipulating and pressure point techniques; therefore, you should know how to use your opponent’s force as countermovement to execute joint-twisting and throwing techniques. Through training, you should learn to shift your Ki power to your fingers and wrist area. When you are comfortable defending against the right wrist seize, change to the left-hand side. To perform properly, one uses the weakness of his or her opponent’s joints and/or vital points. This will enable a weaker person to overcome a much stronger adversary by reversing the power of the stronger. Note: The spreading of the fingers enables a person to collect power from his/her lower abdomen and concentrate it in the wrist area.

외 복 수 - Oe Bok Su - Defense Against Cloth Seize (13)

Oe Bok Su means “defense against cloth seize.” Using opponent’s weak joints, first twist his/her joint and then throw him/her. By twisting on vulnerable bone joints, you may use a minimum of strength to overcome someone much stronger than yourself. In some cases the student will disengage or escape from the grabbing attack prior to the counter while in others the clothing is used to help trap the grabbing hand as the counter technique is applied. Remember to send Ki power to your hands. When you feel comfortable defending against the left-hand seize, then you can learn to defend against a right-hand seize.

안 손 목 수 - An Son Mok Su - Defense Against Inner Wrist Seize (6)

An Son Mok Su means “defense against inner wrist seize.” You are using opponent’s weak joints and pushing down directly or twisting with a circular motion to immobilize or thrown him/her. These techniques consists of controlling your opponent by twisting his/her joints.

맥 치 기 - Maek Chi Gi - Counter Strikes to Vital Points (15)

Maek Chi Gi means to “strike or punch the opponent’s vital pressure points” with one’s hand. When the opponent kicks, you should block downwards. Then when your opponent punches, you should block the punch, then counter your opponent with your fist or open-hand technique (knife hand, elbow, palm and so forth). In order to learn these techniques, you should know the location of major vital points in the human body.

맥 차 기 - Maek Cha Gi -Counter Kicks to Vital Points (15)

Maek Cha Gi means “defense against opponent’s attack and counter with kicks to the opponent’s vital pressure points.” When opponent attacks with a kick and punch, you will block with a circular movement and kick to a vital pressure point. Shifting from defending to attacking stances without losing balance is very important in Maek Cha Gi.

주 먹 막 아 기 본 수 - Ju Meok Mak A Gi Bon Su - Intermediate Gi Bon Su (15)

Ju Meok Mak A Gi Bon Su means “intermediate Gi Bon Su techniques.” After you have learned the 15 Gi Bon Su Techniques, which can be applied against the opponent’s kick and punch, you should execute these techniques by making a circular motion to your right or left side. Using joint-twisting techniques, throw your opponent to the ground. Ju Meok Mak A Gi Bon Su begins with you in the defensive stance and your opponent in the offensive stance.

중급수 - Jung Geup Su - Intermediate Course

In these techniques, students receive more emphasis on turning, angle of joint-twisting techniques, speed and Ki power. These techniques include counterattacks and also attacking techniques. These techniques are structurally more sophisticated than those techniques of the beginning level. To be successful with these techniques, it is necessary that the student pays close attention to many factors such as spinning, angle, speed, the spreading of the fingers, etc. Within this course, there are not only grabbing type techniques, but also techniques designed to gain control over an opponent who is attacking with kicks or hand strikes.

중급손목수 - Jung Geup Son Mok Su - Intermediate Defense Against Wrist Seize (7)

Jung Geup Son Mok Su means “intermediate defense against wrist seize.” Defend by applying joint-twisting techniques and kicking or throwing techniques to immobilize the opponent. You should learn to use a stronger opponent’s strength to counter the attack. When it is comfortable to defend the right hand, then you should change to the left-hand side.

앞외복수 - Ap Oe Bok Su - Intermediate Defense Against Cloth Seize - Front (20)

Ap Oe Bok Su means intermediate “defense against front cloth seize.” You should apply joint-twisting, kicking, open palm striking or throwing techniques to immobilize the opponent.

뒤외복수 - Dwi Oe Bok Su - Intermediate Defense Against Cloth Seize - Back (23)

Dwi Oe Bok Su means “defense against cloth seize from behind.” You should apply joint-twisting, kicking, open palm striking and throwing techniques. This division contains the most techniques in any Kuk Sool set. Remember that these techniques are taught in a sequence from wrist to elbow, shoulder, belt and grab under and over the arms.

관절기 - Gwan Jeol Gi - Joint Twisting Techniques (13)

Gwan Jeol Gi means “joint-twisting techniques.” Techniques designed to attack an opponent's joints (directed primarily against the wrist, elbow and shoulder), this set introduces the student to the more subtle aspects of joint attack and manipulation which can be used to increase the effectiveness of techniques already learned and to prepare them for more advanced techniques later on. You should advance forward with your right foot and grab opponent’s hand to execute joint-twisting and joint-locking motions.

투기 - Tu Gi - Defense Against Punch with Throws (13)

Tu Gi means “defense against punch with throws.” These Kuk Sool throws are different from Yudo throws. In Yudo, the opponent is thrown by breaking his balance, but in Tu Gi, the opponent is thrown by twisting his/her joints.

