



Martial Arts World



JA-YUN
Blue Belt
Blue Belt /
Brown Strip
Brown

Be a
Certified
National
Public
Speaker

Grandmaster Y. K. Kim

\$79

JA-YUN

Curriculum

Guide

Blue Belt
Blue Belt / Brown Stripe
Brown Belt

Be a Certified National Public Speaker

How to Increase Productivity and Income

1. Prioritize your daily activities

Determine what is extremely urgent, urgent, important, necessary, or unnecessary in your daily life.

2. Make preparation a habit

Plan, organize, practice, and put into action everything that you do.

3. Organize your life

Learn to manage time on a short and long-term scale.

4. Discipline yourself to follow a daily plan

Planning daily is the best way to develop a habit of good time management.

5. Use time wisely

Time is money, time is life. Using time wisely is necessary for good time management.

6. Achieve financial fitness

*Control your money; don't let money control you.
Financial fitness is the best tool to achieve your goal.*



These six critical habits will increase your productivity and income.

---Grandmaster Y. K. Kim---

Welcome

to the JA-YUN Curriculum,

the next step on your journey to black belt.

The JA-YUN Curriculum covers intermediate level techniques.

The form is softer and more internal, and the self-defense teaches you how to escape from grabs and counter with joint locks.

There are three belt ranks in the JA-YUN curriculum, so this booklet is divided into three sections:

Section 1	Blue Belt Curriculum	p. 5
Section 2	Blue Belt / Brown Stripe Curriculum	p. 123
Section 3	Brown Belt Curriculum	p. 167

About the Founder Grandmaster Y. K. Kim

Grandmaster Y. K. Kim breathes, eats, and sleeps Martial Arts 25 hours a day and 8 days a week. His total life is dedicated to improving and promoting the Martial Arts.

Y. K. Kim is a living testament that the Martial Arts spirit and American Dream are alive and kicking. Born and raised in Seoul, Korea, and after he finished his military duty in his native country of Korea, he immigrated to America in 1977 with only his Black Belt and a heart full of hope.

He started homeless and without a green card and was able to overcome cultural shock, financial hardship and language barriers to achieve a rare level of success and build one of the strongest and most beneficial Martial Arts organizations in the world.

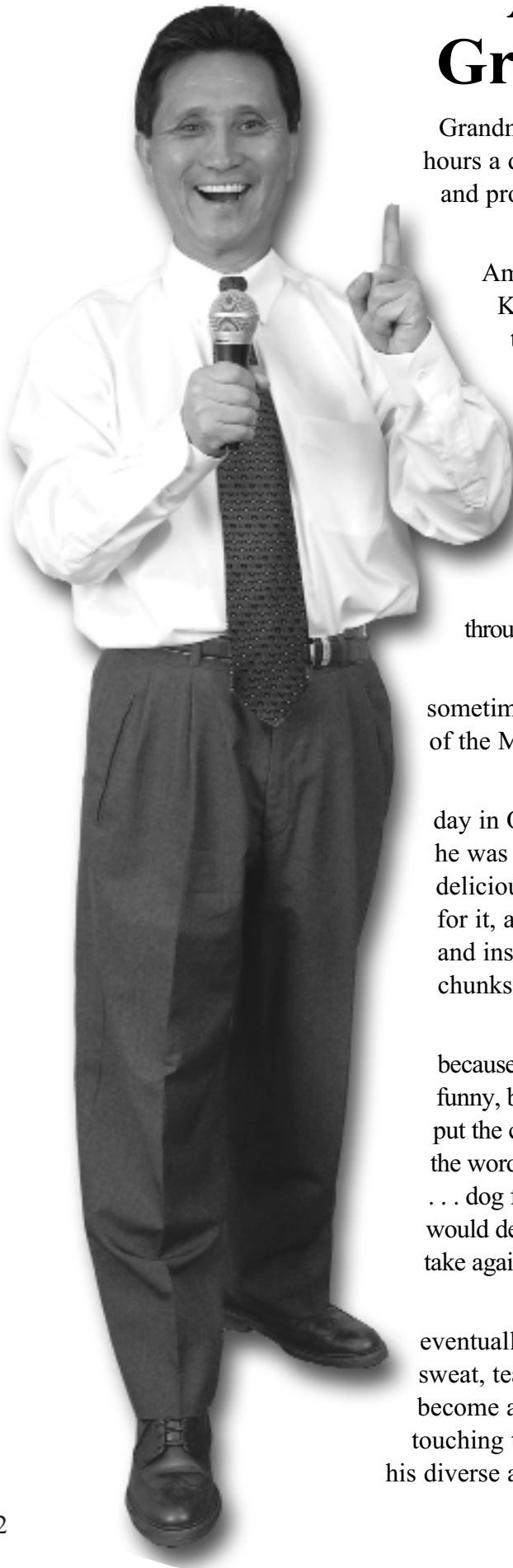
There is no one like Y. K. Kim. He wants to change the world through the Martial Arts World philosophy.

He has proven his principles in his own life, from humble and sometimes even embarrassing beginnings to becoming a world leader of the Martial Arts.

He recounts one story where he went to a grocery store one day in Queens, New York, to pick up something quick to eat because he was hungry. He scanned the shelves and found a can of food with delicious looking meat chunks on the label. He grabbed the can, paid for it, and rushed back home. Once he got home, he opened the can and inside he found what was on the label, delicious looking meat chunks drowning in gravy. He took his spoon and dug in.

After his stomach stopped gnawing at itself, he was concerned because something wasn't quite right about the meat; it tasted kind of funny, but he couldn't figure out why. Maybe the meat had expired. He put the can down and grabbed his English to Korean dictionary to translate the words on the label. His eyes widened when he discovered what he ate . . . dog food. He actually ate dog food! From that moment he vowed he would devour the dictionary before he would make the same kind of mistake again.

He conquered every obstacle, despite the language barrier, to eventually build a multi-million dollar organization. Through his blood, sweat, tears, and Martial Arts spirit, he made his American Dream become a reality. Y. K. Kim has shared his American dream through touching thousands of people's hearts and helping them to succeed with his diverse achievements, which include:



Author of *Martial Arts World, Tae Kwon Do World, Success in Martial Arts Business, Health is the Foundation of Success; and Winning is a Choice;*

World's most dynamic speaker on business, leadership, and motivation;

Producer, writer, and star of the action film *Miami Connection*;

Publisher of *Martial Arts World Magazine*;

Celebrated public servant, winning the prestigious **Thomas Jefferson Award** for producing charitable events to raise funds for unfortunate children;

Honored by the proclamation of **Y. K. Kim Day** by the City of Orlando, City of Deland, City of Winter Park, Orange County Commission in Florida, and by the Commonwealth of Virginia for his outstanding community leadership;

Appointed Honorary Deputy Sheriff by Orange County Sheriff's Department for his support of the fight against drugs;

Commissioned Ambassador at Large by the City of Orlando for his extraordinary promotional ability;

Chairman and Founder of Martial Arts World and World Martial Arts Research Foundation.

Grandmaster Y. K. Kim's next goal is to build a 4-year Martial Arts University to provide future leaders.

What the Press says about Grandmaster Y. K. Kim

"Y. K. Kim has shown that the American dream is still a reality. He is a pioneer in the truest sense. What he has accomplished I would call a miracle if I had not seen him do it with sweat, spirit, and a keen intelligence.

"He has lived by the principals about which he writes. His action philosophy is the product of an alert, intelligent mind learning from the most demanding school of all, 'life.' That he has lived and learned in two worlds, East and West, makes his observations all the richer."

Charley Reese,
Nationally Syndicated Columnist



Congratulations and welcome to the JA-YUN team!

Dear Future Instructor,

Wow! You are a blue belt! Congratulations, and welcome to the JA-YUN team. I hope you had a wonderful experience with the MU-DO curriculum; now you are a part of the great JA-YUN team.

What does JA-YUN mean?

JA-YUN means nature. You know the meaning of nature from the MU-DO curriculum guide. Now you are one step farther along, ready to practice how to cooperate with nature through action, so you can get the maximum benefit from your training.

I know you will enjoy the JA-YUN curriculum because it incorporates the principles of nature. In addition, the philosophy of mental fitness, moral fitness, financial fitness and time management will help you become successful in life.

Now, I am sure you know what the Martial Arts World stands for, and how it helped you to improve yourself both personally and professionally. I believe you also may now understand why everyone needs the Martial Arts more than any other time in history. As a leader you have the responsibility to help other people by sharing your Martial Arts experience, your knowledge and your heart. Remember: success means sharing with others, and helping others means helping yourself.

How can you share with others? By becoming a better communicator. A communicator is different than a talker because a talker just talks, while a communicator helps people understand the meaning of thoughts and ideas. When you become a better communicator, you will change your life. The most successful people in the world are great communicators.

The ultimate form of communication is public speaking. Look at historical leaders like Mahatma Gandhi, Abraham Lincoln, Dr. Martin Luther King, Jr., and Rev. Billy Graham, who changed the World with their public speaking abilities.

However, many people have a misconception about being a public speaker. Most people think that only politicians, media personalities, or corporate executives need be public speakers, which is simply not true. Everybody needs to become a public speaker. Why? From time to time we all have to talk in front of family, friends, or co-workers. Plus, when you become a public speaker, you have the opportunity to become rich, famous, powerful and respectable. You can be a great politician, media personality, entertainer, fortune 500 company CEO, or whatever you want to be. You will reach a high level of success in whatever you do.

Be a Certified National Public Speaker.

I am confident that you will be a great public speaker and help yourself to succeed and help others to succeed.

You have incredible potential. Break your limitations and make things happen.

We have a complete curriculum on how to become a Certified National Public Speaker; ask your Instructor for more details.

I know your Instructor will guide you and support you all the way to become a great public speaker. Please share your personal progress and successful public speaking experience with us; we will share your successful story with all of our Martial Arts World family.

Martial Arts World

e-mail: ykkim@martialartsworld.com

Website: www.martialartsworld.com

Thank you for your commitment and effort.

Blue Belt

What are the Martial Arts?

The Martial Arts are an action philosophy. They are based on the nature.

The Martial Arts are the art of physical fitness, mental fitness, moral fitness, financial fitness, and life fitness for personal and professional improvement for life-long success.

The Martial Arts are physical, mental, moral, financial, and life self-defense.

Through Martial Arts training and discipline, you will become healthier, stronger, wiser, richer, happier, a better communicator, and a great leader.

The indomitable spirit of the Martial Arts principles will support you to maximize your life.

The Martial Arts are the way of life.

TABLE OF CONTENTS

Blue Belt (6th Keup) Curriculum

Congratulations and Welcome to the Blue Belt Team	8
Courtesy	
Martial Arts Table Manners	10
Mental Exercise	
Power Mental Exercise	12
Power Breathing	
Advanced Breathing	18
Power Exercise	
Power Exercise with a Partner	29
Basics	
Advanced Basics	40
Stances: X-stance, Single Leg Stance	41
Kicks: Jumping Back Side Kick	43
<i>Poom se</i>	
Ja Yun 1-8	44
Practice 18 Styles	52
Breaking Technique	
Jumping Back Side Kick.....	58
Self-defense	
JA-YUN Self-Defense 1-15	61
Slow, Regular, Exhibition, Counter, Physical, Mental, Moral, Financial, Life Styles.....	84
Kicking Combinations	
Basic kicks plus Jumping Back Side Kick	89
Sparring	
20 Styles.....	90
Philosophy of Self-improvement	
“Develop Mental Fitness”.....	109
Martial Arts Courtesy Questions	118
Testing Requirements	
3 Pre-tests	120
Attendance Policy	121

Congratulations!

On your achievement and welcome to the Blue Belt Team. You have completed your study of the basics, and are now ready to learn the intermediate level techniques.

Although you may think you have a long way to go to achieve your goals, you must also look at where you started to see how far you have come. When you compare yourself to the white belts who are just starting, you can better appreciate all you have learned.

By moving into the intermediate ranks, you will again face a whole new set of challenges and exciting new material to learn. Your new form will be very different and the self-defense techniques are completely different. Your martial arts horizons are about to expand, so pay attention!

What is a Blue Belt?

Blue is the color of the sky. The plant begins as a yellow seedling, but soon becomes green as it begins to grow, and then develops the rich colors of flowers, like purple. However, the plant needs energy to continue to grow and flourish. There are three sources of energy: the air, the earth, and the sky, which are symbolized by blue, brown, and red belts.

The blue belt reminds you to draw your energy from the air. As you learn about the internal centers of power, you will also learn to gather energy there through Power Breathing. This intermediate level of skill requires that you imagine yourself growing beyond your physical limitations, that your ability depends more on your mind than on your body. Because a great deal of your growth at this stage is mental, you can practice the martial arts in places where you cannot physically practice. You will be able to mentally rehearse the moves of your form or of your self-defense while practicing Power Breathing in a car, on a bus, or sitting at your desk. Allow the practice of martial arts to give you energy in your life just as the air from the sky provides energy to a plant.

Courtesy

Martial Arts Table Manners

Self-Control

Probably the most important word in table manners is self-control. If you can imagine a cave-man's table manners, the rules would be "whoever eats first and eats the fastest, eats the most." That is the opposite of civilized table manners. No matter how hungry you are, you should show your self-control by not grabbing the food first, but offering it to others. If you have guests, you should offer the food to the guests first, then your family, and then finally take food yourself. Children should offer food to their parents first, and even offer to prepare a plate for them if appropriate. In martial arts settings, juniors should offer food to their seniors, and even offer to prepare a plate for them.

If your family says a prayer, no one should eat before the blessing and the prayer. Even after the prayer, it is proper manners for everyone to wait until the senior member begins to eat before everyone else does. In most families the senior is the grandfather, perhaps the grandmother, or at least the father and/or mother. In martial arts settings, everyone should wait for the senior rank, usually the master or the instructor, to begin eating first. If someone is not yet seated, it is polite to wait until everyone is seated before the blessing and before eating. In a restaurant, if one person's food is delivered first, it is polite to wait until everyone has food before you begin eating.

Another way to express self-control at the dinner table is in your posture. Martial artists always maintain good posture because good posture allows good breathing and correct energy flow. Good seated posture usually means sitting up straight, not leaning back on the backrest of the chair and not leaning forward with your elbows on the table. Good posture will also improve digestion because it will allow your stomach to be in the best position to accept food without feeling squashed or cramped.

When passing food around the table, always be polite. Say, "Please . . ." when asking for something to be passed to you, and say, "Thank you," when some passes it to you. Never take a second helping until everyone else has had a first helping, and always offer the last piece of any item to others before you eat it yourself.

The final way to show self-control at the dinner table is in controlling how much you eat. Not only is it bad manners to eat too much, it will make you fat. Especially when you are a guest, the host will often offer you a second helping or even a third helping. In some cultures accepting the second helping shows the cook that you really enjoy the taste. Always complement the cook to show your appreciation for the effort it took to prepare the meal. If you do accept the second helping, be sure to balance showing your appreciation with your own weight control. Don't eat yourself sick or become fat just to be polite.

Flexibility

A second way to express good table manners is through flexibility. You must match your actions to the situation. At a pizza parlor or a sandwich shop it may be appropriate to pick up the food with your hands to eat it. At a formal dinner, you should use the knives and forks. In some circles, it is important to know which fork is used for the salad, which for the meal, and which for the dessert. In other situations, you will have only one fork to use for everything. The important thing is to be flexible, and sensitive to your host. Try to adapt to the situation, and not impose your rules on someone else. In most cases it is safe to watch what the others do, and then learn from their example. Always use the napkin to cover your lap in case you accidentally drop some food, and use the napkin to wipe your face if something gets on your lip or cheek.

Sharing

Generally speaking, meals are a time for sharing. The whole purpose of sitting down together is to share not only the food, but the company. It is also good manners to share the work as much as possible. In any family there is usually one person who cooks most of the time. Offering to help in the preparation is always polite, even though the help may not be accepted. Helping someone else cook is a great way to learn how to cook better. Children should especially offer to help in the cooking, to learn how to cook.

Other ways to share the work load is by helping to do some of the other jobs associated with eating. The person who buys the food makes an important contribution. The person who cooks the food makes an important contribution. Others can contribute by setting the table, clearing the table, and doing the dishes. In many families the work is clearly divided according to the number of members at the table as to who sets, who clears, and who cleans. In other families, the work rotates on a daily or weekly basis, so that no one gets stuck with the same job over and over.

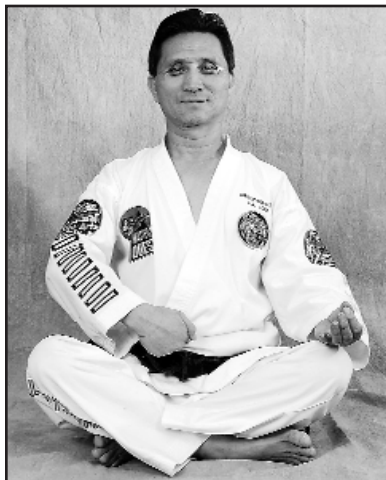
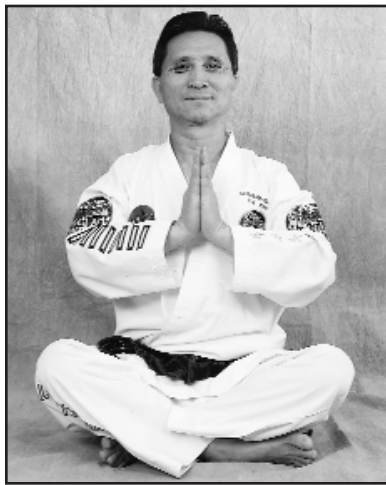
Meal time is also a great time to share conversation. In our busy society families do not get much time to spend together, so meal time is a great chance to catch up with each other and find out what is happening in each other's lives. Some families require that everyone eats together so that they can maintain a minimum level of communication. It is very easy for everyone to follow their own schedule and eat separately, but this practice allows the bonds of the family to erode. Whenever possible, try to get your family to eat together and share together. Manners for conversation are similar to those for eating: share the conversation by allowing others to talk first and then talk yourself. It is rude to read a newspaper or watch television at the table, because you ignore the other people there. Instead, try to engage everyone in a conversation by asking questions that will provide interesting answers. For example, parents might ask, "What happened at school today?" If you listen politely to the answer and show you are interested, before long you won't have to ask. Children will be waiting for dinner for the opportunity to tell you what happened today. On the other hand, if you interrupt, criticize, or preach, before long when you ask, "What happened at school today?" the answer will be, "Nothing."

If you want to have conversation at the dinner table, make sure the conversation stays positive. Don't use the time to yell or discipline. Don't criticize, belittle, or gossip. Focus on building relationships by building confidence and caring about each other. Some families even play confidence building games at the table by having a "speech day" or a "joke day" where all family members practice their public speaking by making a one-minute speech or telling a favorite joke.

The most important thing is that the family time around the table is a positive experience for everyone, from the good food, to the shared work load, to the positive conversation. A positive experience leads to good digestion, and everyone will look forward to the next meal, and the next chance to share food, family, and positive conversation with each other.

Mental Exercise (Meditation)

There are different parts of our curriculum that emphasize the different aspects of your development. Just as important as the physical exercise of kicks, blocks, and punches, is the mental exercise that develops concentration, focus, and the ability to relax.



The Lower Energy Center

Power Mental Exercise

Power meditation can give you power by getting you in touch with universal energy, or *ki*. By universal energy I mean natural energy, or, as I refer to it when dealing with living beings, internal energy. In order to do this meditation you must first understand the three external sources of *ki*: the sun or sky (*chun ki*), the air (*dae ki*), and the earth (*ji ki*.) Let me illustrate what I mean with this example: plants combine the energy of the sun (through photosynthesis) with chemicals from the air (carbon dioxide), and nutrients from the earth (including water). When the three sources are combined, the plant can flourish; take away any one source, and the plant will die.

Second, you must understand that Eastern medicine is not based on chemical reactions alone, but on the natural medicine of energy flow or *ki*. According to this theory, health is the result of proper energy flow, and disease is the result of a block in the energy flow.

In the West we have a materialistic culture, and tend to believe only what can be seen or touched. In the East we have a spiritual culture, and we believe in things that we can feel, even if we cannot see or touch them. Western scientists cannot locate *ki*, and therefore do not accept its existence. Eastern doctors utilize *ki* to heal their patients.

As I mentioned earlier, energy or *ki* flows along channels (sometimes called meridians), and gathers around centers (sometimes called *chakras*). Most authorities identify many energy centers (usually seven), but I find that depth unnecessary for the average person. I will only concentrate on the three main energy centers, which, for simplicity, I will call the lower, middle, and high centers.

The **lower energy center** (*ha dan jun*) is located one hand's width below and behind your navel. **It is your foundation**, and the center of your

strength — which powers your movement in work and play;

stamina — which is your sexual energy that can be re-directed to initiating and consummating any creative or passionate act;

balance — which keeps you centered..

The **middle energy center** (*joong dan jun*) is located about one fist's depth behind your sternum. **It is the home of your emotions**, and the center for your

power of communication — which develops clear self-expression that helps others to understand whatever point you are trying to make, and builds a positive self-image that inspires others to cooperate with you;

power of belief — which increases self-esteem and self-respect, and makes you proud of yourself;

power of love — which creates the loving relationships that will give you enjoyment in your life.

The **high energy center** (*sang dan jun*) is located just behind the middle point between your eyebrows, often called the third eye. **It is the home of your spiritual energy**, and the center for your

power of direction — which will give you a clear, positive goal in your life and the right direction to follow to achieve your goal,

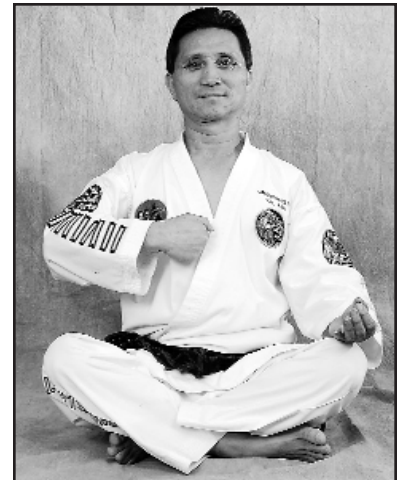
power of the spirit — which creates a positive mental attitude and strong mental energy that will give you a sense of justice, passionate leadership, and the winning habit to support success in your life, and

peace of mind — which leads people from all walks of life to their ultimate dream: happiness.

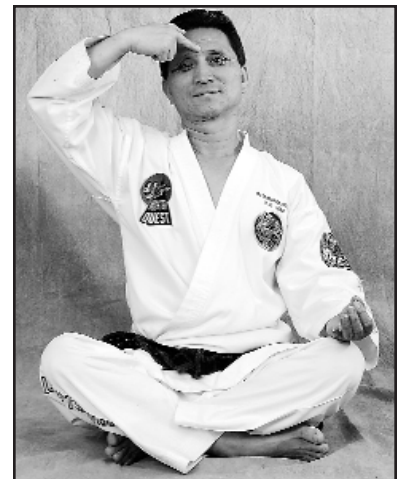
When you try to get in touch with universal energy or *ki*, you must first of all believe that it exists. If you can clean your mind of all negative thoughts and open yourself to accept what is natural, you will find universal energy within yourself. If you do not have an open mind, or can not clean away all doubts and negative thoughts, you will not be able to utilize *ki*.

Let me give you an example I use to illustrate what I mean by *ki*, so that you may believe it is real. If you can imagine or recall a time when you were afraid, or sad, or angry, and can feel those feelings again, you are experiencing universal energy. Your heart rate and respiration increase; your palms begin to sweat; and you feel an increase in energy. When you get energy from nowhere but your own mind, you are experiencing *ki*, which is universal (or internal) energy.

Ki is real, and we all have experienced it. We just have not learned to control it. This meditation will help you get in touch with *ki* and enable you to use it to help you succeed in life.

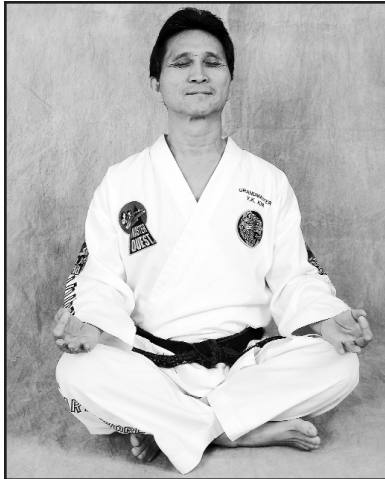


The Middle Energy Center

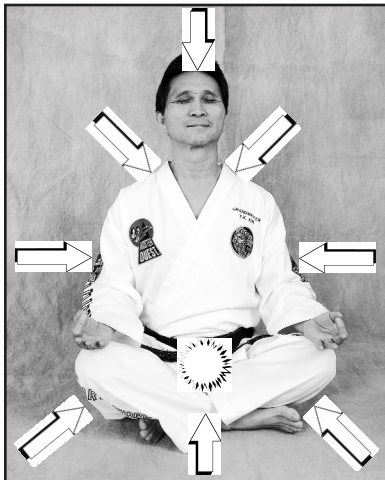


The High Energy Center

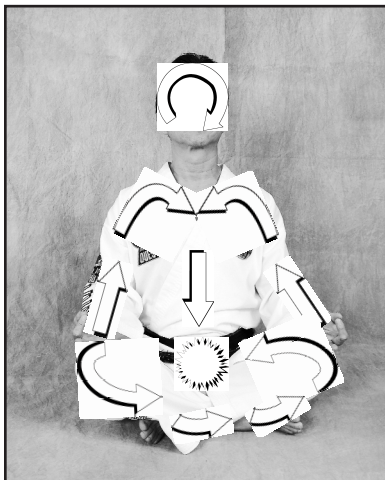
How to do it:



A, B, C, D



E1



E2

A. Sit down with your back and neck straight. If you are sitting on the floor, cross your legs for comfort (and sit on a small pillow if necessary.) Proper posture will create a healthy body and a clear mind.

B. Open your hands and touch the tip of the thumb and index finger on each hand together to form a circle. Rest the backs of your hands on your knees. This posture leaves you open to accept *ki*.

C. Inhale through the nose for about one second, then exhale through the mouth for about one second, as deeply as possible within the time frame. Repeat this breathing pattern from three to ten times, depending on your aerobic fitness, in order to clean your mind of unnecessary negative thoughts.

D. Return to normal breathing, as deeply and quietly as possible, in and out through the nose.

to develop *ha dan jun*

E1. With each breath, imagine that you are inhaling universal energy all over your whole body, as if through the skin. You must visualize the *ki* moving in a clear mental picture.

Intentionally

visualize that you are gathering the *ki* into the storage tank of your lower energy center (*ha dan jun*) for a few breaths.

E2. Inhale and draw *ki* from all three sources: the earth (*ji ki*), the air (*dae ki*), and the sun (*chun ki*), and then intentionally move the *ki* around your whole body. As you continue to visualize this movement of *ki*, it will become second nature to you.

Say to yourself,

“The lower energy center is the foundation of my body, mind, and spirit.

“This energy will give me the strength I will need to power my movement in work and play.

“This energy will give me stamina, which is my sexual energy. I can redirect this energy to initiate or consummate any creative or passionate act.

“This energy will give me good balance and keep me centered.”

E3. Exhale through your whole body, as if through the skin, and expel all the weak ki.

E4. Repeat E2 and E3 for several breaths, but while you are saying these things to yourself, breathe almost unconsciously.

E5. Either open your eyes and relax, or continue to F1.

to develop *jung dan jun*

F1. With each breath, imagine that you are inhaling universal energy all over your whole body, as if through the skin. You must visualize the *ki* moving in a clear mental picture. Intentionally visualize that you are gathering the *ki* into your middle energy center (*jung dan jun*) for a few breaths.

F2. Inhale and draw *ki* from all three sources: the earth (*ji ki*), the air (*dae ki*), and the sun and sky (*chun ki*), and then intentionally move the *ki* around your whole body. As you continue to visualize this movement of *ki*, it will become second nature to you.

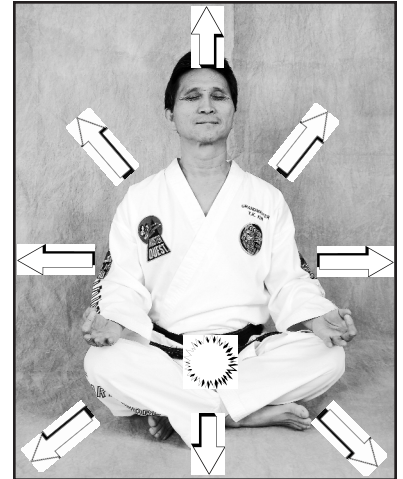
Say to yourself,

“The middle energy center is the home of my emotions.

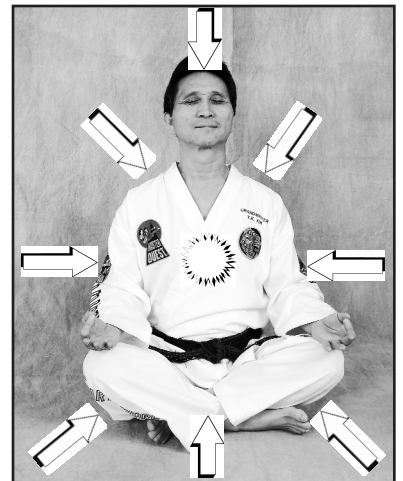
“This energy will give me the power of communication. I will have a clear self-expression that will build up a positive self-image that will help others to understand me and inspire others to operate with me.

“This energy will give me the power of belief, which will increase my self-esteem and self-respect, and make me proud of myself.

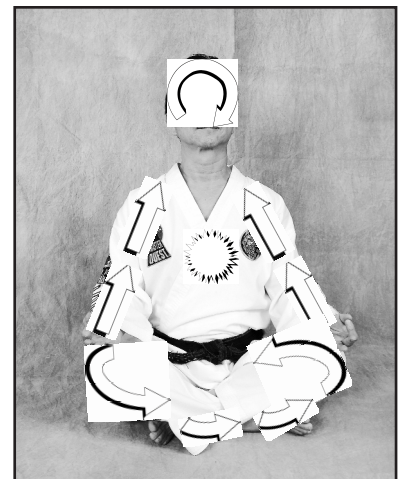
“This energy will give me the power of love, which will create the loving relationships that will give me enjoyment in my life.”



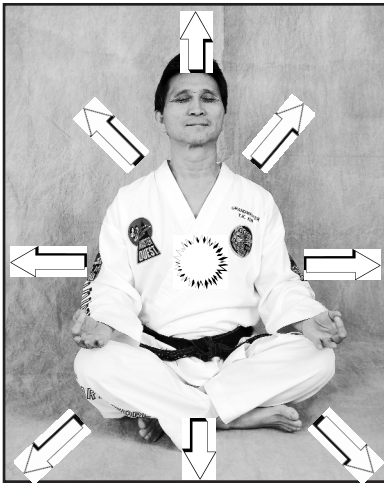
F3



F1



F2



F3

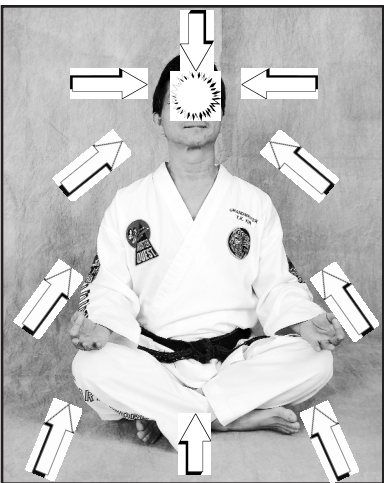
F3. Exhale throughout your whole body, as if through the skin, and expel all the weak *ki*.

F4. Repeat F2 and F3 for several breaths, but while you are saying these things to yourself, breathe almost unconsciously.

F5. Either open your eyes and relax, or go on to G1.

to develop *sang dan jun*

G1. With each breath, imagine that you are inhaling universal energy all over your whole body, as if through the skin. You must visualize the *ki* moving in a clear mental picture. Intentionally visualize that you are gathering the *ki* into your high energy center (*sang dan jun*) for a few breaths.



G1

G2. Inhale and draw *ki* from all three sources: the earth (*ji ki*), the air (*dae ki*), and the sun (*chun ki*), and then intentionally move the *ki* around your whole body. As you continue to visualize this movement of *ki*, it will become second nature to you.

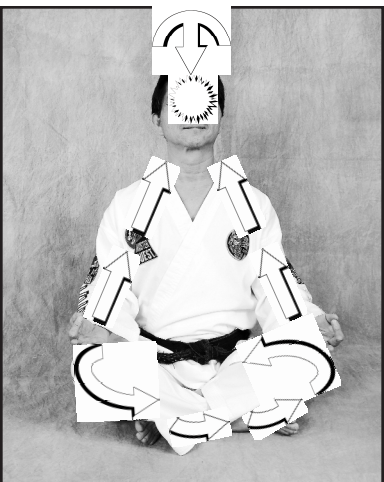
Say to yourself,

“The high energy center is the center of my spiritual energy.

“This energy will give me the power of direction, which will give me a clear, positive goal in my life and the right direction to follow to achieve my goal.

“It will give me the power of the spirit, which will create a positive mental attitude and strong mental energy that will give me a sense of justice, passionate leadership, and the winning habit to support success in my life.

“This energy will give me peace of mind, which leads people from all walks of life to their ultimate dream: happiness.”



G2

G3. Exhale throughout your whole body, as if through the skin, and expel all the weak *ki*.

G4. Repeat G2 and G3 for several breaths, but while you are saying these things to yourself, breathe almost unconsciously.

G5. Open your eyes, and relax.

Benefits:

This meditation will:



Increase the amount of *ki* in your body and mind.



Release stress and tension and allow you to become healthier, stronger, and happier.



Give you strength, stamina, and balance.



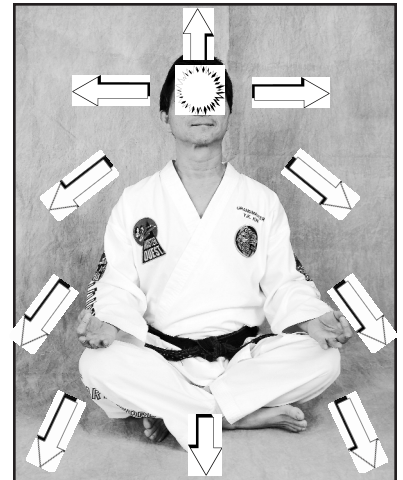
Improve your power of communication, build your self-esteem, and help you develop loving relationships.



Help you develop a positive attitude, find the right direction for your life, and develop passionate leadership and the winning habit for success in your life.



Give you peace of mind.



G3

“Power Meditation will give you more energy and a long, healthy life.”

-- Y. K. Kim

Power Breathing

Power Breathing is a resource of natural health that will make you healthier than you have ever been in your life. It will increase the oxygen supply to your body, increase your blood circulation, strengthen your internal organs, improve your digestion system, build up your immune system, balance your hormones, quiet your nervous system, calm your mind, and increase your energy level.

Power Breathing is the best resource of personal power (*ki*).

Advanced Breathing

Advanced Breathing is *ki* or energy breathing. *Ki* breathing is mental breathing, in which you mentally visualize and direct your energy, or *ki*, to a specific location. You can draw *ki*, or energy, from the earth (*ji ki*), air (*dae ki*), and sun or sky (*chun ki*), and store it in your lower energy center.

In the West, we are materialistic, and we believe in only what we can see or touch. When we think of energy, we think of electricity, or of visible sources of energy like gasoline for cars and food for people. In the East, we are more spiritual, and believe in many things we cannot see or touch, as long as we can feel them. For example, heat is a very real form of energy that can be measured, but it is not a physical “thing” that can be seen or touched. It can be easily felt, though. Let’s take this one step farther — think about your favorite dessert: you can probably feel your mouth begin to water. When you get energy or an actual physical reaction from nowhere but your mind, you are experiencing *ki*.

When ministers and other holy men heal people with the touch of a hand, they are using *ki*. They say the power comes from God. I do not disagree with them; my purpose is not to discover the ultimate source of the power, but to help you understand it so that you can utilize it to make and keep yourself healthy. This healing energy is the same energy that passes from a mother to quiet a frightened child. Children love to be touched because they receive a minute but very real transfer of energy from their parents. This same energy is *ki*. When it is gathered up and intensified, and then directed to a specific area, *ki* can heal many more complicated diseases.

Every living thing on this earth has *ki*. When it loses its *ki*, it will die. A live body and a dead body are chemically the same. The difference is not a measurable amount of any chemical that has been added or taken away. The difference is the process of life or the flow of energy (which can be measured in heart beats or brain waves).

When your flow of *ki* is strong, you have health and confidence. When you are sad or sick, your flow of *ki* is weak. We get *ki* from three different sources:

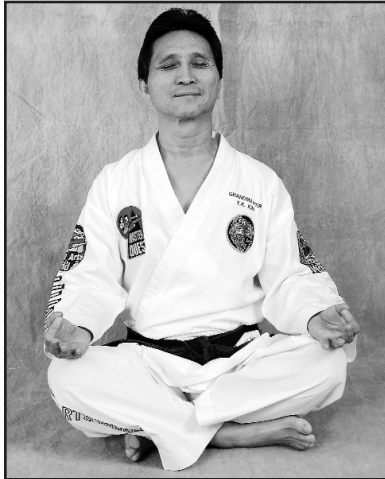
1. We are born with it.
2. We get it from food.
3. We get it from the air.

Food is not *ki*, but food contains *ki*. Even if the plant or animal has died, it contains a certain amount of *ki* that keeps it fresh. When it is rotten, it has lost almost all of its *ki*. Likewise, oxygen is not *ki*, but oxygen contains *ki*. When a living creature breathes oxygen or eats food, it can extract energy from them.

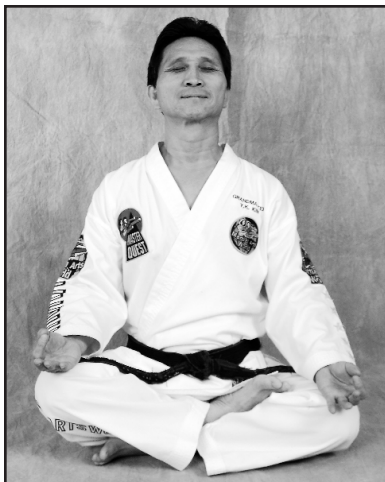
It is time that we combine the Eastern and Western cultures to make a global culture that takes the best of both worlds. In this way we can truly make a healthier, stronger, and happier life.

Advanced Breathing #1

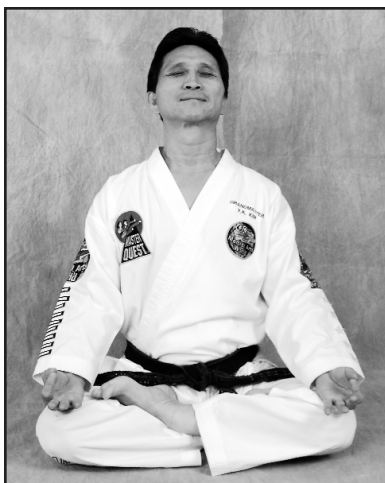
Advanced Breathing #1 develops your ability to receive *ki*, or energy, from the air (*dae ki*) and store it in your lower energy center (*ha dan jun*). In order to learn to do this, you must clearly visualize that you are receiving strong *ki* from the air and cleaning out all the weak *ki* from your body.



jung ja



ban ka bu ja



ka bu ja

Seated Positions

For advanced breathing, try to use the seated position. You may sit however you are comfortable, as long as the back remains straight. You may sit in a chair, especially if you have bad knees. If you sit on the floor, cross your legs in what we call *jung ja*. If you are flexible, you can put one leg on top of the other in the half-lotus, or *ban ka bu ja* position. If you are very flexible, you can put both legs on top of each other in the full lotus or *ka bu ja* position.

Preparation:

When Power breathing, you can practice lying down, seated on the floor or in a chair, or standing. You could also practice in any of these positions in different places (i.e., seated in a car, standing in an elevator, standing while walking down the street, etc.,)

Wear loose and comfortable clothing. Take off your hat and glasses, if you are wearing them. Try to arrange a time and a place where you won't be interrupted.

1. Sit in a comfortable position. Join the tips of the thumb and index finger of each hand together in a circle. Place the back of the palm of each hand on its respective knee.
2. Loosen up your whole body and mind, including your muscles, joints, and mental tension. (This step is even more important than learning how to breathe).
3. Straighten your body, so that you are equal and balanced from left to right, front to back, and top to bottom. Your center of balance should be your lower energy center, but be careful not to tense any part of your body.
4. Slightly close your eyes so that you can barely see. Because your attention will be naturally drawn to things that you see, try not to see anything, so that your mind can go blank without going to sleep.
5. Maintain a pleasant smile. It will loosen up your face muscles and give you peace of mind.

How to do it:




A. Exhale through the nose, intentionally making a clear mental picture that you are expelling from your body all the weak *ki*, which will take all the junk with it.

B. Inhale through the nose, intentionally making a clear mental picture that you are drawing *dae ki* from the air through the crown of your head and drawing it into your lower energy center.

C. Repeat A and B between ten and twenty times so that you get a clear mental picture of directing and storing the *ki* in your lower energy center. You should get a warm and full feeling in your lower abdomen.

