

# Student Handbook

Kuk Sool Won™ of Clear Lake  
Family Martial Arts Center



**FAMILY MARTIAL ARTS CENTER**

*World Kuk Sool Association®*

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## MEET YOUR SENIOR INSTRUCTORS



Master *Barry Harmon* has been training in Kuk Sool since 1971. Master Barry holds the rank of 9th degree black belt and was the first non-Asian practitioner to achieve Master Level. His title is Su Suhk Kwan Jang Nim. It is important to always address our school Master by his proper title. Master Harmon also holds a Professional Degree in Acupuncture from the NCCAOM and is licensed to practice in Texas.

Master *Choon Ok Harmon* has been training in Kuk Sool since 1970. Master Choon Ok also holds the rank of 9th degree black belt and is the highest ranking woman in Kuk Sool world wide. Master Choon Ok's title is Su Suhk Ya Kwan Jang Nim and should always

be addressed as such. Both of our school masters are world renowned martial art practitioner as well as innovative teachers. They have pioneered the philosophy of a family Martial Art environment and actively take part in all aspects of our school.



Master *Terry Heaps* has been training in Kuk Sool since 1985. Master Terry Heaps is a 6<sup>th</sup> degree black belt, her title is Joo Im Kwan Jang Nim. Master Terry Heaps is a Quality Assurance-SHE Manager. She also holds a Masters Degree in Oriental Medicine – 2007. Master Terry Heaps is the second highest ranking Kuk Sool female in the USA second only to our school master Ya Kwan Jang Nim Choon Ok Harmon.



Master *David Aue* has been training in Kuk Sool under the Harmon's since 1993. Master David currently holds the rank of 5th degree black belt; his appropriate title is Pyung Kwan Jang Nim. PKJN David is the Head Instructors of our school as well as the school Manager.



Kuk Sool Won™ of Clear Lake has many instructors with a wealth of knowledge and experience. You can see more on our instructors by visiting our website: [www.kuksoolwoncl.com](http://www.kuksoolwoncl.com) and click on the Instructors link.

## Welcome to Kuk Sool Won™ of Clear Lake!

*You are beginning a great experience in your life. Here is some information that will help you get the most from it:*

### **What you'll gain:**

Our professional staff of Black Belt Instructors along with their assistants is here to guide you towards better self-confidence, and discipline as you improve your balance, coordination, flexibility, control, and overall health. Our program gradually guides you to improved cardiovascular fitness, muscle tone, flexibility, increased confidence, mental discipline, self-defense techniques, and more. You'll take great pleasure and pride in watching yourself become stronger and more agile, with increased stamina and a better attitude towards everything you do. If you are handicapped in some way due to a previous injury, we will help you find ways to work around that, and not re-injure yourself. We want to provide a safe and secure learning environment that all students can enjoy.

### **Attendance:**

1. Regular attendance is very important for your improvement. We highly recommend attending two regular classes per week.
2. If you miss a class during the week because of other obligations, you may make it up by coming to the scheduled make up classes. As a courtesy to our students, we offer up to six make up classes per month.
3. If you will have to miss regular class for more than three weeks due to illness requiring medical attention, planned personal vacations, or mandatory business trips, please let us know by filling out a student absence notice located on the last page of this handbook. Upon approval, a prorated amount will be credited to your next program renewal. In addition, make up classes must be used for the first three weeks of a qualified absence.\***Please note**; this policy does not apply to randomly missed class or time missed due to enrollment in other activities outside of your martial arts training (i.e. soccer, baseball, basketball, etc); **furthermore, this policy is subject to change.** Training in martial arts is much more than an extracurricular activity; it is an education and should be given priority.
4. If you have an unusual work or travel schedule, as many of our students do, please let us help you design a regular pattern of classes for you to attend so you can get maximum benefit from your training. Remember that the body and mind respond best to regularity, so be as regular as possible with your attendance.
5. Remember: the most difficult part of your training is getting to class in the first place! If you can do that, you're a winner!

### **Kuk Sool Won of Clear Lake is a "Black Belt" school.**

Our goal is for every student to earn his/her Black Belt, not only in Martial Arts, but also in life. By working towards this "goal," we create an environment in which every student develops confidence through accomplishing high but realistic and attainable goals.

The learning objectives for each belt level in Kuk Sool are set up in a logical, easy-to-understand system, so you will be able to know at any particular time how much you have accomplished toward your next goal, and what you still have to do to achieve it.

If you have a physical limitation, such as damage from a previous injury, that you feel would keep you from achieving this goal, please talk to the schoolmasters. There are many ways to work around this and maximize your personal capabilities, allowing you to reach black belt level.