잡 기 - Jap Gi - Grappling Techniques (20)

Jap Gi means “grappling techniques.” These Kuk Sool techniques are unique in the sense that you and your opponent both begin with grabbing each other’s shoulders. These techniques utilize both pressure points and joint locking techniques to control your opponent. Derived from Korean wrestling, Jap Ki teaches the student to 1) “feel” for an opponent’s movements, 2) develop a quick reaction/response and 3) develop a repertoire of throwing techniques. A good understanding of pressure points and joint locking is necessary in order to perform these techniques effectively.

방 투 기 - Bang Tu Gi - Defense Against Throws (10)

Bang Tu Gi means “defense against opponent’s throwing techniques.” When an opponent grabs your clothes or body and attempts to throw you, you should push a pressure point to immobilize the opponent’s movement or turn your body fast to the right or left side to upset the opponent’s balance and stop his/her throws. When an opponent intends to throw you over his/her hip, you should prevent him/her from completing by utilizing counter throwing techniques. Because throws are more easily executed when the attacker is in close, you must keep distance from your opponent in order to accomplish a successful defense.

목 조 르 기 - Mok Jo Reu Gi - Ground Choking Techniques (5)

Mok Jo Reu Gi means to “defend against a choke or to put your opponent into a choke hold.” These techniques are executed on the ground either across from your opponent or beside your opponent. Beginning from a kneeling position facing the opponent, Mok Jo Reu Ki teaches various techniques of choking the opponent to submission. Although taught from a kneeling/bowing position, many of the techniques can be applied standing, as well.

고 급 수 - Go Geup Su - Advanced Techniques

The third level in Kuk Sool. At this level, the student must have mastered the angles of joint-twisting, transferring Ki power to the hands and fingers, grabbing pressure points quickly and turning the body freely in any direction. Most of the advanced techniques contain two locks or attacks.

고 급 손 목 수 Go Geup Son Mok Su - Advance Defense Against Wrist Seize (15)

Go Geup Son Mok Su means “advance defense against wrist seize.” An opponent will be immobilized by joint-twisting, grabbing a pressure point, striking or throwing. At this stage, you should be able to move and perform techniques naturally in order to lead the opponent in any direction. You should have total control of the opponent’s body.

고 급 외 복 수 Go Geup Oe Bok Su - Advance Defense Against Cloth Seize (15)

Go Geup Oe Bok Su means “advance defense against cloth seize.” This stage of training is marked by a mastery of joint-twisting techniques and free movement of hands and feet. A calm mind is also essential. In these defense techniques, joint-twisting techniques are executed twice. There is an initial joint-twisting technique that causes the opponent to resist in the opposite direction. You should follow his resisting direction and execute the joint lock once more. This second joint lock will completely immobilize the opponent.

양 손 목 수 Yang Son Mok Su - Defense Against Both Hands Seize (15)

Yang Son Mok Su means “defense against having both wrists seized.” You will defend by applying joint-twisting, striking or throwing to immobilize the opponent. These techniques are one of the most practical and highly effective techniques.

쌍 수 - Ssang Su - Defense Against One-hand Seize by Both Hands (15)

Ssang Su is executed when an opponent uses “two hands to seize one of your wrists.” Divided into three sections of five techniques, this set teaches a response against grabs against the hand held raised, lowered and behind. The most prominent feature of these techniques are the specialized counter-grabbing techniques designed to escape from the opponent's grab while simultaneously seizing or trapping the grabbing hand. You will immobilize the opponent by using striking, joint-twisting, pressure points and throwing techniques.

좌 기 - Jwa Gi - Defense Techniques in Sitting Position (15)

Jwa Gi means “defense against attack in the sitting or kneeling position.” There are three sections to these techniques and you will execute accordingly. You should use wrapping block and joint locks to immobilize opponent. You should also use pressure point strikes to the legs and throw your opponent backwards. Though taught in a kneeling posture (a position much more common in Asia than in the US), these techniques can also be easily applied when seated in a chair.

와 기 - Wa Gi - Defense Techniques in a Recumbent Position (15)

Wa Gi means “defense against attack while in a lying position.” While you are lying down, the opponent will attack you with a kick, strike or choke from behind, in front, sitting on top and kneeling beside. You should apply blocks, kicks, choke and arm or elbow lock to get way or subdue the opponent. While certainly not a position to be preferred for defense, there are situations in which the student might be thrown to the ground and attacked and therefore it is necessary to know how to defend oneself from a position in which one is lying on the ground.

단 도 막 기- Dan Do Mak Gi - Defense Against Knife Attacks (15)

Dan Do Mak Gi means “defense against different knife attacks” (stabbing, poking and slashing attacks) resulting in a throwing or locking technique against the attacking hand and ending the control/submission of the attacker. When an opponent attacks with a knife from the front or side, you should avoid the attack or block his hand and counter with a kick, punch or joint lock. When training against a knife attack, you should concentrate on opponent’s movement, keep your mind calm for quick judgment, and have proper breathing control for better movement. In an actual attack, you should try to avoid the knife by staying to the outside of the opponent’s arm. If a cut is unavoidable, it is better to sacrifice an arm or leg to protect the head, chest and abdominal area. Dan Do Mak Gi prepares the student for attacks with knife thrusts, stab and side-to-side slashes.