Benefits:

You will get all the benefits of Intermediate breathing #3, plus Advanced Breathing will:

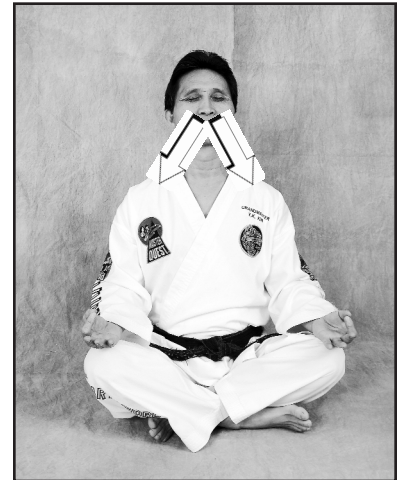
-  Increase your physical power.
-  Increase your mental power.
-  Improve your immune system even more through the power of *ki*.

The lower energy center (*ha dan jun*) is the center of your physical strength. You do not breathe air directly into your lower energy center; you breathe air into the lungs, which infuses the blood, which goes to the lower abdomen. You can, however, breathe *ki* directly to any part of the body. If you fill up the lower energy center like a storage tank, it will supply *ki* to the rest of the body. When you store a lot of *ki* in your lower energy center, you feel like you are full of strength. It will help balance your lower and upper body.

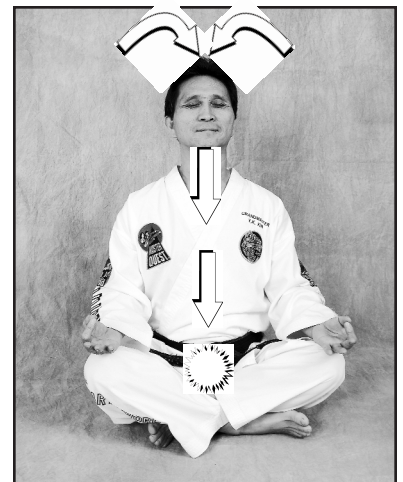
Practice Advanced Power Breathing #1 for five to ten minutes, three times a day, or whenever you need the energy. You can increase the length of time by increasing the length of each breath and the number of breaths you take in each session.

I know that the first time you read this section it will be pretty hard to believe that you can learn to control *ki* by Power Breathing, but if you practice for a while as if it were true, you will soon be able to feel it for yourself, and then you will believe more easily. Soon you will find yourself trying to explain it to others. I believe that sooner or later modern science will find a way to identify and measure it.

Only when you feel really comfortable with Advanced Breathing #1 should you move on to Advanced Breathing #2.



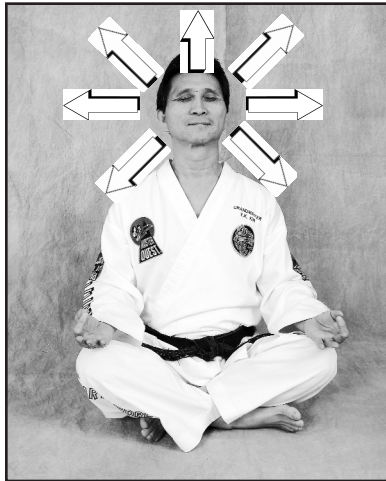
A



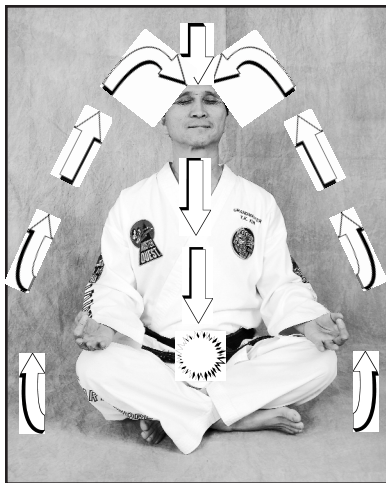
B

Advanced Breathing #2

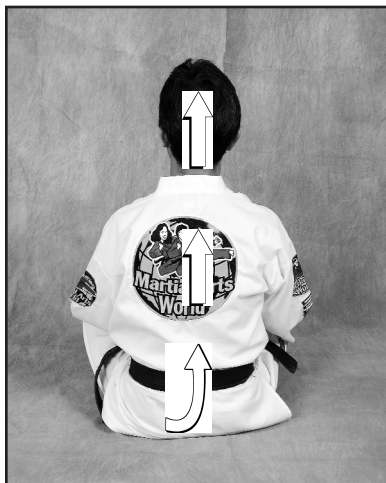
Advanced breathing #2 is an intense visualization of the flow of *ki*. You will draw the energy from several sources and direct it to different places. *Ki* is all around us and readily accessible. We can get energy from the earth (*ji ki*), the air (*dae ki*), and the sun or sky (*chun ki*).



A



B



D

Preparation:

Prepare the same way you would for Advanced Breathing #1 (see page 20).

How to do it:

A. Exhale through the nose, intentionally making a clear mental picture that you are expelling from your body all the weak *ki*, which will take all the junk with it, through your head.

B. Inhale through the nose, intentionally making a clear mental picture that you are drawing *ki* from all three sources (the earth, the air, and the sun/sky) into your body through your head, and gathering it in your lower energy center. You should feel full and strong in your lower abdomen.

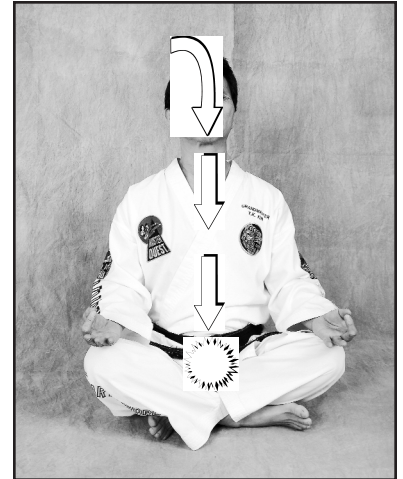
C. Repeat A and B a few times, intentionally making a clear mental picture that you are gathering the *ki* in the storage tank of your lower energy center until it is full.

D. After a few breaths, exhale through the nose, intentionally making a clear mental picture that you are moving the *ki* from your lower energy center down through your groin, past your rectum, up your spine and neck, and to the top of your head.

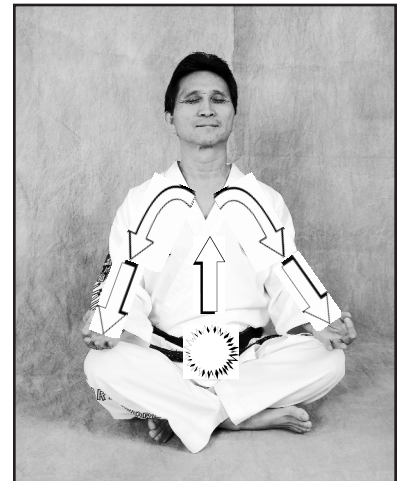
E. Inhale through the nose, intentionally making a clear mental picture that you are bringing the *ki* back to your lower energy center from the top of your head down the front of your face, neck, chest, *solar plexus* and down to the lower energy center.

F. Exhale through the nose, intentionally making a clear mental picture that you are moving the *ki* up your spine, out to your shoulders, and down each arm to each of your ten fingers.

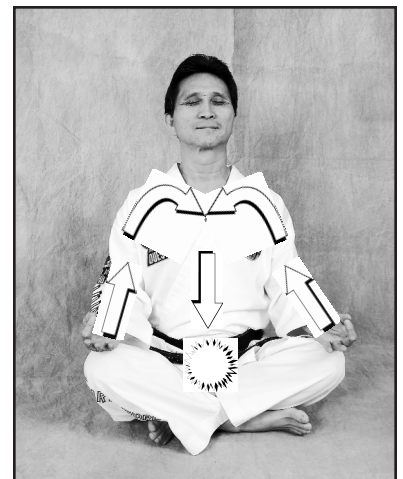
G. Inhale through the nose, intentionally making a clear mental picture that you are bringing the *ki* back to your lower energy center from the tips of your fingers up through your shoulders, down the front of your chest, *solar plexus*, and down into the lower energy center.



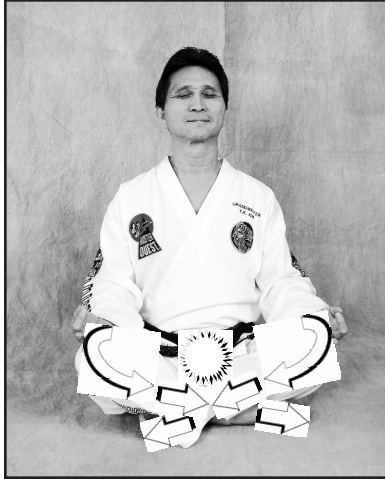
E



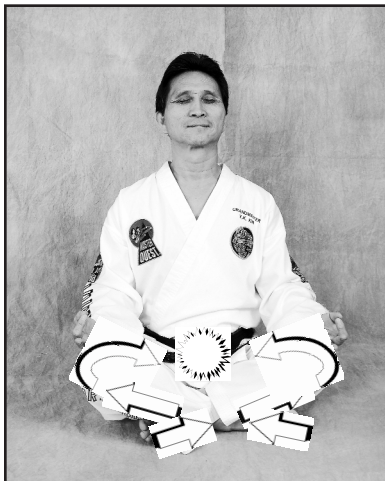
F



G



H



I

H. Exhale through the nose, intentionally making a clear mental picture that you are moving the *ki* from the lower energy center down each leg through the knees to the bottom of the feet, from toes to heels.

I. Inhale through the nose, intentionally making a clear mental picture that you are bringing the *ki* back to your lower energy center from the bottoms of your feet up through your knees and into the lower energy center.

J. Repeat A through I three to five times, for about ten to twenty minutes only two times a day: in the morning and whenever necessary.

Benefits:

Advanced Breathing #2 will give you all the benefits of Advanced Breathing #1, plus it will:

- ☞ Give you spiritual power.
- ☞ Help open clogs in the blood circulation or the flow of energy through the power of *ki*.
- ☞ Improve the five senses: vision, hearing, smell, touch, and taste.
- ☞ Increase your power to prevent and heal mental and physical problems through *ki*.

The first time you try to feel the flow of *ki* will not be easy. *Ki* moves slowly (at least at first), and it will take you time to get it to flow long distances within your body. The more you concentrate and practice, the easier it will become.

After five to ten days you should be able to feel a strong reaction. After thirty to forty days you should feel more energetic, more confident, and more positive about yourself. After one hundred days you will know how to utilize your own *ki*, and move it around your body. Then, and only then, will you be ready to learn Advanced Breathing #3.

Advanced Breathing #3

Advanced breathing #3 is breathing through the skin. Now, I realize that we are not amphibians, and we can't really exchange enough oxygen through the skin to keep us alive; but we can draw *ki* through our skin. In Advanced Breathing #3 we can direct the *ki* to clean up and strengthen the entire body, or we can direct the *ki* to one area for healing purposes. This is the most advanced Power Breathing exercise in this book, and the best healing exercise.

Preparation:

Prepare the same way you would for Advanced Breathing #1 (see page 20).

How to do it:

A. Exhale smoothly through the nose, intentionally making a clear mental picture that you are expelling all the weak *ki* from your body through your skin, from the bottom of your feet to the top of your head. The weak *ki* will take all of the junk out of your body with it.

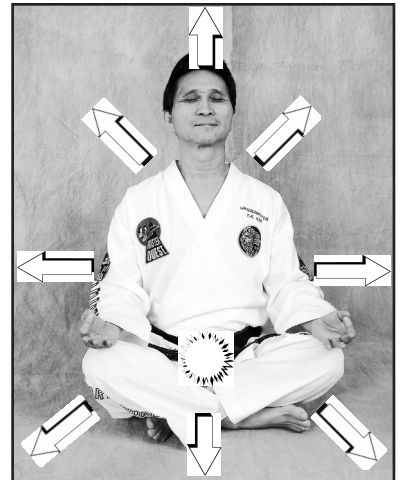
B. Inhale deeply through the nose, intentionally making a clear mental picture that you are part of nature, and that you are breathing *ki* from all three natural sources (the earth, the air, and the sun/sky) through your skin and storing it into your lower energy center.

C. Repeat A and B a few times, intentionally making a clear mental picture that you are gathering the *ki* in the storage tank of your lower energy center until it is full. Your body should feel clean and light. You should feel that you are one with nature: that nature is part of you, and that you are part of nature.

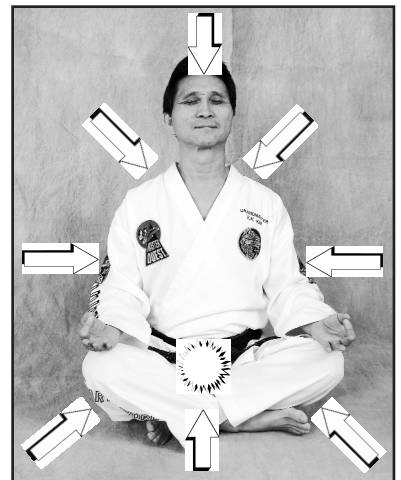
From this point on, you will be trying to heal your pains from injuries and diseases using *ki* (for example: lower back pain, headaches, high blood pressure, etc.)

D1. Lower back pain

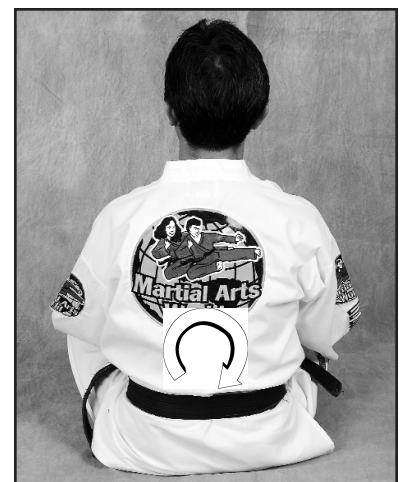
Exhale very gently through the nose, intentionally making a clear mental picture that you are sending *ki* from your lower energy center to your lower back area. Visualize that you are moving the *ki* all around your lower back, loosening up clogs in the blood circulation or flow of energy. For two to three minutes, continue breathing as in steps A and B, and take away the weak *ki* and replace it with strong *ki*.



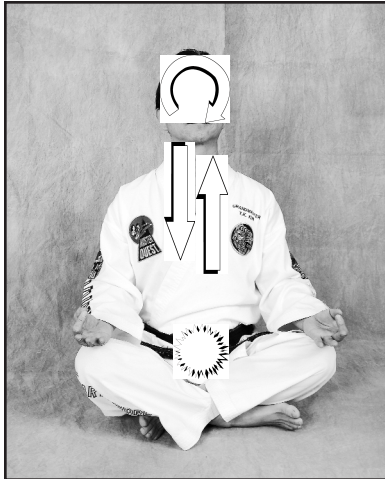
A



E1



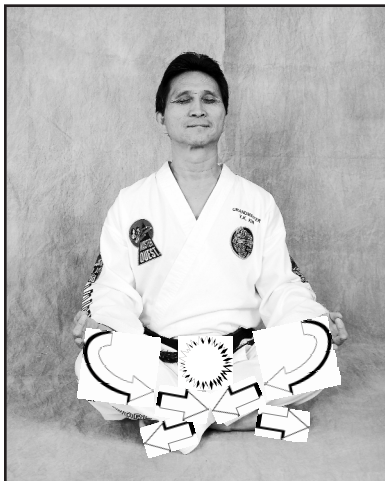
D1



D2

D2. Headache

Exhale very gently through the nose, intentionally making a clear mental picture that you are sending *ki* from your lower energy center to your head and neck area. Visualize that you are moving the *ki* all around your head and neck, opening up the veins and intentionally removing all the stale blood and toxins out of the head and replacing them with fresh, oxygenated blood. For two to three minutes, continue breathing as in steps A and B, and take away the weak *ki* and replace it with strong *ki*.



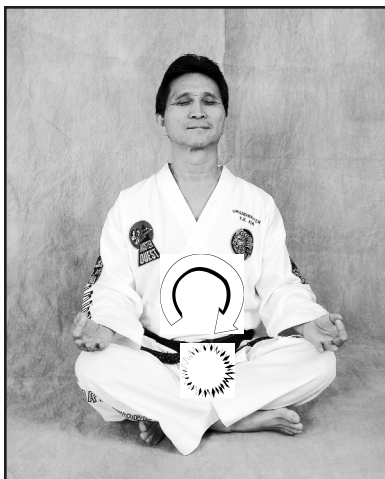
D3

D3. High blood pressure.

Exhale very gently through the nose, intentionally making a clear mental picture that you are sending *ki* from your lower energy center to the bottom of your feet. Visualize that you are moving the stress out of your body through your feet. For two to three minutes, continue breathing as in steps A and B, and take away the weak *ki* and replace it with strong *ki*. Your blood pressure will go down.

D4. Liver infection

Exhale very gently through the nose, intentionally making a clear mental picture that you are sending *ki* from your lower energy center to your liver. Visualize that you are moving the *ki* all around your abdomen, mobilizing the white blood cells to attack and destroy any germs, viruses, or other foreign bodies infecting the liver. For two to three minutes, continue breathing as in steps A and B, and take away the weak *ki* and replace it with strong *ki*.



D4

E. Repeat steps A and B a few more times to clean all of the weak *ki* out of your system and to refill your lower energy center with strong *ki*.

Benefits:

You will gain all the benefits of Advanced Breathing #2, plus Advanced Breathing #3 will:

- 👉 Help you to understand how you are one with nature.
- 👉 Heal and cure a lot of painful injuries and diseases.
- 👉 Be the best prevention against diseases.
- 👉 Develop your sixth sense, the one that will allow you to see the future consequences of present actions.
- 👉 Enliven your *ki* to increase the energy available to your body, mind, and spirit.

Practice for ten to twenty minutes at least one time a day and whenever else you need it. After five to ten days you will feel much lighter, and you will begin to notice an improvement in your physical condition. After thirty to forty days you will feel that you are not alone — that you are part of the family of nature and that every part of nature is your friend. Your pain and discomfort should be all gone. You will experience a great feeling of harmony and belonging. You will be healthier, stronger, more energetic, more confident, and more positive. You will have the winning feeling that comes along with healthy living. After one hundred days you will really want to share with everyone else this feeling of harmony and the other health benefits you have received.

Always go back to basic breathing to re-learn and continue to practice. It will help you better understand and better perform all of the Intermediate and Advanced Breathing.

Summary of Power Breathing:

Basic Breathing: learn to breathe with the lower abdomen.

Intermediate Breathing: learn to relax the *solar plexus* and tighten the lower abdomen, close the rectum, and tighten the legs, in order to clean out the entire body.

Advanced Breathing: learn to visualize the movement of *ki*, and direct it to areas that need energy for healing purposes.

Power Exercises

Power Exercises are a complete body exercise program using Power Breathing. Power Exercises were designed to loosen up, adjust, and strengthen your entire body: all the joints from the fingers to the toes, all the muscles from the face to the feet, and all the internal organs in the body. Power Breathing was also specially designed to release stress and tension, improve digestion, increase the supply of oxygen, increase the blood circulation, open all clogged veins and arteries, and build a strong immune system. It will help to relieve lower back pain, upper back and neck pain, minor headaches, stomach aches, asthma, high blood pressure, and arthritis. Together, they will prevent you from getting many diseases and injuries, and help you heal the ones you already have. You will be able to sleep deeply and peacefully and wake up feeling great, with lots of energy. You will be healthier, stronger, more confident, more positive, more enthusiastic, and you will feel more lively both physically and mentally every day of your life.

Power Exercises

Exercising with a partner is not only more fun, it can accelerate your results. Sharing any meaningful experience will create a new friendship or deepen an existing friendship. When you have someone to train with, you challenge and motivate each other to improve. In muscle work, whether it is stretching or strengthening, the strength of a training partner will allow you to push farther with a greater margin of safety.

Power Exercises with a Partner

1. Partner Sit-ups
2. Partner Open Leg Stretch
3. Single Leg Stretch
4. Standing Back to Back Stretch
5. Front Leg Stretch
6. Side Leg Stretch
7. Shoulder and Chest Stretch
8. Massage

1. Partner Sit-ups

Regular sit-ups strengthen the abdomen and hip flexor muscles, as well as loosen up the back and hips. Partner sit-ups allow those who are not yet strong enough to do many sit-ups a chance to utilize their partner's strength to help them do more. Partner sit-ups also strengthen the lower back muscles.

How to do it:

A. Sit on the floor facing your partner. Cross your knees over each other (partner X bend knees with feet outside Partner Y's.)

B. Grasp each other by the wrists (Partner X both palms up, Partner Y both palms down).


C. Partner X inhale and slowly lean back to touch the floor, while partner Y exhales and leans forward.


D. Partner Y inhale and slowly lean back to touch the floor, while partner X exhales and leans forward.


E. Repeat steps C and D from five to ten times.


Benefits:

Partner sit-ups will

 Strengthen lower abdomen, hip flexor, and lower back (*erector spinae*) muscles.

 Loosen up hip, lower back, and shoulder muscles.

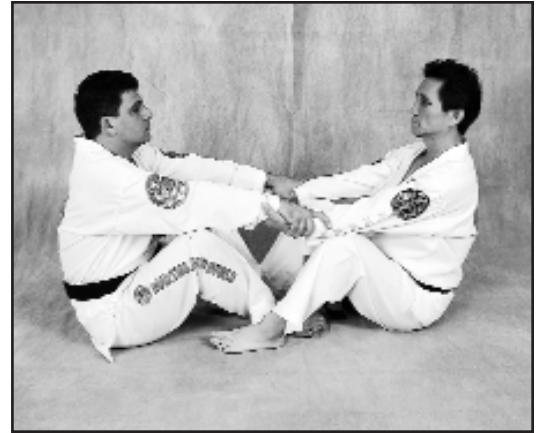
 Massage internal organs.

 Relieve stress and tension by removing waste products.

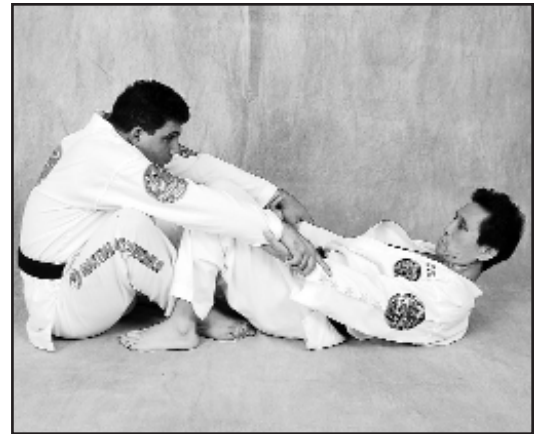
Caution:



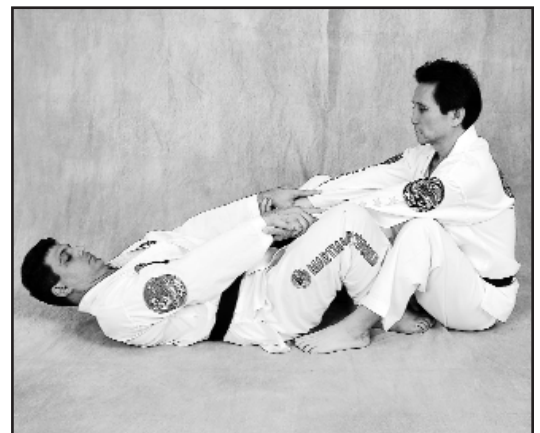
The partner who leans back must lean back slowly the first time until he can gauge the flexibility of the other partner.



A, B



C



D

2. Partner Open Leg Stretch

This exercise will help you stretch your hips, legs, and lower back.

How to do it:

A. Sit on the floor facing each other. If both partners are the same size, place your feet sole to sole. If both partners are not the same size, the shorter or less flexible partner should place the soles of his feet against the inside ankles of the taller/more flexible partner. Both open your legs as far as possible.

B. Both partners inhale and interlock your fingers (place hands palm to palm and move hands slightly up or down so that one's fingers fit between the other's, and grasp.) Inhale.

C. Partner X exhale and lean to the left, laying your left side on your left thigh, extending both your hands toward your left foot, reaching the right arm over the head. Partner Y is mirror reflection of partner X, maintaining interlocked fingers.

D. Inhale and return to position B.

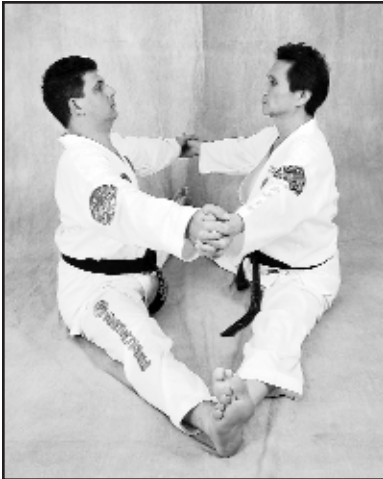
E. Partner X exhale and lean to the right, laying your right side on your right thigh, extending both your hands toward your right foot, reaching the left arm over the head. Partner Y is mirror reflection of partner X, maintaining interlocked fingers.

F. Inhale and return to position B.

G. Partner X exhale and lean to the left, laying your left side on your left thigh, extending your left hand toward your left foot and your right hand directly overhead. Partner Y is mirror reflection of partner X, maintaining interlocked fingers.

H. Inhale and return to position B.

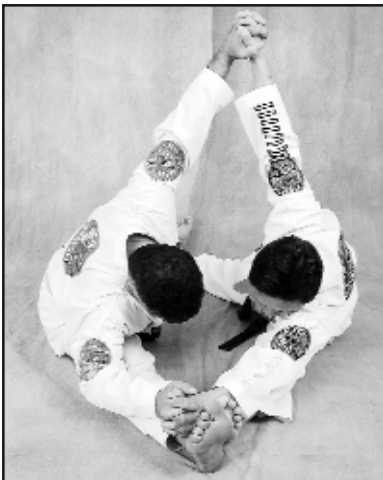
I. Partner X exhale and lean to the right, laying your right side on your right thigh, extending your right hand toward your right foot and your left hand directly overhead toward the ceiling. Partner Y is mirror reflection of partner X, maintaining interlocked fingers.



A, B



C



G

J. Inhale and return to position B.





K. Partner X inhale and lean back as far as possible, within his own and his partner's limitations. Partner Y exhale and lean forward as far as possible.

L. Partner Y inhale and lean back as far as possible, within his own and his partner's limitations. Partner X exhale and lean forward as far as possible.

M. Inhale and return to center position.

Benefits:

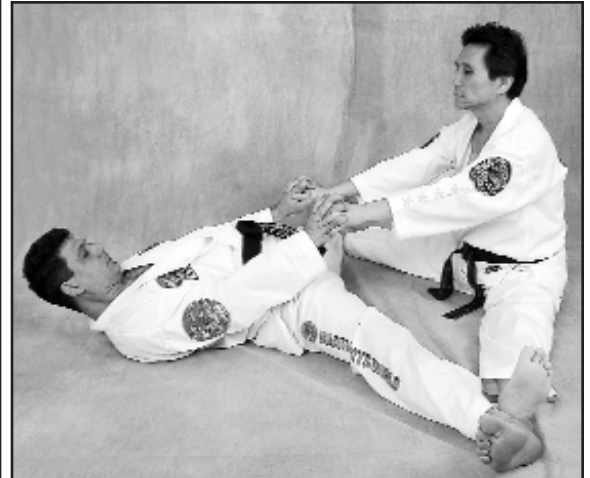
Partner open leg stretch will:

-  Loosen the groin, complete back (including *lat.*), and shoulder muscles.
-  Loosen the hip and shoulder joint, and adjust the spine.
-  Improve the digestion by stimulating and massaging the internal organs.
-  Release tension and stress.



Caution:

Do not use too much pressure to spread the legs too far. Do not press on the ankles of a person with bad knees. Instead, move the soles of the feet to the inside of the thigh, just above the knee, and spread their legs as far as possible.



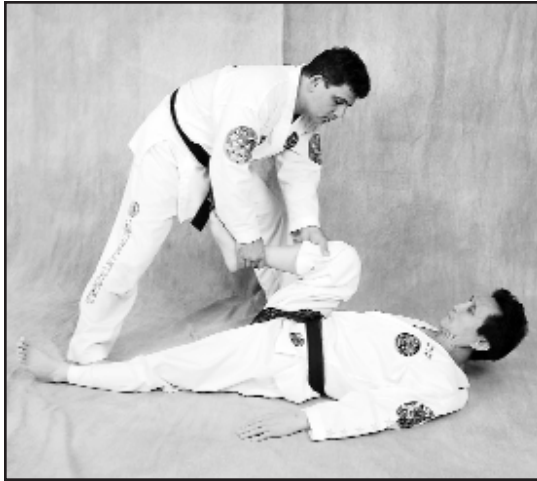
L

3. Single Leg Stretch

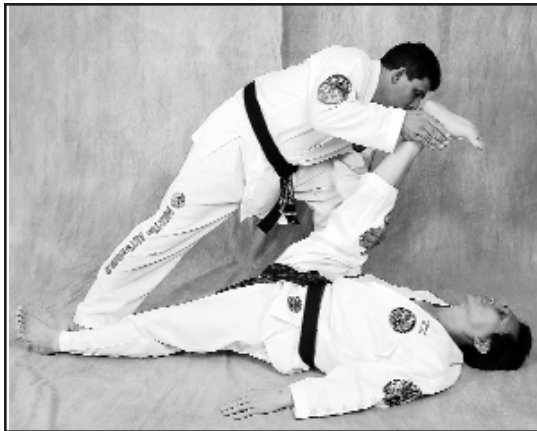
This is an intense stretch of the hamstring that can increase flexibility for high kicking.

How to do it:

- A. Partner X lie on your back on the floor, inhale, and lift your right knee straight up toward the ceiling.
- B. Partner Y step your right foot on Partner X's lower inside left pant leg. (If your partner is not wearing long pants, you may use your toes to hold his foot down, but do not stand on his leg.)
- C. Partner Y bend Partner X's right leg and gently push his thigh against his chest as he exhales.
- D. Partner Y gently pull partner X's thigh away from his chest as he inhales and straighten his right leg, putting your right hand behind his ankle while keeping your left hand over his knee.
- E. Partner Y move Partner X's straightened leg as close to his chest as possible, trying to direct his foot over his right shoulder and slightly to the outside.
- F. Partner Y release Partner X's leg and allow it to return to the floor as he inhales.
- G. Repeat steps A through F for partner X's left leg.
- H. Repeat steps A through G for partner Y's right and left legs.






A, B, C



D

Benefits:

The single leg stretch will:

-  Intensely stretch the hamstrings.
-  Loosen the hips and lower back.
-  Wash the blood out of legs and improve the circulation to the whole body, especially the head.

Caution:



Do not push too hard or too far. Do not over-extend the knee while trying to keep it straight.

4. Standing Back to Back Stretch



The standing back to back stretch will continue to loosen your back, sides, and shoulders.

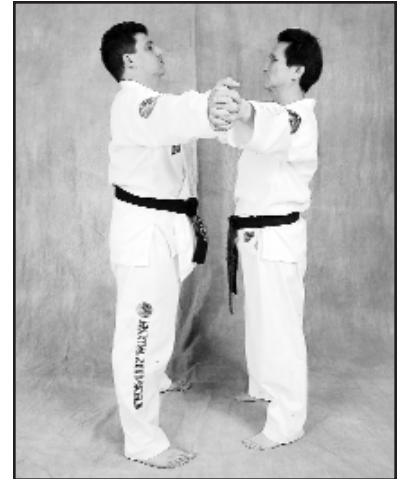
How to do it:

- A. Stand facing each other. Both partners inhale and interlock your fingers as in open leg stretching (place hands palm to palm and move hands slightly up or down so that one's fingers fit between the other's, and grasp.)
- B. Remain interlocked, and move both hands to one side. Continue to twirl around until you end up back to back.
- C. Extend interlocked hands straight out from the shoulders and lean to partner X's right side.
- D. Lean to partner Y's right side.
- E. Return to upright.
- F. Release your fingers and relax.

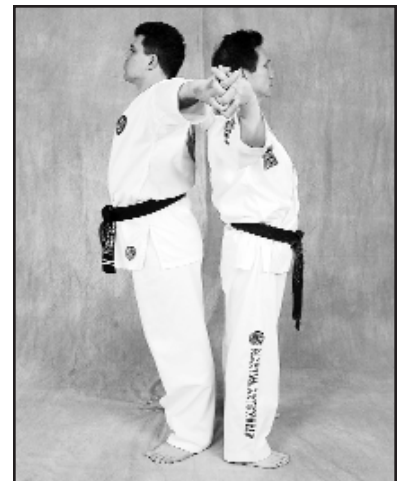
Benefits:

The standing back to back stretch will:

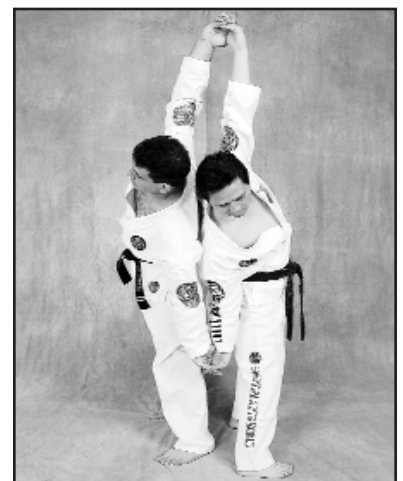
-  Loosen the entire back (including *lat.*) and shoulders, and adjust the spine.
-  Relieve stomach ache and improve digestion.



A



B

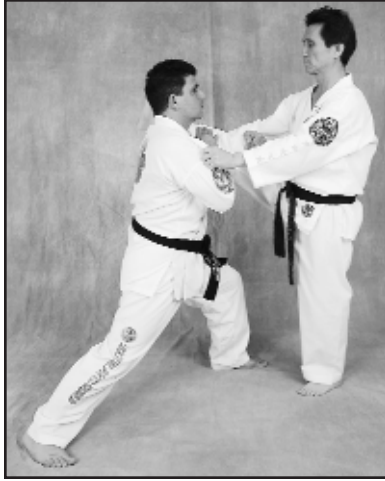


C

5. Front Leg Stretch

This exercise allows you to develop balance while gaining flexibility, which will help develop higher and stronger kicks for the martial arts or dancing.

How to do it:



A, B

A. Partner Y stand in left front stance (feet shoulder width apart, front leg bent and back leg straight.)

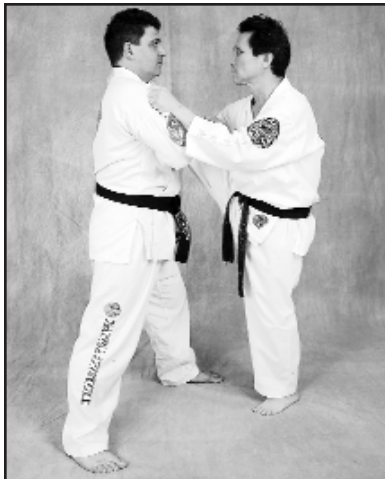
B. Partner X inhale and lift your right leg and place your Achilles tendon on partner Y's shoulder, and grab his shoulders for balance and support.

C. Partner X exhale slowly as partner Y places his right hand over your knee to keep it from bending; partner Y slowly stand up higher and higher to stretch partner X's right hamstring.

D. Partner Y lower himself until partner X can lower his leg safely.

E. Repeat steps A through D changing stance and legs so that you stretch partner X's left hamstring.

F. Exchange roles and repeat steps A through E stretching partner Y's legs.



C

Benefits:

The front leg stretch will:



Intensely stretch your hamstrings for high kicking.



Develop your balance and strengthen your legs.



Increase blood circulation throughout body.



Caution:

Do not lift your partner's leg too high or put too much pressure on his knee.

6. Side Leg Stretch

This exercise allows you to develop balance while gaining flexibility, for higher and stronger kicks to the side (rather than to the front as in the front leg stretch).

How to do it:

- A. Partner Y stand in left front stance, as in #5 (feet shoulder width apart, front leg bent and back leg straight.)
- B. Partner X inhale and lift your right leg and place the inside of your right ankle on partner Y's shoulder, wrapping your foot around the back of his neck, and grabbing his hands for balance and support.
- C. Partner X exhale as partner Y slowly stands up higher and higher to stretch your groin muscles.
- D. Partner Y lower himself until partner X can lower his leg safely.
- E. Repeat steps A through D changing stance and legs so that you stretch partner X's left leg.
- F. Exchange roles and repeat steps A through E stretching partner Y's legs.

Benefits:

The side leg stretch will:



Intensely stretch your groin muscles for high side kicking.



Develop your balance and strengthen your legs.

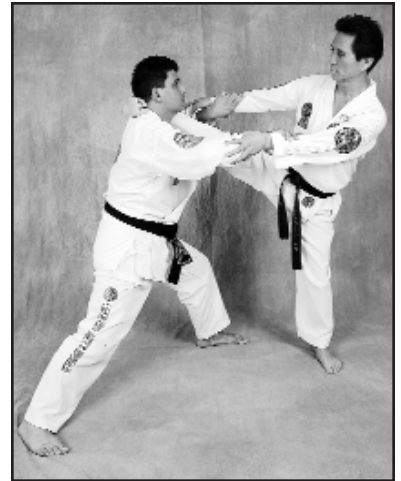


Increase the blood circulation in your lower body.

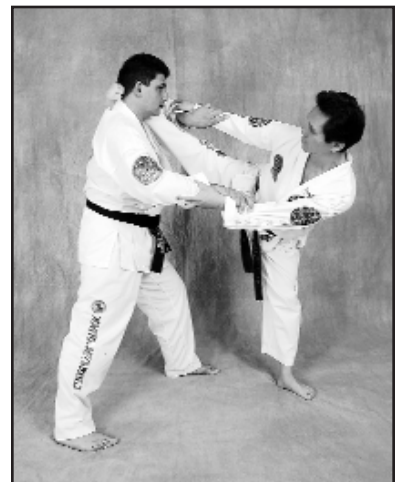


Caution:

Do not lift your partner's leg too high or put too



A, B



C

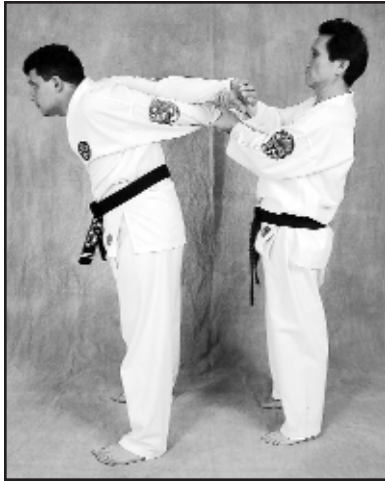
much pressure on his knee.

7. Shoulder and Chest Stretch

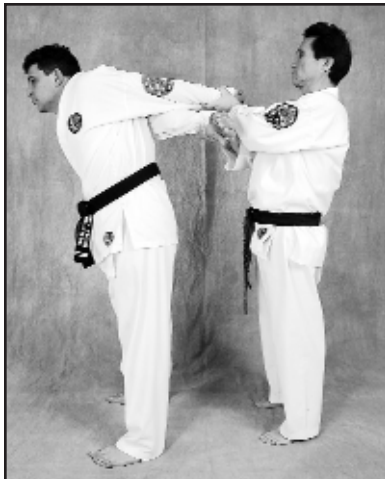
This exercise will help you stretch your shoulder and chest muscles.

How to do it:

- A. Partner Y turn away from Partner X. Partner X face partner Y's back.
- B. Partner X grab partner Y's wrists and gently pull his arms behind his back, with his palms facing each other. Try to cross the arms over each other.
- C. Open the arms a little and stretch again, this time switching the top and bottom arm.
- D. Gently release partner Y's arms and wrists.
- E. Both partners turn around and repeat B through D with Partner Y stretching Partner X's shoulders and chest.



A, B



C

Benefits:

The shoulder and chest stretch will:



Loosen and stretch your shoulders and chest muscles much more intensely than you could by yourself.



Release emotional stress and tension stored in the chest area.



Caution:

Those prone to shoulder dislocation and other shoulder problems should be very careful.

8. Massage

This massage will bring the blood to the surface, and you will feel refreshed and enlivened.

How to do it:

- A. Partner Y turn away from partner X. Partner X face partner Y's back.
- B. Partner X massage the muscles of partner Y's neck, shoulders, and back with the fingers, as if kneading bread.
- C. Partner X cup your hands and pat partner Y's shoulders, neck, back, sides, legs, and arms.
- D. Partner X open spaces between the fingers of each hand and use the fingers to "chop" the muscles of partner Y's neck, shoulders, and back, striking lightly with the pinkies, not with the edge of the hand.
- E. Both turn around so that partner Y can massage partner X.

Benefits:

This massage will:



Increase circulation to the surface of the body.