## **Belt Testing:**

Testing is scheduled monthly; however, students will not be eligible to test month to month. Two months is the minimum amount of time between tests. Average training time between tests for adults is approximately 3 to 4 months; children approximately 6 to 8 months. Testing application forms are available in the office or on the counter. Testing applications must be completed in full and turned in by the application deadline. See the monthly calendar for test dates and deadlines.

What do I do for my first test (promotion to Yellow Stripe)?

1. Along with the basic kicks, punches and falling techniques, we will teach you 5 "breakaway" techniques (Sohn Pae Ki) and 5 throwing techniques (Ki Bon Soo) which you will demonstrate with a partner, and the first 3 parts of the fundamental form (Ki Cho Hyung).

2. You will also recite the Student Creed, which you will find in this booklet on page 16. This is the only thing you do by yourself. The rest is very much like a class.

3. After checking with your instructor to make sure you know this material, you select a testing time, pick up a test form (Junior for under age 13, Youth for 13 to 17, and Adult for 18 & over), and give your completed test form to the office several days before the test date to avoid a late fee. Your student ID number for your test form is on your attendance card and begins with 713-4.

4. The most important thing during a test is martial arts etiquette. You may be nervous and forget some things. Everybody does at one time or another--but as long as your etiquette is maintained, you will do well on your test. Testing is very similar to class: you demonstrate your techniques with a partner; demonstrate your forms, your kicks, punches and falling with the group. The only thing you do by yourself is reciting the Student Creed.

## **What about future testing?**

1. When you feel you have learned the material for the next level well enough to test and it has been at least 2 months since your last test (usually longer for children), check with the head instructor. Once you have received permission from your instructor to test, you may turn in a testing form.

2. For each exam you will demonstrate not only the new material for that level, but also all the material you have learned before. As you move up through the belt levels, you acquire a large number of techniques, gradually becoming more proficient in the earlier ones as you review them each time.

**Promotion:** Promotion ceremonies will be held on the date and time indicated on that month's calendar. It will consist of a formal promotion, demonstration, and potluck dinner. Students promoting will need to dress in their Do-Bok (martial art uniform). Students that promote will receive their belt or stripe and a certificate of rank if promoting to a belt. Friends and family are always invited. We recommend for all attendees to bring a dish for the pot-luck party.

**Black Belt Testing:** After two to three years of regular training you will earn your black-brown belt and be eligible to begin testing for your Black Belt. Black Belt testing is a series of tests, usually 8 to 12 exams, before actually earning your Black Belt. Before starting your Black Belt testing, you will have to register through the World Kuk Sool Association® which includes a one-time Black Belt testing fee of \$400\*. More information will be sent to you at the brown belt level. \*(the WKSA® black belt testing fee is subject to change)

## Advancing through the Kuk Sool Belts: a short summary of the requirements for the first two promotions:

### ***YELLOW STRIPE***

#### ***Adults & Youth (age 13 and over)***

8. Recite the first 3 parts of the student creed.
9. Demonstrate the basic kicks and punches with the rest of the group.
10. Demonstrate the 5 ways to break away from an attacker (sohn pae ki) and 5 throwing techniques (ki bon soo) with a partner.
11. Demonstrate the fundamental form (ki cho hyung) parts 1, 2, and 3.
12. Demonstrate falling techniques as practiced in class.
13. Demonstrate the ki breathing techniques (ki cho cha gi) (done with the warm up exercises every class) with the group.
14. Demonstrate your best martial arts etiquette!

#### ***Juniors (12 and under)***

1. Recite the first 3 parts of the student creed.
2. Demonstrate the basic kicks and punches with the rest of the group.
3. Demonstrate the 5 ways to break away from an attacker (sohn pae ki) and 5 throwing techniques (ki bon soo) with a partner.
4. Demonstrate the fundamental form (ki cho hyung) parts 1, 2, and 3.
5. Demonstrate falling techniques as practiced in class.
6. Demonstrate the ki breathing techniques (ki cho cha gi) (done with the warm up exercises every class) with the group.
7. Demonstrate your best martial arts etiquette!

### ***YELLOW BELT***

#### ***Adults & Youth (age 13 and over)***

1. Do everything listed above.
- Add:
2. All 15 throwing techniques (ki bon soo).
  3. Entire 6-part form: (ki cho hyung)
  4. Demonstrate even better martial arts etiquette!

#### ***Juniors (12 and under)***

- .1. Do everything listed above.
- Add:
2. The first 10 of the throwing techniques (ki bon soo)
  3. Entire 6-part form: (ki cho hyung)
  4. Demonstrate even better martial arts etiquette!