특수호신술 - Teuk Su Ho Sin Sul

You have reached outstanding levels in technique execution and you must have good moral character as well as a sound knowledge of the origin, history, philosophy, terminology and development of Kuk Sool. The emphasis of these techniques is on using the Ki finger against pressure points and subduing opponent after immobilizing him by joint twisting or joint locking. Also, defense with the cane and rope are included. You must master circular movements, apply head butting as a defensive weapon, learn to circulate Ki power to the open palm area and utilize the bamboo or iron fan as a defensive weapon.

기본본 - Gi Bon Bon - Fundamental Principle Techniques (10)

In Gi Bon Bon, turning your body freely in 360 degrees in any direction, you hold the opponent's fingers and twist along with the turning direction and throw or pin your opponent down on the ground. A thorough knowledge of the color belt curriculum is necessary before beginning this level of technique.

각도법 - Gahk Doh Beop - Angle Techniques (10)

This set of techniques is designed to further instruct the beginning Black Belt student in angles so that they may better understand and apply the proper technique most effectively. Not only does this set of techniques lay a proper foundation for techniques to come, it should also help to make any techniques that the student has previously learned to be applied much more effectively and efficiently.

전환법 - Jeon Hwan Beop - Spinning Principle Techniques (13)

The techniques taught in this particular set teaches the student to apply the principles of YU-WON-HWA "soft-circular-blending" in a smooth and circular manner while maintaining proper body motion in order to translate a rapid spinning motion into a linear force. By twisting an opponent's joint at a fast speed, he/she will fall. The speed of joint lock should be faster than opponent's reaction to release the grip.

2인처리술 - In Cheo Ri Sul - Defense Against Two Attackers (10)

In Cheo Ri Sul means "defense against two attackers." When opponent seizes your wrists or shoulders or chokes you, you should push on the pressure points or twist the joints to throw or subdue him. This defense against two men attackers was widely used in the Paikche Kingdom known as Jund Dai Beob. The most important factor of these techniques is the use of your Ki power to counter the opponent's strength. In addition to requiring proper technique, joint angle, pressure point attack and proper body motion, In Cheo Ri Sul also requires the student to perform these techniques with both hands (including the "weak" hand). This helps to build strength and dexterity in the application of techniques with BOTH hands.

지 압 술 - Ji Ap Sul - Single Pressure Point Techniques (10)

Ji Ap Sul means defense against attack by grabbing opponent's "single pressure point" to immobilize your opponent.

연 행 술 - Yeon Haeng Sul - Escorting Techniques (10)

Yeon Haeng Sul means "escorting techniques." These techniques are used against an attacking opponent or an opponent who is ahead of you. You should use pressure points or joint-twisting motions to subdue your opponent.

포 박 술 - Po Bak Sul - Defense with Rope Techniques (10)

Po Bak Sul means "defense with a rope." Since this is also a highly advanced technique, you will need much more practice to do these techniques efficiently. You should know the speed of your opponent's punch, his joint areas and the location of the pressure point to counter his/her coming force. These rope techniques were used along with escorting techniques by the royal police forces during the Lee Kingdom (1393-1910), and even today, the Korean police and prison guards utilize these techniques.

박 술 - Bak Sul - Head Butting Techniques (6)

Bak Sul is the use of head butting as an offensive or defensive weapon. From a close distance, you execute head butting to the opponent's pressure points, or weak joint areas. You should use your left or right forehead in butting the opponent. Before head butting, you should lift the tongue and bend it upward to the inside ceiling of the mouth and close your mouth, which will eventually strengthen your neck so Ki can easily move to the forehead.

지 팡 이 술 - Ji Pang I Sul - Defense with Cane Techniques (10)

Ji Pang I Sul means "defense and counterattack with cane" against kick and punch. Using the cane, you can counterattack by striking or thrusting into opponent's pressure point or twisting opponent's joint. You should send Ki power freely to the end of the cane when it is needed to strike, to thrust into the pressure or to twist the joint.

평 수 법 - Pyeong Su Beop - Open Palm Strike Techniques (10)

Pyeong Su means "open palm strike." There are regular palm strikes (fingers upwards), reverse palm strikes, circle palm strikes and double palm strikes. You should know how to transfer Ki power into your open hand. The power of the palm strike can be different according to the angle of your palm; therefore, you must practice these techniques frequently along with breathing exercises.

부 채 술 - Bu Chae Sul - Defense with Fan Techniques (10)

Bu Chae Sul means "defense with bamboo or iron fan." Since the fan is small, you should know how to send Ki power to the end of the fan and be able to counterattack quickly, and know the pressure points or weak joint areas well.



Forms - Hyeong

The Korean word for martial art form is “hyeong.” To the beginning student or casual spectator of martial arts, forms may appear to be dance-like routines of techniques strung together in an arbitrary manner. Though many martial art forms are indeed beautiful dances, they are definitely not arbitrary concoctions of movements. Rather a martial art form is a carefully choreographed series of offensive and defensive maneuvers against one or more imagined opponents. Thus, each form is a staged contest which demonstrates the principles of fighting and the application of various martial art techniques. In order to achieve the most possible benefits from the practice of forms or hyeong, it is helpful to possess some understanding of the purpose and background of this important part of your Kuk Sool training.

Martial artists of ancient times drew much of their fighting techniques from arsenal found in nature. Martial artists often studied the instinctive behaviors of wild animals or the properties of natural elements, such as wind, water or fire. Animals provided effective examples of specialized hunting, fighting and survival techniques, while power and method could be found in the elements. Some early martial artists designed entire fighting systems around animal techniques. Later generations of martial artists incorporated and adapted successful techniques found in nature into fighting styles.