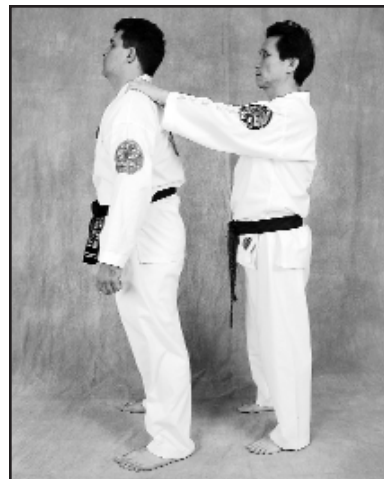


Caution:

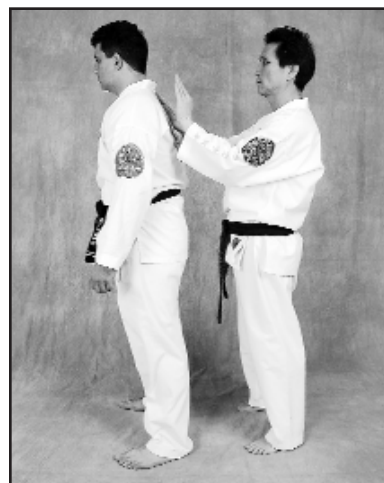
Be gentle whenever massaging. Pat your partner, do not pound on him.

At the end of the Power Exercise session with your partner, motivate each other to feel good: smile, laugh, admire each other and tell each other good things.

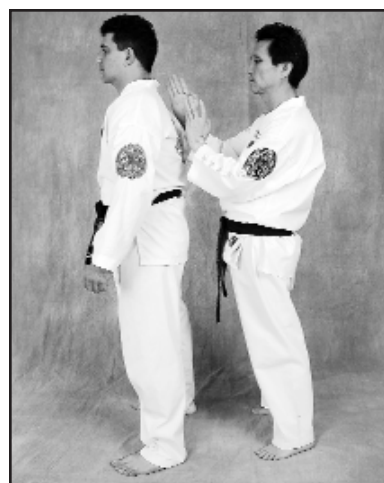
If you are going to finish your Power Exercises here, do the deep breathing exercise (#1) in the standing Power Exercises (see White Belt Curriculum) and perform standing Concentration, Reflective, or Power Mental Exercise.



B (knead)



C (pat)



D (chop)

Advanced Basics

Most of the Advanced Basics are the same techniques you learned in the MU-DO curriculum. Excellence in the martial arts is not so much a matter of how much you learn, but how well you do what you have learned. We will continue to practice basics and advanced basics throughout all levels of the curriculum. Even master instructors still practice their basics, trying to perfect them. At the JA-YUN level, try to focus on putting the power of your whole body into each technique by moving the hips.

Stances

X Stance

Single Leg Stance

Advanced Basics (Horse Riding Stance)

Double Low Block

Double Inside Block

Double High Block

Double Knife-hand Block to the Side

Double Knife-hand Strike to the Neck

Double Spear Finger Strike

Double Palm Strike

Stepping Kicks (Fighting Stance)

Stepping Leg Raise

Stepping Outside Swing Kick

Stepping Inside Swing Kick

Stepping Pick Ax Kick

Stepping Knee Kick

Stepping Pushing Kick

Stepping Front Kick

Stepping Roundhouse Kick

Stepping Side Kick

Turning Back Kicks (Fighting Stance)

Back Side Kick

Back Swing Kick

Back Moon Kick

Stances

Stances are the foundation of your technique. Blue belt stances focus more on balance. In these stances it is important to keep your body upright, not leaning in any direction.

X Stance

The X stance an intermediate level stance that has a graceful, artistic look, especially when stepping forward.

Instruction:

From *jhoon-bi* stance, step your right leg back and to the left of your left leg, so that the shin of the right leg is twisted behind the calf of the left leg, and only the ball of the right foot touches the floor. Maintain an upright position, with 90% of the weight on the left foot and 10% on the right foot. For the right X stance, simply follow the same directions, substituting the word right for left and vice-versa.

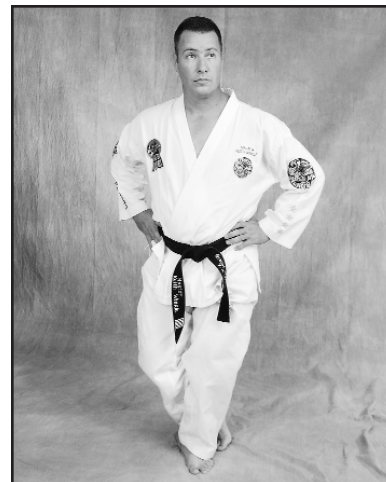
Single Leg Stance

The Single Leg Stance is an excellent stance to develop balance. To develop heightened awareness of your balance, practice the single leg stance with your eyes closed.

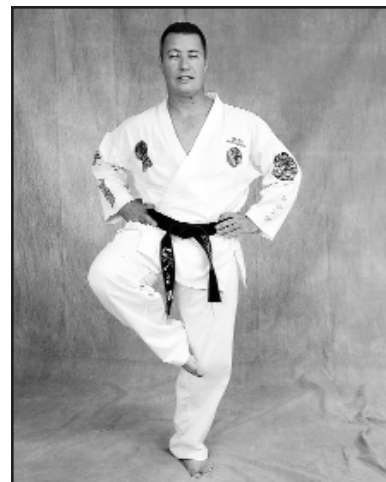
Instruction:

From *jhoon-bi* stance, lift your right knee slowly, touching the sole of your foot to the inside of your knee. The weight distribution is 100% on the left leg, and 0% on the right leg.

For the right single leg stance, simply follow the same directions, substituting the word right for left and vice-versa.



X Stance



Single Leg Stance

Basics

Hand Techniques:

Basics and Advanced Basics

The Basics and Advanced Basics are performed in the horse riding stance. They are the same techniques you learned in the white belt and the MU-DO curricula. Continue to practice them, constantly striving to perfect every aspect of each technique.

Kicking Techniques:

Stepping Kicks

For the basic kicks you learned as a white belt, you kicked with your back leg. For the stepping kicks in advanced basics, you kicked with your front leg. Continue to practice your basic and stepping kicks, striving to perfect them. Advanced technique can only be achieved with sound basics. As you begin to practice jumping techniques, you will discover minor imperfections in your basics that were not apparent at that level, but become exaggerated as you attempt the advanced techniques. As you discover how to improve your technique, continue to practice your basic and stepping kicks with renewed dedication.

Jumping Kicks

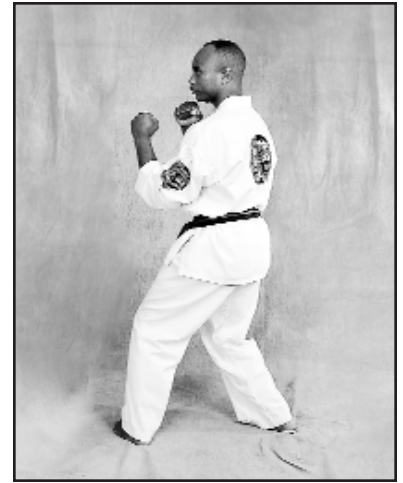
In the JA-YUN curriculum you will begin to learn jumping kicks. The purpose of a jumping kick is primarily to free your body from the friction of contact with the ground, and secondarily to jump over something. Therefore, when learning a jumping kick, you only need to jump enough to get off the ground. If you can jump high enough to slide a piece of paper under your foot, you have successfully performed a jumping kick.

After you have learned how to perform the kick, if your fitness level allows, you may try to jump higher and higher to develop a higher level of skill. Students with back, knee, or other joint problems should jump only at the lowest levels or not jump at all if there is a significant risk of injury. Remember: we practice the martial arts to improve our ability and fitness, not to injure ourselves and impair our abilities.

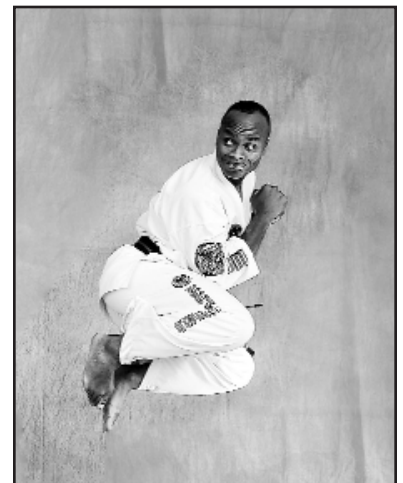
Jumping Back Side Kick

The jumping back side kick is the first kick we have learned where you jump, actually leaving the ground for a moment. The primary purpose of the kick is to free you from friction with the ground, so that you can turn faster, not only increasing your speed for sparring, but increasing your power at the same time. You may use either the heel or the blade of foot:

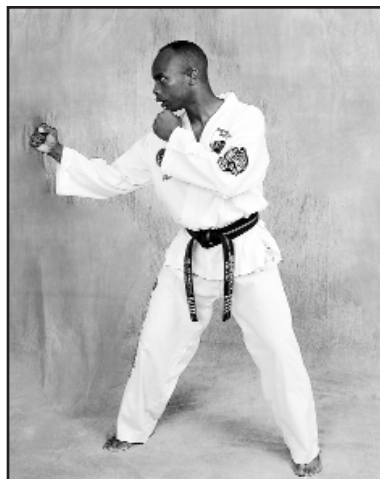
- A.** From a fighting stance, bend both knees and slightly lower your weight;
- B.** Jump as you look over your right shoulder to find the target, raising your kicking knee up, ankle bent, toes pulled back while turning your hip toward your target;
- C.** Thrust your foot to the target so that your ankle, your hip, and your shoulder are all in one straight line;
- D.** Snap your kicking knee back to the chambered position as you land softly in the opposite stance;



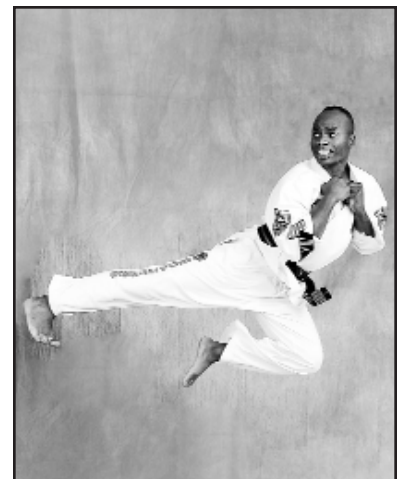
Jumping Back Side Kick A.



Jumping Back Side Kick B.



Jumping Back Side Kick D.

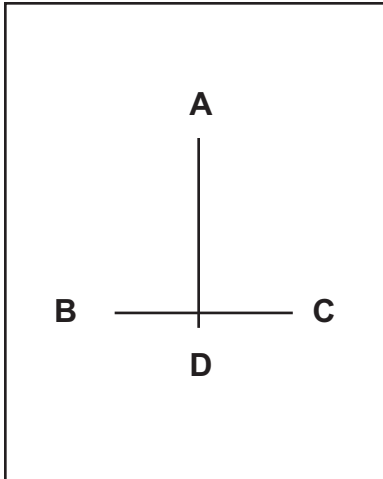


Jumping Back Side Kick C.

Poom Se

Poom se is the art and beauty of the Martial Arts. It is a set combination of basic blocks and attacks performed in a specified pattern. The proper way to learn, teach, or practice *poom se* is to first know the name and meaning of the *poom se*, then learn the three components of each movement in this order:

- a) Direction
- b) Stance
- c) Technique of block or attack



Poom se JA-YUN (Nature)

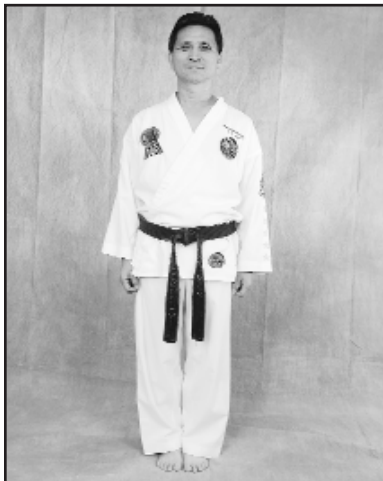
JA-YUN means "nature." Nature is the balance of *Eum* and *Yang*, which is the founding principle of life. Nature represents the three most important elements in human life: harmony, truth, and survival of the fittest (winning spirit). These three elements will guide us on how to lead our lives to become winners.

In the first eight movements we focus on the truth of nature, and the three sources of energy in nature: the earth, the air, and the sky. In the second eight movements, we focus on the survival of the fittest, by imitating some of the movements of the animals who hunt in the water, the earth, and the air, and the movements of the mythical dragon who would rule the sky. In the final eight movements, we focus on harmony by visualizing that we are drawing energy from the three sources and storing that energy in the three energy centers of the body. This form emphasizes that we are part of nature, and as a part of nature, we reflect the natural processes we see around us. If we want to increase our power, we should follow the principles of nature by using the natural energy sources available to us.

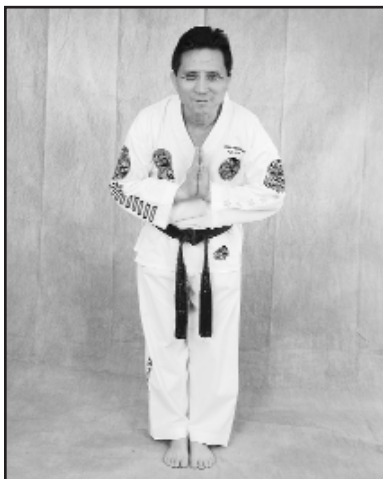
Blue Belt Level: 1 through 8

Attention.

Bow.

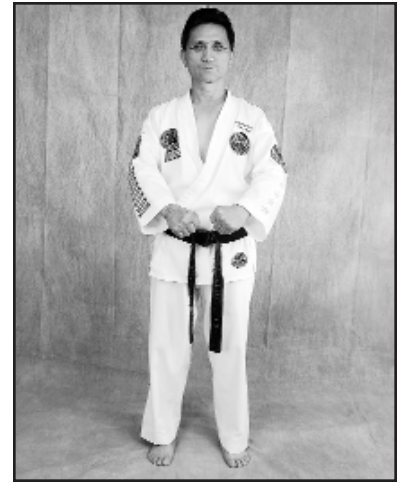


Attention



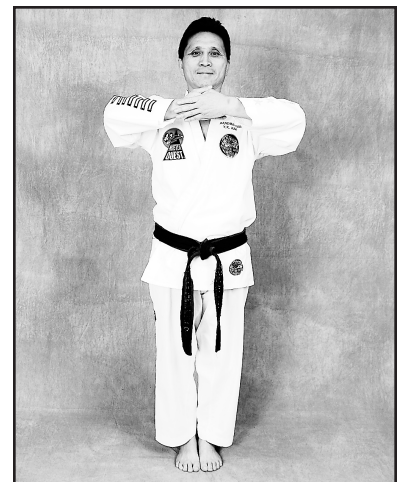
Bow

From *jhoon-bi* stance facing A:



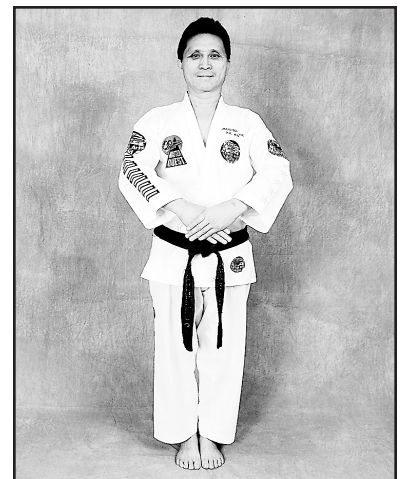
Jhoon-bi

1. A. Inhale and step your left foot in to attention stance as you open your hands and bring them upward in front of your throat left in front of right;



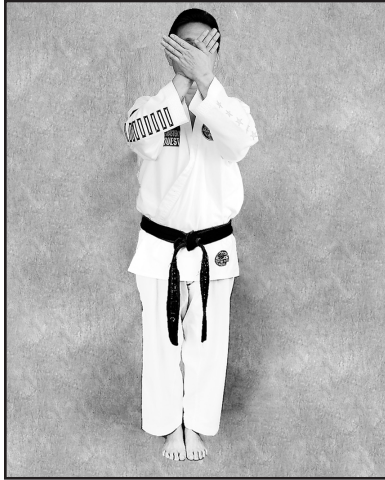
1.A.

1. B. As you exhale, slowly move your hands downward and rotate them against each other until they both point downward with the finger tips overlapping, and the left thumb can wrap over the palm of the right hand.



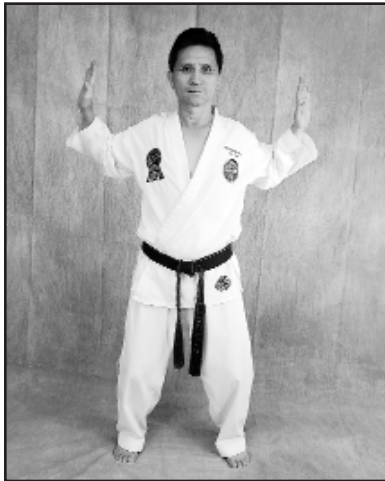
1.B.

Symbolism: The left hand is *um*, the right hand is *yang*; by bringing together *um* and *yang*, you achieve balance.



2.A.

2. A. Without moving your feet, inhale and rotate your hands against each other and move them upwards until they form an 'x' in front of your face;



2.B.

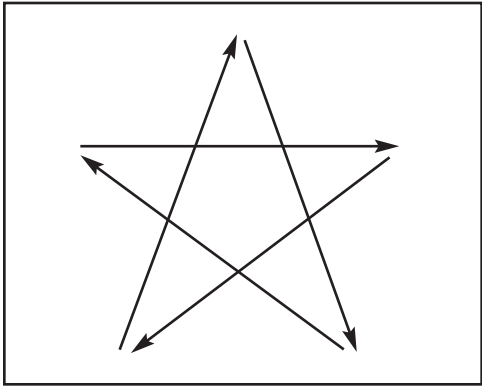
2. B. Step your left foot to the left into *jhoon-bi* riding stance as you separate your hands outward so they are to the sides of your ears, palms facing outward;



2.C.

2. C. Exhale and in a concentrated motion push your hands to the side until your arms are almost fully extended, with the palms still facing outward.

Symbolism: You are pushing out negative energy.



3. A. Step the left foot slightly to the left into a horse riding stance as you extend your both hands diagonally to the left at shoulder height, palm outward;

3. B. Trace the shape of a star by moving both hands together, first horizontally to the right,

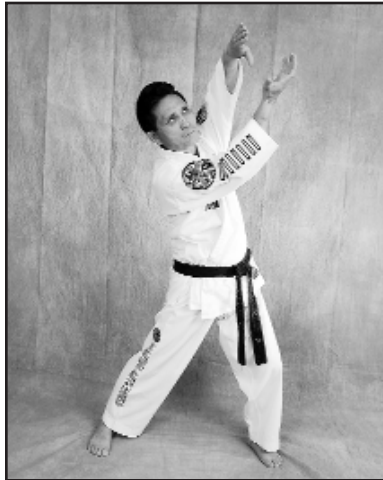
3. C. Then diagonally down and left,

3. D. Then diagonally up and to the center,

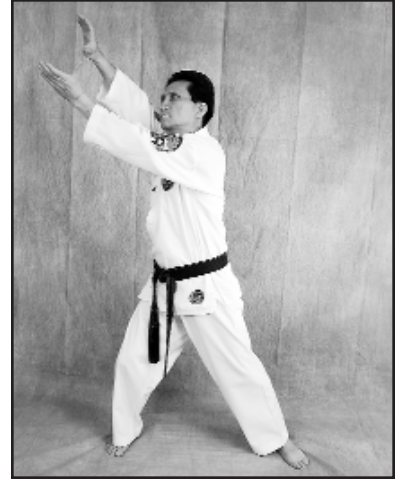
3. E. Then diagonally down and to the right,

3. F. Then diagonally up and left to your starting point while shifting your stance appropriately for balance.

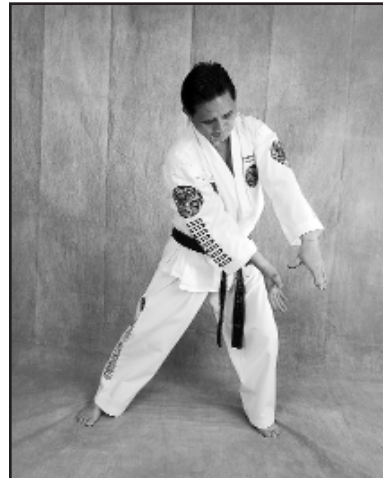
Symbolism: You are gathering energy from the stars.



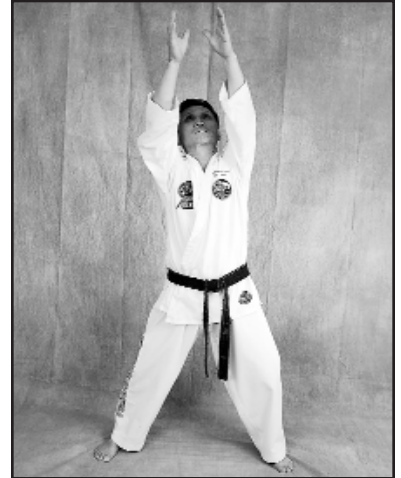
3.A.



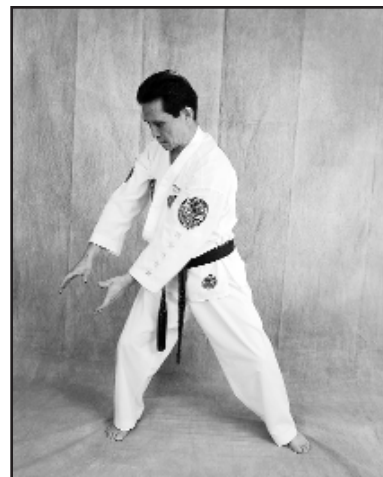
3.B.



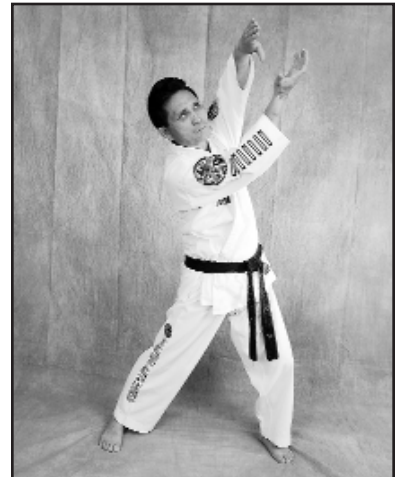
3.C.



3.D.



3.E.



3.F.



4.A., C.



4.B.



4.D.

4. A. Maintain your horse riding stance facing A as you trace a large figure eight in front of you by lowering both arms in a circular motion on the left,

4. B. Raising them diagonally to the right, then lowering them in a circular motion on the right,

4. C. Raising them diagonally to the left, lowering them in a circular motion on the left and raising them diagonally to the right, but

4. D. Stopping in the center.

Symbolism: The sun rises, the sun sets, the moon rises, the moon sets; the sun rises again. You are drawing energy from the sun and the moon.

5. A. Move the left foot backwards one half step and turn ninety degrees to the left facing B, as you lower both hands in a circular motion on the right and

5. B. Bring them across to the left side of your body to perform a rock pushing block, your body fully twisted to the left so that you are looking between your hands toward the ceiling.

Symbolism: Lift up the mountain. You are gathering mountain energy.

6.A. Move the left foot forward one step and as you turn one hundred and eighty degrees to the right facing C, as you lower both hands in a circular motion on the left and

6.A. Bring them across to the right side of your body to perform a rock pushing block, your body fully twisted to the right so that you are looking between your hands toward the ceiling.

Symbolism: Lift up the ocean. You are gathering ocean energy.



5.A.



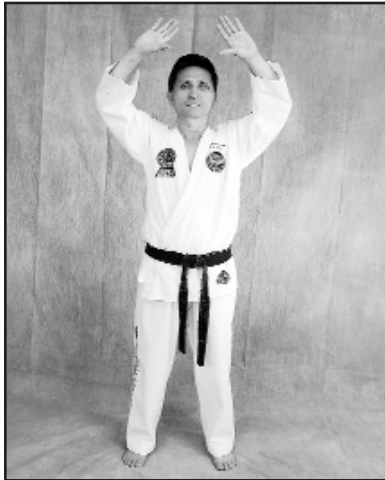
5.B.



6.B



6.A

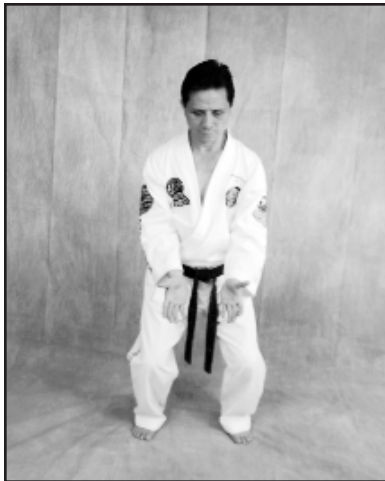


7.A.

7. A. Move the left foot backwards into a *jhoon-bi* riding stance facing A as you open both arms over your head then outside your body,

7. B. Squatting into your stance,

7. C. Then rising up slightly as you pull your hands upward in a gathering motion;

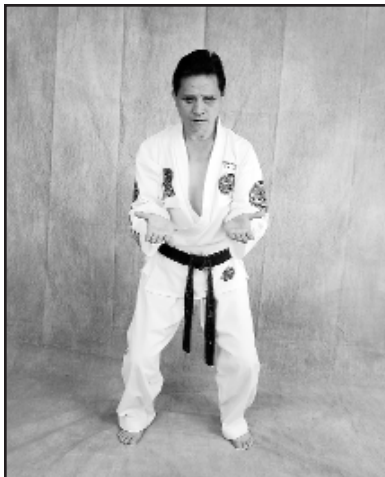


7.B.

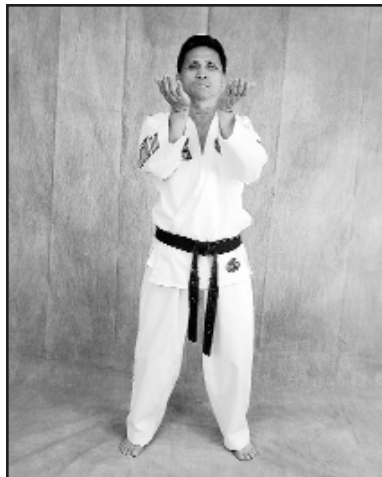
7. D. Continue rising as you bring your hands up to throat level palm up,

7. E. Rotate them around into a concentration thrust, pushing forward and upward, with your palms out.

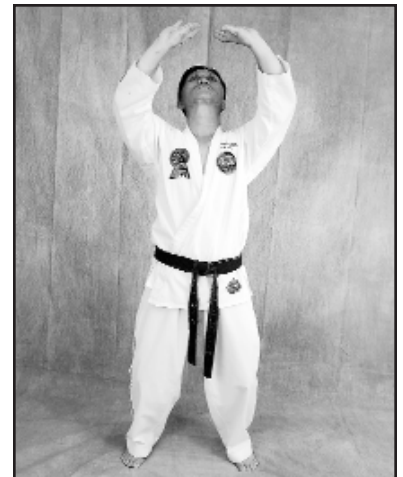
Symbolism: Lift up the earth. You are gathering earth energy.



7.C.

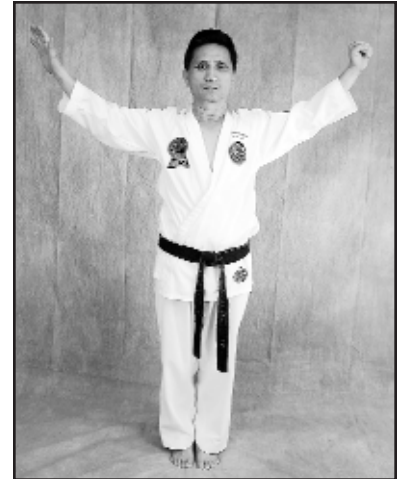


7.D.



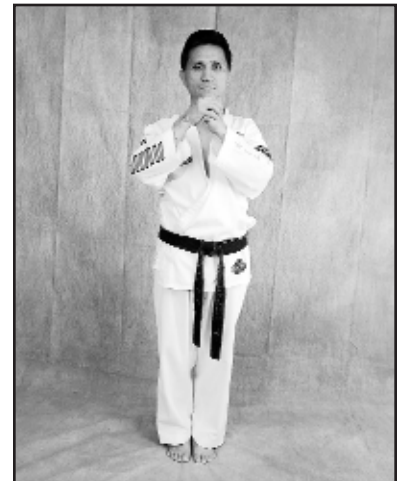
7.E.

8. A. Step the left foot to the right in to attention stance as you circle your hands outside and down,



8.A.

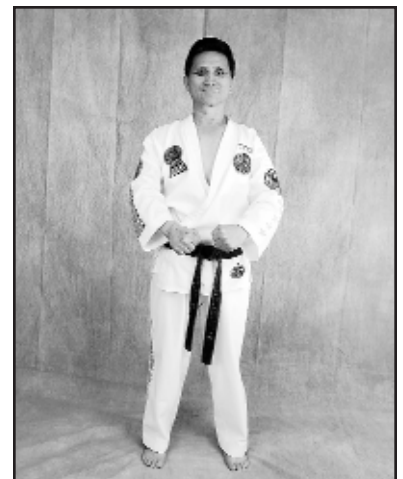
8. B. Then to your center and upward, closing your left hand into a fist palm down in front of your throat, and right hand covering the left, then settle your weight.



8.B.

Symbolism: Good (the right hand) conquers evil (the left hand).

Ba-rote. (Slowly step the left leg left into *jhoon-bi* stance.)



Ba-rote.

18 Styles of *Poom se*

Any *poom se* can be performed in many different styles, and each style reveals a deeper layer of understanding of the form. Here are 18 different ways you can practice your form:

- 1. Regular Style**
- 2. Ballet Style**
- 3. Dynamic Tension Style**
- 4. Power Breathing Style**
- 5. Musical Style**
- 6. Motivational Style**
- 7. Combination Style**
- 8. Directional Style (including Wall Style)**
- 9. Free Style (Including Backwards Style)**
- 10. Blind Style**
- 11. Balance Style**
- 12. Jumping Style**
- 13. Stance Style**
- 14. Mental Style**
- 15. Practical Application Style**
- 16. Breaking Style**
- 17. Exhibition Style**
- 18. Weapons Style**

1. Regular Style

Regular style is the way the form was designed by our Grandmaster, performed as it was meant to be performed as art and in tournament competition. “Hard” forms like *Poom se* MU-DO utilize sharp, powerful movements in regular style.

2. Ballet Style

Ballet style takes away all snap and focus in the techniques. Movements flow from one to the other like water, with the grace and extension of a ballet dancer. Because there is no stopping between techniques, it is a good way to practice the order of movements -- you do not have time to think which movement comes next -- your body must know which movement flows into which automatically, without thinking.

3. Dynamic Tension Style

Dynamic tension style uses the principles of isotonic exercise to develop muscular strength and power. Dynamic tension is a true case of competing with yourself, because it pits one muscle against the other. For example, to execute a punch, you would push out the punch with 100% effort while holding the punch back with 99% effort of the opposite muscles. The conflicting muscles quiver and shake as they move very slowly through the full range of motion. The slowness of the motion allows you to examine proper bone alignment during the technique, while the muscles develop strength.

4. Power Breathing Style

Power Breathing style applies the principles of *Tai Chi* to any forms practice. Simply do the form using deep, abdominal breathing with each movement. Each movement will be done slowly and smoothly, without snap, like a *Tai Chi* movement. Inhale into the lower abdomen and the lower energy center, then exhale as you extend your hand or foot in the technique, and inhale deeply again as you draw your hand or foot back in, to prepare for the next movement. More advanced students can visualize *ki* being gathered with each breath, and then directed through the body to the imagined target with each movement.

5. Musical Style

Musical Style adds the dimension of music and rhythm to the performance of the form. All forms have their own rhythm, but that rhythm can be adapted to a piece of music. One of the best ways to demonstrate this idea is to perform the same form to several different kinds of music (samples might be Dance Club music, Classical music, Country music, Rap music, Jazz music, Reggae music, etc.) Music not only adds a dimension of enjoyment to the performance, it gives everyone an identifiable rhythm to follow, so that everyone moves at the same time. Musical forms are excellent for exhibitions. If you do not have samples of music or a way to play them for class, simply have everyone sing a familiar song with a simple beat, like “Row, row, row your boat . . .” or “Jingle Bells” and have them perform the form while they are singing. The Instructor can clap hands to the beat as a cue for the movements.

6. Motivational Style

In Motivational Style the student motivates himself while doing the form by saying things like, “I love the martial arts!” “I train really hard!” “I am proud of myself!” “Wow what a high kick!” The students release stress and tension as they make a lot of noise and feel good about themselves at the same time.

7. Combination Style

Combination Style combines Regular, Ballet, and Dynamic Tension styles. It teaches flexibility and creativity, because the student decides which movements to do in which style in which order. Usually, two people will not do the same form the same way in Combination Style, and even the same person will not do the same form the same way twice, because there are so many different possibilities of combinations.

8. Directional Style (including Wall Style)

Once you learn a form without visual cues, you can learn to block out all confusing visual cues. You learn that the form is the same, no matter which direction you start out -- facing the front of the room, the back, the sides or the corners. You do not really know the form unless you can perform it facing any direction, or even in a totally different place.

One specific application of Directional Style is Wall Style forms practice, in which the student learns to practice forms in a small space. Students can practice the martial arts anywhere . . . at home, in a park, or while traveling. By using space carefully, they can practice their form in their living room, hotel room, or even in an elevator. Each student should face the wall, a little more than arm’s length away. The student must imagine that he is in a 5 ft. by 5 ft. box (like an elevator). He must do his entire form within that box by changing foot position rather than by stepping forward or backward. For example, the student has enough room to turn left into a stance for a down block, but in order to do a stepping punch, he must step the left foot back to the right foot before he can step the right foot forward to punch. By constantly switching feet, the student can perform the entire form -- steps, turns, blocks and kicks -- all in the small space.

9. Free Style (including Backwards Style)

In Free Style forms, the student must know the form backwards and forwards, and inside out. One option would be to ask the students to perform the form starting at move number 5, complete the form, and then finish with movements 1 through 4. Another option is to do the form backwards, starting with number 20 and working backwards to movement number 1. The Instructor can make-up any challenging way to do the form (only the odd numbered movements, etc.) to make the students think about the form in a different way.

10. Blind Style

When you first learn a form, you use visual clues . . . for example, you start facing the front of the room, turn to the lobby side, then turn around to face the mirrors, etc. In Blind Style, you learn to perform the form without any visual cues at all . . . with your eyes closed. Closing your eyes will develop balance and non-visual awareness. It is usually wise not to throw techniques with a lot of power, just in case you hit someone or something while your eyes are closed.

11. Balance Style

In Balance Style forms we develop our balance and posture by balancing something on our head. A simple tool to use for this exercise is an apple. The student places an apple on his head, and practices his form without letting the apple fall off. (An alternative would be to use a punching or kicking pad instead of the apple). This exercise creates awareness of balance and posture while stepping and performing techniques.

12. Jumping Style

Jumping Style forms is a lot of fun, especially for children. You perform the same movements, in the same order, in the same stance as a Regular Style form, except that you jump from stance to stance instead of stepping from stance to stance. The main purpose is fun, but it also develops strong legs. (Senior Citizens and those with bad knees, backs, etc., should not jump).

13. Stance Style

In Stance Style, the student is forced to perform the form in a different stance than it is normally performed. For example, most basic forms are designed using some variation of the front stance. The students would do the same form, using a back stance or a horse riding stance throughout the form. More advanced students might do the form in a tiger stance or a closed walking stance. Practicing Stance Style develops mental flexibility and also develops a deeper understanding of the strengths and weaknesses of different stances in different applications.

14. Mental Style

If students can truly practice the martial arts anywhere, how can they practice in a car or in a hospital bed? Mental Style forms allows a student to practice literally anywhere. In Mental Style forms, the student imagines performing each movement of the form without actually moving. Students have the ability to review all their forms while traveling long distances -- even if they are driving. Another dimension the Instructor can add to mental forms is terminology. Instead of merely imagining the form in their minds, the students must verbally describe each movement out loud (so that the Instructor knows whether they are correct or not). For example, a student would stand at attention and say, "Turn 90° to the left, front stance, down block. Step forward, front stance, middle punch. (etc.)"

15. Practical Application Style

Practical Application Style shows the practical application of the technique on a live human body. Most forms are imaginary fight scenes, where the martial artist defends himself from one or more imaginary attackers. Students should get into groups of 2 to 5 partners. One partner will perform the form, beginning to finish. The remaining partners will take on the roles of the attackers, either kicking or punching when the performer blocks, and providing a target for his strikes. For example, if the first move of a form is to turn left and down block, the attacker would stand to the performer's left, and attack with a right front kick, so that the performer can turn left and block it. If the second move is a stepping middle punch, the performer would then step and punch the attacker in the *solar plexus*, being careful to aim for the correct target (without contact). One partner can play the role of all the attackers, or several partners can divide up the attacks according to which direction the performer faces. Practical Application Style creates understanding of the meaning behind the movements of the form, and causes the attackers to know the form so well that they can think ahead to the next move and execute the proper attack from the proper location.

16. Breaking Style

Breaking Style develops confidence and spatial awareness. Because a form is an imaginary fight scene, the student must develop confidence that she has enough power to finish an attacker with a kick or a punch. By breaking a board with any strike in the form, the student develops confidence in her power. By placing the board holders strategically on the floor, the student must be able to visualize the performance of the whole form and know exactly where she will be on the strike where she intends to break the board. Breaking Style forms are a good exhibition technique because they illustrate the beauty and power of the martial arts at the same time. Students should get into groups of 2 to 4, and use practice targets. The performer will choose one, two, or three techniques in the form for breaking technique, and place her partners in the appropriate positions to hold the boards (pads).

17. Exhibition Style

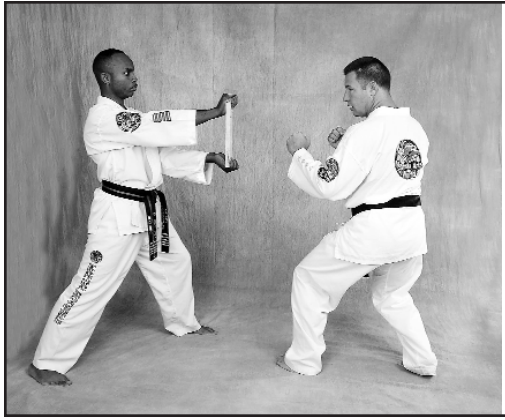
In Exhibition Style forms, groups of students perform the form using attractive choreography. They learn creativity and cooperation. Different variations might be:

- A. All students in a straight line
- B. Two rows of students back to back
- C. 4 students back to back facing 4 different directions
- D. 8 students in a circle facing outward
- E. 3 rows of students facing the same direction, beginning at at different times
(first row starts, second row starts 4 moves later, third row starts 4 moves later)
- F. Several students doing different forms at the same time
- G. Several students doing the same form in different styles
- H., I., J., K. -- use your own imagination

18. Weapons Style

In weapons Style the student learns to extend the body using a weapon (tool). Simply take any martial arts weapon like a knife or a staff, and perform your basic form using the weapon to do all the blocks and strikes, with as little change as possible to adapt to the weapon.

The number of styles and ways you can practice forms is only limited by your imagination. Different martial arts and different styles within the same martial art emphasize different styles in their teaching. A broad minded martial artist is willing to learn good things from other arts and styles, knowing they can only improve, not destroy his style or art. By practicing forms in different styles, students and Instructors alike can gain a deeper understanding of the purpose and meaning of forms practice, while preserving Regular Style for testing and tournaments.



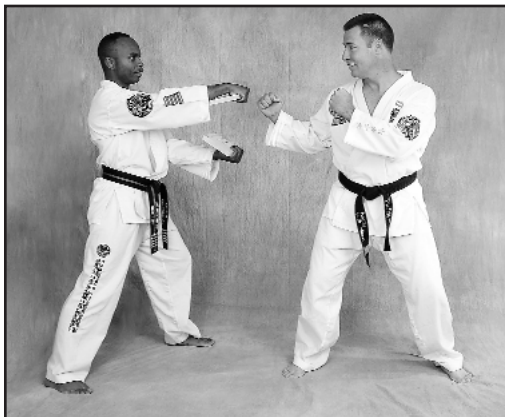
Jumping Back Side Kick A.



Jumping Back Side Kick B.



Jumping Back Side Kick C.



Jumping Back Side Kick D.

Blue Belt Breaking Technique:

The purpose of breaking technique is to test your power. Your partner is not your punching bag, so it is impolite and actually dangerous to test your power on your partner. Full power techniques should be practiced only on pads or breaking materials.

Jumping Back Side Kick

When breaking, try to move your weight forward, through the target. For best results, strike with the heel.

- A. From a fighting stance, bend both knees and slightly lower your weight;
- B. Jump as you look over your right shoulder to find the target, raising your kicking knee up, ankle bent, toes pulled back while turning your hip toward your target;
- C. Thrust your foot to the target so that your ankle, your hip, and your shoulder are all in one straight line;
- D. Snap your kicking knee back to the chambered position as you land softly in the opposite stance.

Along with the physical application of breaking technique, we must also develop of the mental and moral applications of breaking technique.