**Additional promotion requirements** are listed on the testing form or you may ask your instructor. Our rank system is as follows: yellow stripe, yellow belt, blue stripe, blue belt, red stripe, red belt, brown stripe, brown belt, first black stripe, black brown belt (first title in Kuk Sool: Dahn Bo Nim). After promotion to Dahn Bo Nim, students may register for Black Belt testing. Black Belt testing is held every 3 months at a location designated by Headquarters. Permission and registration must be completed prior to testing. After testing a stripe will be awarded each test until the candidate is promoted to Black Belt (Jo Kyo Nim).

**Progression Stripe System (For Juniors)** To help the student, the parents, and the instructors keep track of each student's progress we use progression stripes. The progression stripes are white representing forms and black representing techniques. Once a student has memorized the required forms for their next, test they will receive a white stripe, and/or a black stripe for the required techniques. Once both stripes are earned the student may take an official exam.

**Straight A Club:** Students that receive straight A's during their current grading period will receive 5 "Kuk Sool bucks". To receive your Kuk Sool bucks, you must bring a copy of your report card (not the original) to the office; furthermore, you must attend the promotion ceremony the same month that your report card was issued. The Straight A Club also includes college students, even if they are taking only one course. Only letter grade A's or grades (90-100) are eligible for this award.

**Black Belt Club:** What is the Black Belt Club? The Black Belt Club is a special program designed for those students who are committed to make black belt and give them the opportunity to learn advanced techniques and traditional weapons before they reach Black Belt level. To be eligible for the Black Belt Club, you must be the rank of yellow belt or higher. As a member of the Black Belt Club, you will receive a 10% discount on most supplies in the school. If you are interested in joining the Black Belt Club or would like to know more about it, please contact the office.

### **Preparing for Class**

1. Come to class clean and well groomed. This means coming to practice with a complete and un-torn uniform (do-bok); it should include pants, jacket, and belt.
2. Any T -shirt or leotard worn under the jacket should be black. Your do-bok jacket should be worn left over right.
3. Always treat the Do-bok with respect; after class, fold it correctly.
4. Before class, change into your uniform without delay or you may wear your uniform to and from class. Always wear the full uniform at the beginning of class.
5. Do not use drugs except for medication. If you are ever found drunk or drugged in the Do-jang, you may be expelled.
6. Do not wear jewelry to class. Jewelry can cause injury to you and your classmates, and you may damage or break your jewelry.
7. Before you leave the school, check to see if you have all your personal belongings including: shoes, bags, clothing, equipment, etc.
8. Leave all valuables in your car or at home. Do not leave valuables in the dressing rooms. Kuk Sool Won™ of Clear Lake and staff are not responsible for any items lost or stolen.

**Martial Artist Code of Behavior:**

As a new student, you will hear the word "etiquette" repeatedly. You will learn that proper etiquette accounts for a high percentage of your score on belt tests. You will hear the instructors say that the first thing to be learned as a student of Martial Arts is etiquette. What do they mean by etiquette? They mean the proper code of behavior for a Martial Artist.

What is the proper code of behavior for a Martial Artist? The deceptively simple answer: any behavior that is motivated by RESPECT. If you truly learn this martial art, it is inevitable and natural that you will develop respect for the art. In appreciating the truth and beauty of the Art, you will also automatically develop respect for the instructors who impart their knowledge to you. Likewise, you will have respect for your classmates who share your learning adventure. Also, you will gain respect yourself as a martial art student.

In reading through and learning the various rules and regulations, do not forget that RESPECT and manners are the rationale for their existence. The first step in strong mind training is "MARTIAL ARTS ETIQUETTE." As Martial Artists in the modern world we must always remember the five principles of the Ancients:

**Virtue: Trust: Intelligence: Bravery: Discipline**

**Titles**

Always address the instructors by their correct title. You may also say "Sir" or "Ma'am". Using the instructor's first name or saying "Hey you" is not polite or respectful. Instructor titles are as follows:

- Dahn Bo Nim .....Black Belt Candidate (black brown belt)
- Jyo Kyo Nim .....1st Degree Black Belt
- Kyo Sa Nim .....2<sup>nd</sup> Degree Black Belt
- Pu Sa Bum Nim .....3<sup>rd</sup> Degree Black Belt
- Sa Bum Nim .....4<sup>th</sup> Degree Black Belt
- Pyung Kwan Jang Nim .....5<sup>th</sup> Degree Black Belt
- Joo Im Kwan Jang Nim.....6<sup>th</sup> Degree Black Belt
- Ji Do Kwan Jang Nim.....7<sup>th</sup> Degree Black Belt
- Suhn Im Kwan Jang Nim.....8<sup>th</sup> Degree Black Belt
- Su Suhk Kwan Jang Nim .....9<sup>th</sup> Degree Black Belt
- Kuk Sa Nim .....Grand Master Degree Black Belt

**Bowing:**

Bowing is the most obvious way to show respect. As a martial arts student, you will bow frequently. It is important to know when and how to bow. Remember that martial art bowing is a type of salute and has nothing whatsoever to do with religion or worship.