As you practice forms, you will employ many techniques and principles borrowed from the world around you. Perhaps the most important natural element from which a student practicing Kuk Sool forms may draw would be water. Effectively employing Kuk Sool techniques requires that the martial artist develop smooth, flowing and powerful motions. The student practicing forms who strives to envision himself/herself as one with the flow of a river--smooth, swift and powerful, will begin to transfer grace, speed and effective “fluid power” to the overall application of martial arts techniques. Forms practiced with this mindset will help the student to achieve the essence of the Kuk Sool style.

The five most important animals found in Kuk Sool forms and techniques are as follows:



Tiger: Offensive - representation: open hand palm strike, frontal attack method emphasizing power and momentum.

Eagle: Offensive - representation: fighting principle which toys with an assailant using feigned techniques which allows surprise employment of pressure point techniques. Specializes in attack from behind.



Crane: Offensive - representation: loose, relaxed soft moves and power coupled with extreme speed. Focused point of attack - all body energy is transferred to an attack point.



Snake: Defensive - representation: relaxed power and focused point of attack; "Gi Gwon" or one or two finger strike; circular blocking techniques which result in entrapment of an attacker's leg or arm such as seen in the practice of joint techniques.



Praying Mantis: Defensive - representation: action, power and balance; pulling and grabbing motions, short range strikes using the back of the knuckles and fingers. Sometimes the back of the wrist or palm is used. Strikes are usually followed by a rapid grab by the striking hand which pulls the assailant into range for another strike.

Whether an advanced or beginning student of Kuk Sool forms, one should consciously strive to adhere to the Five Principles of Practice:

- ***EYES** - Focused
- ***STANCE** - Low
- ***MIND** - Clear
- ***FEET** - Light
- ***HANDS** - Sharp

Active awareness and application of these guidelines will make your forms practice more productive. Use them to enhance your training.

Designed by thoughtful purpose, martial art forms afford the serious student a practical method to improve the physical, mental and spiritual aspects of his or her martial art training. To meld these three planes into the whole should be a primary goal for the practitioner of martial art forms. On the physical level, one may expect to gain improved coordination, balance, timing, agility, power and the skilled, smooth application of techniques. Mentally, the diligent student may expect to gain a heightened sense of awareness, improved concentration and a unique “mind-body” discipline. The mental-to-physical replay of specific motions and the process of retaining, sorting and acting on sequential information helps to develop an increased capacity for memory and better recall.

A form must be repeated thousands of times before the body can perform the techniques smoothly, gracefully and powerfully, gaining maximum effect without wasted effort. Striving for perfection of this “mind-body” connection is fundamental to forms practice and may take many years to achieve. To gain the desired progress in this direction, the student should always practice forms in a mindful manner. Do not simply pass through the motions, but engage your thinking process. Try to actively apply the Five Principles of Practice as discussed earlier. Every effort should be made for the mind to accompany the body in training. Come to class with a clear mind and be ready to concentrate on martial art training.

Your martial arts training also has a spiritual dimension. It may be best described as a unity of the self. When mind, body and spirit are in harmony, a sense of inner balance begins to evolve. The student will naturally begin to feel more “in tune” with the intangibles of martial arts training; self discipline, self confidence, patience, perseverance, leadership and virtue. This spiritual aspect of training is elusive and difficult to achieve. Remember, “Many people may join along the way in life, but few will achieve spiritual awakening, for the path is strewn with difficulties.” Never give up! Whatever your personal challenges in life may be, continued practice of forms with the correct mindset can help you grow in a spiritual sense as well as improve your mind and body.

“Empty-hand forms” must first be accomplished at expert skill level before advancing to weapons training.



Kuk Sool Empty Hand Forms

Gi Cho Hyeong - This is the first and most “fundamental form” in Kuk Sool. Learned at the white belt level, it includes offensive and defensive elements which are used in higher forms. For this reason, each movement and position must be precisely practiced. Mastery of this form is necessary in order to successfully perform any of the subsequent forms. Gi Cho Hyeong demonstrates the basic techniques of Kuk Sool and gives students a strong foundation to build upon. Gi Cho Hyeong is divided into six (6) parts with a total of twenty-eight (28) movements. This form incorporates both hard and soft movements, which will be used in all the higher forms of Kuk Sool.

Cho Geup Hyeong - This second Kuk Sool form is a “beginner’s form.” The form is characterized by its “single line” formation and consists of 24 movements. Cho Geup Hyeong also introduces some new techniques including palm strike, circle back fist strike, double palm blocks and double palm strikes.

Jung Geup Hyeong - The third Kuk Sool form is an “intermediate form.” The form is characterized by its “T” configuration movement and consists of fourteen (14) movements. When the student finishes the fourteen movements, he/she will start again, this time facing the opposite side. After completing the fourteen movements the second time, the student will be facing the direction he/she originally started.

Go Geup Hyeong - Go Geup Hyeong means “second intermediate form.” This form is the fourth Kuk Sool form. The characteristics of this form are that the twenty-four (24) movements are executed in a cross (+) directional pattern. Some techniques used in Go Geup Hyeong are *Gi Cho Jja Gi* (#1), high spin kick, triple punch and back kick.