Mental Breaking

Mental breaking is positive thinking. There is an old saying: “whether you believe you can, or believe you can’t, you’re right!” What this saying means is that your belief about yourself and what you can or can’t do is the single most controlling factor in what you let yourself do. For example, if you believe you cannot break the board, you will be afraid to hit the board hard, and you will never hit it hard enough to break it. Your own belief will prevent you from breaking the board, even though your legs may have the strength and the technique. When you believe you can break the board, you will hit it with power and confidence, and you will break the board.

You can achieve almost anything that you believe you can achieve. Part of really believing that you can do something is knowing how. First, you learn how, then you practice, then you will believe you are able to do it. For example, can you rebuild a carburetor? If you are a mechanic, you have already learned how, have practiced, and so you are confident that you can. If you don’t know how, you won’t even try because you know you can’t. However, if someone teaches you how, then you practice, then you can confidently answer, “Yes!”

Any obstacle that gets in between you and your goals can be broken. Just because you can’t do something today doesn’t mean you can’t learn how, then practice, and then do it tomorrow. No one was born a doctor, a lawyer, or a martial arts master. These people all achieved these great accomplishments through learning and practice, and so can you.

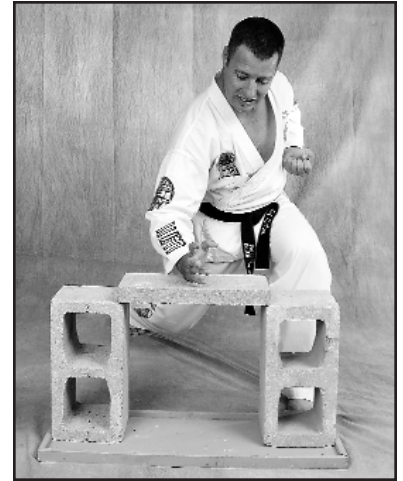
Moral Breaking

Moral breaking is breaking bad habits. Habits are thoughts or actions we repeat over and over. Because we repeat them over and over, it is easy for us to continue to repeat them. It actually takes more effort to change a habit than to simply continue to follow it. That is why it is not so easy to change a bad habit to a good habit.

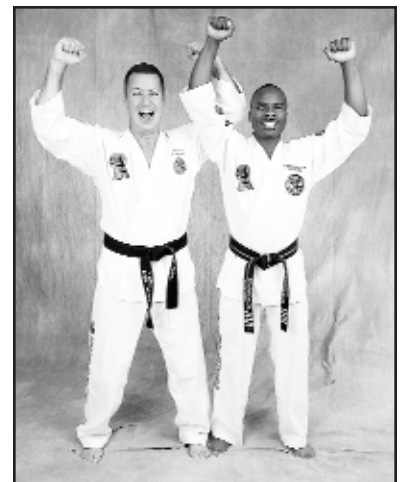
We all develop bad habits from time to time. The four enemies of success (ignorance, fear, negativity, and laziness) are always waiting to pounce on us in a weak moment. Each time we give in to temptation, it is easier and easier to continue to be weak. Before long, weakness becomes a habit.

It takes the same education and discipline to break a bad habit that it takes to break a board. We must focus our effort with positive thinking and correct moral guidance to break the bad habit. Then we must practice the good thought or action over and over again, until it becomes a habit.

Through continual education and practice, you can change all your bad habits into good habits, and become a better person!



Mental Breaking



Moral Breaking

NOTES:

JA-YUN Self-Defense

Basic self-defense etiquette is as follows:

Both partners face each other at attention, bow, and assume a fighting position. Partner A extends his hand or otherwise leaves himself open for attack and *ki-haps* to signal that he is ready.

Partner B attacks and *ki-haps*.

Partner A escapes or counter attacks and *ki-haps*.

Both partners step back into fighting position and *ki-hap*.

The best way to learn the movements is to practice each individual movement many times before learning the next movement. For example, practice by having Partner A attack 1.A. left, switch stance, attack right, then switch stance and have Partner B attack left, switch stance, and attack right.

Once all options have been learned and practiced, you may practice by Partner B attacking twice, as Partner A defends 1.A and then 1.B. Then Partner A attacks Partner B twice. Then both partners switch stance and practice the same way on the other side.

In JA-YUN Self-Defense, numbers 1 through 10 are all frontal attacks, numbers 11 through 15 are a combination of rear, side, and frontal attacks.

For numbers 1 through 4, there are 2 parts and they are all interchangeable. In other words, with minor adjustments, you could use any of the 8 different escapes and defenses for any of the 4 attacks. We have organized them so that they can be learned quickly and practiced easily, but true self-defense comes with the application of principles more than the application of specific techniques.

1. Attack: Same side wrist grab.

Defense:

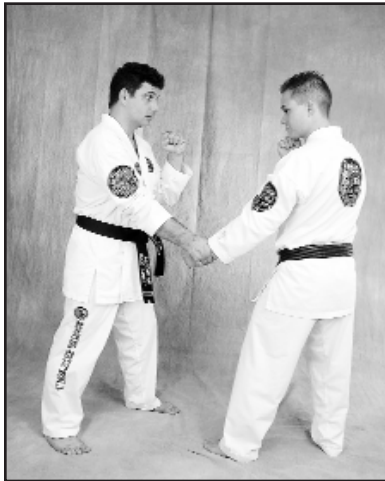
1.A. Escape through the thumb.

1.A.(1). Thrust hand forward and down,

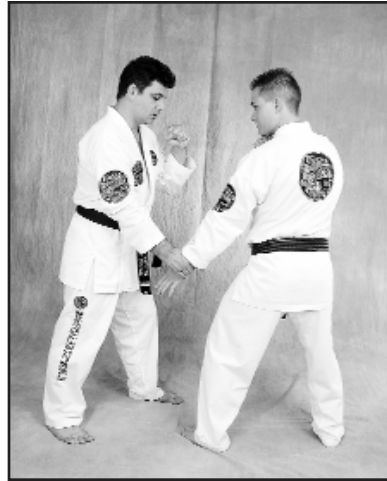
1.A.(2). Then inside, up, over, and outside partner's arm in a circular motion,

1.A.(3). Escaping through the partner's thumb.

1.A.(4). Step back into fighting position and *ki-hap*.



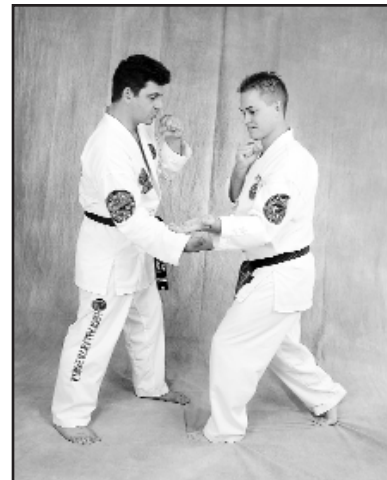
1. Attack



1.A.(1).



1.A.(2).



1.A.(3).

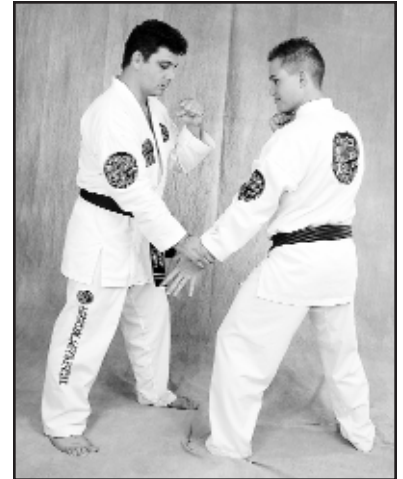


1.A.(4).

Defense:

1.B. Escape through the fingers.

1.B.(1). Thrust hand forward and down,



1.B.(1).

1.B.(2). Then outside, up, over, and inside partner's arm in a circular motion, (circle opposite direction of 1.A.)



1.B.(2).

1.B.(3). Escaping through the partner's fingers.

1.B.(4). Step back into fighting position and *ki-hap*.



1.B.(3).

2. Attack: Opposite side wrist grab.

Defense:

2.A. Escape into a wrist throw.

2.A. (1). Thrust hand forward and down,

2.A.(2). Then inside, up, over, and outside partner's arm in a circular motion, escaping through the partner's thumb while you

2.A.(3). Grasp the attacking hand with your free hand, your four fingers in his palm, your thumb against the back of his hand; when the attacked hand has escaped, grasp the attacking hand with this hand, too, in the same way;

2.A.(4). Push both thumbs forward and outside your partner as you step backward, twisting his wrist until he falls.

2.A.(5). Step back into fighting position and *ki-hap*.



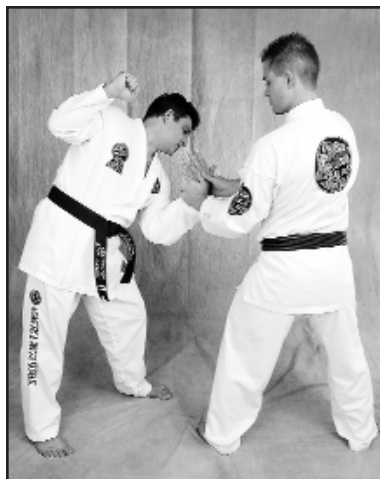
2. Attack



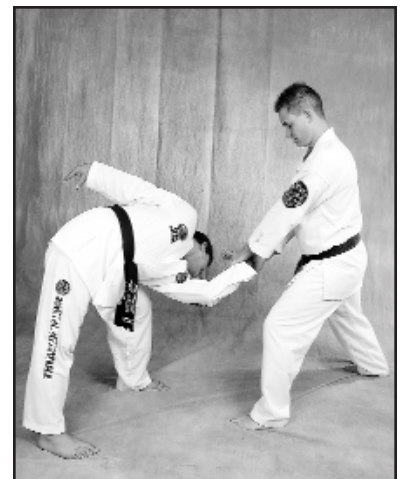
2A.(1).



2A.(2).



2A.(3).



2A.(4).

Defense:

2B. Escape into a wrist lock.

2.B.(1). Thrust the grabbed hand downward,

2.B.(2). Trap partner's hand with your opposite hand, as you move your hand outside, up,

2.B.(3). And over your partner's wrist, being sure to bend his elbow;

2.B.(4). Then drive your both hands downward applying pressure to his wrist.

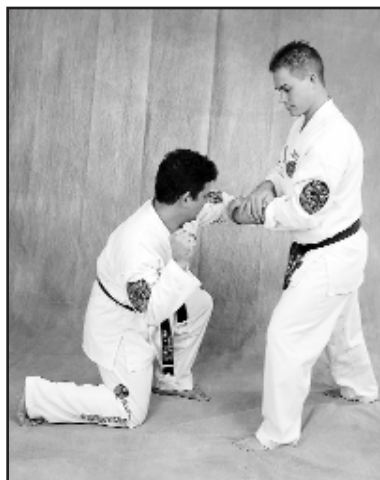
2.B.(5). Step back into fighting position and *ki-hap*.



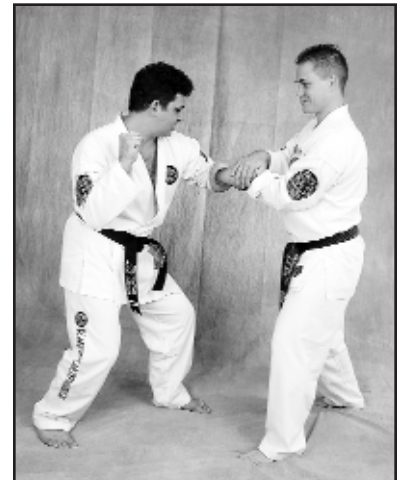
2B.(1).



2B.(2).

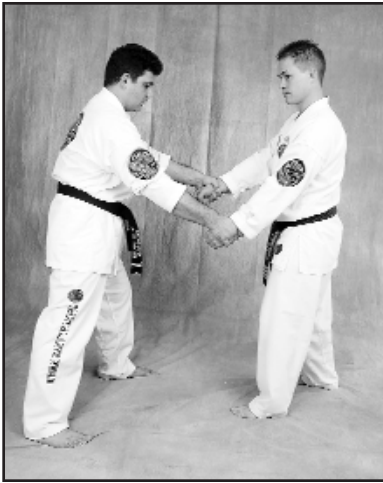


2B.(4).



2B.(3).

3. Attack: Two handed wrist grab (two hands grab two hands)



3. Attack

Defense:

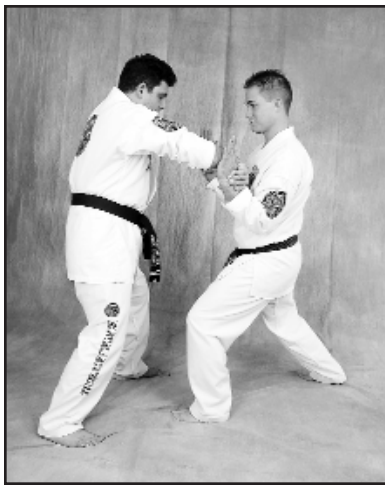
3.A. Escape through the fingers.

3.A.(1). Bring both hands upward outside of your partner's arms by bending the elbows,

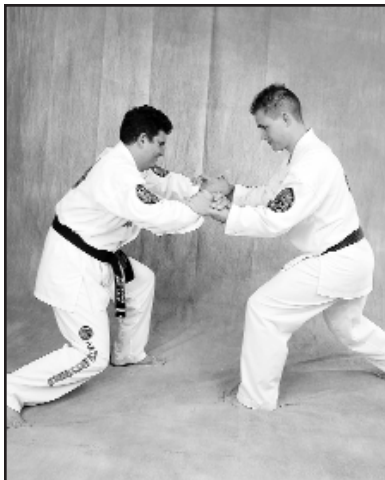
his 3.A.(2). Wrap your hands over his wrists and lower your weight by bending your knees to apply pressure to wrists until

3.A.(3). He releases your wrists and you can push his hand away.

3.A.(4). Step back into fighting position and *ki-hap*.



3.A.(1).



3.A.(2).

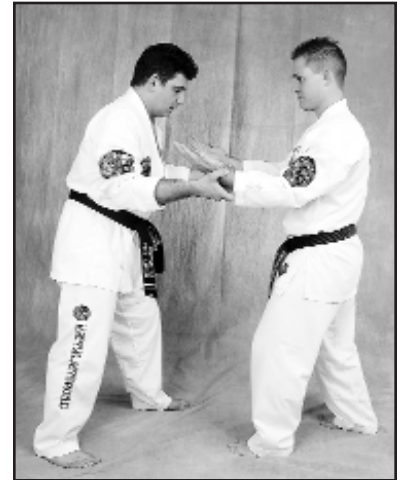


3.A.(3).

Defense:

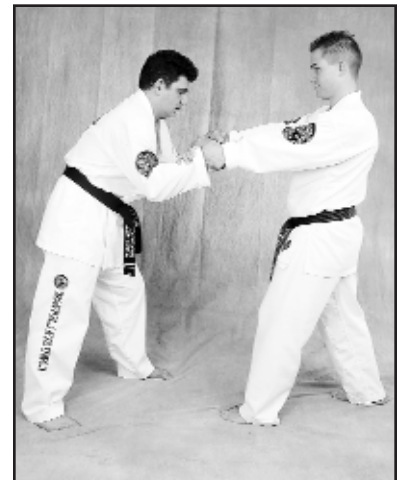
3.B. Escape through the thumbs and kick.

3.B.(1). Bring both hands inside and up, escaping through the thumbs,



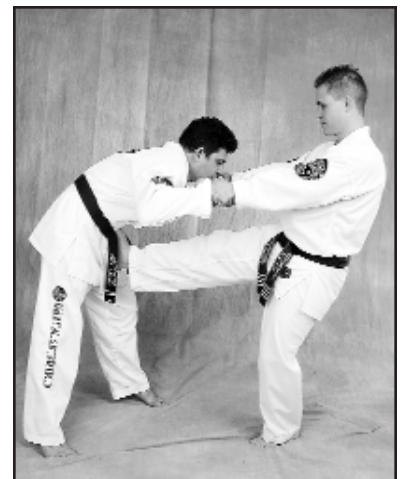
3.B.(1).

3.B.(2). Rotate your hands outward to grab his wrists



3.B.(2).

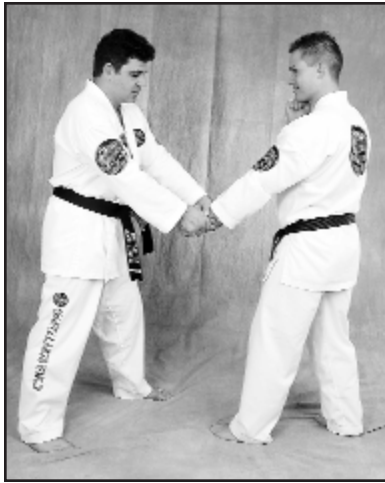
3.B.(3). Pull his arms toward you as you execute a pushing kick (using the rear leg).



3.B.(3).

3.B.(4). Step back into fighting position and *ki-hap*.

**4. Attack: Two handed wrist grab
(two hands grab one hand)**



4. Attack

Defense:

4.A. Escape and elbow to the chin.

4.A.(1). With your free hand, reach between your partner's arms to grab your own fist;

4.A.(2). Pull your fist upward through this arms to escape through his thumbs, and

4.A.(3). Continue the motion upward to strike his chin with your elbow.

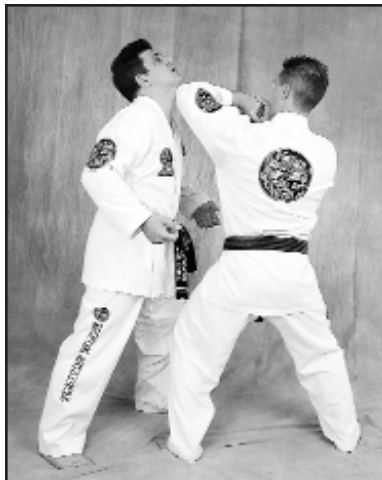
4.A.(4). Step back into fighting position and *ki-hap*.



4.A.(1).



4.A.(2).



4.A.(3).

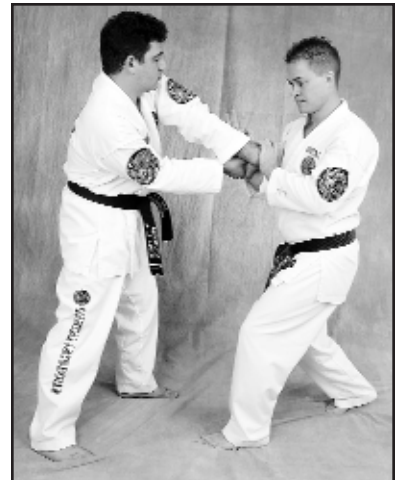
Defense:

4.B. Escape into arm bar.

4.B.(1). Place the palm of your free hand on the back of your partner's opposite hand as you bring your captured hand outside his hands by bending your elbow, breaking the attacked hand free while holding tightly with the other hand;

4.B.(2). Push your hand against his forearm as you step your rear leg diagonally across his body, rotating his arm as you drop your weight onto his upper arm and apply pressure to his wrist by moving his palm toward his elbow.

4.B.(3). Step back into fighting position and *ki-hap*.



4.B.(1).



4.B.(2).

5. Attack: One hand belt grab



5. Attack

Defense: Trap and Strike

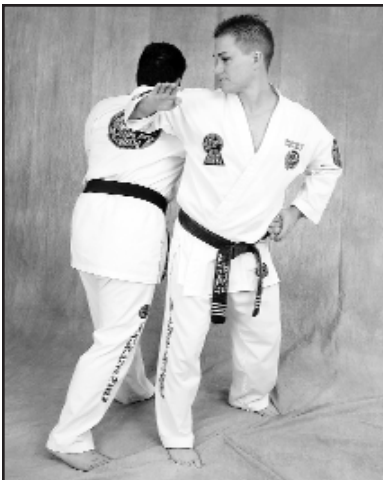
A. Place your hand on your partner's to trap it;

B. Twist backwards to the side of your free hand, performing a back elbow strike to any open target (usually the high spine).



5.A.

C. Step back into fighting position and *ki-hap*.



5.B.

6. Attack: Double lapel grab, palms up

Defense: Wrist take down

A. Step in and grasp one of his attacking hands with both of yours, placing your same side hand on top of his (palm to palm) and your opposite side hand on the bottom of his (palm to back of hand) and inter locking your fingers;

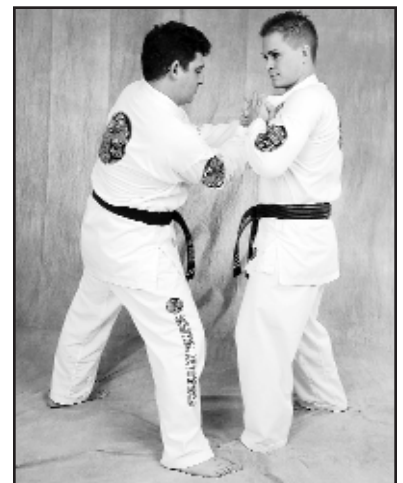
B. Twist to the outside and step forward behind his leg, twisting his wrist until

C. You take him to the ground, maintaining the wrist lock.

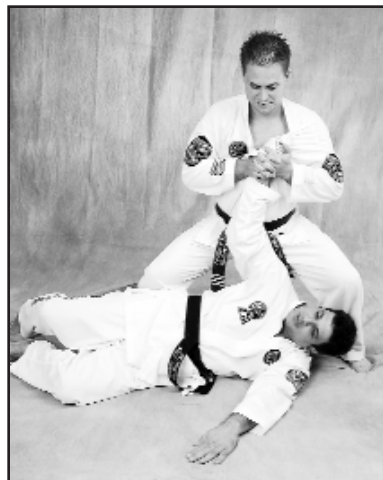
D. Step back into fighting position and *ki-hap*.



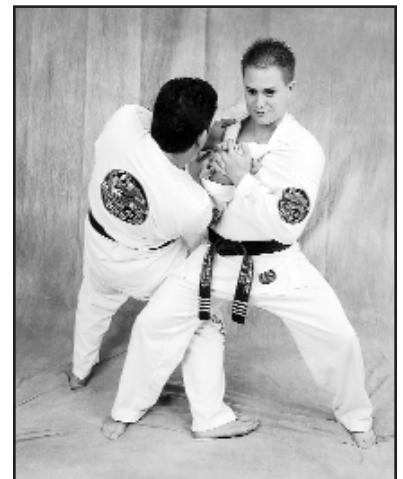
6.Attack



6.A.



6.C.



6.B.

7. Attack: Step in and single shoulder grab



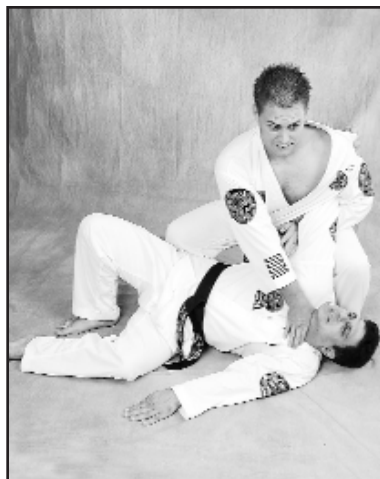
7. Attack



7.A.



7.B.



7.C.

Defense: Take down into arm bar.

A. Make circular motion with grabbed arm inside, up, over, and outside the attacking arm, trapping it in your arm pit, and ending with the back of your hand against his shoulder;

B. Step behind his legs as you strike his throat with a arc hand and

C. Take him to the ground.

D. Step back into fighting position and *ki-hap*.

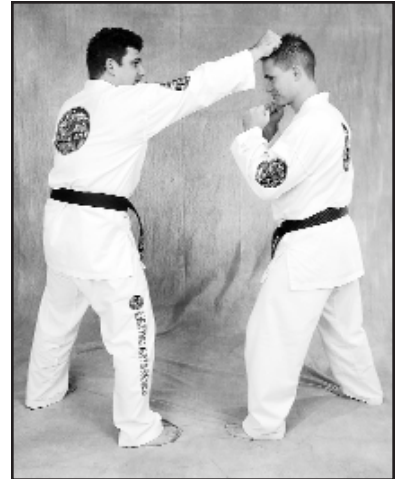
8. Attack: One handed hair grab

Defense: Release and kick

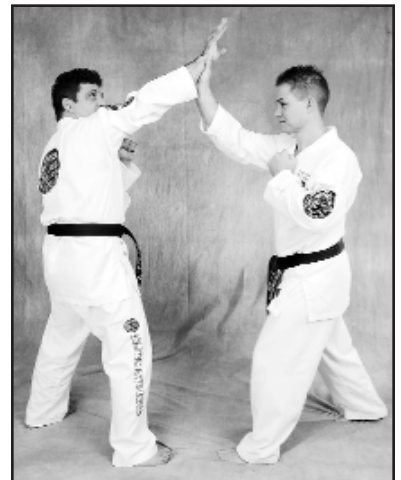
A. Palm strike to partner's forearm to release hold with the opposite hand of the attack,

B. Then front kick to groin with the same leg as the hand that struck.

C. Step back into fighting position and *ki-hap*.



8. Attack



8.A.



8.B.

9. Attack: Two Handed Front Choke



9. Attack



9.A.



9.B.



9.C.

Defense: Release and elbow strike.

A. Point to the sky and

B. then step forward as you strike downward with your elbow, breaking the hold,

C. then elbow strike to the face: rear elbow across.

D. Step back into fighting position and *ki-hap*.

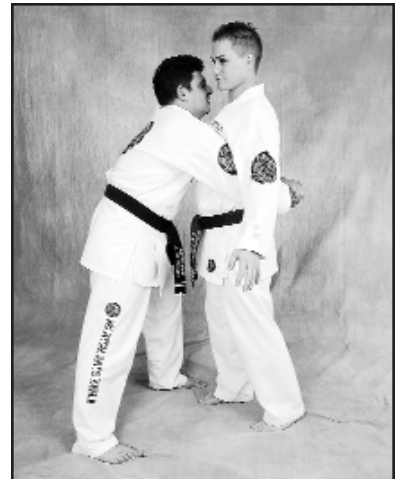
10.A. Attack: Bear hug, arms free

Defense: Double palm strike to attacker's ears

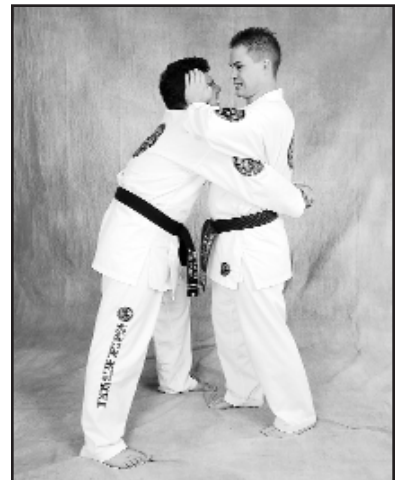
A. Cup your hands and clap your palms against your partner's ears (practice by clapping over his head).

Caution: *This move is too dangerous to practice directly; practice by having students clap their hands over their partner's head.*

B. Step back into fighting position and *ki-hap*.



10.A. Attack



10.A. Application

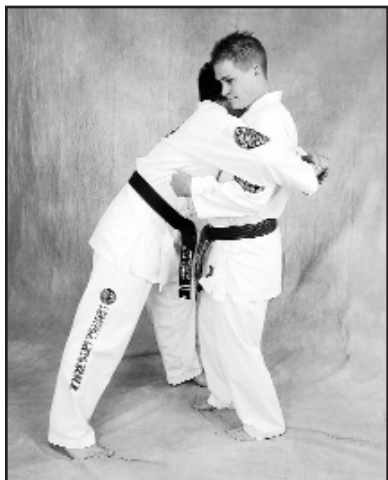


10.A. Practice

10.B. Attack: Bear hug, arms pinned



10.B. Attack



10.B.(1).

Defense: Release and take down.

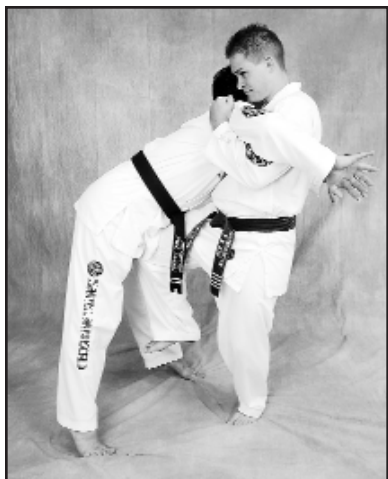
(1). Jab thumb into partner's ribs,

(2). Then knee kick to groin,

(3). Then step behind attacker

(4). And take down with leg sweep.

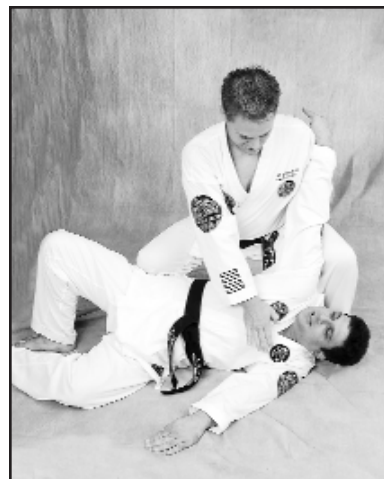
(5). Step back into fighting position and *ki-hap*.



10.B.(2).



10.B.(3).



10.B.(4).

11. Attack: Two Handed Rear Shoulder Grab

Defense: Escape and double elbow strike

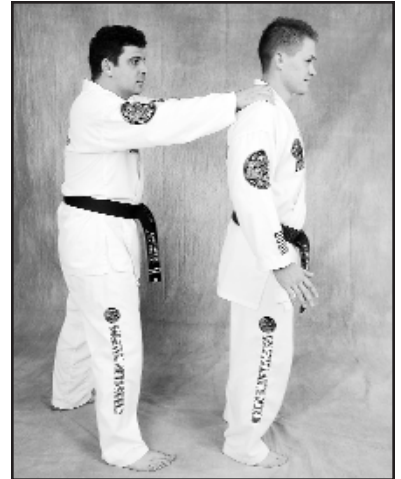
A. Raise your elbow over his arms by pointing to the sky as you turn backward to face your partner

B. Elbow strike downward to escape from his grasp,

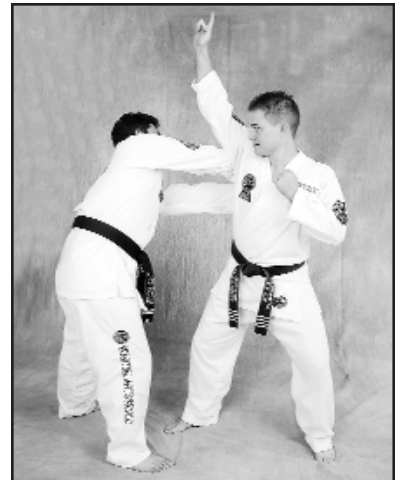
C. Then double elbow strike to the face: rear elbow across,

D. Then front elbow across.

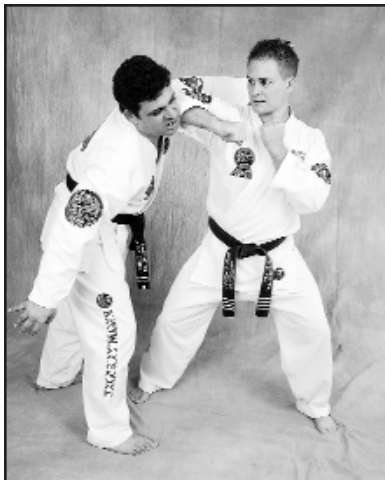
E. Step back into fighting position and *ki-hap*.



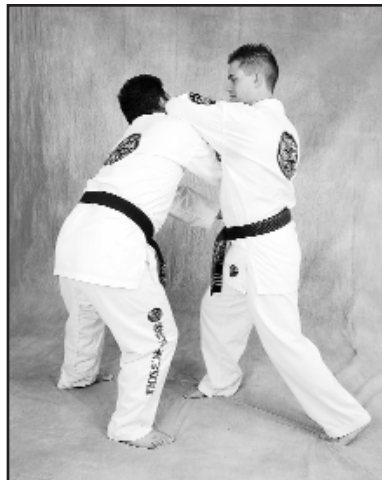
Attack



11.A.



11.D.

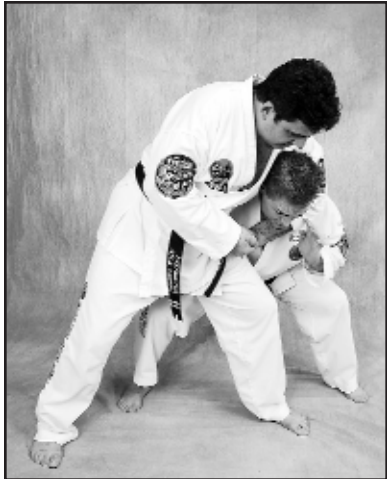


11.C.



11.B.

12. Attack: Head Lock (Single Arm Side Choke)



12. Attack



12.A.

Defense: Release and take down.

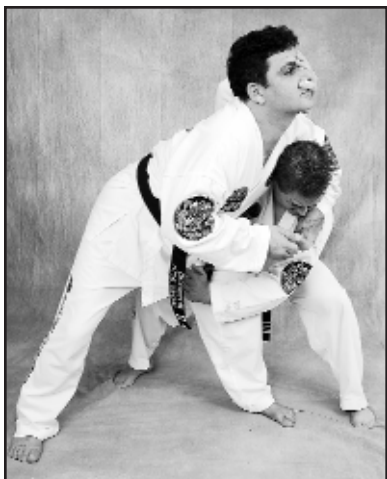
A. With the outside hand, strike to the groin;

B. Then with the inside hand, reach up behind his back, put index finger under base of the nose, and

C. Pull the head backward as you hook your outside forearm behind his knee and lift

D. To take him to the floor.

E. Step back into fighting position and *ki-hap*.



12.B.



12.C.

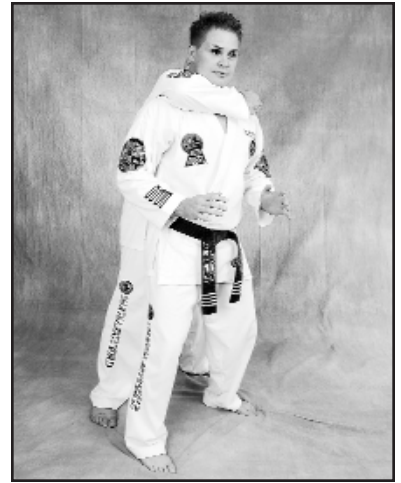


12.D.

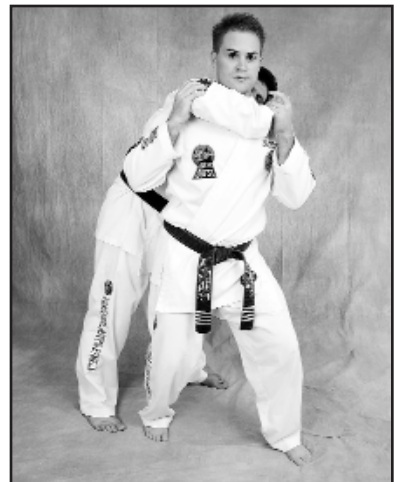
13. Attack: Single Arm Rear Choke

Defense: Escape into hammer lock.

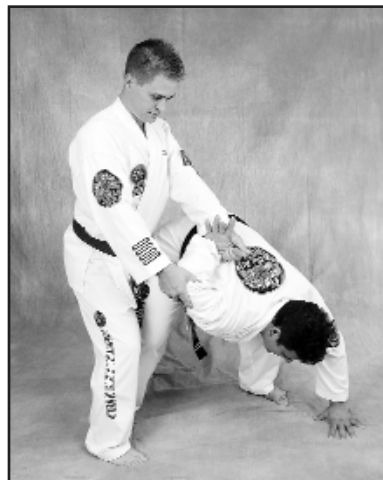
- A. Place your same side hand against the back of his hand (palm in) and grasp his elbow with your opposite side hand (palm in);
- B. Drop your weight and step backwards to escape under his arm while maintaining control of his arm;
- C. Place him into a hammer lock and apply extra wrist pressure by squeezing your hands together.
- D. Step back into fighting position and *ki-hap*.



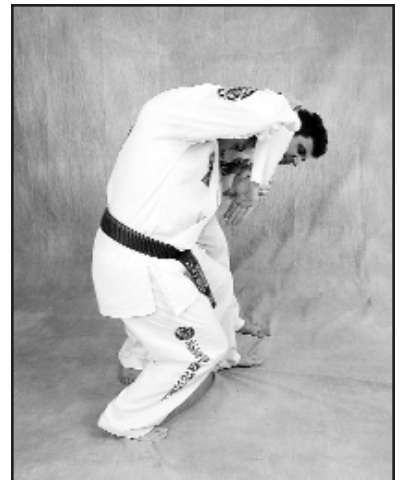
13. Attack



13.A.

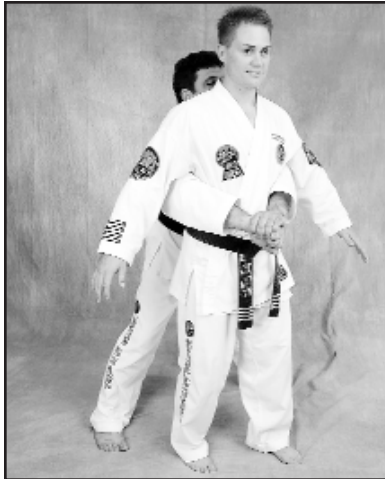


13.C.



13.B.

14.A. Attack: Rear bear hug, arms free



14.A. Attack

Defense: Double elbow strike and take down

14.A.(1). Right back elbow strike to face

14.A.(2). Left elbow strike to face,

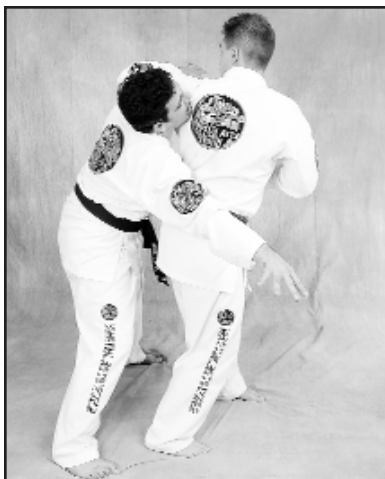
14.A.(3). Step your left leg behind both of his in a low horse riding stance,

14.A.(4). Perform a hip take down by turning to face him and pushing him over your leg with the back of your elbow.

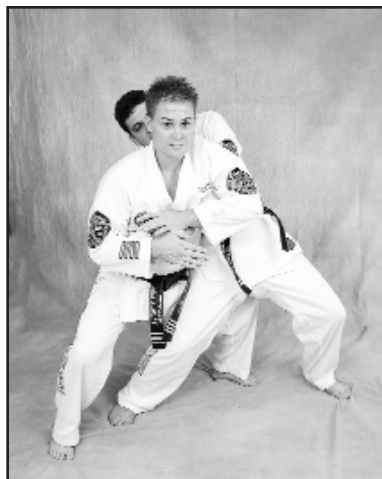
14.A.(5). Step back into fighting position and *ki-hap*.



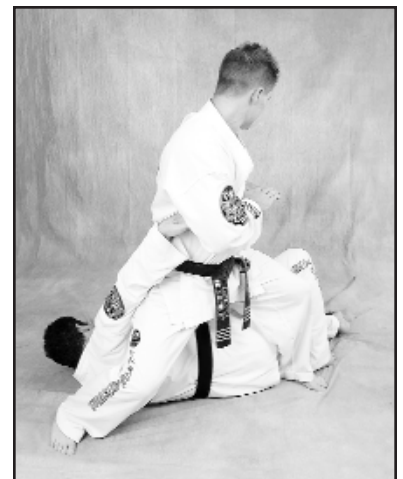
14.A.(1)



14.A.(2)



14.A.(3)



14.A.(4).

.14. B. Attack: Rear bear hug, arms pinned

Defense: Escape and double elbow strike.

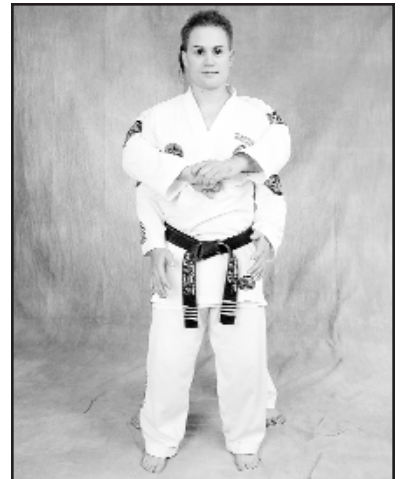
14.B.(1). Slide hips to side and knife-hand strike to the groin,

14.B.(2). Step out into a low horse riding stance lifting your elbows to the side as you drop your weight;

14.B.(3). Left elbow strike to the ribs,

14.B.(4). Right elbow strike to the ribs.