Bow whenever you enter or leave the practice area of the do-jang (school). Bending at the waist with hands by the side or holding the belt and saying "Kuk Sool" is the correct way to execute the bow.

When you first see an instructor, bow to him/her as you greet them. When you leave the school, bow to the instructors as you bid them farewell. Shaking hands is not necessary when you bow; however, you may do both.

Bow "in" before practice and bow "out" after practice. These six bows are done from a kneeling position at the beginning and ending of each class. The first bow is to the National (American) flag; the second bow is to the World Kuk Sool Won™ Association flag; the third bow is to the Grandmaster; the fourth bow is to the Chief or Head Instructor; the fifth is to the instructor of the class; and the sixth bow is to begin/end the class. If you are in the do-jang when a class bows in/out always bow with the class, even if you are not ready for class or are not staying for the class. If you are in street clothes at the time of bowing, stand with your hands at your side and bow as normal.

The most important thing to remember is to bow anytime you are instructed to. Usually this is before forms (hyung), techniques, and sparring practice. Also, anytime you are practicing hyung without supervision bow to the Association flag.

The bow is executed by bending forward from the waist slightly, about 45 to 90 degrees. The spine should be straight. Do not bend your neck forward or look up at your partner. Your eyes should be lowered, but you should still be able to see, using peripheral vision, all of the people to whom you are bowing. If you are in uniform, your hands should be holding your belt in the attention position; if you are in street clothes, keep your arms at your sides.

#### Do-Jang Do's and Don'ts"

1. Do take your shoes off before entering the practice area.
2. Don't enter the office unless you have business there.
3. Don't eat, drink, chew gum, or smoke (in or outside) the Do-jang.
4. Don't use vulgar language in the Do-jang.
5. Don't leave your Do-bok or other possessions in the Do-jang.
6. Do keep a strong and positive mental attitude. Don't let doubts and/or fears overshadow you.
7. Push yourself, but on the other hand, be realistic. Don't push yourself beyond safe limits.
8. Discuss any problem with an instructor immediately. Remember, it is better to get your answers from the highest possible authority. Don't ask a Brown Belt if you can ask a Black Belt.
9. Do pick up your attendance card when you come in and place it in the attendance card box.
10. Do leave your problems and worries from the outside world aside and focus on your training while in the do-jang.
11. Do stand up and bow with the class if you are in the do-jang while a class is bowing in or out.

#### Weapons:

1. Ask permission from an instructor to use a weapon. Usually weapon techniques are not learned until Brown Belt or in Black Belt Club.
2. Always treat weapons with care and respect. Do not lean or rest upon your weapon. Never leave a weapon unattended. When finished practicing with a weapon, put it away promptly.
3. Do not touch weapons that you have not been taught by an authorized instructor.

## When you are on the practice floor

Be aware of good martial art manners at all times, and practice them. Do not lean against the railings, walls, or mirrors. Respect your instructors, your classmates, and the equipment in the school. Obey instructors and senior classmates. Do not disturb senior classmates while they practice. Never try to do something you haven't been taught, or use any equipment you have not been given permission to use.

Remember that there are two ways to **stand** in the martial art school:

1. Attention posture, with your thumbs hooked behind your belt and your fingers pointed together below the knot:



The five points for attention position are: Feet together, hands on belt, no talking, eyes forward, and always answer "Sir" or "Ma'am".

2. At Ease posture:



Feet apart, hands clasped behind your back.

...and two ways to **sit** in the martial art school.

1. Kneeling posture, the formal attention position. 2. Cross-legged posture.

Martial arts etiquette is built on respect: respect for other students, respect for the school and your instructors, and respect for yourself.

## **Special Notes for Parents:**

At Kuk Sool Won™ of Clear Lake we use only positive reinforcement in our instruction. Sometimes you may not understand why the instructor is "letting your child get away with" certain behaviors. Please trust the instructors to handle this and do not intervene by coaching or reprimanding your child from the sidelines.