Dae Geup Hyeong - The fifth form of Kuk Sool. It is the “third intermediate form.” The form is characterized by its “J” formation pattern and consists of twenty-nine (29) movements. The form introduces a low spin kick.

Geom Mu Hyeong - Also known as the “Royal Court Empty Hand form.” This form is a black belt candidate form and is characterized by its forty-six (46) movements. When one is practicing this form, he/she must circulate Ki Power to his/her hands and legs, and transition easily from offensive to defensive stances and attacks. Geom Mu Hyeong demonstrates a wide variety of advanced techniques, including knife throwing, double hand palm strike, and stresses the importance of a low stance throughout the form.

Baek Pal Ki Hyeong - Referred to as the “108 Movement Form,” this form is the first black belt form in Kuk Sool. In the beginning of the form, one must start with Ki exercises to not only send Ki to the hands, but also concentrate one’s thoughts on a single object. The origin of this form can be traced to the Buddhist monks. The number 108 is significant as it refers to the number of defilements to overcome in order to gain enlightenment. Some of these sufferings are separation from a loved one, or living with someone who one dislikes. In order to overcome such suffering, Buddhist monks, using Ki power, trained in internal breathing exercises, and performed this form to forget their sufferings.

Gyeok Pa Hyeong - Gyeok Pa Hyeong means “Breaking Form.” This form consists of thirty-eight (38) movements and is the second empty-hand black belt Kuk Sool form. One will learn breaking techniques through this form. While other Kuk Sool forms are soft and hard, this entire form is rough in movement. But when you perform the breaking motions, your waist must be flexible and all the power should be concentrated into the fist or palm to break the target.

Sam Bang Cho Hyeong - Referred to as the “Three Directional Defense Form.” Sam Bang Cho Hyeong has 150 movements and is the third empty-hand black belt form of Kuk Sool. Most of the movements are contained in this form. There are Ki breathing exercises, various punching and striking techniques, kicking and turning techniques, open palm strikes, falls, breaking techniques, throwing stone techniques, etc.

Un Heok Hyeong - Referred to as “Crane on a Cloud Form.” Un Heok Hyeong has one hundred and thirty (130) movements and is the fourth Kuk Sool empty-hand black belt form. This is an elegant, gracious and fluid form, but Ki power must flow into each movement. Therefore, each movement strikes strong. In Kuk Sool forms, the movement is flexible and graceful like running water, but it should be strong when it strikes the target, creating hard and soft movements throughout the forms.



Kuk Sool Weapons

A student of Kuk Sool will first learn “empty hand” forms, which include a wide range of empty hand techniques that must be learned to a reasonably high skill level before the student may attempt any weapons training. A proper respect for the art must be obtained as well as good basic skills, strong practice habits and self-discipline before the student is ready to handle the advanced techniques of weapons training. This may take one to two years to attain (Blue Belt Level). Martial arts students must also learn patience!

There are various traditional weapons in Kuk Sool. Below, we will briefly discuss a few of Kuk Sool’s most popular weapons:



Bong - Originally a weapon of the Sa Do Mu Sool (Tribal Martial Arts), the bong also became a favorite weapon of the Bul Gyo Mu Sool (Buddhist Martial Arts). The monks often used a staff as a means to carry things, such as a bundle of clothing, on their journeys. The bong made a practical and handy weapon for the monks, who developed very sophisticated fighting methods and great expertise with this weapon. Ancient staffs were made of a unique hardwood called Bak Dal, which could only be found in Korea. The monks had a secret process for curing the wood which made the staffs so strong they could withstand a strike from a sword. Kuk Sool bong techniques, although they are thousands of years old, can still be usefully applied today. Modern martial art

bongs are usually made from common hardwoods or rattan.

As they did in ancient times, Korean bongs come in three different sizes, each with distinct methods and techniques:



Dan Bong - Short Staff - Kuk Sool short staffs were used in pairs. Techniques were originally developed by monks who often carried wooden flutes about sixteen inches in length.

Jung Bong - Middle Staff - This staff was approximately to the height of its owner’s eyebrows. It was perhaps the most common and useful size. It is the first bong you will study

Jang Bong - Long Staff - The height of this staff could be up to an arm’s length above it’s owner’s head



Swords - As a Kuk Sool black belt, your weapons training will include the traditional sword. Kuk Sool sword techniques are very old and originated in the ancient Tribal Martial Arts. Although Korean swords first came from the Sa Do Mu Sool (Tribal Martial Arts), and date back in Korean history over 4000 years, the Royal Courts Martial arts (over 2000 years ago), made the sword a sophisticated and popular weapon. Old traditional swords came in different shapes and sizes according to the time period and the particular skills of the swordsman. Korean master swordsmen often custom designed swords for themselves according to the physical abilities and needs of the individual. Perhaps the most famous sword in all of Korean history was that of Admiral Yi Sun Shin. It was almost seven feet long.

Fans - Another popular weapon of the Royal Court was the fighting fan. Mainly used by ladies and gentlemen of nobility, fans were good self-defense weapons as well as dangerous attack weapons. Originally fans dating back some 2000-3000 years, were made of silk and had real silver and gold inlay to highlight the bright color and designs printed on the fabric. The splines were made of Bak Dal, a very strong hardwood. Feathers from exotic birds added the beautiful finishing touch to ancient Korean fans. Sometimes, small knives or blades might be hidden in the feathers of the fan.