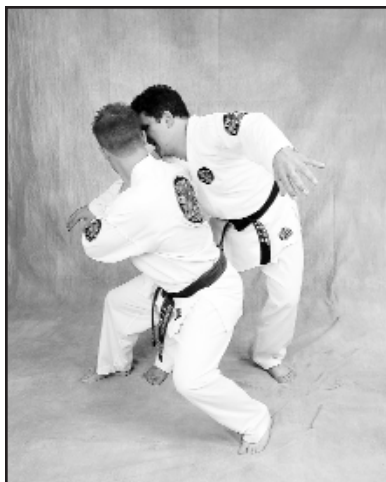
14.B.(5). Step back into fighting position and *ki-hap*.



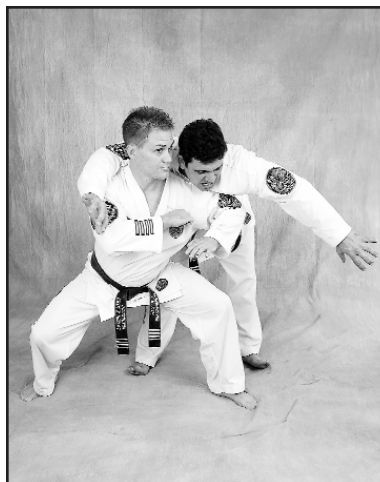
14.B. Attack



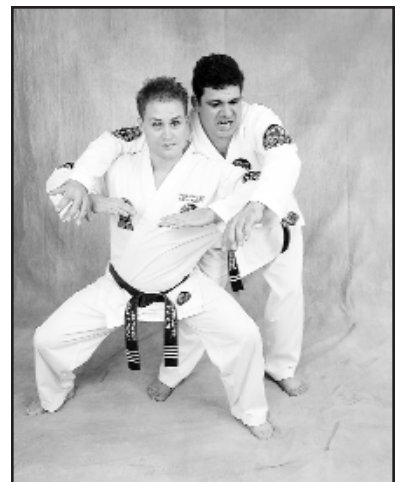
14.B.(1).



14.B.(4).

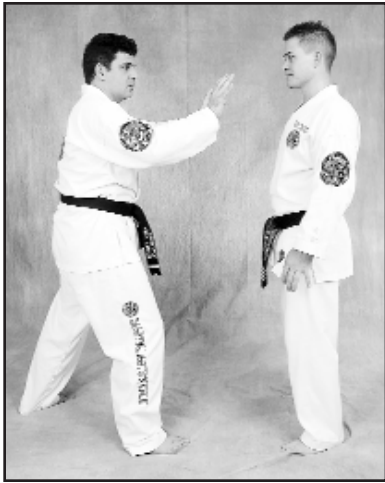


14.B.(3).



14.B.(2).

15. Attack: Stepping two handed push



15. Attack

Defense

15.A. Block and counter strike

15.A.(1). Sidestep push and block the hands with an inside middle block, then



15.A.(1).

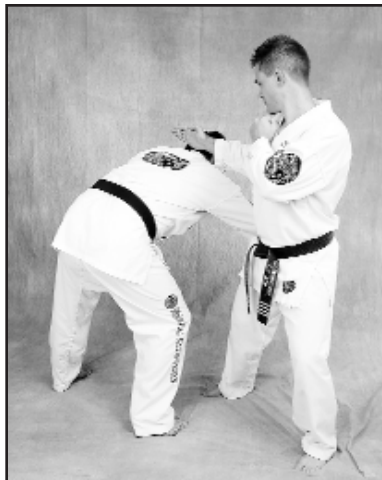
15.A.(2). roundhouse kick to the torso,

15.A.(3). Knife-hand strike to the back of the neck.

15.A.(4). Step back into fighting position and *ki-hap*.



15.A.(2).



15.A.(3).

Defense

15.B. Intercept with palm strike.

15.B.(1). Stop the attack with an aggressive palm strike and claw hand to the face.

15.B.(2). Step back into fighting position and *ki-hap*.

Defense:

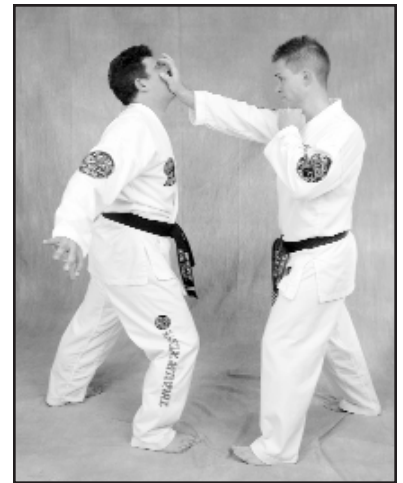
15.C. Intercept with a side kick.

15.C.(1). Stop the attack with side stop kick.

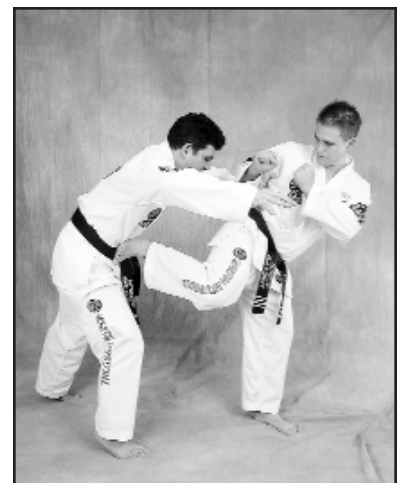
15.C.(2). Step back into fighting position and *ki-hap*.

Finish

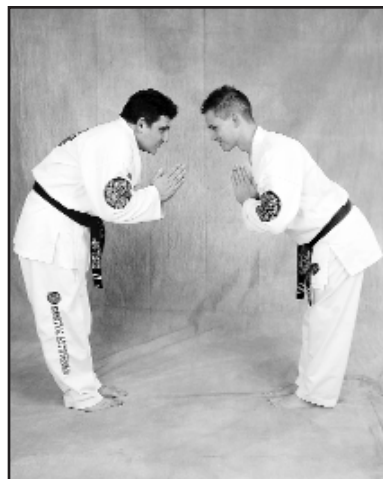
Complete your practice with your partner by showing respect: come to attention, and bow.



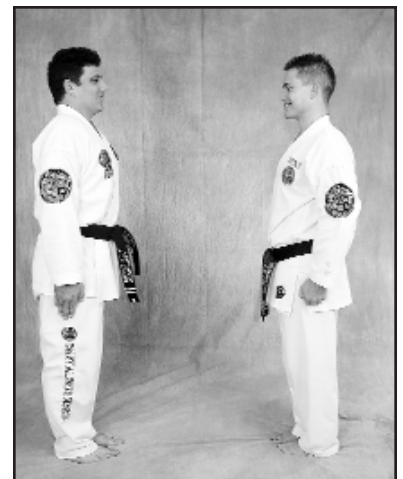
15.B.



15.C.



Bow



Attention

1. Slow Motion Style Self-Defense

When learning a new self-defense technique, it is important that you move slowly enough to maintain safety for your partner. Slow Motion Style Self-Defense is important when learning because many of the techniques we practice are extremely dangerous, and one accidental quick move could cause an injury. Therefore, we practice self-defense slow motion style for the safety of our partners.

In addition, the slow motion gives you enough time to work on proper technique and bone alignment. You have the time to study the movement and how it feels throughout the range of motion. Many escapes and joint lock techniques work just as well in slow motion as at regular speed. (Of course, some techniques are based on speed and surprise, so they will not work well slowly.) Utilize Slow Motion Style Self-Defense to perfect your motion, so that when you do move quickly, you will move correctly.

2. Exhibition Style Self-Defense

In Exhibition Style Self-Defense, you show the logical result of each blow. In other words, a punch to the right temple would cause the head to spin left, and a kick to the stomach would cause the person to bend over. In order to get a true feel for the effect of self-defense techniques, practice Exhibition Style Self-Defense. You will more clearly see why specific combinations have been chosen, because the result of the first blow sets up the second and the third.

Exhibition Style is also good for demonstrations. Crowds like drama. If Partner A attacks with a punch, and Partner B counters with a spinning hook kick over the head, it looks impressive. On the other hand, if Partner B counters with a spinning hook kick to the head and Partner A is knocked off his feet by the kick, the crowd gets emotionally involved. They are still impressed by the pure beauty of the kick, but in the second case the deadly application adds the dimension of power to the beauty.

A third benefit of Exhibition Style Self-Defense is that it teaches you to “roll with the punches”. Occasionally, you will see a kick or punch coming and you know that you will NOT be able to block it. If you can roll with the punch, you will absorb some of the damage in the roll, instead of absorbing all of it with your body. Likewise, in life we can see situations developing that we cannot change. We can see the danger coming, but we cannot block it. In those cases, we must be able to roll with the punch, to survive the blow with the minimum damage so that we can recover and continue, rather than be destroyed by the situation.

3. Counter-Attack Style Self-Defense

For every attack there is a defense. For every defense there is a counter-attack. In Counter-Attack Style Self-Defense, we explore the possible counter-attacks to our standard defenses. For example, if Partner A attacks with a punch to the face, and our standard self-defense technique might be for Partner B to high block and counter punch. Partner A can counter-attack by using an inside block and a spinning back side kick. Your Instructor will show you several useful counter-attacks, but you should begin thinking of other possibilities.

Counter Attack Style Self-Defense teaches indomitable spirit -- if at first you don't succeed, try, try again. If your partner blocks your first technique, be prepared to counter his defense with a second technique. This process is a prelude to teaching free sparring where you must continuously attack, defend, and counter-attack.

Philosophically, Counter-Attack Style teaches us to expect the unexpected. The best laid plans of mice and men often go awry. Be prepared with a back-up plan. Always maintain the mind-set that someone or something will block your best efforts, and you must be mentally, physically, and emotionally prepared to overcome the obstacle.

4. Physical Self-Defense

You only have one body, and you must protect it. Of course you will protect yourself against attack from someone else who tries to punch or kick you, but physical self-defense involves much more than that. Sometimes the most dangerous threats come not from others, but from yourself in the form of bad judgement or bad habits. For example, taking unnecessary risks can cause you to be injured not only in recreational activities, but also at work, and even doing something as common as driving. In addition, bad habits like smoking, drinking alcohol, drug use, and even bad eating habits can hurt you in the long run.

The obvious defense against injury from drunk driving is not to drink in the first place, or if you do drink, not to drive. The best defense against lung cancer is not to smoke.

There are many risks you cannot control, but to defend yourself against many common threats you only need educate yourself and exercise self-control.



Counter-Attack Style

5. Mental Self-Defense

Most people don't realize that mental self-defense is just as important as physical self-defense. Mental bullying by people who want to control you can hurt you worse in the long run than a punch or a kick. You must be able to defend yourself from their verbal attacks and intimidation.

Sometimes the best mental defense is to simply say, "No!" and stand up for your rights. Other times the real damage is not done by the person who says something cruel, but by your own acceptance of that opinion as fact. The real enemies that you must defend against mentally are your own ignorance, laziness, negativity, and fear. These four enemies do more to ruin your potential than any other person could. You must constantly fight within yourself to replace your bad mental habits with good mental habits through education, hard work, positive expectations, and indomitable spirit.



Mental Style

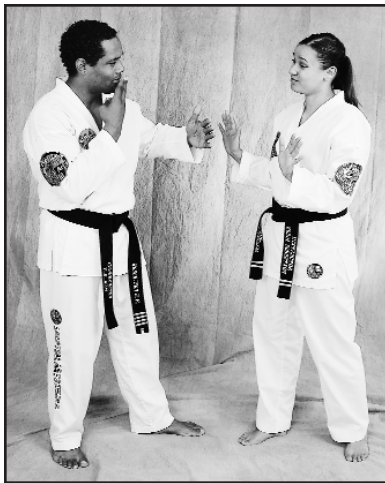
6. Moral Self-Defense

Once you understand that mental self-defense is just as important as physical self-defense, you will also realize that moral self-defense is more important than both of them. True self-confidence and self-esteem come from being a good person. A fantastic athlete with a sharp mind can have very low personal self-confidence if he is a liar and a thief. He will always worry about what will happen when he gets caught. On the other hand a person in a wheel chair with a lower than average IQ can be very happy and confident if she knows she is honest, responsible, and cares about others.

Moral self-defense comes from resisting temptation. When "bad people" offer you something you know is bad, that is the easiest temptation to resist. It's not so easy when your family and friends tempt you to adopt their bad habits. Thieves always try to get you to share in their guilt by stealing with them. Kids who smoke encourage you to smoke with them. Most people who have bad and immoral habits were taught those habits by someone they liked and trusted.

However, the hardest temptations to resist are the internal temptations within your own heart. Even when your family and friends tempt you to do something, you may be able to resist because you know that someone else will know what you did, and you are afraid of getting caught. The toughest temptations of all are the ones where if you do the bad thing, no one may know about it but you. It's easy to say, "Oh, what the heck!" because no one will know, but the truth is that YOU will know, and YOU are the one whose opinion counts. Your confidence comes from your belief that either you are a good person or a bad person.

If you are a good person, defend yourself spiritually by resisting temptation and doing the right thing. If you have been a bad person in the past, you have the choice every minute of every day to change, by resisting temptation from now on, and changing your life. Every time you choose right over wrong, you do the right thing, and you put another brick in the foundation of your self-confidence.



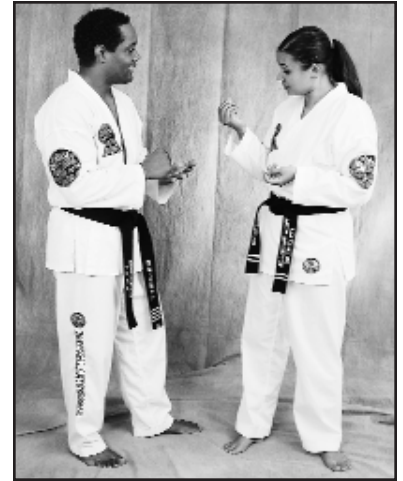
Moral Style

7. Financial Self-Defense

Money will not make you happy, but the lack of money can make you unhappy. When you spend more than you make, you are constantly worried how to pay your bills. When you spend less than you make, you are at peace because you know you have extra to give away or to handle a sudden emergency.

The key to financial self-defense is NOT to make more money, but rather to spend less than you make. What good is it to make a million dollars a year if you spend a million and one? You still have financial pressure because you can't pay your bills.

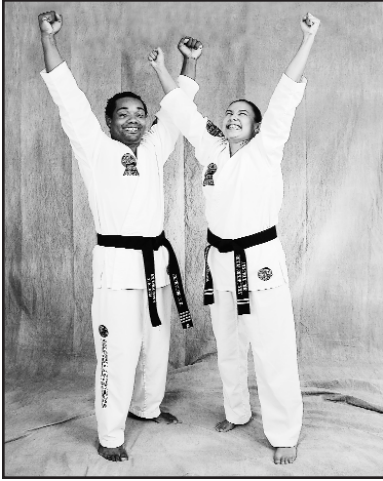
You have no reason to be poor. If you discover your talents and develop them, you can become rich. If you do the thing that you love, and it helps others rather than hurts others, you will be happy. However, no matter how much money you make, financial self-defense is the discipline to spend less than you make. Learn how to manage your money so that you don't develop excessive debt, and the excessive pressure that goes along with it.



Financial Style

8. Life Self-Defense

You only have one life to live, and it is your responsibility to maximize your life. If you let others control you, you live their life and not your own.



Life Style

Research has shown that having a successful life usually comes from having a long-range plan. Those who plan only the next few minutes or next few hours, usually find they can satisfy their needs for the moment, but often find themselves in trouble at the end of the day. Those who make a five year, ten year, or even a twenty year plan may have to sacrifice in the short run, but they get what they want in the long run.

To defend your life, you must be proactive, not reactive. You must learn as much as you can about yourself -- your strengths and weaknesses, your talents and desires -- and then make your plan. Decide what it is you want, plan your work, then work your plan, and never give up. Defend yourself against those who would take away your dream and replace it with theirs. Defend your dream against yourself, because you will be tempted to accept something less because it is easier. Just as in physical self-defense, your best Life self-defense is to educate yourself and then exercise self-control.

Kicking Combinations

Now that you have gained some skill with your basic techniques, it is time to start combining the basic techniques into combinations. At the blue belt level we have some specific kicking combinations that combine the basic kicks with your breaking technique, the jumping back side kick.

There are several purposes to practicing combinations. In the first place, combinations reveal weakness in your technique. For example, you may feel confident that you have learned your roundhouse kick and your back side kick rather well because you feel and look good when you do either of them in the air or on a target. However, when you try to do a roundhouse, jumping back side kick combination, you may discover that your balance at the end of the roundhouse kick is not quite good enough to launch you into a jumping kick. Combinations force us to improve our balance and during and especially at the end of each technique, so that our overall technique improves.

In the second place, if we were to use our techniques in a practical application like sparring or self-defense, it is unlikely that we would just throw one technique and be done with it. In sparring and in self-defense, we usually have to continue to throw combinations of techniques until we have reached our goal, whether that goal be scoring points or personal safety. Practicing basic combinations prepares us for the advanced practice of sparring and for the possibility of having to defend ourselves. For this reason, practice should always be done with a serious, focused mental attitude. Practicing your techniques as if your life depended on it not only helps you improve your technique rapidly, it prepares you emotionally in case you really have to defend yourself.

The following are the Blue Belt Combinations for your test:

Outside swing kick, jumping back side kick

Inside swing kick, jumping back side kick

Pick ax kick, jumping back side kick

Knee kick, jumping back side kick

Pushing kick, jumping back side kick

Front kick, jumping back side kick

Roundhouse kick, jumping back side kick

Side kick, jumping back side kick

For descriptions of each of the individual techniques, look at the basics section of this manual and your white belt manual.

Sparring

Sparring is the practical application of the Martial Arts. In sparring, we have the chance to put together all that we have learned in a very challenging situation -- someone is trying to punch and kick us. We have to judge distance, attack, block, and counter-attack on balance, with speed, timing, accuracy, and above all, control. If we make a mistake, we get hit.

Sparring by its very nature is competitive, pitting one athlete against the other, to determine who will be the winner. Sparring teaches us to succeed under pressure. It teaches us that life is not always a bowl of cherries, but that if we are strong and determined, we can overcome the challenges it places before us.

On the yellow belt level we began to practice sparring, but we must remember that there are many different styles of sparring, and many different areas to develop this skill. Many people think of sparring as only a physical skill, but as you will soon see, that along with physical fitness, we must develop mental fitness, moral fitness, financial fitness, and life fitness. Throughout the remainder of your study of the martial arts, you will encounter many different styles of sparring, and continue to learn by experience what works and what doesn't work in different situations.

<p>Physical Fitness Sparring Styles develop a strong body.</p>	<p>Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.</p>
<p> 1. Aerobic Sparring 2. Alternate Sparring 3. Tournament Sparring 4. Practical Style Sparring 5. Exhibition Style Sparring 6. Target Sparring 7. Belt Sparring 8. Group Sparring </p>	<p> 15. Solitary Sparring 16. Motivational Sparring 17. Emotional Sparring 18. Spiritual Sparring </p> <hr/> <p>Financial Fitness Style Sparring develops peace of mind through financial freedom.</p>
<p>Mental Fitness Styles of Sparring develop a strong mind and a Positive Personality.</p>	<p>Life Fitness style of Sparring develops a happy life and personal leadership.</p>
<p> 9. Eye Contact Sparring 10. Smile Sparring 11. Enthusiasm Sparring 12. Limited Sparring 13. Set-up Sparring 14. Team Spirit Sparring </p>	

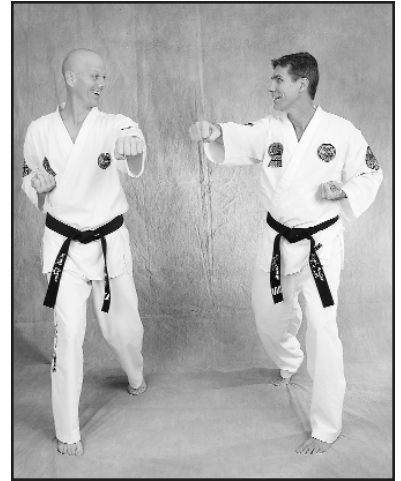
Physical Fitness Styles of Sparring

1. Aerobic Sparring

Aerobic Sparring is entirely cooperative. Its goal is to give both partners a good aerobic workout with very little chance of injury. It can be used as a warm-up, or it can be an entire cardiovascular workout. Aerobic sparring can be done individually, as partners, or in groups.

One partner or the instructor assumes the role of leader, choosing which techniques will be used. Both partners will perform the same technique in rhythm for anywhere from 8 to 100 repetitions without rest (to make it an aerobic exercise). The leader then chooses another technique, and both partners perform that one for the specified number of repetitions.

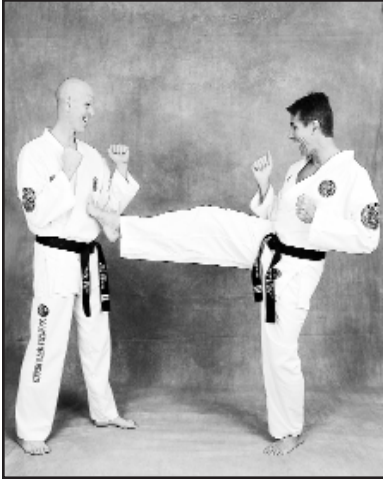
Some techniques lend themselves to being done at the same time, while others, by nature, require alternating. For example, both partners can roundhouse kick each other with the right leg at the same time, then switch to the left leg (then right, then left, etc.) On the other hand, if both partners were to try to swing kick each other with the right leg at the same time, their legs would collide rather forcefully. It would be better to take turns doing crescent kicks. It is up to the leader to decide what techniques to do, how many repetitions, and whether to go at the same time or alternate.



Aerobic Sparring

2. Alternate Sparring

In order to teach free sparring, we want to move from a very controlled situation with limited variables (like basics) through a series of progressive steps, gradually decreasing the control and increasing the variables, until we reach the relatively uncontrolled situation of free sparring. Many of the progressive steps involve alternate sparring.



Alternate Sparring

In Alternate Sparring, two partners take turns attacking each other according to the directions of the Instructor.

Alternate Single

You have already practiced Alternate Single Sparring as a white belt. The Instructor identified a technique, and you and your partner took turns using that technique on each other without contact. In Alternate Single Sparring, you get to practice a lot of techniques in a short period of time, learning muscle memory for the technique and getting a good aerobic workout.

Alternate Combination

Alternate Combination Sparring lets you practice your combinations with your partner. It is almost the same as Alternate Single Sparring, except that instead of single techniques, you perform combinations of techniques.

In Alternate Double Combination Sparring you use two techniques. In Alternate Triple Combination Sparring you would utilize combinations that contain three techniques.

Alternate Free

In Alternate Free sparring, you would alternate using any technique you wish. The idea is to look for an open area on your partner and immediately attack that area as quickly and accurately as possible (no contact). Alternate Free sparring develops quick reflexes as you practice identifying openings and choosing the correct attack to strike that opening, without the fear of getting punched or kicked while you are learning.

You may also practice Alternate Free Combination sparring, in which you take turns throwing combinations of two or three techniques. For safety's sake, always be clear with your partner how many techniques you will be throwing (both use double, or both use triple) so that you do not walk into an unexpected technique thrown by your partner.

3. Tournament Sparring

The goal of tournament sparring is to win. Each competitor is trying to beat his partner while staying within the rules. Tournaments are organized to determine the winner in each category. Tournaments usually provide trophies, medals, ribbons, or other prizes as a symbol of winning, awarding first, second, and third place in each division. Some tournaments will also have a Grand Champion as the winner among several division champions.

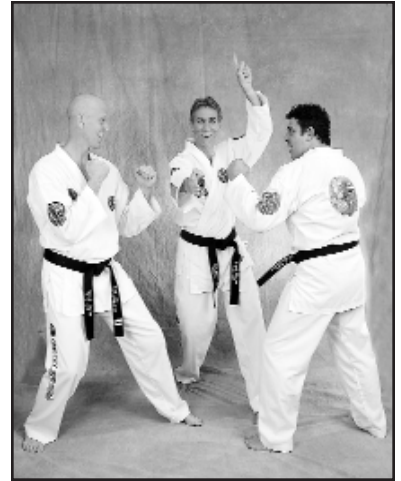
A secondary goal of tournament sparring is to develop the attributes of good sportsmanship. Good sportsmen are not trying to win at all costs. They are trying to win within the rules. By changing or ignoring the rules, you literally change the game. The rules are what distinguishes basketball from soccer, and Olympic Tae Kwon Do from Olympic Judo.

Good sportsmanship also requires the competitors to be humble in victory, and determined to improve in defeat. Because the nature of the universe is change, today's loser may be tomorrow's champion. It is important to keep a positive attitude in all competition.

A major goal of competition is improvement. No matter how disciplined you may be, there is something in your nature that summons up extra effort and dedication when we are competing with another. Setting a goal to compete in a tournament creates motivation for more focused and more dedicated training. Competition is a great tool for motivation.

Olympic Style Sport Tae Kwon Do Sparring

One of the most popular styles of tournament sparring in the entire world is Olympic Style Sport Tae Kwon Do Sparring, because it is a medal event in the Olympics. Your instructor will help you practice according to the rules, but the basics are that points are scored by delivering a kick or a punch with trembling shock (enough force to cause your partner to be moved). No points are scored below the belt or by punching to the head, and no grabbing is allowed. The sparring style promotes continuous action, where it is possible (although unlikely) to score three points in a row by throwing a three kick combination. (Normally a two or three kick combination will be effective if only one technique scores.) Because of the degree of contact, it is important to wear proper safety gear when practicing Olympic Style Sparring



Tournament Sparring



Practical Style

MU-DO Style Sparring

MU-DO Style Sparring is safer than Olympic Style Sparring because it is “non-contact” sparring. Non-contact means you are NOT allowed to touch your partner -- instead, you must show that you could have hit your partner with power, but you had enough control to stop the technique before contact. Accidental touching to the body may be allowed by the referee, but if you hit too hard, you will lose a point instead of gaining a point. No contact is allowed to the face at all, but unlike Olympic Style Sparring, you can score by punching to the face (without contact) or striking below the belt.

MU-DO Style Sparring is point sparring, which means when the referee sees a point, he will stop the match, confirm with the corner judges that a point was actually scored, and then allow the match to continue. Standing kicks and punches are worth only one point, while jumping kicks are worth two points.

4. Practical Style Sparring

As you learn the different styles of sparring, it is important to realize that on the streets there are no rules, so real self-defense is very different from the other styles we practice. In Practical Style Sparring there are no rules -- you can grab, grapple, bite, gouge the eyes, pull the hair, kick to the groin, etc. Of course, when we practice Practical Style Sparring in the classroom we must exercise a great deal of control in order not to injure our partner. As long as both partners have safety as their first concern, they can practice Practical Style Sparring with a minimum of injury, while learning to attack and defend ALL the vital targets, using ANY part of the body as a weapon.

5. Exhibition Style Sparring

Exhibition Style Sparring shows the logical result of the strikes on the body. For example, a right cross would cause the partner's head to twist sharply to the right. Both partners cooperate to show the logical result of each strike without contact. Exhibition Style Sparring has also been called Action Movie Style Sparring or Stunt Fighting because it is the kind of sparring they do in martial arts movies.

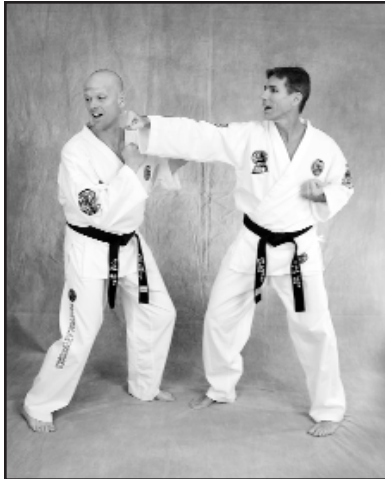
Exhibition Style Sparring teaches several lessons: first, in order to properly react to the attack, we must judge what technique is coming, the probable target, and how it will cause our body to move. Once we get used to identifying attacks in this way, it is not difficult to block the attack -- in fact, it is easier to block the technique than it is to react to it properly in Exhibition Style.

Second, it teaches us to "roll with the punches" because sometimes you see a punch coming but you just can't get your hand up fast enough to block it. Instead of staying still and absorbing all of the impact of the punch with your face, you can roll with the punch to dissipate some of the impact in your motion. Likewise, in life we sometimes see a bad situation coming, and we know that we will not be able to block it. The best we can do is try to roll with the punch and recover from it, rather than stand still and be destroyed by it.

Finally, we learn a great deal of control in Exhibition Style Sparring, trying to touch the target with enough speed to look realistic, but without the power to injure our partner. Good Exhibition Style Sparring takes a high level of skill.

As you may guess by its name, Exhibition Style Sparring is a very good technique to use in Exhibitions. With a little rehearsal, two skilled partners can put on quite an exciting show -- letting the audience see the power of the techniques -- without injury.

Basic Exhibition Style Sparring



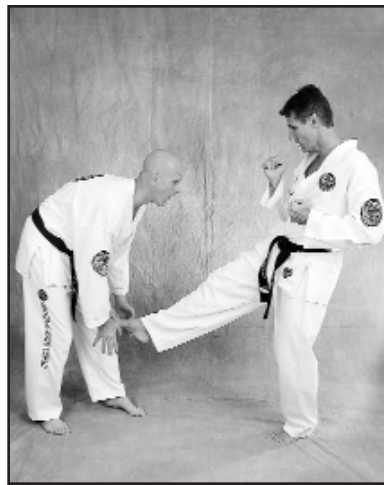
Right Cross



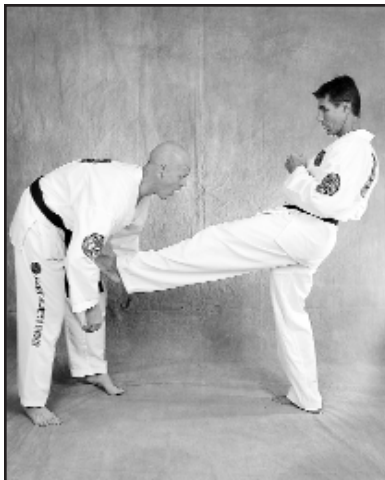
Left Cross



Straight Right



Kick Knee



Kick Groin



Kick Face

Basic Punch

Partner A: right cross

Partner B: twist head to the right, as if hit by the punch

Partner A: left cross

Partner B: twist head to the left, as if hit by the punch

Partner A: straight right punch

Partner B: snap head back wards, as if hit by the punch.

Switch roles.

Basic Kick

Partner A: right front kick to the knee or shin

Partner B: moves leg as if kicked

Partner A: left front kick to the groin

Partner B: bend at the waist as if kicked in the groin

Partner A: right front kick to the face

Partner B: snap head back wards, as if kicked in the face.

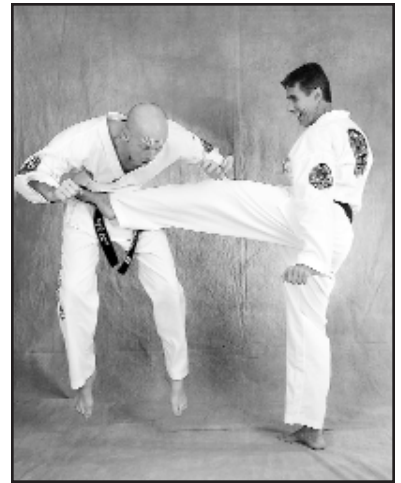
Switch roles.

the

Free Exhibition Style Sparring

Once you have learned the basics of how to react to an attack, you can experiment with different attacks and what would be the probable result. Begin with Alternate Single Free Exhibition Style, which would mean you take turns throwing any one technique at your partner, and your partner must react properly to it. Your instructor will also teach you Alternate Double Combination Free Exhibition Style Sparring, which means you take turns throwing any combination of two techniques at your partner, and the partner must react properly to them. You might even try Triple or Quadruple Combinations.

Combination Exhibition Style teaches us which combinations go well together, and which do not. For example, an upper cut to the *solar plexus* followed by an hook punch to the head may seem like a good combination in the air, but when you find your partner has bent over from the strike to the *solar plexus*, his head may no longer be where you thought it would be for the hook punch.



Exhibition Free Style

6. Target Sparring

Target Sparring can be one of the most difficult kinds of sparring, because there is no rest. Partner A holds a target and continually moves it. Partner B tries to kick and punch the target wherever it presents itself. The exact form of target you use will change the specificity but not the generality of the exercise.



Target Sparring

Partner A has the greatest responsibility, trying to challenge Partner B without frustrating him. He also must try to present the pad as if it were a human target, at the proper height and angle for different attacks. Beginners will often move the target so quickly that it is almost impossible to hit except by luck. A better way is to move the target into a position and leave it there for about one second, and then move it to another position. In this way Partner B has one second to identify the target, the proper attack, and then execute the attack before the target moves. If one second is too quick, the Partner A can move up to one and one-half seconds or even two seconds. Likewise, if one second is too easy, cut the time down to three-quarters or half a second. Again, the goal is to be challenging but not frustrating.

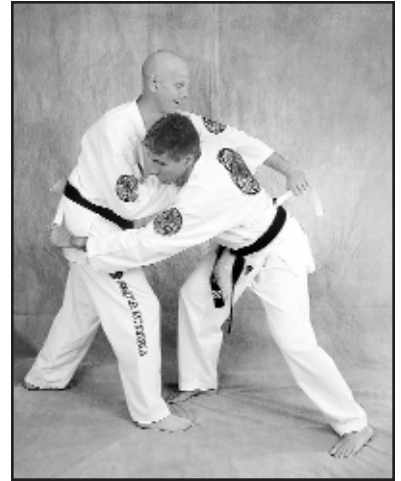
Another option is to use a large kicking shield instead of a hand pad. Partner B is supposed to kick the shield with the appropriate kick depending on its position. This option is especially challenging because the shield cannot be injured, so it just keeps coming and coming.

7. Belt Sparring

Belt Sparring may also be called Flag Sparring because it is played like flag football. Both partners wear one or more flags hanging from their belt. The goal is to pull your partner's flag(s) out of this belt before he can pull your flag(s) out. Just like sparring, both partners learn movement, distance, accuracy of attack, and blocking, but without bruising each other.

The belt can be hung on either hip, in the front, or in the back, according to your instructor. Each location takes a different skill, but all are effective, providing both partners have the belts in the same location. With one belt it is a one round competition, win or lose. The match can be extended by playing the "best two out of three" or extending to four rounds, moving the belts to another location after each victory.

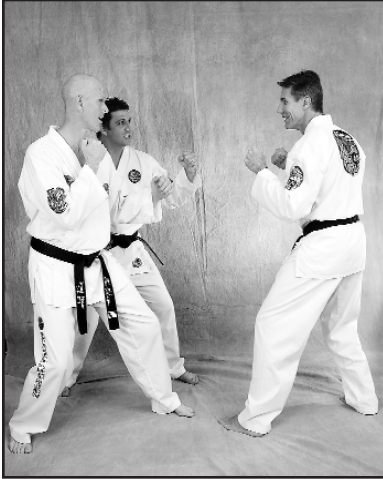
A little more advanced way is to play wearing two, three, or four belts at once, so that you have more targets to attack and defend. The winner is the one who takes all four belts from his partner, so that one competitor could be down 3 to 0, and still come back and win.



Belt Sparring

8. Group Sparring

In Group Sparring one partner faces multiple attackers. In Group Sparring, the worst thing you can do is get stuck between the two attackers, because no matter which way you turn, you have someone attacking your back. Instead, you should move to the outside, facing one attacker and maneuvering yourself so that the attacker you are facing is between you and the other attacker(s). When the other attacker moves to the right, you merely circle to the left, always using the other attacker as a shield. In this way, you only face one attacker at a time, with no one at your back.



Group Sparring

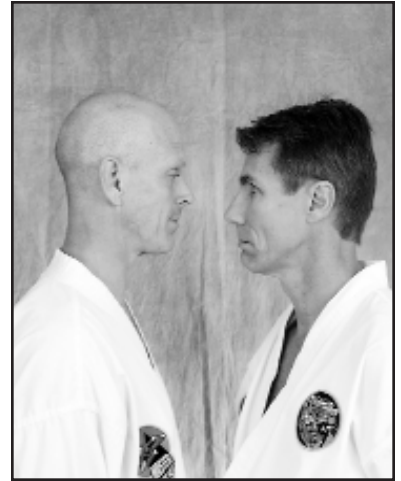
In real life, we rarely are lucky enough to face only one problem at a time. Normally, we are attacked by several problems at once -- some at work or at school, plus more at home, plus more from friends and hobbies, etc., etc. Anyone who tries to handle all the problems at the same time will be destroyed just as quickly as anyone who tries to fight five attackers at the same time. The way to handle problems is to maneuver yourself to face one problem at a time, and solve it, then move on to solve the next problem. In this way you learn to control your problems, instead of letting them control you.

Mental Fitness Styles of Sparring

9. Eye Contact Sparring

Eye Contact Sparring is totally mental. It is said that many fights are won or lost before they even begin. Bullies are very careful to bully those who do not have the confidence to fight back -- they pick the easy targets. Those who show confidence in their eyes or their posture are avoided, while the weak are abused. Even lions eat the weakest zebras, not the strongest. It is just the way of nature that the weak are destroyed and the strong survive.

You can show that you are one of the strong with your eyes. Eye contact sparring allows you to practice showing your confidence in your look. Simply stare into your partner's eyes without fear or embarrassment. Without saying a word, you should express that you are strong and that nobody should mess with you or your family. Develop a focused stare that expresses your intensity.



Eye Contact Sparring

10. Smile Sparring

There is a time to be serious and a time to be happy, and a well balanced person knows how to do the right thing at the right time. Sometimes a threatening situation requires that you show your strength and determination. Other times the situation can be easily diffused with a smile or a joke. You must develop both abilities to be able to win in every situation.

In Smile Sparring, the goal is to make your partner smile. You can smile yourself, laugh, make faces, use body language, or tell a joke. The point is to be able to “turn on the charm” when you need it, to make yourself likeable.



Smile Sparring

11. Enthusiasm Sparring

There is a time to be serious, a time to be silly, and a time to get excited. In order to motivate yourself to achieve any great goal, you must learn to muster great enthusiasm. Enthusiasm is a positive attitude toward whatever you are doing. A simple way to practice being positive and enthusiastic is with Enthusiasm Sparring. In Enthusiasm Sparring, you shout for all the world to hear your own good points. You not only say positive things like, “I am honest, hard-working, caring, a loving father, a strong and healthy role model, a gentle companion, etc., etc.,” but you also show that enthusiasm in your body language by moving very excitedly, jumping up and down, with your eyes open wide.

Many of us have been taught never to sing our own praises, as that makes us a braggart. Unfortunately, most people take this idea too far by never saying good things about themselves, and only saying bad. We tend to believe what we say, so we can develop a poor self-image because we only concentrate on our weaknesses and never our strengths. Many women, who are taught from an early age to be care-givers rather than braggarts, have low self-esteem because they never take an account of their good points, and certainly never say them out loud. Likewise, many children have never been encouraged to think of themselves as good or important. Enthusiasm Sparring is one very simple way of developing true self-confidence by increasing self-esteem.



Enthusiasm Sparring

12. Limited Sparring

All sparring is limited. Tournament Sparring is limited by rules and regulations. Street Fighting is limited by the laws of physics. If there were no limits, you could just zap your enemies into oblivion with the blink of an eye.

In Limited Sparring, the Instructor gets to arbitrarily impose limits for the better development of the students. For example, if the Instructor notices some students who favor their right leg over their left, he may impose a limit that only left leg kicks may be used in the sparring match.

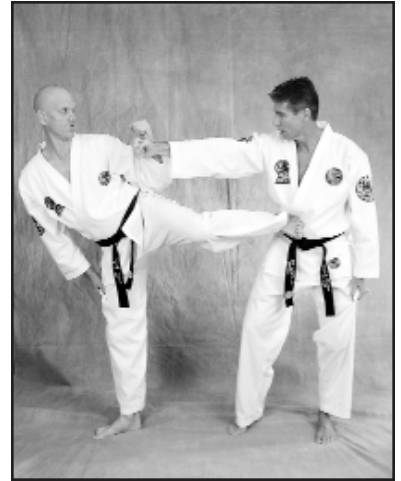
The practical application is that in the real world we sometimes do not get to choose our limitations. You may have limited flexibility or be lacking in quickness, but you must learn to overcome your limitations to achieve your goal. In a real fight you may break an ankle and have to continue fighting. Again, you must overcome your limitation to achieve your goal.

We all have limitations. We all must learn to overcome our limitations to achieve our goals, whether they are physical, mental, emotional, or spiritual limitations. Limited Sparring helps us understand how to overcome our limitations by developing and using our other strong points.

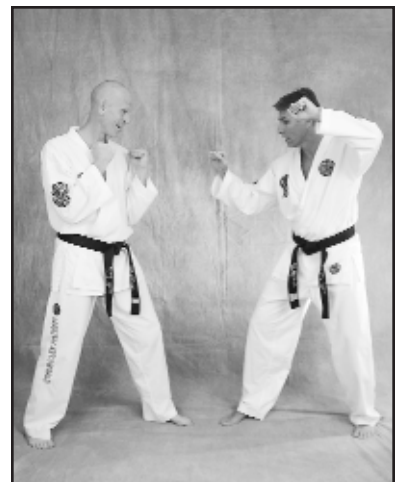
13. Set-up Sparring

In Set-up Sparring, you are setting your partner up for your attack. It is not easy to strike a partner who is in a good defensive posture, because it leaves few openings. If you can find an opening, by the time you can cover the distance between you and attack, he can probably move enough to cover himself. In Set-up Sparring, you are taking action to CREATE openings. You are setting your partner up, by moving his defenses to one place, and then striking the opening you have created in another place. You accomplish this by fakes or combination attacks, or by leaving an obvious opening as bait.