In positive reinforcement, we generally ignore bad behavior (unless it is creating a dangerous situation), and we praise and reward good behavior. Many years of success have shown that this system works with adults as well as children. We want your child's martial arts experience to be a positive one, and to help us do so please remember:

1. Be helpful but don't coach or reprimand your child, especially when your child is on the practice floor during class. Let the instructors handle it.
2. Teach your children to enjoy the thrill of competition by giving them the encouragement they need to improve their attitude and skills. Let them know winning is not the most important thing compared to the striving for excellence!
3. Try not to re-live your athletic life through your child.
4. Don't compete with the instructors.
5. If you feel there is a real problem, please speak to one of the instructors or the schoolmasters immediately. We want your child's experience to be a positive one at all times.

## **My child sometimes complains about coming to class. What should I do?**

Sometimes parents, especially parents of young children, mention to us that their kids complain about coming to class. The parents acknowledge that the kids like class once they are here; yet, they think maybe the child is losing interest.

In many cases, the child is not telling you he doesn't like his classes. Often, he is demonstrating that he is "present focused." At early stages of development, kids are not always able to project their thinking into the future, and weigh the potential for future enjoyment. For example, if you offered a young child a dollar now or ten dollars in a week, they probably will choose the dollar now and the immediate gratification.

To deal with this, first of all, understand that the child may be delighted with the lessons, and still demonstrate this behavior. Secondly, talk with your child - not when he is complaining, but at a later time. Explain to your child that you will no longer accept complaints about his commitment to martial arts, and if he has a specific complaint, he should speak to his instructor. By doing this, you are eliminating any complaining that is just complaining; at the same time, you give him/her the opportunity to address any real complaints.

Then, follow through! If your child complains, hold up your hands, and say "Wait! If you have complaints about classes, let's set up a time for you to speak to Master Harmon!" And when your child does come without complaining, let him/her know how much this pleases you.

Being firm and consistent will get good results ... and as the children mature, they will be better able to understand delayed gratification!

### **My child is having trouble learning the Student Creed:**

Use examples to help explain the difficult words to your child. Even very young children can learn the Student Creed, which is required for every promotion step, if they are helped to understand it as they are learning it. We have many entire families who are students at Kuk Sool Won of Clear Lake. On our twelve month program there is a 10% discount on tuition for direct members of the family. Parents find this is an excellent way to participate in a healthy adult activity. At the same time they share a bond with their children, as they learn the same materials and move up in rank. Children and adults are taught separately after the first warm up exercises, so although you may all come to the same class, you will not be taught together: each group will receive instruction that is suitable to its age range.

#### **..but I have this old injury...**

Many people who are here have injuries from other sources that limit their performance in certain areas. We will not ask you to do anything that will aggravate that injury, but rather find ways to work around it and improve your abilities in spite of the handicap. Please talk to your instructors about your specific problem, and we will help you.

#### **..but I have a belt in another martial art...**

We often get new students who have studied other martial arts, even those who have received black belts in other martial arts. Everyone coming into Kuk Sool starts at white belt and works their way up. The belt held in another martial art may be of some advantage in how rapidly the student learns certain things, but we want your Kuk Sool instruction to be well-grounded from the very beginning.

#### **.,but I have to be out of town a lot...**

Please let us know if you will miss your regular classes by filling out an absence form located on the last page in this handbook. We will work with you to set up make up classes and possibly an alternative schedule. Depending on how long you will miss regular class, we may consider providing you an extension of time or credit due to business obligations. In nearly all cases, working together, we can find a solution to your busy work schedule.

*“There are never problems, only challenges”*

## ARE YOU A WINNER OR A LOSER?

**A WINNER SAYS, "LET'S FIND OUT",**

A LOSER SAYS "NOBODY KNOWS."

**WHEN A WINNER MAKES A MISTAKE, HE SAYS "I WAS'WRONG'**

A LOSER SAYS, "IT WASN'T MY FAULT."

**A WINNER CREDITS HIS "GOOD LUCK" FOR WINNING EVEN THOUGH IT ISN'T GOOD LUCK,**

A LOSER BLAMES HIS "BAD LUCK" FOR LOSING EVEN THOUGH IT ISN'T BAD LUCK.

**A WINNER KNOWS HOW AND WHEN TO SAY "YES" AND "NO",**

A LOSER IS INDECISIVE AND IS EASILY INFLUENCED.

**A WINNER ISN'T NEARLY AS AFRAID OF LOSING,**

AS A LOSER IS AFRAID OF WINNING.