Cane - Another interesting weapon of the Royal Court was the walking cane. Originally a defensive weapon of the monks (Buddhist Martial Arts), the Royal Court used canes mainly as offensive weapons. Sometimes a small sword would be hidden inside the body of the cane, or small blades dipped in poison might be inserted in the tip of the cane. Today's Kuk Sool cane techniques are a combination of Buddhist and Royal Court Martial Arts, using many self-defense and submission techniques alongside Royal Court offensive methods. However, the practice of improving canes with hidden swords and knives is forbidden in Kuk Sool.

Below is a list of some of the weapons used in Kuk Sool:

검 - <i>Gum</i> - <i>Sword</i>	단 봉 - <i>Dan Bong</i> - <i>Short Staff</i>
단 검 - <i>Dan Gum</i> - <i>Short Sword</i>	부 채 - <i>Bu Chae</i> - <i>Fan</i>
단 도 - <i>Dan Do</i> - <i>Knife or Short Sword</i>	중 봉 - <i>Jung Bong</i> - <i>Middle Staff</i>
장 봉 - <i>Jang Bong</i> - <i>Long Staff</i>	지팡이 - <i>Ji Pang I</i> - <i>Walking Cane</i>
창 - <i>Chang</i> - <i>Spear</i>	포박 - <i>Po Bak</i> - <i>Rope</i>
월도 - <i>Wol Do</i> - <i>Halberd (Moon Knife)</i>	국술궁 - <i>Kuk Sool Gung</i> - <i>Traditional Korean Archery (utilizing a "thumb" draw)</i>

TRADITIONAL WEAPON FORMS

Jung Bong Hyeong - Jung Bong Hyeong is a form performed with a middle-sized staff. It is the first weapons form that is taught in Kuk Sool. In order to learn Jung Bong Hyeong, you must master eighteen (18) basic rotating, striking or blocking movements, and learn to transfer Ki power from your body to the end of your staff. You must be able to maintain balance and execute kicking techniques freely without interference from the staff.

Ssang Dan Bong Hyeong - Ssang Dan Bong Hyeong means to perform a form with two short staffs. It consists of fifty-six (56) movements. Since this form is done with short staffs, you must know how to concentrate your Ki power into the end of the staff to make an effective strike or block.

Jeong Geom Hyeong - Jeong Geom Hyeong means sword form with blade upward or straight sword. This form consists of sixty-two (62) movements and is the first of four Kuk Sool sword forms. This sword form combines blocking and attacking techniques as well as fluid movements. You must practice movements one by one in the beginning. Ki power should go to the hand and sword. The eye should follow the edge of the sword at all times.

Yeok Geom Hyeong - Yeok Geom Hyeong means to perform a sword form, facing edge of the sword downward or inverted. It consists of forty-seven (47) movements and is the second form among Kuk Sool sword forms. Since the end of the blade is downward, you must know how to transfer Ki power into the hand and blade. One's body must be in a low stance and the eye should follow the end of the sword throughout the forms entirety. This form should be practiced until you cannot feel the sword in your hand. Yeok Geom Hyeong was popular among warriors during the Three Kingdoms period and was reorganized and polished by Master Han Kyo during the Korean-Japanese War (1592-1598).

Ssang Dan Geom Hyeong - Ssang Dan Geom Hyeong means to perform a form with two short swords. It consists of fifty-two (52) movements. Since two short swords are being used at the same time, you must have good coordination between mind, body and swords, and Ki power should move freely into the hand and swords. Since the swords are short, you should combine with strong kicks. Finally, since you are performing with short swords, your movements should be fast.

Ssang Jang Geom Hyeong - Ssang Jang Geom Hyeong means form performed with two long swords. Two swords are used to defend or attack at the same time, but usually one sword is used to block while the other is used to attack. In Korean history, these double-sword techniques were frequently used on horseback by the Royal Court warriors.

Below is a list of all forms taught in Kuk Sool:

Forms - 유 급 형 - Yu Geup Hyeong
기 초 형 - <i>Gi Cho Hyeong (1-6) - Fundamental Form</i>
초 급 형 - <i>Cho Geup Hyeong - Beginner's Form</i>
중 급 형 - <i>Jung Geup Hyeong - Intermediate Form I</i>
고 급 형 - <i>Go Geup Hyeong - Intermediate Form II</i>
대 급 형 - <i>Dae Geup Hyeong - Intermediate Form III</i>

Forms - 유 단 형 - Yu Dan Hyeong
검 무 형 - <i>Geom Mu Hyeong - Royal Court Empty Hand Form</i>
백 팔 기 - <i>Baek Pal Ki Hyeong - 108 Movement Form</i>
격 파 형 - <i>Gyeok Pa Hyeong - Breaking Form</i>
삼 방 초 - <i>Sam Bang Cho Hyeong - Three Directional Defense Form</i>
운 혁 형 - <i>Un Heok Hyeong - Crane on a Cloud Form</i>

Weapons Forms - 무 기 형 - Mu Gi Hyeong
쌍 단 봉 형 - <i>Ssang Dan Bong Hyeong - Double Short Staff Form</i>
중 봉 형 - <i>Jung Bong Hyeong - Middle-sized Staff Form</i>
정 검 형 - <i>Jeong Geom Hyeong - Straight Sword Form</i>
역 검 형 - <i>Yeok Geom Hyeong - Inverted Sword Form</i>
쌍 단 검 형 - <i>Ssang Dan Geom Hyeong - Short Swords Form</i>
쌍 장 검 형 - <i>Ssang Jang Geom Hyeong - Double Sword Form</i>

SPARRING GUIDELINES

All students wishing to spar must first have permission of the Instructor.