In any confrontation, it is harder to attack someone whose defenses are up. It is much wiser and easier to set up your attack with a fake. The classic high, low combination is a great set-up: you fake high and strike low, or fake low and strike high.



Limited Sparring



Set Up Sparring

14. Team Spirit Sparring

In Team Spirit Sparring, teams join together to discover that the power of two is greater than the power of one plus one. Small teams unite and show their spirit. As teams develop a spirit that is attractive to other teams, they will join together. Teams discover that there are always bigger teams. For example, you may become part of the Leadership Team, and they try to influence the school as a whole. The school should try to influence the city or town, and the town can influence the entire county. A strong county can affect the whole state, and a powerful state can influence the whole country. The US has long been a dominant influence in the world, so it is easy to see the power of team spirit.



Team Spirit Sparring

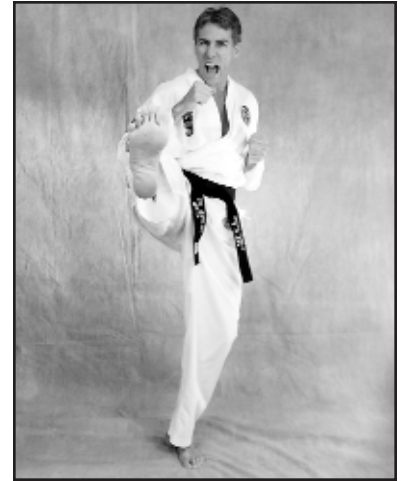
Moral Fitness Styles of Sparring

15. Solitary Sparring

Solitary Sparring is sparring with the toughest opponent in the world . . . yourself. He who conquers all the world but cannot control himself has accomplished naught. There is no victory in competing with others, only victory in competing with yourself. It is said that you are your own best friend and your own worst enemy. In Solitary Sparring you face that friend and that enemy.

Solitary Sparring is much like shadow boxing, throwing kicks and punches in the air on yourself as an imaginary partner. However, Solitary Sparring is more than just shadow boxing because self-improvement takes more than just fighting. Sometimes you must be serious, and sometimes you must have fun. Sometimes you need to motivate yourself to keep going. Practicing Solitary Sparring involves not only practicing your kicking and punching techniques in the air, but also practicing your Eye Contact Sparring, Smile Sparring, and Enthusiasm Sparring with yourself as an imaginary partner.

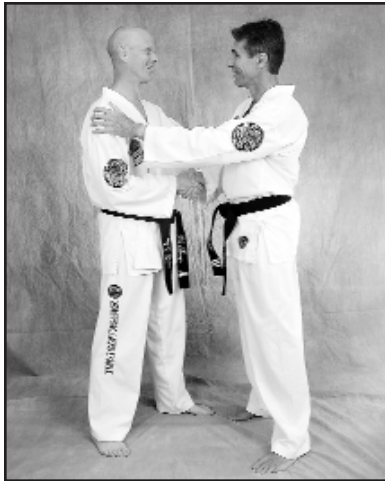
Many students complain that they cannot practice the martial arts at home. They say they cannot practice sparring alone, yet they can practice Solitary Sparring alone. Only the unimaginative or uneducated student cannot practice at home. True martial artists are practicing all day, every day.



Solitary Sparring

16. Motivational Sparring

Motivational Sparring is similar in purpose and form to Enthusiasm Sparring. However, instead of shouting your own best attributes with enthusiasm, you shout your partner's best attributes with enthusiasm. It is heart-warming to hear someone else tell you your strongest points. Very often you learn something about yourself that you did not realize. Motivational Sparring builds self-confidence and also builds strong bonds between the students who share their admiration for each other.



Motivational Sparring

17. Emotional Sparring

In Emotional Sparring you combine Eye Contact Sparring, Smile Sparring, Enthusiasm Sparring, and Motivational Sparring all into one. You are practicing the ability to change from being serious, to being silly, to being enthusiastic, to being motivational very quickly in order to develop emotional flexibility. When you learn to switch from being serious to being happy in a split second, you take a giant step in learning to control your emotions rather than letting them control you. Because you are fighting within yourself for control of your emotions, you generally practice this kind of Emotional Sparring without a partner.



Emotional Sparring

Another way to practice with a partner is for one partner to assume the negative role and the other partner to assume the positive role. The negative partner expresses depression, jealousy, anger, frustration or some other emotion. The positive partner must try to motivate him to change and see the bright side of his situation.

18. Spiritual Sparring

In Spiritual Sparring you try to communicate your strength and support to your partner with your eyes. It is different in nature from Eye Contact Sparring, although it may look the same. Eye Contact Sparring is a staring contest to either dominate your partner, or at least show you cannot be dominated. In Spiritual Sparring there is a compassionate aspect. If, in searching your partner's soul (for the eyes are the window to the soul) you find weakness, you show your support for him. You show your strength, but it is a compassionate strength that does not dominate, but helps. As martial artists, we train to be strong so that we can protect the weak. In Spiritual Sparring we practice giving our strength and support to others in a non-physical way, so that when we are faced with a situation in real life where someone needs our emotional support, we have the strength to give it. It can be a very powerful experience.



Spiritual Sparring

19. Financial Fitness Sparring

Financial Fitness Sparring is similar in purpose and form to both Enthusiasm Sparring and Motivational Sparring. However, instead of shouting your own or your partner's best physical and mental attributes with enthusiasm, you focus your enthusiasm on your financial attributes and goals. During Financial Fitness Sparring you might say things like, "I think Big! I don't limit myself!" or "I am building my assets and reducing my liabilities!" or "I am eliminating my credit card debt!" or "I want to be rich, not poor!"



Financial Fitness Sparring

Some people equate being rich with being bad, because someone told them that money is the root of all evil. Money is neither good nor bad; it is just a tool that helps you do more of what you want to do. If you are good, then money helps you do more good. If you are evil, then money helps you do more evil. In our modern, abundant society, it is not so difficult to find a way to make money by helping others. Once you begin, the more people you help, the more money you can make. Then, once you have earned the money, simply use it for a good purpose. You have no reason to suffer by being poor. With a little financial education, you can become rich and have the tools to do a great deal of good.

20. Life Fitness Sparring

Life Fitness Sparring is similar to Enthusiasm, Motivational, and Financial Fitness Sparring except that in Life Fitness Sparring, you focus your enthusiasm on your entire life, not just one aspect of it. By your entire life, we mean the direction of your life -- your long term plan or vision of what your life should be. During Life Fitness Sparring you might say things like, "I am in control of my own destiny! I decide what my life will become, and no one else! I will not be a slave to others or to bad habits! I will lead myself!"



Life Fitness Sparring

Some people confuse leadership and following. When you follow someone or some belief mindlessly, you are not being a leader. Like a sheep, you simply follow the crowd without thought. On the other hand, when you evaluate why you do what you do, and you intentionally follow a good leader who leads you in a positive direction, you are still practicing self-leadership. We are all influenced by the people around us. We can choose people who are a bad influence or people who are a good influence. When we evaluate and make a good choice, we are practicing self-leadership, even though we are following someone else. When we turn over our personal responsibility to someone else, we are not practicing leadership, but following, and we might as well be a slave.

**Philosophy
for
Blue Belt**

**Develop
Mental Fitness**

3. Develop Mental Fitness

In Chapter 2, we briefly touched on mental fitness, which is the balance of knowledge and positive thinking. From this balance comes mental muscle. The more mental muscle you have, the more fit and rational your mind will be. In fact, mental muscle will help you develop and maintain a positive personality. How? You feed your mind with education while you clean it with positive thinking.

However, you don't want mental fat, which consists of negativity, laziness, ignorance, and fear. When you have mental fat, you become cowardly and mentally weak, allowing your brain to get so clogged that learning anything new at all will be impossible.

Mental fitness is also vital to self-improvement and adaptability, especially in our rapidly changing world. Mental fitness allows us to be well informed in making the correct decisions, increasing wisdom, improving our lives, leading ourselves, and gaining personal power. Ceasing the pursuit of knowledge is irreparably damaging on a personal, social, and a professional level.

***You are what
you learn.***

Education makes us more mentally fit and can be regarded with the same importance as food for the body. Without food, you die. Without education, your mind dies too.

In short, education is invaluable, offering unlimited power and endless freedom. Anyone can benefit from education in four different ways.

The Four Educational Systems

These systems of education will empower you

I. Academic Education

Learning in schools.

II. Social Education

Learning from society.

III. Familial Education

Learning from family or those regarded as such.

IV. Self-Education

Teaching oneself.

Develop mental fitness to enlighten yourself and tap into your enormous potential.

---Y.K.KIM---

I. Academic Education

An academic education is the learning of knowledge through a combination of teachers and textbooks. Higher levels of education, such as college, are incredibly valuable because they train us to become professionals in the real world. An academic education is also beneficial because it creates real world opportunities, with many people finding work in a profession out of their field. People with a substantial amount of academic education are appreciated for their skills and are rewarded accordingly. Society could never have been civilized without an academic educational system.

*An academic education is the
cornerstone of civilized society.*

By embracing and participating in the academic education system, you make an investment in your life from which you never stop reaping the benefits.

II. Social Education

Social education is the accumulation of practical knowledge from the real world, acting as a guide in personal situations. Essentially, a social education is the possession of common sense, the know-how to handle a variety of day-to-day occurrences. For example, a social education teaches us appropriate behavior for various situations: such as going to church, going out on a date, working, talking with friends, etc. Keeping an open-mind, being understanding, and listening to others are all important people skills that are part of a social education. In many ways, a social education gives us the bulk of our knowledge.

*The real world is the
roughest teacher of all.*

A social education also guides us in who we choose to associate with, acting as an aide when making an intelligent decision about whom to associate with for self-improvement. For example, associating with successful or working with successful people helps you be successful. On the other hand, associating with unsuccessful or lazy people leads you nowhere.

With a social education, you can build great, lasting relationships.

III. Familial Education

Familial education is the foundation of academic, social, and self-education. We accumulate our first bits of knowledge from our family, which include discipline, honesty, integrity, responsibility, morals, values, and the most important thing in life, the difference between right and wrong. These bits of knowledge not only are the foundation of wisdom with common sense, but the foundation of the development of our self-confidence as well.

Because of its fundamental values, familial education also is the most simplified and enduring form of education. When family members care about each other, they create a need for the sharing of knowledge. It is these acts of caring and sharing that make familial education the foundation of learning.

*Family education is the
foundation of all education.*

IV. Self-Education

Self-education is the accumulation of knowledge through the discipline of teaching oneself. It is the most multi-faceted of the four educational systems and an extension of academic, social, and familial education. Examples of self-education include reading books, listening to educational tapes, doing research, and learning from our own mistakes and successes.

Many people believe that education only occurs in elementary schools, high schools, or colleges, but this belief couldn't be further from the truth. Look at some of the greatest people in history to see the importance of self-education. Thomas Edison's endless self-education paid off big time when he brightened the whole world. Lincoln's endless self-education paid off when he became President of the U.S.

*Self-education can
transform you from a
caterpillar to a butterfly*

The following are seven methods in which you too can educate yourself.

Seven Effective Self-Education Methods

These methods of self-education will enrich your life

1. Read books.
2. Be inquisitive.
3. Open your mind and learn from your failures and successes.
4. Develop a writing habit, including keeping a diary of your experiences.
5. Listen to educational, inspirational and motivational materials while driving (cassettes, CDs).
6. Attend seminars and associate with great teachers, great learners, and all the right people.
7. Learn from communicating within yourself.

*Remember: self-education means you discipline yourself to continue your education. If you stop educating yourself, that means you limit yourself. Without education, the mind becomes stagnant, limitations are created, and self-improvement grinds to a halt. Therefore, education is not only enlightening, but also a self-sustaining part of the human process that allows you to enjoy life to the fullest. **A great leader is a great learner.***

Review of "Develop Mental Fitness"

What is mental fitness, and why do you need to be mentally fit?

What are the four systems of education?

What is an academic education, and how does it benefit you?

What is social education, and what do you learn from it?

What is familial education, and what do you learn from it?

What is self-education, and why is it so important in your life?

What are some ways you can educate yourself?

Excerpted from *Winning is a Choice* by Grandmaster Y. K. Kim, © 2004
by Y. K. Kim Productions, Inc.

Martial Arts Courtesy Questions

What is the most important word in table manners? How can you express it?

Self-control. I can express self-control by offering food to my guests and other members of my family first, waiting for others before I begin eating, and sitting with proper posture.

Why is it important to sit up straight?

Proper posture allows proper breathing and energy flow, and also promotes good digestion.

What are some different ways you can share in the preparation of a meal?

I might buy the food, or help set the table, or cook the food, or help clear the table, or do the dishes.

How can you encourage positive conversation at the dinner table?

First of all, you can eat together.

Second, you can ask questions that will provide interesting answers, and then listen politely to the answer.

What are some bad topics of conversation at the dinner table?

It's always bad to criticize others, to yell, or to gossip.

Additional Questions related to becoming a Certified Public Speaker:

We have three types of people in our society: introvert, extrovert, or communicator.

An introvert makes no progress because there is no communication. An extrovert just makes noise but offers no meaning. In order to be a leader, to build relationships with others, and to improve our quality of life, we really need to be a communicator because no man in island. Would you like to be an introvert, an extrovert, or a communicator?

Sir (or Ma'am), I am a communicator.

When did you become a Certified National Public Speaker?

Sir (or Ma'am), I became a Certified National Public Speaker on _____.

Or

Sir (or Ma'am), I will become a Certified National Public Speaker on _____.

Why must all Martial Arts World members become Certified National Public Speakers?

1. Everyone needs to communicate within themselves
2. Communication improves relationships.
3. Communication improves quality of life.
4. Communication helps people achieve their goals and makes their dreams come true.

How have communication skills changed your daily life?

Communication skills changed my life tremendously; for example:

I built better relationships with my family.

I can communicate with my co-workers much more easily.

I got a new job because of my improved communication skills.

My sales increased 300% at work.

I developed many new customers for my company.

I became a federal congressman because of my improved communication skills.

I became a better teacher.

I was scared to death of speaking in front of people, but now I enjoy it.

I became rich and famous because I improved my public speaking ability.

My dreams came true because I improved my public speaking.

(These are just examples. You would explain the changes in your life.)

How many speeches have you given since you got certified?

I gave _____ speeches. (name some of the organizations you spoke to).

How many new students did you introduce to Martial Arts World through public speaking?

I introduced _____ (10, 20, 30, or 100) new students to my school, and each one of them thanked me.

What benefits have you received from practicing the Martial Arts World curriculum?

(Give specific answers using your best public speaking skills.)

Blue Belt, Brown Stripe (5th Keup)

Testing Requirements

Martial arts training provides a model for an automatic goal setting system through our belt achievement curriculum. The purpose of testing is to test yourself, measure your progress, improve your technique, and build self-confidence.

Blue Belt, Brown Stripe Pre-Test Requirements

In order to test for your blue belt, brown stripe, you must earn three tips through pre-tests.

Blue Belt, white tip: Breaking Technique + Kicking Technique + Courtesy

Blue Belt, yellow tip: Poom se + Stances + Philosophy (“Develop Mental Fitness”)

Blue Belt, green tip: Self-Defense 1-15 + Sparring + Questions

Testing Requirements

1. Earn your three tips by pre-testing during class.
2. Fill out and turn in a completed Test Application (ask your instructor for one).
3. Invite at least five family members and friends to witness your test using the special invitation tickets available from the staff (ask your instructor for tickets).
4. Prepare your self well by practicing your technique and studying your curriculum guide.

Children:

Children are required to fill in the Citizenship Award Sheet and turn it in with their test application.

Children are also required to bring their latest report card and turn it in with their test application.

You will have an exciting, meaningful, and beneficial experience at your test.

Attendance Policy

The way we measure improvement in the martial arts is through tests. Within each belt rank there are three tip tests to help you prepare for the belt test. Tip tests cannot be taken within two weeks of each other, requiring a minimum of six weeks before you can earn your three tips and take the belt test. In addition to the two week time minimum, you must attend at least eight classes to be eligible for a tip, but you cannot get credit for attending more than one class per day. This system is designed to prevent students from attempting to cram lots of classes in a few days, which does not improve technique as effectively as regular attendance.

Therefore, if you attend class four days per week, and you pass all of your tip tests, you will be eligible for a belt test approximately every two months. Please refer to the testing schedule to set your goals.

Notes:

Blue Belt, Brown Stripe Curriculum

Congratulations!

On your achievement and welcome to the Blue Belt, Brown Stripe Team. You should now be feeling relatively comfortable with the intermediate level techniques, but you still have plenty of time to perfect them.

The Brown Stripe is a very challenging level. To improve your technique to the next level, you must work on improving your posture. Specifically, in your breaking technique, you must learn to jump and spin while staying as nearly upright as possible. The more you bend and tilt, the less power you will have. You will find that the same principle is true in your self-defense: in wrist grappling techniques, the more upright you stand, the better your balance, and the more power you have to throw your partner off balance. Conversely, the more you bend and tilt, the less power you will have, and the easier it will be for your partner to throw you off balance.

You will also find the same principle applies to your daily life: the more upright you stand (meaning the more you base your decisions on the principles of right and wrong) the easier it will be for you to maintain balance in both good times and bad. Conversely, the more you compromise your principles, the easier it will be for small situations to knock you off balance mentally, emotionally, and spiritually.

What is a Blue Belt, Brown Stripe?

Blue is the color of the sky; brown is the color of the earth. The plant begins as a yellow seedling, but soon becomes green as it begins to grow, and then develops the rich colors of flowers, like purple. However, the plant needs energy to continue to grow and flourish. There are three sources of energy: the air, the earth, and the sky, which are symbolized by blue, brown, and red belts.

The blue belt, brown stripe reminds you that although you draw your energy from the air, you also draw energy from the earth. Your imagination must remain grounded in reality. Your jumping techniques must be build upon a strong foundation of basics. Your goals and dreams must be tempered by practicality. As the practice of martial arts begins to permeate your life, be sure not to forget past promises and responsibilities, and use your new found strength to carry them out.

Notes:

Table of Contents

Blue Belt, Brown Stripe (5th Keup) Curriculum

Congratulation and Welcome to the Blue Belt, Brown Stripe Team -----	
124	
Courtesy	
Meeting Etiquette -----	128
Basics	
Jumping Back Swing Kick -----	133
<i>Poom se</i>	
<i>JA-YUN</i> 1-16 (Practice 18 Styles) -----	134
Breaking Technique	
Jumping Back Swing Kick -----	139
Self-defense	
JA-YUN Self-Defense 1-15 (Practice 8 Styles) -----	140
Kicking Combinations	
Basic kicks plus jumping back swing kick -----	141
Sparring	
(Practice 20 Styles) -----	
142	
Philosophy of Self-improvement	
“Build Moral Fitness” -----	143
Martial Arts Courtesy Questions -----	163
Testing Requirements	
3 Pre-tests -----	165

Courtesy

Meeting Etiquette

We are social animals. We love to live, work, and play together. Whenever any group of individuals gets together, there will probably be some kind of conflict of interests. Whether it is a formal meeting of a board of directors, or just a few friends getting together to decide what to do on a Friday night, the members of the group will have to find some way of agreeing on what the group will do. The following guidelines will make the meeting more productive:

Purpose

In any meeting, it is important to remember your purpose. The purpose is usually to work together to achieve a goal that is beneficial for the group as a whole. Whenever possible, prepare for the meeting. Always listen sincerely and express yourself clearly. When others disagree with you, try not to lose your temper. Working together usually means that some of the members will have to sacrifice their personal interests, perhaps even some personal benefit, for the benefit of the group.

In addition, the more brains that are working on a problem, the more likely it will be that someone will find an acceptable solution. For this reason it is important that everyone be given a chance to express his or her opinion. You can never predict who will have the best idea.

Unfortunately, some people are so selfish that they feel their own interests are more important than the interests of the group. They may try to make money from the group, or use the group as a way to feel more powerful or important by controlling other members of the group. Always examine your own motives in any group situation, to be sure you work for the group's needs above your own.

Leadership

Every meeting needs a leader. Sometimes there is a specific officer (like the president or chairman) who has been appointed to lead the meeting. Other times, especially in informal meetings, the person who wants the group to do something specific will assume the role of leader as he tries to convince everyone else to follow his plan.

The leader must be strong enough to keep the members focused on the purpose, and not let them get side-tracked into personal issues. If you are the leader and you see someone with an agenda trying to control or dominate the meeting, you must use your leadership to maintain control for the good of the group. If you are a member and you see the leader losing control to someone with a selfish agenda, you must add your support to the leader and re-direct the meeting in a positive direction.

Respect

In any group, respect is the key to effective communication and negotiation. Every member of the group has a right to express his or her opinion. The responsibility that goes along with that right is that you should carefully consider any opinion you offer to the group. A good rule is to "think twice before you speak once."

The most common way people do not respect each other in meetings is not to allow the other person to talk. Many people simply "talk over" someone else or interrupt them, which basically says that "what I have to say is more important than what you have to say." A good rule is to "listen twice before you speak once."

Disrespectful language should never be used to insult or control someone else. If the purpose of the meeting is to decide what to do, the only discussion should be about which course of action is better and why. Comments about people, especially about the people who support one side or the other, have nothing to do with the decision. Let's look at an example where three friends are trying to decide what to do to have some fun on a Friday night:

Bob says, "Let's see a movie."

Mary says, "I'd rather go have a pizza."

Then, Bob says, "I should have guessed you'd want to go eat. You always want to go eat. That's why you are so fat."

Bob is obviously not showing respect to Mary, but he has also changed the focus from "what we want to do" to "Mary's appearance." Mary's appearance has nothing to do with the question at hand.

Bob could have said, "I'm not hungry," or

"I really want to see the new Star Wars movie because"

Both of these comments give reasons to support his opinion. Saying that Mary is fat not only does not address the question, but causes bad feelings in the group, which will probably hurt the chances for having fun, which was the original purpose.

Unfortunately, Bob's lack of respect may be very effective. If Mary gets insulted and agrees to go to the movie, Bob may feel like he won because he got what he wanted. In reality, Bob has lost by winning, because although he won the decision of movie over pizza, he lost the group goal of everyone having fun on a Friday night. He put his own personal interest above the interest of the group.

Negativity

The goal of meetings is often to solve problems utilizing the different talents of the members. Unfortunately, many people confuse complaining with problem solving. Problem solving is generally positive, because it has a positive goal. Complaining is generally negative, because it's primary goal is to express frustration. Although it may make the complainer feel better, chances are more likely it will reinforce the complainer's frustration (increasing it) plus help to spread negative feelings to other members of the group without ever addressing the solution to the problem.

In order to solve a problem, the first step is to identify the problem. If you are the first one to notice a problem, it is important to identify the problem to the group so that it may be solved. However, the way you identify the problems determines whether you are complaining or problem solving.

As an example, let's imagine an office meeting where employees are concerned that they cannot do their work efficiently because they don't have enough office supplies. Sally says, "Mr. Johnson, I can never find a pen when I need one. This company is too cheap!" Sally is obviously complaining because 1) she exaggerates by using words like "always" or "never", and 2) she make a value judgement. If she could "never" find a pen, then she could "never" write anything down. In addition, the company may be very generous, but it may be unaware of the problem.

A better way to express her concern might be, "Mr. Johnson, it seems to me that we could all work more efficiently if we had office supplies like pens and note pads available whenever we need them. I waste too much company time trying to find a pen. How can we increase our supply budget?"

In this case Sally is problem solving because she is asking for a specific solution. Complaining usually sounds like, "We can't . . ." while problem solving sounds more like, "How can we . . . ?"

Roberts Rules

Most formal meetings follow a formal etiquette to maintain order. Most organizations name Roberts Rules of Order, Parliamentary Procedure, or some similar reference as the guidelines to follow. The rules have been proven effective in a wide variety of groups over a long period of time. Organizations do not need to re-invent the rules, simply follow them so they can focus on solving problems instead of making procedures.

Recommended Format for Win /Win Meetings

Relationships are all about negotiation. The way to make any negotiation successful is to seek a Win/Win solution. If I win and you lose, you will not be happy. If you win and I lose, I will not be happy. If we can find a solution where we both win, then we both will be happy, and we will continue to stick together as a group.

In meetings, we recommend the following simple format to arrive at a Win/Win solution:

1. Why?
2. How?
3. Execute.

When you ask, “Why?” you are brainstorming to find the real problem. You literally ask the group, “Why can’t we achieve our goal?” During brainstorming, there are no bad ideas. No one can offer a solution, or comment on someone else’s contribution. It is just a free-wheeling session of idea generation for different obstacles to the goal. Generally, the purpose of this session is to bring all the negative feedback out on the table to be examined later in the meeting, so the goal is to create as long a list as possible of obstacles.

It is very important to identify the correct problem. The leader must maintain strict control to keep the group focused on the single question at hand, and to keep everyone focused on identifying the problems, not on solving them, or evaluating each other. Take care to be sure you are addressing the cause, and not merely a symptom. If you only try to correct the symptoms, the problem will still exist. Look deeply to discover the real problem.

Once you have exhausted all the possible answers as to, “Why can’t we achieve our goal?” you are ready to try to solve the problem. Ask the group, “How can we achieve our goal?” This is the time when we evaluate different possible solutions, and discuss which might be better. The leader must maintain control to keep everyone focused on problem solving, and away from personal attacks. This is a team effort, and there is no “I” in TEAM. Continue discussion, allowing everyone to express his or her opinion, until a group consensus is reached. The group must agree, possibly by vote, on a course of action.

Once the course of action (or actions) are identified, someone must execute those actions. Decide who will do what to achieve the goal, and the deadline for action. Hold people accountable. To identify a problem and a great solution does nothing more than a gripe session if no one takes action on the solution. Action is the best way to solve problems.

The next time you find yourself in a meeting, try to initiate the Why? How? Execute. method of arriving at a Win/Win solution. You don’t need to be the leader, and you don’t even need to tell the group exactly what you are doing. Just simply ask the right question at the right time, and help guide everyone along the process to finding a solution.

Advanced Basics

Most of the Advanced Basics are the same techniques you learned in the MU-DO curriculum. Excellence in the martial arts is not so much a matter of how much you learn, but how well you do what you have learned. We will continue to practice basics and advanced basics throughout all levels of the curriculum. Even master instructors still practice their basics, trying to perfect them. At the JA-YUN level, try to focus on putting the power of your whole body into each technique by moving the hips.

Stances

X Stance

Single Leg Stance

Advanced Basics (Horse Riding Stance)

Double Low Block

Double Inside Block

Double High Block

Double Knife-hand Block to the Side

Double Knife-hand Strike to the Neck

Double Spear Finger Strike

Double Palm Strike

Stepping Kicks (Fighting Stance)

Stepping Leg Raise

Stepping Outside Swing Kick

Stepping Inside Swing Kick

Stepping Pick Ax Kick

Stepping Knee Kick

Stepping Pushing Kick

Stepping Front Kick

Stepping Roundhouse Kick

Stepping Side Kick

Turning Back Kicks (Fighting Stance)

Back Side Kick

Back Swing Kick

Back Moon Kick

Jumping Kicks (Fighting Stance)

Jumping Back Side Kick

Jumping Back Swing Kick

Basics

Hand Techniques:

Basics and Advanced Basics

The Basics and Advanced Basics are performed in the horse riding stance. They are the same techniques you learned in the white belt and the MU-DO curricula. Continue to practice them, constantly striving to perfect every aspect of each technique.

Kicking Techniques:

Stepping Kicks

For the basic kicks you learned as a white belt, you kicked with your back leg. For the stepping kicks in advanced basics, you kicked with your front leg. Continue to practice your basic and stepping kicks, striving to perfect them. Advanced technique can only be achieved with sound basics. As you begin to practice jumping techniques, you will discover minor imperfections in your basics that were not apparent at that level, but become exaggerated as you attempt the advanced techniques. As you discover how to improve your technique, continue to practice your basic and stepping kicks with renewed dedication.

Jumping Kicks

In the JA-YUN curriculum you will begin to learn jumping kicks.

The purpose of a jumping kick is primarily to free your body from the friction of contact with the ground, and secondarily to jump over something. Therefore, when learning a jumping kick, you only need to jump enough to get off the ground. If you can jump high enough to slide a piece of paper under your foot, you have successfully performed a jumping kick.

After you have learned how to perform the kick, if your fitness level allows, you may try to jump higher and higher to develop a higher level of skill. Students with back, knee, or other joint problems should jump only at the lowest levels or not jump at all if there is a significant risk of injury. Remember: we practice the martial arts to improve our ability and fitness, not to injure ourselves and impair our abilities.

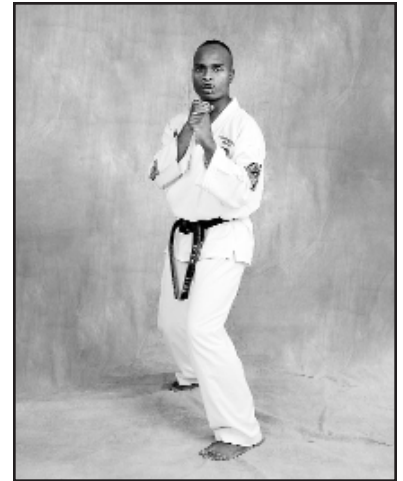
Jumping Back Swing Kick

The jumping back swing kick is an extremely powerful kick because it uses the torque of your spinning body and extends that power to your foot. Remember, the primary purpose of jumping is to free you from friction with the ground, so that you can turn faster, not only increasing your speed but also increasing your power. The jumping back swing kick is best used as an attack to the head, using the heel, blade, or sole of the foot.

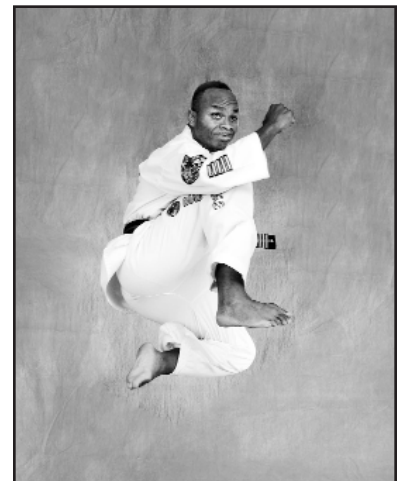
- A. From a fighting stance, bend both knees and slightly lower your weight;
- B. Jump as you look over your right shoulder to find the target, raising your kicking knee up, ankle straight, toes extended;
- C. When your body is almost facing front, begin the kick by raising the right foot as high as possible;
- D. As your body continues to turn, it will drive your foot through the target as your foot reaches its highest point,
- E. Continue turning as your foot lowers toward the floor, landing softly in a fighting stance.

Notes:

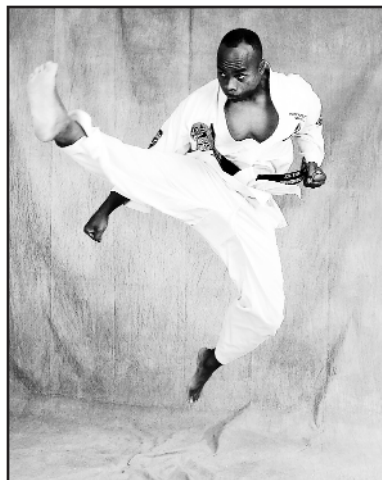
1. The more erect your body stays, the faster and cleaner you will kick. The more your head moves off center during the spin, the slower you will turn and the less balance you will have.
2. The actual kick is performed with the hips facing front (the target) as in a front kick, not to the side as in a side kick.
3. A spinning kick has a powerful cross (horizontal) striking force because of the spinning of the body. The kick can also be performed with a powerful downward (vertical) striking force when the foot is raised above the intended target.



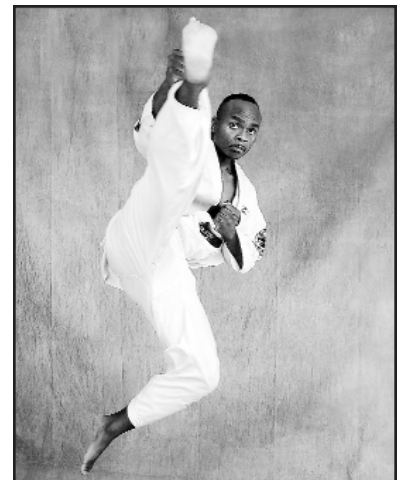
Jumping Back Swing Kick A., E.



Jumping Back Swing Kick B.



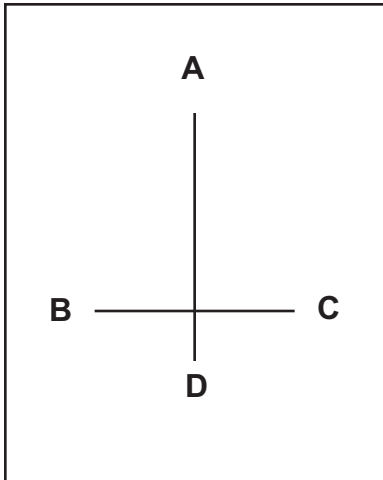
Jumping Back Swing Kick D.



Jumping Back Swing Kick C.

Poom Se

Poom se is the art and beauty of the Martial Arts. It is a set combination of basic blocks and attacks performed in a specified pattern. The proper way to learn, teach, or practice *poom se* is to first know the name and meaning of the *poom se*, then learn the three components of each movement in this order:



- a) Direction
- b) Stance
- c) Technique of block or attack

Poom se JA-YUN (Nature)

JA-YUN means "nature." Nature is the balance of *Eum* and *Yang*, which is the founding principle of life. Nature represents the three most important elements in human life: harmony, truth and survival of the fittest (winning spirit). These three elements will guide us on how to lead our lives to become winners.

In the first eight movements we focus on the truth of nature, and the three sources of energy in nature: the earth, the air, and the sky. In the second eight movements, we focus on the survival of the fittest, by imitating some of the movements of the animals who hunt in the water, the earth, and the air, and the movements of the mythical dragon who would rule the sky. In the final eight movements, we focus on harmony by visualizing that we are drawing energy from the three sources and storing that energy in the three energy centers of the body. This form emphasizes that we are part of nature, and as a part of nature, we reflect the natural processes we see around us. If we want to increase our power, we should follow the principles of nature by using the natural energy sources available to us.

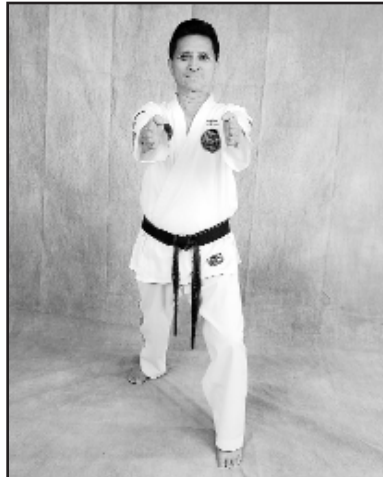
Blue Belt, Brown Stripe level: 9 through 16

For 1-8, see pages 44-55 in this manual.

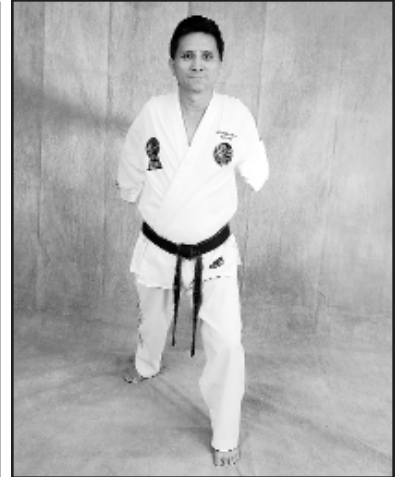
9. A. Step your left foot forward into a front stance facing A, extend both hands directly to the front in a smooth double spear finger thrust;

9.B. Turn the hands palms outward, then pull the hands outward and backward in a swimming motion.

Symbolism: You are swimming like a dolphin.



9.A. Double Spear Finger

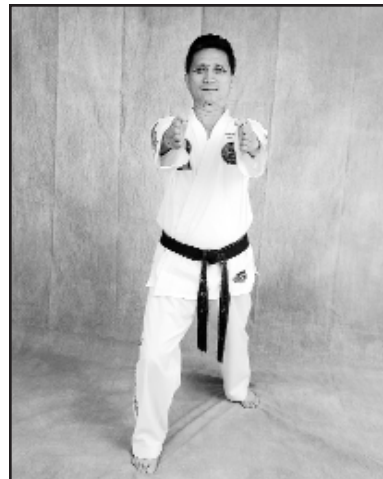


9.B. Pull

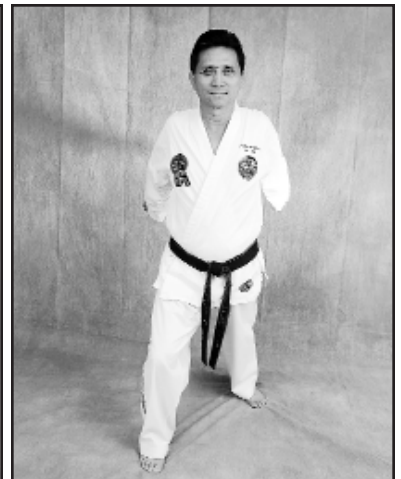
10.A. Step your right foot forward into a front stance, extend both hands directly to the front in a smooth double middle spear finger thrust;

10.B. turn the hands palm outward, then pull the hands outward and backward in a swimming motion.

Symbolism: You are swimming like a shark.



10.A. Double Spear Finger



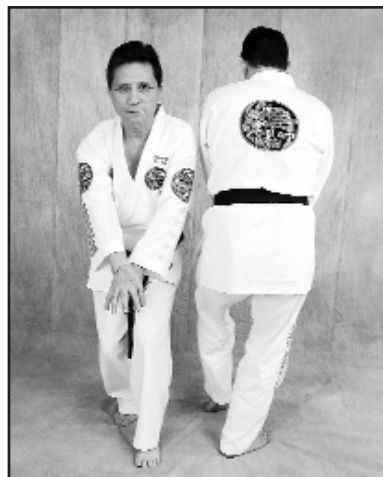
10. B. Pull

11. Turn one hundred and eighty degrees to the left into a left tiger stance facing D; perform a left and right downward claw strike in rapid succession with the right hand slightly extended.

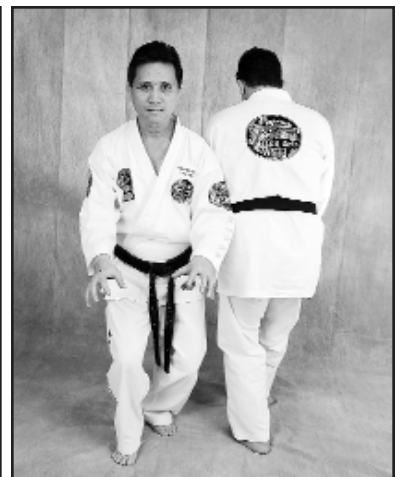
Symbolism: You are a tiger running.

12. Step the right foot forward into a right tiger stance; pull both hands to the hips and then perform a double downward claw strike (palms in).

Symbolism: You are a lion capturing its prey.



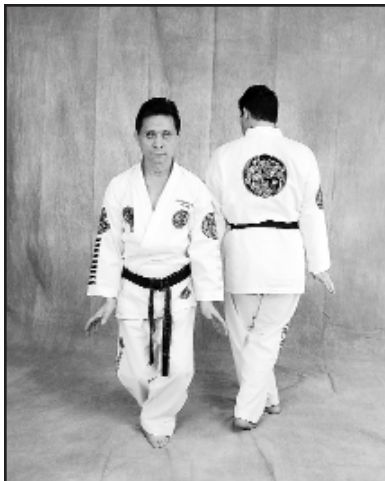
11. Tiger Stance



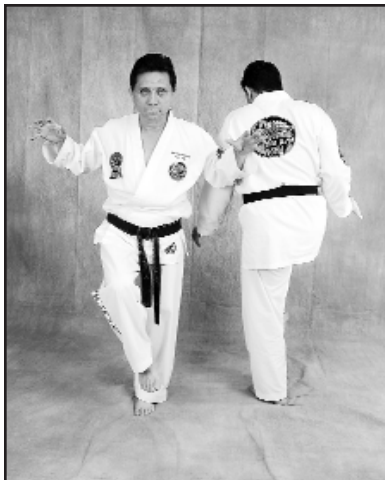
12. Double Claw Grab



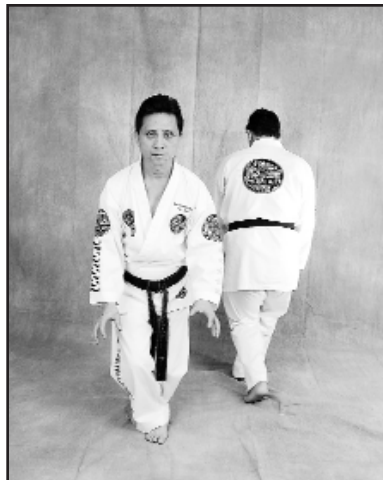
13.A. Arms Raised



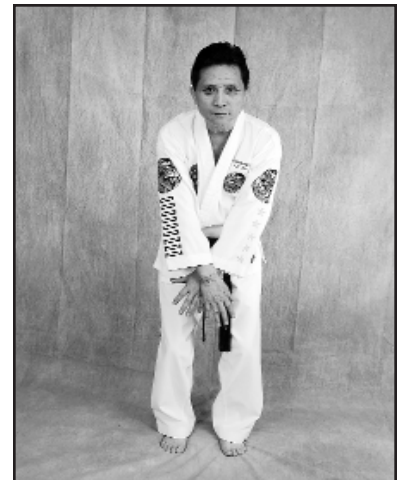
13.A. Arms Lowered



14.A. Lift Foot



14.B. Double Claw Strike



15. Crouch

13.A. Step the left foot forward into a left X stance, raise your arms to the sides, palm down, and

13.B. Lower them.