**A WINNER WORKS HARDER THAN A LOSER AND HAS MORE TIME,**

A LOSER IS ALWAYS "TOO BUSY" TO DO WHAT IS NECESSARY.

**A WINNER WORKS THROUGH A PROBLEM,**

A LOSER TRIES TO GO AROUND IT AND NEVER GETS PAST IT.

**A WINNER MAKES COMMITMENTS,**

A LOSER MAKES PROMISES.

**A WINNER SHOWS HE'S SORRY BY MAKING UP FOR IT,**

A LOSER SAYS, "I'M SORRY", BUT DOES THE SAME THING NEXT TIME.

**A WINNER KNOWS WHAT TO FIGHT FOR AND WHAT TO COMPROMISE ON,**

A LOSER COMPROMISES ON WHAT HE SHOULDN'T AND FIGHTS FOR WHAT ISN'T WORTH FIGHTING FOR.

**A WINNER SAYS, "I'M GOOD, BUT NOT AS GOOD AS I OUGHT TO BE",**

A LOSER SAYS, "I'M NOT AS BAD AS A LOT OF OTHER PEOPLE."

**A WINNER LISTENS,**

A LOSER JUST WAITS UNTIL IT IS HIS TURN TO TALK.

**A WINNER WOULD RATHER BE ADMIRERED THAN LIKED, ALTHOUGH HE WOULD PREFER BOTH,**

A LOSER WOULD RATHER BE LIKED THAN ADMIRERED, AND EVEN BE WILLING TO PAY THE PRICE OF MILD CONTEMPT FOR IT.

**A WINNER FEELS STRONG ENOUGH TO BE GENTLE,**

A LOSER IS NEVER GENTLE; HE IS EITHER WEAK OR MALICIOUS.

**A WINNER EXPLAINS,**

A LOSER MAKES EXCUSES.

**A WINNER RESPECTS THOSE WHO ARE SUPERIOR TO HIM AND TRIES TO LEARN SOMETHING FROM THEM,**

A LOSER RESENTS THOSE WHO ARE SUPERIOR TO HIM AND TRIES TO FIND CHINKS IN THEIR ARMOR.

**A WINNER SAYS, "THERE OUGHT TO BE A BETTER WAY TO DO IT",**

A LOSER SAYS, "THAT'S THE WAY IT IS ALWAYS DONE HERE."

**A WINNER PACES HIMSELF,**

A LOSER HAS ONLY TWO SPEEDS, HYSTERIA AND LETHARGIC.

**REMEMBER, WE ARE ALL WINNERS AT KUK SOOL WON®**

## **A Brief Introduction to Kuk Sool Won™**

The name, Kuk Sool Won™ is easier to understand when broken into its 3 parts. Kuk means nation, state or country. Sool means martial art technique, but has a deeper implied meaning, including the mental, spiritual, cultural and philosophical heritage of Korean martial arts. Won means institution or association.

The roots of Kuk Sool date back to the beginning of Korea with Sah-doh Moo Sool- family or tribal martial art. The next development was Bool-kyo Moo Sool-Buddhist martial art. Shortly afterwards came Koong Joong Moo Sool-royal court martial art. These are the three segments of Korean life and history from which the techniques of Kuk Sool evolved. Modern Kuk Sool is not a style or type of martial art, but a systematic study of Korea's martial art techniques that date from ancient to present time. Today's Kuk Sool was formally systemized in 1958 by Grandmaster Suh, In Hyuk and the association was officially founded in 1961 in Korea.

Kuk Sool, as organized by Kuk Sa Nim (Korean National Teacher) Suh, In Hyuk has three levels of study: Student Level, Instructor Level, and Master Level. Each level of study has a specific lesson plan, which has been systematically outlined from a basic level, progressing upwards. Kuk Sool lesson plans are patterned along the principle of our educational system. A comparison would go as follows: Ki Cho is pre- school level, Cho Guep is grammar school level, Joong Guep is middle school level, Go Guep is high school level and Dae Guep is college level. Completion of the Instructor Level lesson plan is the martial art equivalent of a university master's degree. The third or Master Level lesson plan is equivalent to the university level Ph.D. degree. It is a course of study that must be pursued over an entire lifetime.

The basis of Kuk Sool is the building and use of Ki-internal power. Therefore, Kuk Sool is classified as an internal martial art system. However, to classify Kuk Sool under any one name is in error because of its vastness. To be correct, one must say Kuk Sool is an internal, external, hard, and soft martial art.

Kuk Sool is kicking, punching, throwing, joint locking, pressure points, falling, choking, weapons, physical fitness, mental control, meditation, breathing, acupressure, and acupuncture. These are some, not all of the technique categories contained within Kuk Sool Won™.