RULES FOR FREE SPARRING

Tournament sparring is optional and not a mandatory part of your Kuk Sool martial arts training. Brown Belts and above are required to attend the Sparring Class as part of his/her testing curriculum. The student sparring must be aware of the possibility of injury and be willing to accept the full risk involved. Kuk Sool specializes in light contact sparring. Such methods develop control and increase one's overall martial arts skills and ability. The sparring guidelines which follow are intended to provide the student with a safe, productive sparring practice and reduce the likelihood of injury.

SAFETY EQUIPMENT

1. Hand and Foot Guards
2. Chest Guard
3. Groin Cup for men
4. Headgear and Mouthpiece
5. Shin Guards are optional

RULES AND RESTRICTIONS

1. NO contact directly to the face.
2. NO full contact to the head area - only light, pulled and clear feigned point contact with feet and hands allowed
3. NO kicks or punches below the waist
4. NO contact to the back, throat, groin, kidneys or insteps
5. NO contact when partner is on the ground
6. NO use of elbow or knee strikes
7. NO wild kicks or punches - for contact above the waist (bladder point) and below the neck, use hand and foot strikes with clean, medium contact only.
8. NO excessive force may be used.

KUK SOOL USEFUL TERMINOLOGY

Historical Martial Arts
사도무술 - <i>Sa Do Mu Sool - Tribal or Family Martial Art</i>
불교무술 - <i>Bul Gyo Mu Sool - Martial Art practiced in the Buddhist Temples</i>
궁중무술 - <i>Gung Jung Mu Sool - Martial Art of the Royal Court</i>

Names & Titles
총재님 - <i>Chong Jae Nim - Grandmaster (10th degree Black Belt)</i>
총관장님 - <i>Chong Gwan Jang Nim - Chiefmaster (9th degree Black Belt)</i>
관장님 - <i>Gwan Jang Nim - Master (5th, 6th, 7th, 8th degree Black Belt)</i>
사범님 - <i>Sa Beom Nim - Instructor (4th degree Black Belt)</i>
부사범님 - <i>Bu Sa Beom Nim - Deputy Instructor (3rd degree Black Belt)</i>
교사님 - <i>Gyo Sa Nim - Assistant Instructor (2nd degree Black Belt)</i>
조교님 - <i>Jo Kyo Nim - Instructor-in-training (1st degree Black Belt)</i>
유단자 - <i>Yu Dan Ja - Black belt holder</i>
세자 - <i>Je Ja - Martial arts apprentice/disciple</i>
단보님 - <i>Dan Bo Nim - Black Belt Candidate (Red/Black belt)</i>
자띠 - <i>Ja Tti - Brown Belt</i>
홍띠 - <i>Hong Tti - Red Belt</i>
청띠 - <i>Cheong Tti - Blue Belt</i>
노란띠 - <i>No-Ran Tti - Yellow Belt</i>
흰띠 - <i>Huin Tti - White Belt</i>

Common Phrases

안녕하십니까 - *An Nyeong Ha Sim Ni Kka* - Hello / Hi / How are you?