Symbolism: You are an eagle flying.

14.A. Lift the right foot and

14.B. Jump forward into a right X stance as you perform a double claw strike, palms down.

Symbolism: You are an eagle pouncing on its prey.

15. Turn one hundred and eighty degrees to the left into a crouching *jhoon-bi* stance facing A, with your arms crossed in front of your thighs, palms inward.

Symbolism: You are a crouching dragon.

16.A. Keeping your hands crossed, move both hands to the left side of your body;

16.B. Gently roll your shoulders swinging your crossed hands to the right,

16.C. Then back to the left above your shoulder height, beginning to uncross your hands, then

16.D. Over your head, spreading your hands preparing for a claw attack.

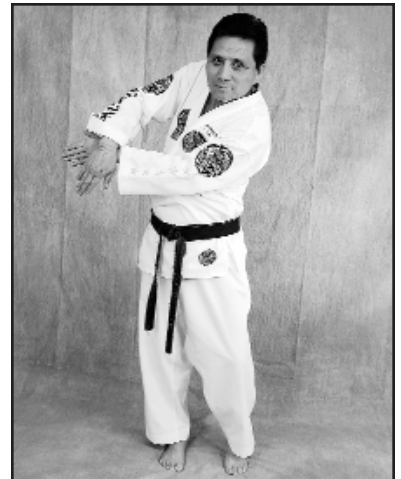
16.E. Strike downward with a double claw hand downward strike.

Symbolism: You are a dragon spreading its wings and then attacking.

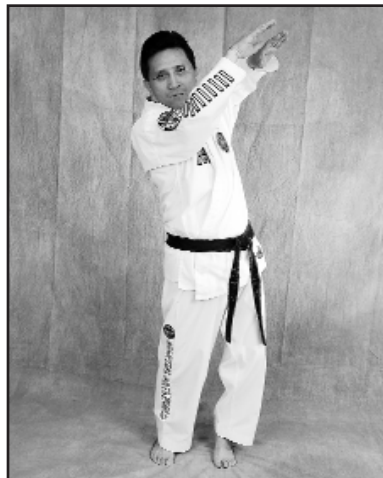
Ba-ro-te.



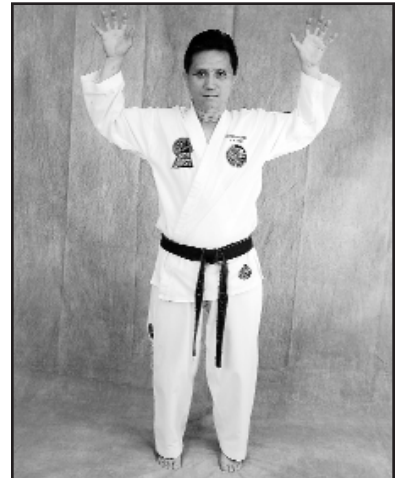
16.A. Hands Left



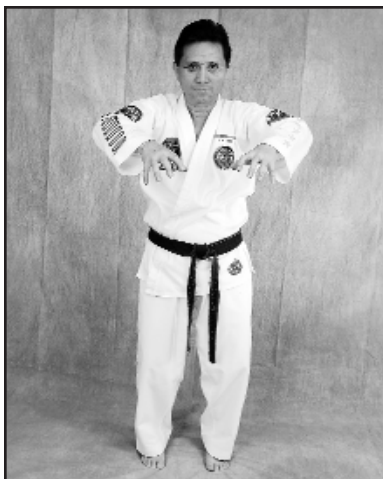
16.B. Hands Right



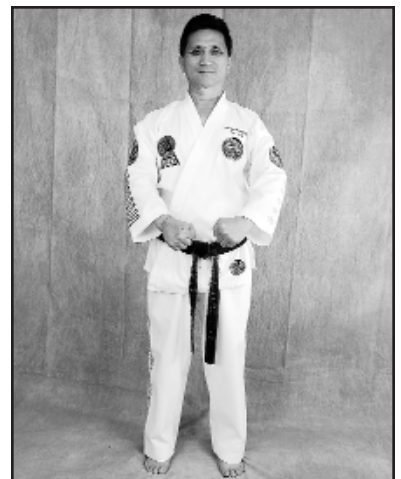
16.C. Hands Above
Shoulders



16.D. Spread Hands



16.E. Double Claw



Ba-ro-te.

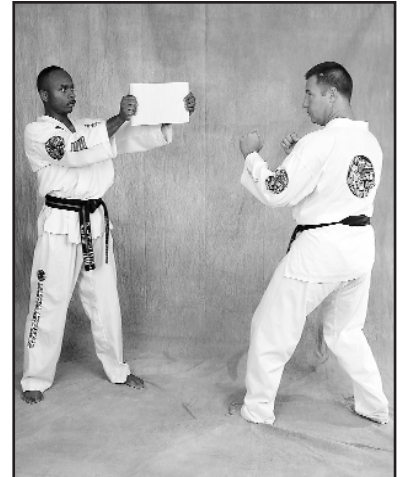
Blue Belt, Brown Stripe Breaking Technique:

The purpose of breaking technique is to test your power. Your partner is not your punching bag, so it is impolite and actually dangerous to test your power on your partner. Full power techniques should be practiced only on pads or breaking materials.

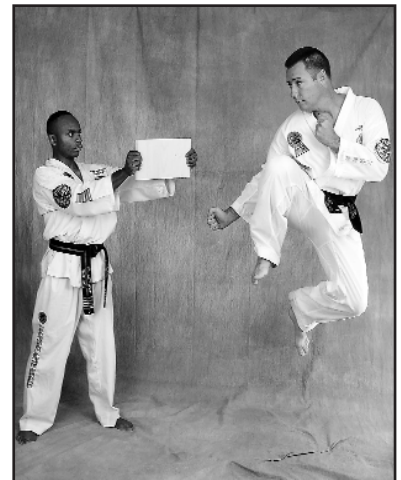
Jumping Back Swing Kick

You may use either the heel, blade, or sole of the foot, depending on the angle of attack you choose, but the blade of the foot is most effective way to use your torque in this breaking technique. The following instructions are for a right leg jumping back swing kick:

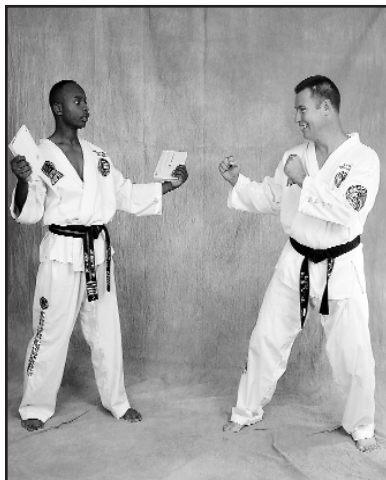
- A.** From a fighting stance, adjust your distance from the target, then bend both knees and slightly lower your weight;
- B.** Jump as you look over your right shoulder to find the target, raising your kicking knee up, ankle straight, toes extended;
- C.** When your body is almost facing front, begin the kick by raising the right foot as high as possible;
- D.** As your body continues to turn, it will drive your foot through the target as your foot reaches its highest point,
- E.** Continue turning as your foot lowers toward the floor, landing softly in a fighting stance.



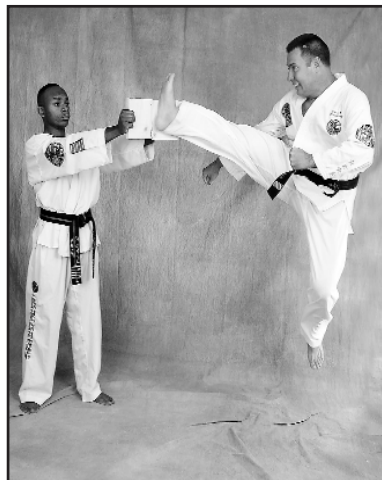
Jumping Back Swing Kick A.



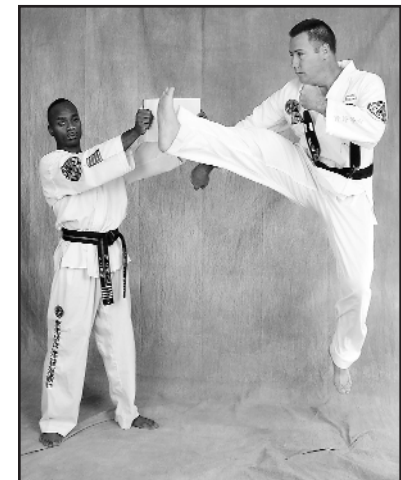
Jumping Back Swing Kick B.



Jumping Back Swing Kick E.



Jumping Back Swing Kick D.



Jumping Back Swing Kick C.

JA-YUN Self-Defense

JA-YUN Self-Defense is a series of situational defenses against grabs. Whereas the MU-DO Self-Defense defended against punches and kicks, JA-YUN moves closer to defend against a variety of grabs from the front, side, and rear.

Some of the techniques are merely escapes, while others are aggressive responses. You will have to learn to judge the appropriate level of response for different practical situations. For example, if your best friend says, “You’re learning martial arts. What would you do if I grabbed you like this?” An escape would be an appropriate response, but a full power kick, punch, or wrist lock would not. On the other hand, if a stranger violently grabs you and threatens your life, an escape and a take-down would be appropriate, and possibly even a detaining hold while someone calls the police for you.

Continue to practice JA-YUN Self-Defense 1 - 15 as described in the Blue Belt section, including Slow Motion, Exhibition, and Counter Attack Styles. Learning the motions is not enough. You must internalize them so that your body will naturally react to an attack without waiting for your mind to remember what to do.

Kicking Combinations

Now that you have gained some skill with your basic techniques, it is time to start combining the basic techniques into combinations. At the blue belt, brown stripe level we have some specific kicking combinations that combine the basic kicks with your breaking technique, the jumping back swing kick.

There are several purposes to practicing combinations. In the first place, combinations reveal weakness in your technique. For example, you may feel confident that you have learned your roundhouse kick and your jumping back swing kick rather well because you feel and look good when you do either of them in the air or on a target. However, when you try to do a roundhouse, jumping back swing kick combination, you may discover that your balance at the end of the roundhouse kick is not quite good enough to launch you into a jumping kick. Combinations force us to improve our balance and during and especially at the end of each technique, so that our overall technique improves.

In the second place, if we were to use our techniques in a practical application like sparring or self-defense, it is unlikely that we would just throw one technique and be done with it. In sparring and in self-defense, we usually have to continue to throw combinations of techniques until we have reached our goal, whether that goal be scoring points or personal safety. Practicing basic combinations prepares us for the advanced practice of sparring and for the possibility of having to defend ourselves. For this reason, practice should always be done with a serious, focused mental attitude. Practicing your techniques as if your life depended on it not only helps you improve your technique rapidly, it prepares you emotionally in case you really have to defend yourself.

Finally, for intermediate techniques like the jumping back swing kick, it is unlikely that you would use it effectively as the first technique because it takes too long to perform. Instead, it is better as a second or third technique, after you have caused your partner to move out of his strongest defensive position by a quicker basic technique.

The following are the Blue Belt, Brown Stripe Combinations for your test:

Outside swing kick, jumping back swing kick

Inside swing kick, jumping back swing kick

Pick ax kick, jumping back swing kick

Knee kick, jumping back swing kick

Pushing kick, jumping back swing kick

Front kick, jumping back swing kick

Roundhouse kick, jumping back swing kick

Side kick, jumping back swing kick

For descriptions of each of the individual techniques, look at the basics section of this manual and your white belt manual.

Sparring

Sparring is the practical application of the Martial Arts. In sparring, we have the chance to put together all that we have learned in a very challenging situation -- someone is trying to punch and kick us. We have to judge distance, attack, block, and counter-attack on balance, with speed, timing, accuracy, and above all, control. If we make a mistake, we get hit.

Sparring by its very nature is competitive, pitting one athlete against the other, to determine who will be the winner. Sparring teaches us to succeed under pressure. It teaches us that life is not always a bowl of cherries, but that if we are strong and determined, we can overcome the challenges it places before us.

On the blue belt, brown stripe level we will continue to practice sparring, but we must remember that there are many different styles of sparring, and many different areas to develop this skill. Some styles teach competitive spirit, while others teach cooperation over competition. Throughout the remainder of your study of the martial arts, you will encounter many different styles of sparring, and continue to learn by experience what works and what doesn't work in different situations.

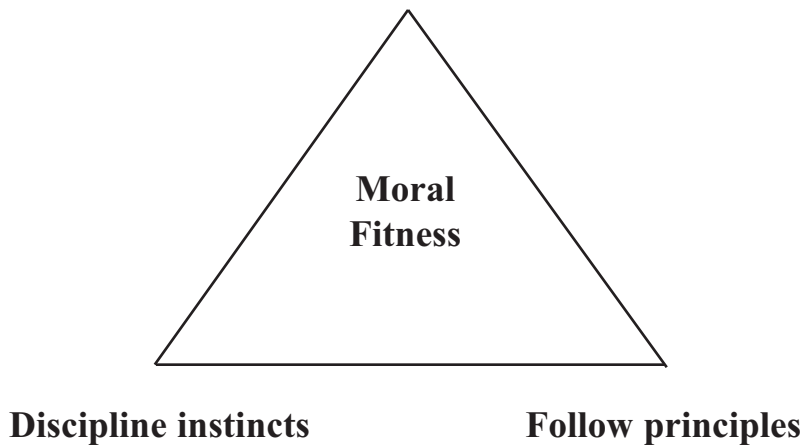
<p>Physical Fitness Sparring Styles develop a strong body.</p>	<p>Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.</p>
<ol style="list-style-type: none"> 1. Aerobic Sparring 2. Alternate Sparring 3. Tournament Sparring 4. Practical Style Sparring 5. Exhibition Style Sparring 6. Target Sparring 7. Belt Sparring 8. Group Sparring 	<ol style="list-style-type: none"> 15. Solitary Sparring 16. Motivational Sparring 17. Emotional Sparring 18. Spiritual Sparring
<p>Mental Fitness Styles of Sparring develop a strong mind and a positive Personality.</p>	<p>Financial Fitness Style Sparring develops peace of mind through financial freedom.</p>
<ol style="list-style-type: none"> 9. Eye Contact Sparring 10. Smile Sparring 11. Enthusiasm Sparring 12. Limited Sparring 13. Set-up Sparring 14. Team Spirt Sparring 	<p>Life Fitness style of Sparring develops a happy life and personal leadership.</p>

**Philosophy
for
Blue Belt,
Brown Stripe

Build
Moral Fitness**

4. Build Moral Fitness

Discipline personal freedom



1. Know the difference between **freedom** and **indulgence**, and **why personal freedom needs to be disciplined**.
2. Understand the meaning of instinct and discipline, and why **instincts need discipline**.
3. Learn what **principles** are so they can be followed.

In the MU-Do Curriculum, it was mentioned that moral fitness is conscience, which is the balance of emotion (warm heart) with reason (cold mind). In order to build up your moral fitness, you must use moral muscle, which is honesty, integrity, responsibility, and a strong sense of right and wrong.

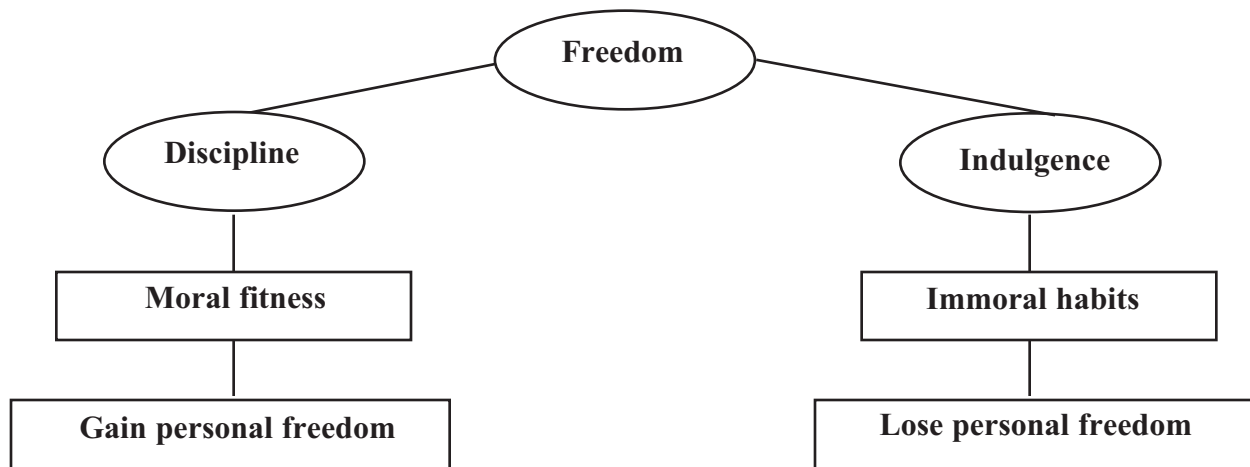
Without moral muscle, you have moral fat, which replaces your conscience with dishonesty, irresponsibility, a severe lack of integrity, and a warped sense of right and wrong, making you immoral. By having moral fat, you become weak and insecure, causing you to doubt yourself and doubt others, hate yourself and hate others, and become jealous of others. Also, when you have moral fat, you easily get angry with yourself and others.

In order to further build moral fitness so it can be exercised and maintained, you must *discipline personal freedom*, *discipline your instincts* and *follow principles*; these three things prevent you from becoming immoral and make the fight for yourself successful.

Discipline Personal Freedom

Freedom VS Indulgence

Freedom is one of the most powerful gifts we all have.
What we do with it shows if we are moral or immoral.



To better understand the true meaning of freedom and why it must be disciplined, the following questions must be answered: what does the phrase **"Give me liberty or give me death"** mean to you? Would you choose liberty or death?

Without knowing why or when this phrase was stated, everyone would choose liberty over death without hesitation. It's safe to say we all want freedom, and we certainly don't want to be dead. The problem is that we must know when and why this statement was made so we can understand its true meaning.

It was during the American Revolutionary War that Patrick Henry made this famous statement. This statement addressed the feelings of the American colonists while the British controlled the American colonies.

The colonists were so angry with their unfair government that they took up arms and risked their lives for the freedom of their nation, not for the good of an individual or for the sake of greed.

Therefore, the true meaning behind Patrick Henry's statement is that we must fight for our own freedom and take responsibility for our actions in order to earn true personal freedom.

However, there are so many people who think that freedom means they are 'free' to do whatever they want, disregarding the consequences. These people aren't being responsible; they are being indulgent.

It is wise to choose responsibility over indulgence because when we make indulgence a priority in our lives, we become tainted with immoral habits, which corrupt not only us but also others, eventually taking away our personal freedoms. Teenagers are especially vulnerable because they completely misinterpret personal freedom to be indulgence, not responsibility, suffering the emotional, physical, moral, and sometimes legal consequences for their misunderstanding.

True personal freedom is not indulgence; in order to earn and maintain it, you need both responsibility and discipline. By controlling ourselves, we will eventually earn true personal freedom. If we do whatever we want without discipline and responsibility, we lose personal freedom. Indulgence is immorality, not freedom.

Consider our right of free speech. We can speak out against injustices and our government, but we can't call in a bomb threat or threaten someone's life without the risk of imprisonment. Thus, there is responsibility in free speech. We also must take responsibility in our use of freedom of the press. We can print truthful information about someone, or even state a controversial opinion about something. However, we can't publish slanderous or libelous statements without the threat of a lawsuit.

Allow me to illustrate why responsibility is a priority in earning true personal freedom in our lives.

Senator Trent Lott

Former Senate Majority Leader Trent Lott congratulated Senator Strom Thurmond at his 100th birthday party on December 3rd, 2002. Lott's words unleashed a powerful political backlash, "We would have had fewer problems in this country had Senator Strom Thurmond been elected President in 1948." Thurmond supported segregation in 1948 when he ran for the Presidency with the independent Dixiecrat Party. Based on this statement, everyone assumed Lott supported segregation. Though Lott had the freedom

to say what he did, he had to take responsibility for it. Despite publicly apologizing numerous amounts of times, Lott was forced to step down as Senate Majority Leader.

The Dixie Chicks

During a concert in London on March 10th, 2003, Natalie Maines, lead singer of the musical group the Dixie Chicks, told the audience, "We're ashamed the President of the United States is from Texas" in regards to the U.S. going to war with Iraq (President George W. Bush is from Texas). Little did they expect the backlash of her harsh criticism.

Once America got wind of her comments, most of the band's fans were outraged that they would be so unpatriotic. Some even believed them to be treasonous. Because of Maines's words, a majority of country radio stations boycotted the group, refusing to play any of their music on the air. The sales of their latest album dropped by 42%; fans nationwide held Dixie Chick CD breaking parties, and some even went so far as to send them hate mail and death threats.

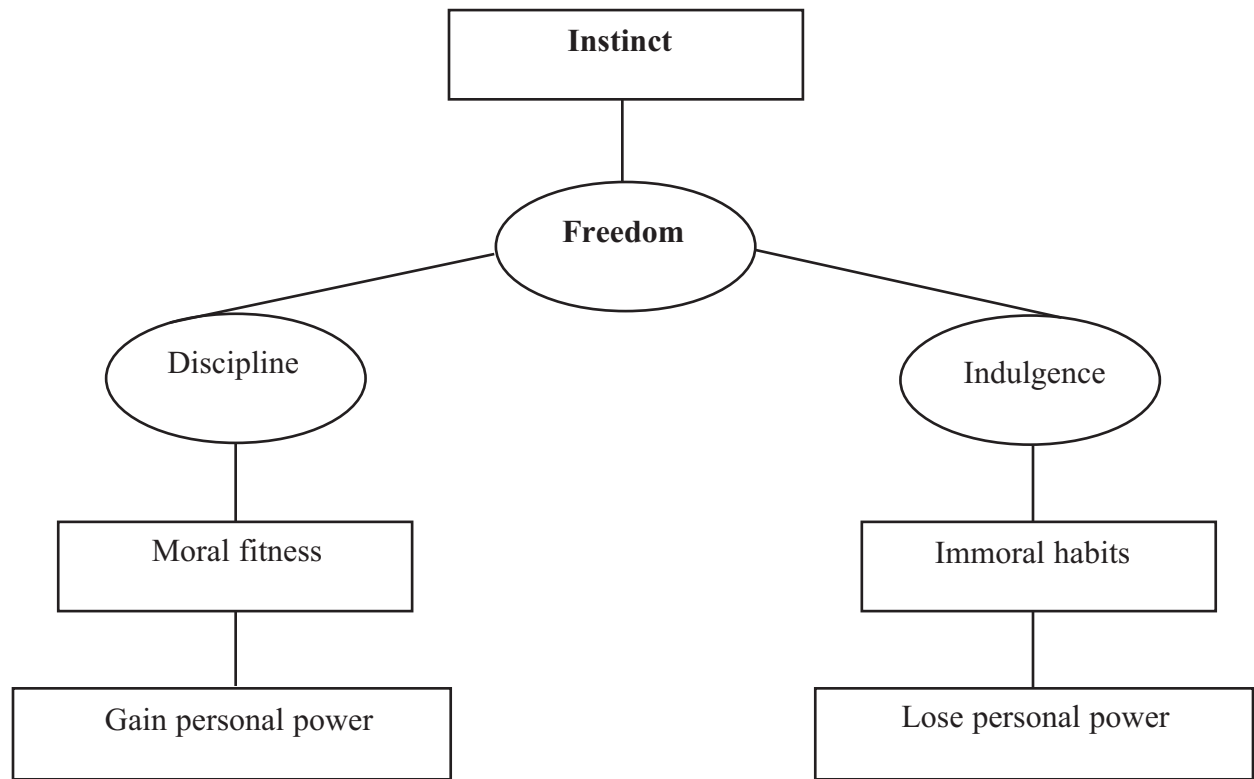
Natalie Maines had the freedom to say what she did but had to take responsibility for her actions.

Senator Trent Lott and the Dixie Chicks illustrate that discipline and responsibility are the burden of freedom.

Like America's forefathers fought for the freedoms of all Americans, you have to fight for your own personal freedom to develop moral fitness, not for the sake of indulgence. Once it is earned, personal freedom requires discipline and responsibility to maintain it so you do not lapse into immorality.

Discipline Instincts

There are five primary instincts that we must discipline if we are to attain true personal freedom: *appetite for food, sexual desire, honorable recognition, material possessions, and the desire to win.* Let's look at each instinct and the impact discipline has on them in greater detail.



* **Appetite for food**

* **Sexual desire**

* **Honorable recognition**

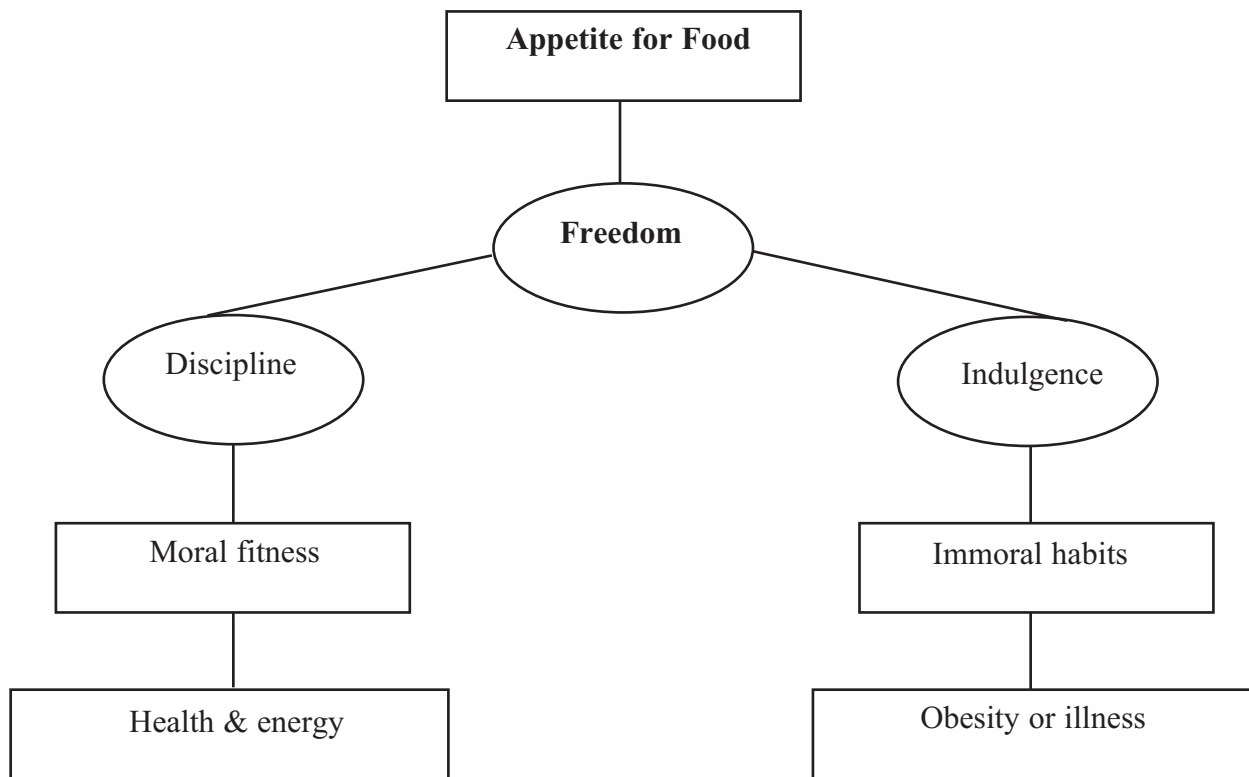
* **Material possessions**

* **Desire to win**

Appetite for Food

Our appetite for food is the most important instinct in our lives, for without it, we would not know when to eat and drink to refuel our bodies. Without food, we can't survive.

However, if we don't discipline our appetite, we become indulgent, gaining too much weight by eating too much of the wrong kinds of food. Such a lack of discipline and responsibility can afflict us with fatigue, sickness, and loss of self-esteem. This immoral habit makes us more likely to suffer from obesity, which is a common problem in our society. The end result of this indulgence is the loss of our personal freedom. Only by disciplining our appetite for food will we energize our bodies and minds, and gain true personal freedom.



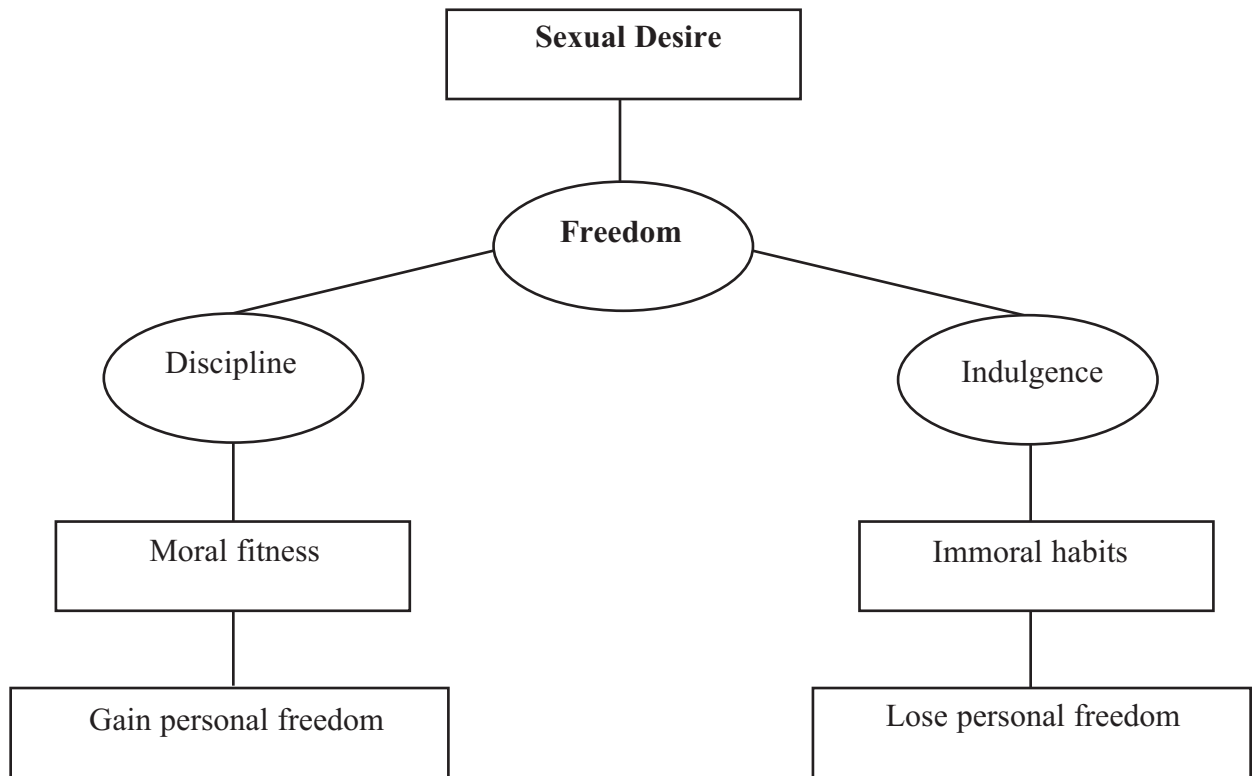
The bottom line is to either control our appetite or let it control our lives. Here are some suggestions you should try that will help you discipline this instinct:

1. Drink seven to eight cups of water every day to stay hydrated and feel energetic.
2. Eat healthy foods such as fruit, fish, vegetables, etc.
3. Avoid junk food, red meat, white-sugar products and caffeinated drinks.
4. Eat slowly by chewing food more thoroughly. Doing so will help prevent weight problems and indigestion.
5. Do not drink alcohol excessively for too much of it destroys the mind and body.
6. If you are trying to lose weight, avoid carbohydrates, sugar-rich food, and drinks such as bread, rice, pasta, fruits, juice, and soft drinks.
7. If you work a lot physically, eat a sufficient amount of carbohydrates, fruits, and juices to generate energy.
8. If you are building muscles, eat sufficient amounts of protein.
9. Avoid eating right before going to sleep at night.
10. Fight for yourself until discipline of your appetite becomes a habit.

Control your appetite and enjoy your meals; don't let your appetite control you.

Sexual Desire

Sexual desire drives the human race to procreate, prolong, and bond our species; it is actually productive energy. Without it, humanity would not exist. However, if we don't discipline and take responsibility for our sexual desire, we become indulgent and immoral, to which the consequences can include guilt, shame, the destruction of relationships, receiving sexually transmitted diseases, imprisonment, and even death. With discipline, we will be able to enjoy our sexual desire properly, build strong personal relationships, and gain true personal freedom.



Here are some ways to control this instinct:

1. Use your energy productively. Don't let your craving for physical contact take precedence over other important things in life.
2. Clear your mind. Take your mind off your temptations by focusing on worthwhile activities.
3. Think of the consequences of your actions. Imagine your worst fear happening because of your lack of self-control.
4. Fight within until control of your sexual desire is a habit.

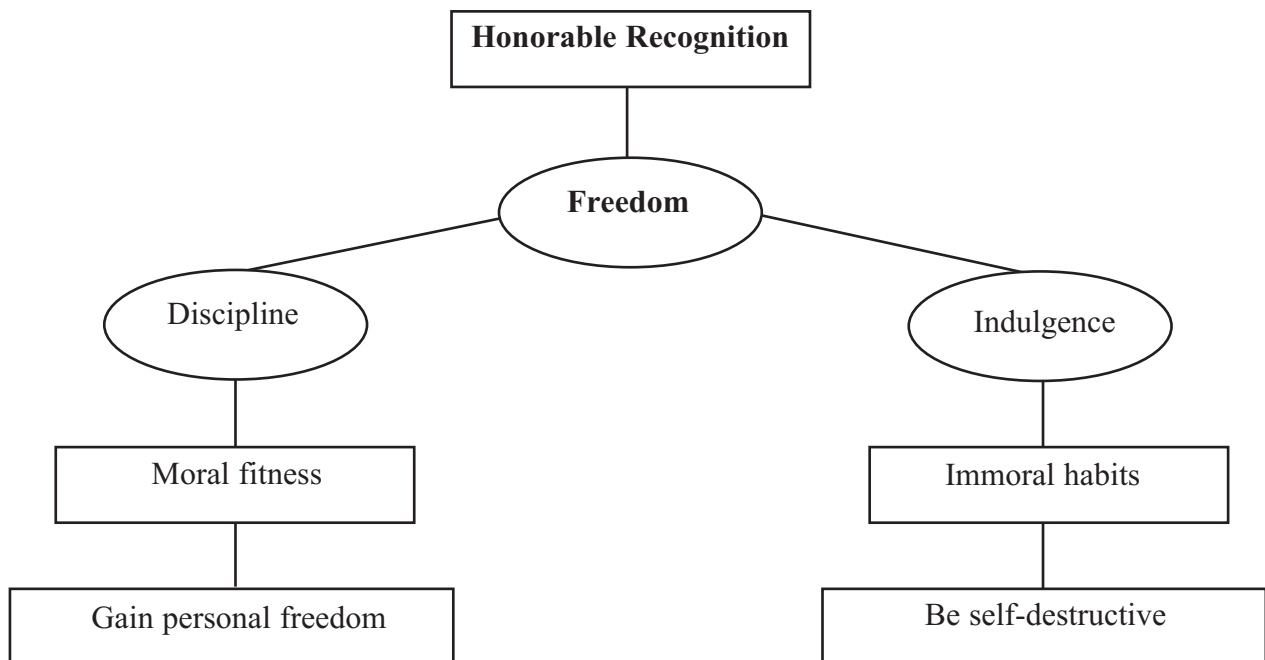
It's important to remember sexual desire stays with us for most of our lives. Disciplining ourselves in this area strengthens our character and increases personal power. Never stop disciplining your sexual desire.

Honorable Recognition

We strive to attain honorable recognition because of our instinctual need to be recognized by others. If we aren't consistently recognized for our honorable actions, we lose our sense of right and wrong, doing anything we want regardless of how harmful or shameful it may be. The end result of a lack of honorable recognition is that we become apathetic, chaotic, and animalistic, no longer caring about what we do or how our decisions affect others.

This instinct can generate personal power, develop good character, leadership ability, and create an excellent work ethic. However all of these positive qualities cannot exist without discipline. When our need for honorable recognition is left unchecked, we will take inappropriate actions for this recognition, and the consequences can be grave to us and to others.

One example of this instinct gone unchecked was John Hinkley's attempted assassination of former President Ronald Reagan and the subsequent crippling of the President's press secretary, Jim Brady. Hinkley committed this crime because he believed that actress Jodie Foster would finally take notice of him. Hinkley earned notoriety for his heinous act, leaving a negative impact on society. This tragic incident is just a mere demonstration of how lethal the instinct of honorable recognition can be without discipline.



The desire to be honorably recognized is an instinct most of us appreciate for its value. It's important to remember that honorable recognition and respect are earned, and only we can choose to earn them. Here are some ways to discipline our instinctual need for honorable recognition:

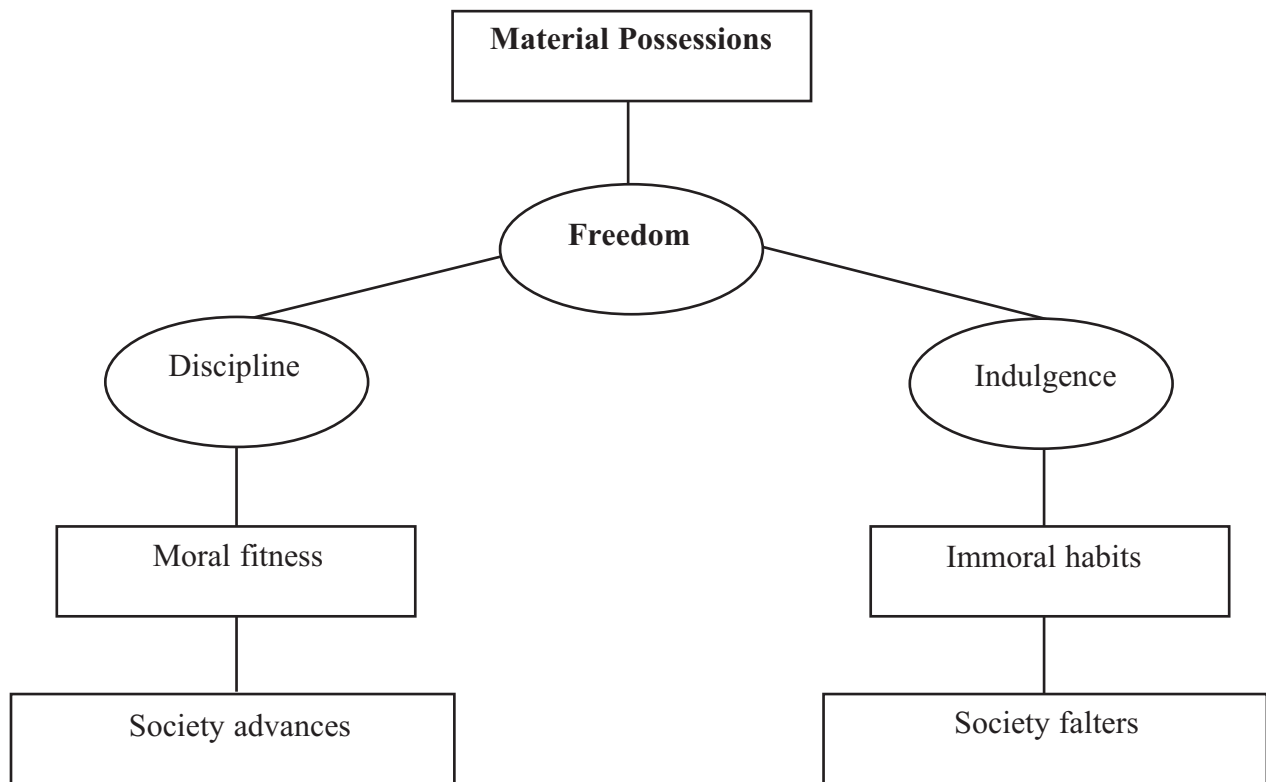
1. Build your personal leadership ability to always be a necessary person.
2. Recognize, respect, appreciate, motivate, help, and share with others.
3. Always be honest, responsible, and have integrity.
4. Never stop improving yourself by keeping an open mind and constantly educating yourself.
5. Fight for yourself until you make disciplining your need for honorable recognition a habit.