Kuk Sool leg techniques, Jok Sool, use all types of kicking, sweeping, and grappling motions. There are 68 different basic kicks with several variations for each, and literally hundreds of different kicking combinations. Punching includes open and closed hands, using all parts of the hand, arm and shoulders for attack and defense. Throwing, joint locking and choking utilize every part of the body to form an enormous variety of *Soo*-technique. To be exact, Kuk Sool contains 3,608 *Soo*. Falling and some gymnastics are important aspects in escape, evasion and self-protection against a variety of attacks.

Pressure points are used in striking and grabbing. Attacking pressure points properly can be painful, paralyzing or may even cause death, depending on the strength and precision of the attack. Pressure points are also used in acupressure and acupuncture for healing. Breathing, mental control and meditation are taught to help develop and learn how to control Ki--internal or universal energy. A strong Ki will mean a healthier and longer life. Learning to control and use a strong Ki will make a superior martial artist.

Kuk Sool weapons date back to the time when man used stone throwing as a method of self-defense as well as to kill small animals for food. Over the course of Korean history, many different types of weapons evolved. There are 24 different traditional royal court weapons in Kuk Sool. Of these 24 major weapons, there are as many variations as there are masters who used them.

To explain the many different categories within Kuk Sool, it would take at least one volume for each category. This is only an outline of some of the types of techniques that make Kuk Sool. Kuk Sool is a martial art of the past, present and future. It benefits everyone who practices it, regardless of age, background or sex.

THE TEN COMMANDMENTS FOR PARENTS OF  
ATHLETIC CHILDREN

(Reprinted from the Young Athlete by Bill Burgess)

- Make sure your child knows that you love him and appreciate his efforts.
- Try to be completely honest with your child about his athletic ability.
- Be helpful but don't coach your child.
- Teach your child to enjoy the thrill of competition, to be "out there trying" to improve his skills and attitudes.
- Try not to re-live your athletic life through your child.
- Don't compete with the coach.
- Don't compare the skill, courage, or attitudes of your child with those of other team members.
- Get to know the coach.
- Always remember children tend to exaggerate.
- Make a point to understand courage. Courage is not the absence of fear, but a means of doing something in spite of fear or discomforts.

CHILDREN LEARN WHAT THEY LIVE

Sometimes we adults don't seem to realize the power for good we possess for making this a better world through the treatment of kids. The world of the future will be the kind of world today's children make it. If more of today's children are treated with kindness and respect, so will the world of tomorrow be a better place in which to live.

- If a child lives with criticism, he learns to condemn.
- If a child lives with hostility, he learns to fight.
- If a child lives with ridicule, he learns to be shy.
- If a child lives with jealousy, he learns to feel guilty.
- If a child lives with tolerance, he learns to be patient.
- If a child lives with praise, he learns to appreciate.
- If a child lives with encouragement, he learns confidence.
- If a child lives with fairness, he learns justice.
- If a child lives with approval, he learns to like himself.
- If a child lives with both acceptance and friendship, he learns to find love in the world.

### MENTAL DRILL QUESTIONS

These questions are to be used for instructional and motivational purpose.