안녕히가십시오 - *An Nyeong Hee Ga Sip Si O* - Goodbye / Go Safely

수련시작 - *Su Ryeon Shi Jak* - Practice Begins

수련끝 - *Su Ryeon Kkeut* - Practice is Finished

수고하셨습니다 - *Su Go Ha Syeot Seum Ni Da* - You Worked Hard

감사합니다 - *Gam Sa Ham Ni Da* - Thank You

천만에요 - *Cheon Man E Yo* - You're Welcome

부탁합니다 - *Bu Ta Kam Ni Da* - Please do your best for me/help me

Martial Arts Animals

호랑이 - *Ho Rang I* - Tiger

사마귀 - *Sa Ma Gwi* - Praying Mantis

독수리 - *Dok Su Ri* - Eagle

뱀 - *Baem* - Snake

학 - *Hak* - Crane

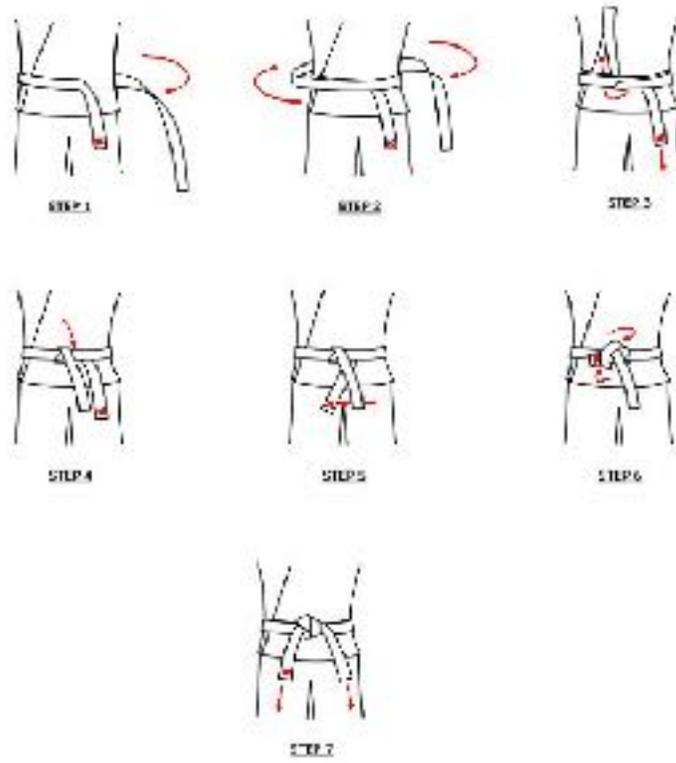
Parts of the Body	Parts of the Body
손 - <i>Son</i> - Hand	무릎 - <i>Mu Reup</i> - Knee
팔꿈치 - <i>Pal Kkum Chi</i> - Elbow	발등 - <i>Bal Deung</i> - Ridge on Top of Foot
발 - <i>Bal</i> - Foot	손목 - <i>Son Mok</i> - Wrist
어깨 - <i>Eo Kkae</i> - Shoulder	맥 - <i>Maek</i> - Vital Point
다리 - <i>Da Ri</i> - Leg	발꿈치 - <i>Bal Kkum Chi</i> - Heel
안손목 - <i>An Son Mok</i> - Inside of Wrist	혈 - <i>Hyeol</i> - Acupuncture/Acupressure Point

Counting	Counting
일- <i>Il - First</i>	하 나 - <i>Ha-Na - One</i>
이 - <i>Ee - Second</i>	둘 - <i>Dul - Two</i>
삼 - <i>Sam - Third</i>	셋 - <i>Set - Three</i>
사 - <i>Sa - Fourth</i>	넷 - <i>Net - Four</i>
오 - <i>O - Fifth</i>	다섯 - <i>Da Seot - Five</i>
육 - <i>Yuk - Sixth</i>	여섯 - <i>Yeo Seot - Six</i>
칠 - <i>Chil - Seventh</i>	일곱 - <i>Il Gop - Seven</i>
팔 - <i>Pal - Eighth</i>	여덟 - <i>Yeo Deol - Eight</i>
구 - <i>Gu - Ninth</i>	아홉 - <i>A-Hop - Nine</i>
십 - <i>Sip - Tenth</i>	열 - <i>Yeol - Ten</i>
	스물 - <i>Seu Mul - Twenty</i>
	서른 - <i>Seo Reun - Thirty</i>
	마흔 - <i>Ma Heun - Forty</i>
	쉰 - <i>Swin - Fifty</i>
	예순 - <i>Ye Soon - Sixty</i>
	일흔 - <i>Il Heun - Seventy</i>
	여든 <i>Yue Deun - Eighty</i>
	아흔 <i>A Heun - Ninety</i>
	백 - <i>Baek - One Hundred</i>

Basic Terminology	Basic Terminology
예 의 - <i>Ye Ui - Etiquette</i>	수 련 - <i>Su Ryeon - Practice</i>
경 례 - <i>Gyeong Rye - Bow/Salute</i>	그 만 - <i>Geu Man - Stop</i>
차 려 - <i>Cha Ryeo - Attention</i>	기 본 자 세 - <i>Gi Bon Ja Se - Stances</i>
정 좌 - <i>Jeong Jwa - Kneeling</i>	대 련 - <i>Dae Ryeon - Sparring</i>
준 비 - <i>Jun Bi - Ready</i>	기 초 짜 기 - <i>Gi Cho Jja Gi - Breathing Exercises</i>
시 작 - <i>Shi Jak - Begin</i>	기 합 - <i>Gihap - Special yelling utilizing "Ki" energy</i>
끝 - <i>Kkeut - Finish</i>	숨 쉬 기 - <i>Sum Swi Gi - Breathing</i>
바 로 - <i>Baro - At Ease</i>	국 기 - <i>Guk Gi - National Flag</i>
도 장 - <i>Do Jang - Practice Hall</i>	원 기 - <i>Won Gi - Association Flag</i>
도 복 - <i>Do Bok - Uniform</i>	

Directions & Movements	Directions & Movements
앞 - <i>Ap - Front</i>	뒤 로 돌 다 - <i>Dwi Ro Dol A - Turn Around</i>
반 대 로 - <i>Ban Dae Ro - The Other Way, Other Side</i>	뛰 어 - <i>Ttwi Eo - Jumping</i>
옆 - <i>Yeop - Side</i>	상 - <i>Sang - High</i>
역 - <i>Yeok - Reverse, Inverted</i>	회 전 - <i>Hoe Jeon - Rolling, Rotating</i>
뒤 - <i>Dwi - Back, Rear</i>	중 - <i>Jung - Middle</i>
돌 아 - <i>Dol A - Spinning, Turning</i>	양 - <i>Yang - Both</i>
안 - <i>An - Inside</i>	하 - <i>Ha - Low</i>
	쌍 - <i>Ssang - Double</i>

How to Tie Your Belt



How to Fold Your Uniform