1. WHAT ARE THE TWO MOST IMPORTANT IDEAS IN MARTIAL ART TRAINING?  
(1) I will develop myself in a positive manner! Sir/Ma'am  
(2) I can do more than I think I can do! Sir/Ma'am
2. WHAT'S THE FIRST STEP IN STRONG MIND TRAINING?  
(1) Martial art etiquette! Sir/Ma'am
3. WHAT ARE THE TWO "P'S"? (1) Patience and Perseverance! Sir/Ma'am
4. WHAT KIND OF SCHOOL ARE WE? (1) Black Belt school! Sir/Ma'am
5. WHO ARE WE? (1) (Bay Area) Kuk Sool Won™ of Clear Lake! Sir/Ma'am
6. WHAT ARE YOU? (1) Winners! Sir/Ma'am
7. WHAT'S OUR LEARNING PROCESS?  
(1) Memorization! (2) Precision! (3) Smoothness! Sir/Ma'am
8. WHAT'S THE LONG NAME FOR THE KICK?  
(1) The kick that shows you can do more than you think you can do! Sir/Ma'am
9. WHAT ARE TWO THINGS YOU NEVER DO DURING YOUR EXERCISES?  
(1) Never hold your breath! (2) Never over do it! Sir/Ma'am
10. WHAT ARE TWO THINGS YOU NEVER DO WITH YOUR MARTIAL ART TRAINING?  
(1) Never kick or punch other people! (2) Never kick or punch the furniture! Sir/Ma'am
11. WHAT ARE THE FIVE POINTS OF ATTENTION?  
(1) Feet together! (2) Hands on the belt! (3) No talking! (4) Eyes forward! (5) Answer correctly or Ma'am! Sir/Ma'am
12. WHERE'S YOUR FOCUS POINT FOR PUNCHING?  
(1) Center of the chest! Sir/Ma'am
13. WHAT KNUCKLES DO YOU STRIKE WITH ON A PUNCH?  
(1) First two knuckles! Sir/Ma'am
14. WHERE'S YOUR THUMB AT ON A KNIFE HAND? (1) Top of the hand! Sir/Ma'am
15. WHERE'S YOUR THUMB AT ON A REVERSE KNIFE HAND?  
(1) Bottom of the hand! Sir/Ma'am
16. HOW STRONG SHOULD YOUR HORSE STANCE BE?  
(1) Strong enough to hold a person on each leg! Sir/Ma'am
17. WHAT IS IT YOU NEVER DO WITH BENT LEG KICKS? (1) Snap the knees! Sir/Ma'am
18. HOW DO YOU PREVENT SNAPPING THE KNEES?  
(1) Focus! Sir/Ma'am
19. HOW DO YOU FOCUS?  
(1) Stop at the point of contact for a second! Sir/Ma'am
20. WHAT IS IT YOU NEVER TOUCH ON YOUR FALLING TECHNIQUE?  
(1) Your head! Sir/Ma'am
21. WHAT TOUCHES THE GROUND HARD?  
(1) Your hand! Sir/Ma'am
22. WHAT TOUCHES THE GROUND SOFT?  
(1) Your body! Sir/Ma'am
23. HOW DO YOU BRING THE POWER?  
(1) Spread the fingers! Sir/Ma'am
24. HOW DO YOU DO YOUR JOINT LOCKS AND THROWS SAFELY?  
(1) Slowly! Sir/Ma'am
25. WHAT'S THE GOLDEN RULE FOR TARGET TRAINING?  
(1) Never hit a target full power the first couple of times! Sir/Ma'am
26. WHAT'S OUR SAFETY RULE? (1) No contact Sir/Ma'am
27. WHAT'S THE FIRST TECHNIQUE RULE? (1) Posture! Sir/Ma'am  
SECOND TECHNIQUE RULE? (1) Three or more combinations! Sir/Ma'am  
THIRD TECHNIQUE RULE ? (1) Move in a circle! Sir/Ma'am
28. WHAT IS IT YOU DON'T DO WHEN YOU TWIST YOUR FOOT?  
(1) Never drag the heel! Sir/Ma'am

## STUDENT CREED

1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. Sir/Ma'am
2. I will develop self-discipline in order to bring out the best in myself and other. Sir/Ma'am.
3. I will use what I learn in class constructively and defensively; to help myself and others and never to be abusive or offensive. Sir/Ma'am.
4. *We are a Black Belt School; We are motivated; We are dedicated; We are on a quest to be our best.* **KUK SOOL!!!**

## KUK SOOL WON™ PLEDGE

*The Kuk Sool Won™ pledge is required for the Black Brown belt test. All students should memorize the Kuk Sool Won™ Pledge as soon as possible.*

1. As a member of the World Kuk Sool Association, I pledge to obey the rules of the association and to conduct myself in accordance with the true spirit of martial arts.
2. I pledge to be loyal to my country and to promote the development of a better society.
3. I pledge to work together with all classes of people without regard to politics, race or religion
4. I pledge to promote international goodwill and strive for world peace through the practice of martial arts.

## INSTRUCTOR'S CREED

1. I will teach this class as if it is the most important class I will ever teach.
2. I am patient and enthusiastic
3. I lead by example
4. When I teach, every student must leave the dojang feeling better than when they came.

Kuk Sool Won™ of Clear Lake Martial Art Center

**Student Absence Notice**

If you are going to be absent for an extended period of time please submit this notice to the office. The first 3 weeks of **ANY** absence must be made up by attending make up classes. For a qualifying absence of greater than 3 weeks you may request a credit on your next program renewal (for the time **after** the first 3 weeks). A qualifying absence includes classes missed for **illness, family vacation** out of the area and **mandatory business trips**. Please note time missed for other reasons such as seasonal sports **do not** quality for program credit, however, you may use make up classes for any regular classes missed.

Name \_\_\_\_\_ Absent from: \_\_\_\_\_ to \_\_\_\_\_

Reason \_\_\_\_\_

Student/Parent Signature \_\_\_\_\_

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