When we never stop improving ourselves, people will recognize us.

Material Possessions

The need for material possessions serves multiple purposes, including serving as a need for shelter and self-preservation. For example, housing shelters us from the elements and helps keep us safe. Likewise, clothing covers our bodies and protects us, as well as makes us feel secure. Also, the need for material possessions drives us to be successful because we want them to make life more comfortable and secure. In fact this instinct drives societies to improve themselves. Without material possessions, we would live like animals.

However, if our instinct for material possessions isn't disciplined, we become indulgent, thus creating immoral habits. Once we discipline our need for material possessions, success will be ours.



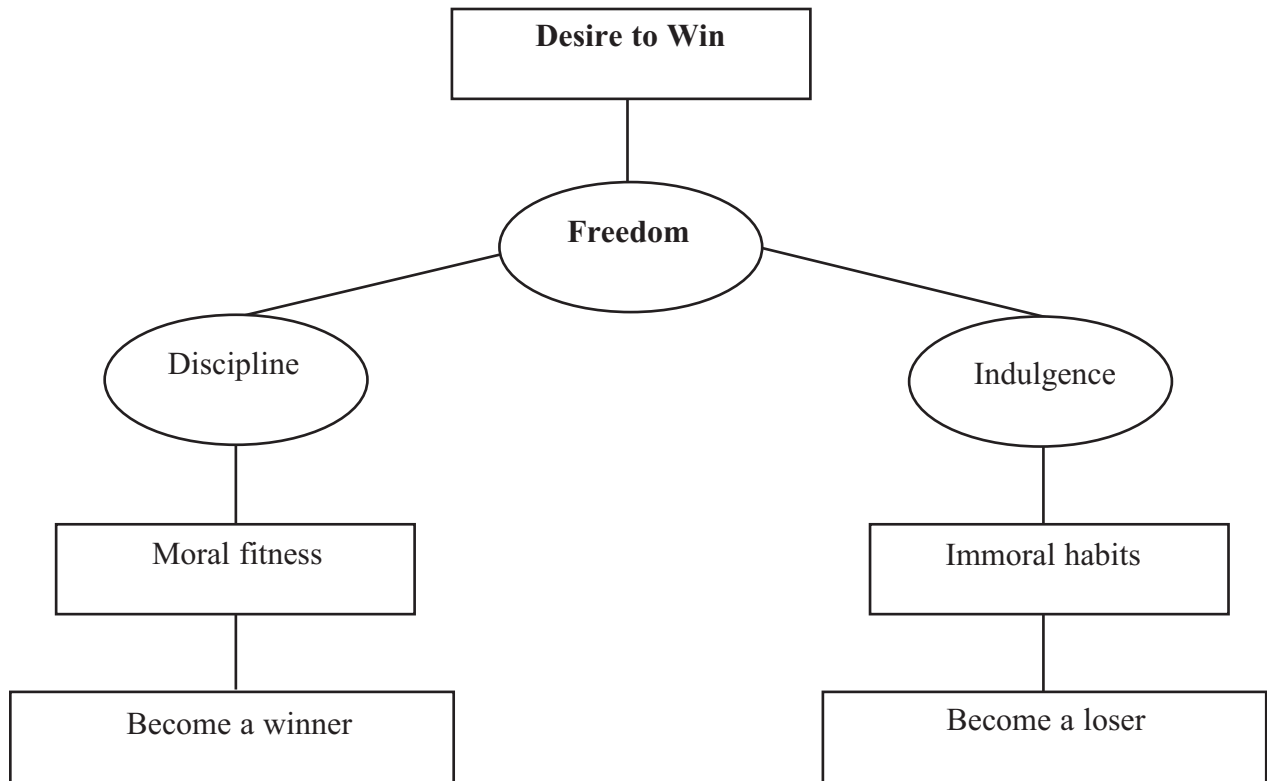
The bottom line for all of us is choice. We can choose between being enslaved by material possessions or control our worldly impulses, enjoying what we have along with enjoying earning material possessions. Here are some ways to discipline this instinct:

1. Look at those less fortunate than yourself and take stock in what you have.
2. Visualize an uncontrollable lifestyle of greed that could wreck your life.
3. Imagine someone stealing something that you really need.
4. Remember that in death you cannot take anything with you except your name.
5. Fight within yourself until you make disciplining your need for material possessions a habit.

By developing discipline in the need for material possessions, we successfully fight within ourselves.

Desire to Win

The desire to win energizes all walks of life, ensures progress on an individual and societal level, and creates leaders. Without the instinctual desire to win, personal, professional, and global progress would be impossible. However, if this desire isn't disciplined, we will become indulgent and immoral, turning us into losers. Hence, the wise handling of this instinct is paramount to success.



Competition is everywhere. Actors compete with each other for starring roles, bigger paychecks, and awards. CEOs drive their businesses to compete with other businesses in order to survive and succeed. Politicians compete with each other to win elections.

The instinctual desire to win is the catalyst of progress. Without it, our society would be plagued by stagnation. However, the need to win must be acted on in a controlled manner, otherwise society would de-evolve into a savage state, creating a constant state of warfare. When uncontrolled, our competitive instinct becomes dangerous.

For example, in 1994 Tonya Harding admitted knowledge of an attack on Nancy Kerrigan at the U.S. Ice Skating Championship in Detroit. Kerrigan was clubbed in the knee by an accomplice of

Harding's ex-husband Jeff Gillooly, and was unable to compete. Despite this, Kerrigan was awarded a spot on the U.S. Olympic team. The U.S. Figure Skating Association subsequently banned Harding for life, and ex-husband Jeff Gillooly received two years in prison.

Here are two ways to discipline this winning desire:

1. Compete within yourself.
2. In your fight to win, always fight fairly.

It's imperative to remember that you can be your own worst enemy through indulgence. Therefore, it is prudent to compete within yourself to maintain control over your winning instinct as you build moral fitness.

Without instinct, we can't survive or succeed. Without discipline, instinct produces self-defeating immoral habits. Only when instinct and discipline work together will the roads of instinct and discipline lead to moral fitness.

Follow Principles

What are principles?

Principles are the rule of nature that represents the three most important things in our lives: harmony, truth, and survival of the fittest. Since we are part of nature, we have to follow these principles in order to survive and succeed.

Harmony is duality in life, which is "EUM" and "YANG," positive & negative, female & male, night & day, hot & cold, water & fire, etc. Without a negative and positive charge, electrical light could not exist. Without a male and a female, we could not exist.

Harmony demands that for us to survive and succeed, we must cooperate with each other, showing mutual appreciation and respect in the process; no one is an island. People need people to survive and succeed. Following harmony builds moral habits; ignoring it makes you immoral.

Truth--Nature never lies. You plant corn and corn stalks grow. You plant an apple seed and an apple tree will grow. It's impossible to plant an orange seed and have it grow into a banana tree.

In order to build moral habits, you must follow the truth, which means you should be honest, responsible, and always do the right thing. If you don't, you will become immoral.

Survival of the fittest--In the jungle, the lion chases after the wildebeest and kills it; the human world is no different. If you are strong, you will survive, but if you are weak, you will die.

However if you merely focus on your survival, then you will be uncaring and ruthless, becoming immoral in the long run. Supporting and helping others in the real world builds moral fitness. It is important to discipline your survival instinct so you are not only able to survive, but able to create harmony and follow truth.

Remember that following principles is morally right. Fighting against them is immoral.

Review of "Build Moral Fitness"

What is moral fitness, and why is it important to have in your life?

What is the difference between freedom and indulgence?

Why do you need to discipline your personal freedom?

What are the five primary instincts we must discipline so we can gain personal freedom?

What is the instinct of appetite for food, and why does it need discipline?

How do you discipline your appetite for food?

What is sexual desire, and why do you need to discipline it?

Why is it important to be honorably recognized in life?

What happens when the need to be honorably recognized goes undisciplined?

How can you discipline your need for honorable recognition?

How does the need for material possessions help us survive in the real world?

What are the benefits of disciplining your need for material possessions, and the consequences of not disciplining this instinct?

How do you discipline your need for material possessions?

Can you succeed in life without the desire to win? Please explain why.

What would happen if you don't discipline your instinctual desire to win?

How do you discipline your desire to win?

What are the principles of life?

Why is following these principles of life vital to successfully building moral fitness?

Excerpted from *Winning is a Choice* by Grandmaster Y. K. Kim, © 2004
by Y. K. Kim Productions, Inc.

Martial Arts Courtesy Questions

What are the most important things to remember in any meeting?

Prepare well before you participate in the meeting.

Listen sincerely and express yourself clearly.

Do not lose your temper, even if there is a disagreement. Try negotiating.

The purpose of any meeting is usually to work together, which means that some individuals may have to sacrifice a little for the benefit of the group.

Why is it important to give everyone a chance to express his or her opinion?

Two heads are better than one -- you never know who will come up with the best idea.

Why should you avoid personal attacks during a meeting?

1. they usually have nothing to do with the question at hand, and
2. they cause bad feelings, which usually goes against the purpose meeting together.

What is the difference between complaining and problem solving?

Complaining is usually negative; it re-enforces frustration and spreads it among the group.

Problem solving is usually positive; it reduces frustration.

What are two signs of complaining?

1. exaggeration using words like “always” and “never”
2. value judgements.

How are complaints and problem solving expressed differently?

Complaints usually start out with statements like, “We can’t . . .” that indicate there is no hope.

Problem solving usually begins with questions like, “How can we . . . ?” that indicate a solution is possible.

Why should we strive to reach Win/Win solutions?

In a Win/Lose solution, either I win and you lose, or you win and I lose. One of us will always be unhappy. In a Win/Win solution, we both win something, so we both are motivated to find the solution and to stick together as a group.

What are the three steps to arrive at a Win/Win solution?

1. Why?
2. How?
3. Execute.

Ask, “Why can’t we achieve our goal?” and identify all the possible obstacles.

Ask, “How can we achieve our goal?” and identify possible solutions, evaluate them, and form a plan.

Take action on the plan.

Additional Questions for Children:

If someone offers you drugs, what would you like to do?

Say, "NO!" very loudly and walk away.

What would you say if someone offers you candy?

Say, "No, thank you. I eat healthy food."

Additional Questions for Adults:

What are your family goals?

My family goals are to:

Support my children's education, through a master's degree.

Build a dream house.

Have a dream vacation with my family.

Build family happiness by practicing Martial Arts together.

(These are just examples. Express your own family goals with your best speaking skills).

Would you share with us any improvements you have noticed personally or professionally since you began training in the martial arts?

1. I'm physically and mentally very energized.

2. I've become a great communicator.

3. I'm a great organizer.

4. I've become a great leader.

(These are just examples. Express your own examples of how martial arts training has helped improve your daily life goals with your best speaking skills).

Brown Belt (4th Keup)

Testing Requirements

Martial arts training provides a model for an automatic goal setting system through our belt achievement curriculum. The purpose of testing is to test yourself, measure your progress, improve your technique, and build self-confidence.

Brown Belt Pre-Test Requirements

In order to test for your Brown Belt, you must earn three tips through pre-tests.

Blue Belt, Brown Stripe, white tip: Breaking Technique + Kicking Technique +
Courtesy

Blue Belt, Brown Stripe, yellow tip: Poom se + Stances + Philosophy (“Build Moral Fitness”)

Blue Belt, Brown Stripe, green tip: Self-Defense 1-15 + Sparring + Questions

Testing Requirements

1. Earn your three tips by pre-testing during class.
2. Fill out and turn in a completed Test Application (ask your instructor for one).
3. Invite at least five family members and friends to witness your test using the special invitation tickets available from the staff (ask your instructor for tickets).
4. Prepare yourself well by practicing your technique and studying your curriculum guide.

Children:

Children are required to fill in the Citizenship Award Sheet and turn it in with their test application.

Children are also required to bring their latest report card and turn it in with their test application.

You will have an exciting, meaningful, and beneficial experience at your test.

Notes:

Brown Belt Curriculum

Congratulations!

On your achievement and welcome to the Brown Belt Team. As you complete your studies in the Ja Yun curriculum, you must redouble your efforts to perfect all that you have learned so that you will be ready to move on to the advanced Pyung Hwa curriculum.

Brown Belt is a very important level. For your breaking technique you will learn to short-cut your motion: instead of a wide, sweeping back moon kick, you will develop a shorter, more efficient back hook kick. It is important that you learn that the proper way to develop a short-cut is after you have developed the proper foundation.

Many people want to learn the short cut first, but they are building upon a foundation of sand. If you take the time to develop a strong, solid foundation of basics, you can build your advanced techniques upon the correct principles, and you will continue to advance. If you try to short cut a technique that is already weak, the short cut technique will be even weaker.

Of course, the same principle is true in school, in business, and in relationships -- if you take the time to learn the proper foundation, later you will develop short cuts that will make your efforts more efficient. If you learn the short cuts without the proper foundation, you may become fast, but you will be ineffective.

What is a Brown Belt?

Brown is the color of the earth. The plant begins as a yellow seedling, but soon becomes green as it begins to grow, and then develops the rich colors of flowers, like purple. However, the plant needs energy to continue to grow and flourish. There are three sources of energy: the air, the earth, and the sky, which are symbolized by blue, brown, and red belts.

The brown belt reminds you that you draw a significant amount of energy from the earth. Even in jumping technique, your power begins in your stance. Without a strong foundation, deeply rooted in the earth, you cannot jump, you cannot spin, you cannot have power. Your personal and professional decisions must also be deeply rooted in principle. You will draw your emotional and moral strength from your principles, so be sure to examine yourself and your motivations for even small decisions, to develop greater moral strength along with your physical technique.

Notes:

Table of Contents

Brown Belt (4th Keup) Curriculum

Congratulation and Welcome to the Brown Belt Team	168
Courtesy	
Visiting Manners	172
Basics	
Jumping Back Hook Kick	176
<i>Poom se</i>	
JA-YUN 1-24 (Practice 18 Styles)	177
Breaking Technique	
Jumping Back Hook Kick	183
Self-defense	
JA-YUN Self-Defense 1-15 (Practice 8 Styles)	184
Kicking Combinations	
Basic kicks plus jumping back hook kick	185
Sparring	
(Practice 20 Styles)	186
Philosophy of Self-improvement	
“Manage Your Time & Money Productively”	187
Martial Arts Courtesy Questions	214
Testing Requirements	
3 Pre-tests	216

Courtesy

Visiting Manners

Children

A key element of the martial arts is respect for others. When you visit someone else's home, you must respect their property and their rules. You are no longer in your own house or your parents' house. Everything you touch and everything you do must be with the permission of the people who own the house.

When you visit, whether it is a home or an office, show your best manners by saying, "Yes, Sir," and "Yes, Ma'am," to every adult you meet. Whenever you are introduced to adults, be sure to call them Mr. or Ms. For example, if your friend Bobby Fisher introduces you to his mother, you would say, "Nice to meet you, Ms. Fisher." The common exception to this rule is if an adult is a relative or otherwise very close to you, and then you might call him something like "Uncle Bob." When you are visiting with your parents, they will tell you what you may call the people you meet. If you are not with your parents, always show the best manners by saying Mr. or Ms.

You should clean up any mess you make in your own house, but this rule is even more important when you visit. If your friend invites you over to his house to play with some toys, you should be sure to put all the toys away before you leave. If your friend offers you something to eat, you should clean the dishes when you are finished eating. If you leave a mess in your friend's house, his parents will may not allow you to come back.

If your friend has chores to do, always offer to help with the chores. You will be a good friend, and you will help your friend finish his chores faster, so you can both have fun sooner. Plus, his parents will see that you are a good person. If you don't help your friend do his chores, his parents might think that you are lazy, and if your friend skips his chores because you are there, his parents might think you are a bad influence.

Always be quiet when you visit someone else's house. Never run or yell indoors. It's O.K. to laugh and have fun, but make sure you are not making so much noise that you will disturb your friend's parents or brothers and sisters.

When your parents bring you to someone's house with them, things will be a little different. For example, your parents may bring you to visit family or friends for a holiday. On special occasions like these, it always shows respect if you dress up a little. Your parents will help you choose what to wear, but you may have to wear nice clothes and keep them clean during the whole visit. Even on these special occasions, offer to help set the table, or to clean up afterwards. You will make your parents proud.

Different people have different rules. In some people's houses you are not allowed to go into certain rooms, or you may not be allowed to sit on certain furniture. You should never go into your friend's parents' bedroom -- that is a very private place, and not for visitors. You should ask permission before touching a stereo, television, or computer that belongs to your friend's parents or brothers and sisters. Remember, these are not toys, and they are not yours, so you may only use them with permission.

If you don't know the rules when you visit a new place, it is usually polite to wait to be invited to do anything. People will say, "Please sit down," or, "Would you like some thing to drink?" You can accept any offer that makes you comfortable. If no one invites you to do what you want to do, you may ask permission to do it. If you are not sure of the rules, simply ask. If you are shy, it is usually safe to follow what the others do. However, sometimes a friend will ask you to do something you know is wrong. You must always have confidence to say, "No!" even when it is a friend who is asking.

If your friend has a pet, you must be especially careful. The pet knows your friend, but may not know you. Sometimes dogs, or snakes, or any kind of pet will bite a stranger because they are afraid of you. Always approach your friend's pets slowly, until they get to know you.

Above all, remember that you are a guest. You can be a welcome guest or an unwelcome guest, depending on your behavior. Always show the best manners and you will be a welcome guest wherever you go.

Adults

Sometimes as adults we forget the lessons we learned as children. Most of the guide lines on the previous page are also true for adults on one level or another.

Sometimes as adults we have lived by our own customs for so long that we forget that other people not only may have different customs than we do, but that they have the RIGHT to have different customs in their house (as long as they stay within the law.) They may have different customs for child-rearing, for eating, for cleaning, even for decorating! We should not ASSUME that our customs apply in their home, nor that our customs are better than theirs. Good friends have the ability to ask questions and have meaningful discussions, but it always shows a lack of respect to act as if your customs are better than theirs.

When visiting, always help with the set-up and clean-up. Some hosts will refuse to let you help, but it is always important to sincerely try. The best way to overcome this situation is to just begin helping instead of offering to help.

If you have been invited for an occasion, it is usually nice to bring a gift. For example, if it is a dinner, you may bring a bottle of wine or a special dessert. If it is a big party, bring something that many of the other guests can enjoy -- again a bottle of wine or liquor may be appropriate, or an *hors d'oeuvre*, or possibly some entertainment like a game. The point is to take some of the work and the expense off of the host and share it among the guests, so that the event is more nearly a group effort.

If you happen to break anything, either by accident or by simple use, offer to replace it. Depending on the value of the item you broke, and the likelihood that you actually broke it through improper use, be strong in your insistence. If there is no doubt it is your fault, replace it no matter how much the host says it is not necessary.

If you bring your children to visit someone, be constantly aware of their behavior, as well. It is easy for children to get carried away in the fun of play and become too loud, or too active for the comfort of your host. Always watch your host for signs of discomfort, and help your children follow the host's customs. Certainly do not allow your children to behave in a way that they would not behave in your own home.

Just as with children, when you go to a new place where you don't know the customs, it is always safer to wait to be asked to do anything. Simply by standing, you encourage the host to say, "Please, sit down." If the host does not offer the comforts you would expect, consider the possibility that you are not entirely welcome at this time, and offer to leave and come back at a better time. (Of course, because everyone has different customs, the host may be offering her best hospitality, but because it is on a different level than the hospitality you are used to, you may feel uncomfortable. Again, be aware that different people have different customs, and look past the surface for the intent, and never assume that your customs are better than theirs.)

If you don't know the customs, it is usually safe to do what you see others doing. However, in the adult world, you will run across many instances where the local customs are in direct conflict with your own customs and values, and perhaps in conflict with the law. You must quickly decide if you are in the wrong place, and politely excuse yourself. Hesitation can lead to an awkward, possibly even dangerous situation. If you did make a mistake, the earlier you correct it, the easier it will be to correct.

Some customs are not so dangerous, but can develop into bad habits. For example, if you visit a place where foul language is commonplace, you may easily slip into the group mentality of using foul language. When you leave the group, you may have developed a bad habit that will embarrass you in another group.

Be aware that the process of following the group consensus of acceptability is how most people learn to curse, to smoke, to drink, to do drugs, and all kinds of other bad habits. Always be on your guard against "peer pressure" to violate your values. Most bad habits are developed with small steps. If you find yourself in a group that requires bad habits to be a member, find a new group.

Whenever you visit a new place, learn to distinguish between customs and values. Friends with similar values may have different customs: one family may eat dinner at 6:00 p.m. and another may eat dinner at 8:00 p.m. because of the schedule of the family members. Neither way is correct; it is just a custom.

Other customs are based on values, like smoking cigarettes. If you smoke and your host does not, you must respect your host's values. Your friend may value his health, and feel that the smoke will damage his health through passive smoke. On the other hand, your friend may just value the clean smell of his home, and the smoke lessens the enjoyment of his home not only while you are smoking, but long after you are gone as the smell lingers in the furniture, draperies, and carpets. Smoking is an example of a custom that is based on a value.

There is a third level of custom, based on values, but also supported by the law. For example, if your friend has a custom of smoking marijuana before dinner, this custom is based on a value, but on a value that is illegal. If you are a guest in his home, and the police were to come by for any reason and discover the marijuana, you would probably be arrested along with him, even if you had no desire or intent to use the marijuana yourself.

When visiting, learn to accept others' customs and their right to practice their customs in their own homes. When you visit their homes, try to behave according to their customs. Evaluate their customs and compare them to your own. You may want to adopt some of their customs that seem to work better than yours. You may reject other customs that violate your values. If you find too big a difference between their values and yours, you may have to end the visit and find other friends -- ones who share your values.

Advanced Basics

Most of the Advanced Basics are the same techniques you learned in the MU-DO curriculum. Excellence in the martial arts is not so much a matter of how much you learn, but how well you do what you have learned. We will continue to practice basics and advanced basics throughout all levels of the curriculum. Even master instructors still practice their basics, trying to perfect them. At the JA-YUN level, try to focus on putting the power of your whole body into each technique by moving the hips.

Stances

X Stance

Single Leg Stance

Advanced Basics (Horse Riding Stance)

Double Low Block

Double Inside Block

Double High Block

Double Knife-hand Block to the Side

Double Knife-hand Strike to the Neck

Double Spear Finger Strike

Double Palm Strike

Stepping Kicks (Fighting Stance)

Stepping Leg Raise

Stepping Outside Swing Kick

Stepping Inside Swing Kick

Stepping Pick Ax Kick

Stepping Knee Kick

Stepping Pushing Kick

Stepping Front Kick

Stepping Roundhouse Kick

Stepping Side Kick

Turning Back Kicks (Fighting Stance)

Back Side Kick

Back Swing Kick

Back Moon Kick

Jumping Kicks (Fighting Stance)

Jumping Back Side Kick

Jumping Back Swing Kick

Jumping Back Hook Kick

Jumping Back Hook Kick

The jumping back hook kick is an extremely powerful kick because, like the back moon kick, it uses the torque of your spinning body and extends that power to your foot. However, it also incorporates a jump and a whipping motion to increase the speed of your foot, and therefore increases the power of the kick. It is best used as an attack to the head, using the heel or bottom of the foot.

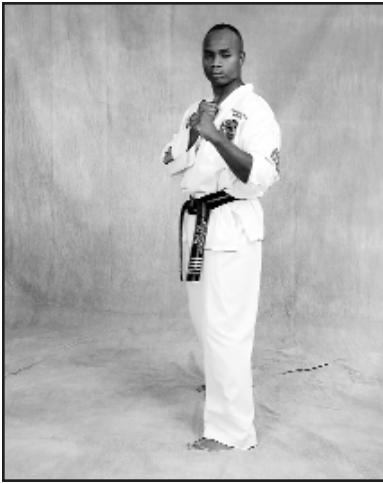
The following instructions are for a right leg jumping back hook kick:

- A. From a left fighting stance, adjust your distance from the target, then bend both knees and slightly lower your weight;
- B. Jump as you look over your right shoulder to find the target, raising your kicking heel and knee up to the level of your hip, in a back side kick position;
- C. Perform a back side kick about a foot to the left of the target;
- D. As your knee becomes straight and your body continues to turn, bend your knee in order to pull your foot back to your hip in a horizontal arc,
- E. Continue turning as your foot lowers toward the floor, landing softly in a left fighting stance.

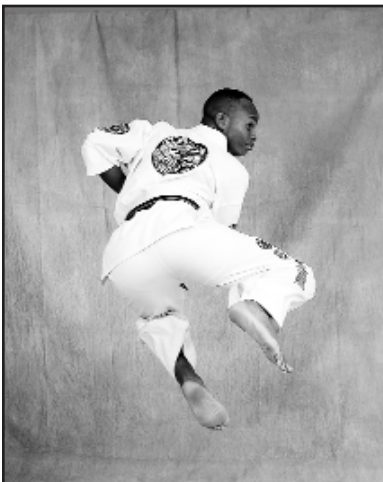
Notes:

The hook kick differs from the moon kick in that:

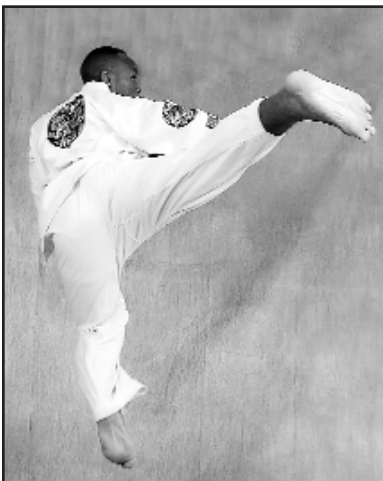
1. The knee in the moon kick remains straight; the knee in the hook kick bends;
2. The hook kick actually begins with the motion of a jumping back side kick instead of the motion of a moon kick;
3. The foot in the moon kick traces a long curve; the foot in the hook kick traces a much shorter curve;
4. The hook kick finishes with the foot re-chambered at the hip, instead of extended straight out from the hip.
5. The more erect you stay during the spin, the faster you will be able to kick.



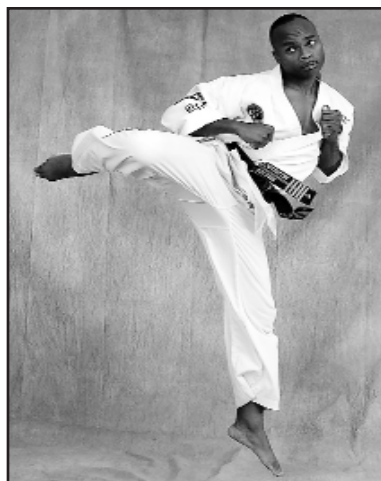
Jumping Back Hook Kick
A.



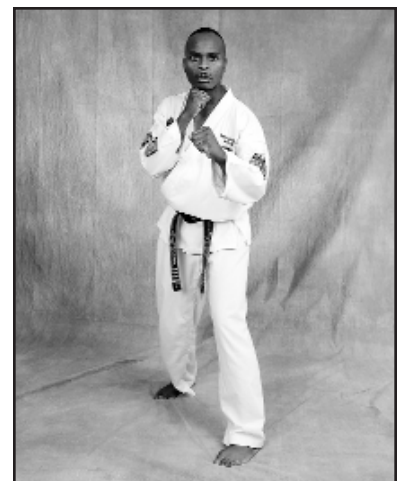
Jumping Back Hook Kick B.



176 Jumping Back Hook Kick C.



Jumping Back Hook Kick D.



Jumping Back Hook Kick E.

Poom Se

Poom se is the art and beauty of Tae Kwon Do. It is a set combination of basic blocks and attacks performed in a specified pattern. The proper way to learn, teach, or practice *poom se* is to first know the name and meaning of the *poom se*, then learn the three components of each movement in this order:

- a) Direction
- b) Stance
- c) Technique of block or attack

Poom se JA-YUN (Nature)

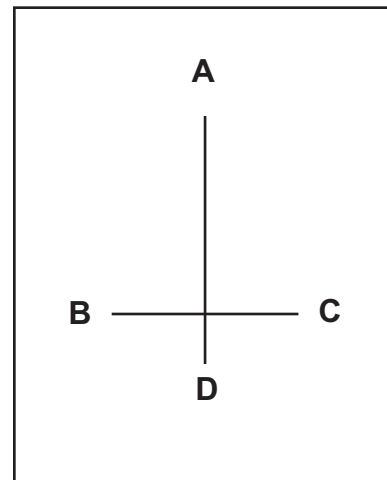
JA-YUN means "nature." Nature is the balance of *Eum* and *Yang*, which is the founding principle of life. Nature represents the three most important elements in human life: harmony, truth and survival of the fittest (winning spirit). These three elements will guide us on how to lead our lives to become winners.

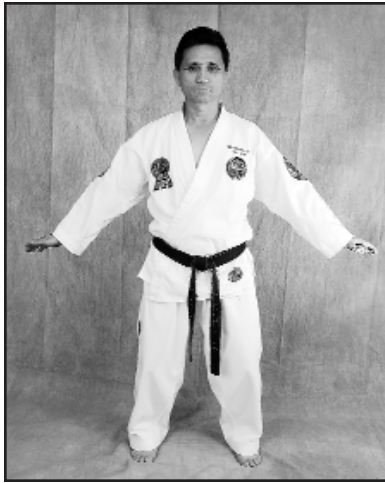
In the first eight movements we focus on the truth of nature, and the three sources of energy in nature: the earth, the air, and the sky. In the second eight movements, we focus on the survival of the fittest, by imitating some of the movements of the animals who hunt in the water, the earth, and the air, and the movements of the mythical dragon who would rule the sky. In the final eight movements, we focus on harmony by visualizing that we are drawing energy from the three sources and storing that energy in the three energy centers of the body. This form emphasizes that we are part of nature, and as a part of nature, we reflect the natural processes we see around us. If we want to increase our power, we should follow the principles of nature by using the natural energy sources available to us.

Brown Belt level: 17 through 24

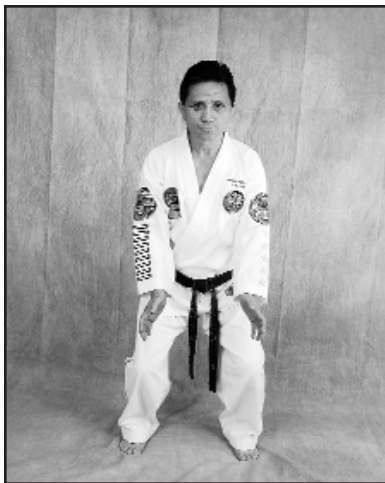
For 1-8 see pages 44-55 in this manual

For 9-16 see pages 134-137 in this manual.

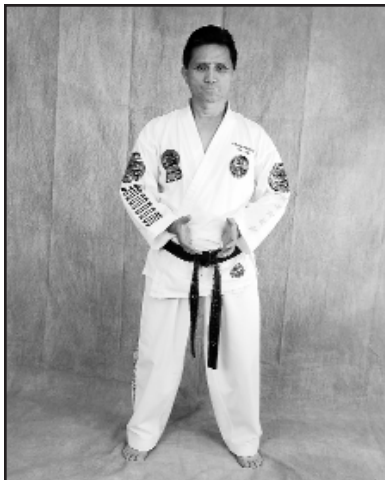




17.A. Extend Your Hands



17.B. Squat



17.C. Rise and Gather

17.A. Open your legs into a *jhoon-bi* riding stance as you extend your hands to the sides of the hips, palms down, and

17.B. Sweep your hands downward and inward, squatting into your stance as you inhale deeply

17.C. And rise into *jhoon-bi* stance as you pull your open hands toward your lower energy center in a gathering motion.

Symbolism: You are gathering earth energy into your lower energy center.

18. Exhale and extend your arms out to the sides of your shoulders.

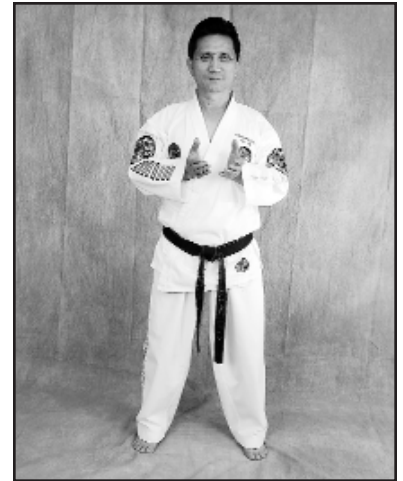
Symbolism: You are releasing negative energy.



18. Exhale and Extend

19. Inhale deeply as you pull your hands inward toward your middle energy center in a gathering motion.

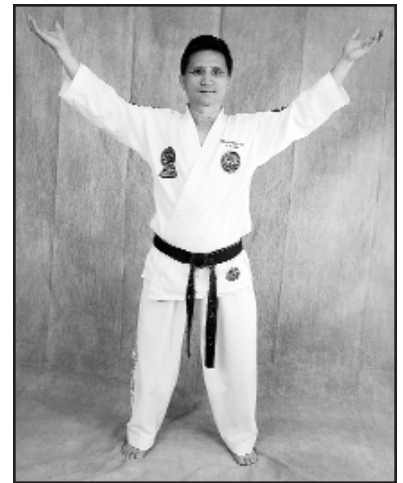
Symbolism: You are gathering air energy into your middle energy center.



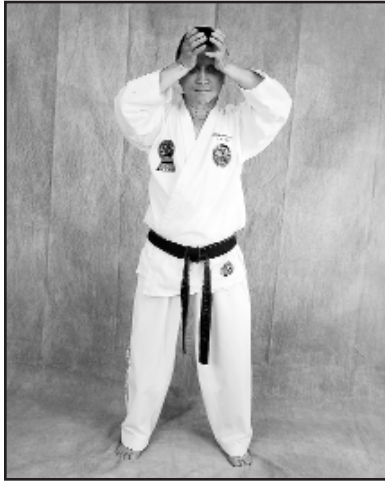
19. Inhale and Gather

20. Exhale and extend your arms over your head and outward.

Symbolism: You are releasing negative energy.



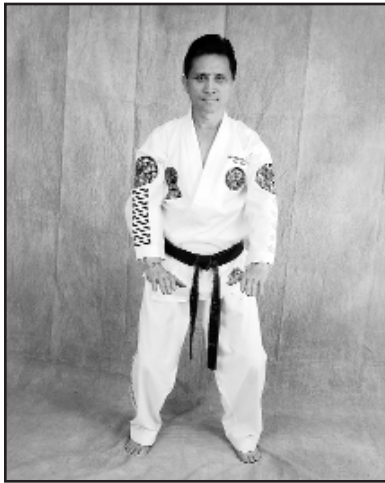
20. Exhale and Extend



21. Inhale and Gather

21. Inhale deeply as you pull your hands inward and downward toward your high energy center in a gathering motion.

Symbolism: You are gathering sky energy into your high energy center.

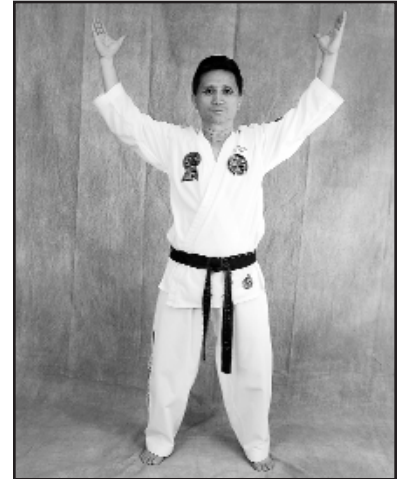


22 . Exhale and Extend

22. Exhale and extend your arms straight downward toward the ground, squatting slightly.

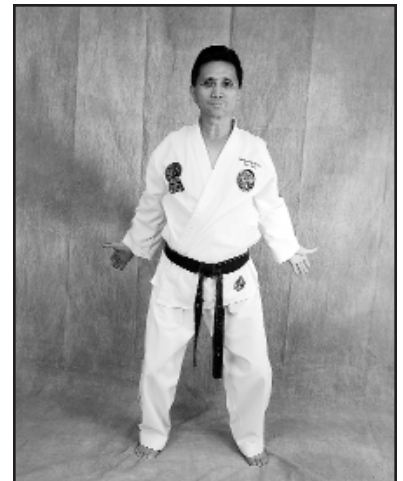
Symbolism: You are releasing negative energy.

23.A. Inhale deeply as you raise your arms over your head, raise your body into *jhoon-bi* stance,



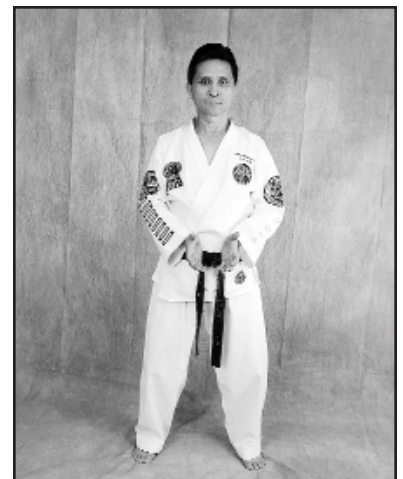
23.A. Inhale and Raise

23.B. Reach outward and downward,



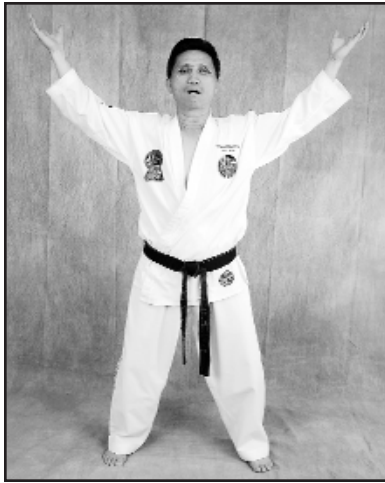
23.B. Reach Outward and Downward

23.C. Then pull your hands in to your lower energy center in a gathering motion.

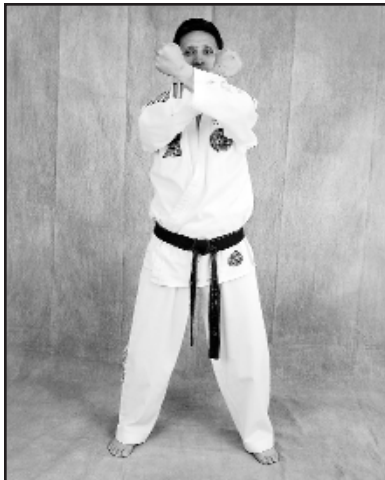


23.C. Gather

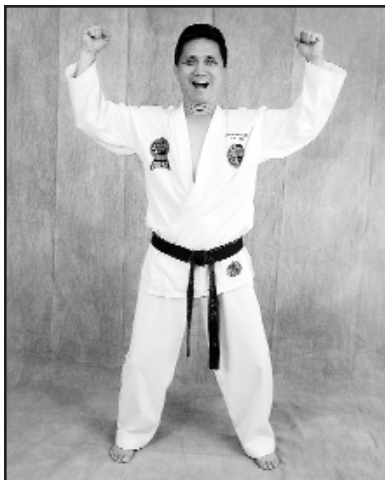
Symbolism: You are gathering universal energy.



24.A. Exhale and Extend



24.B. Inhale and Cross Arms



24.C. Step into Mountain Block

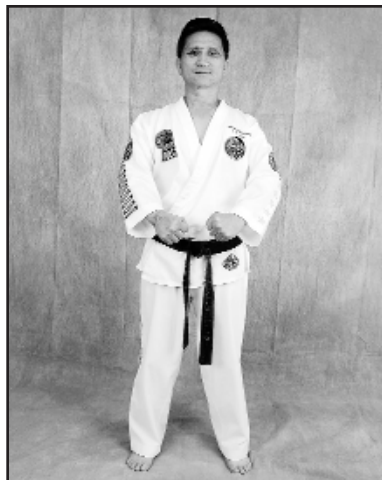
24.A. Exhale and extend your hands outward to the sides of your head, palms in;

24.B. Inhale and cross your fists in front of your face;

24.C. Step the left foot to the left into a horse riding stance and perform a mountain block; *ki-hap!*

Symbolism: You are gathering universal energy: ground, air, and sky energy.

Ba-rote. (Step left leg left into *jhoon-bi* stance.)



Ba-rote.

Brown Belt Breaking Technique:

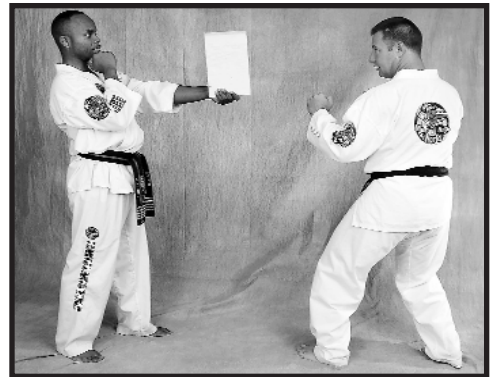
The purpose of breaking technique is to test your power. Your partner is not your punching bag, so it is impolite and actually dangerous to test your power on your partner. Full power techniques should be practiced only on pads or breaking materials.

Jumping Back Hook Kick

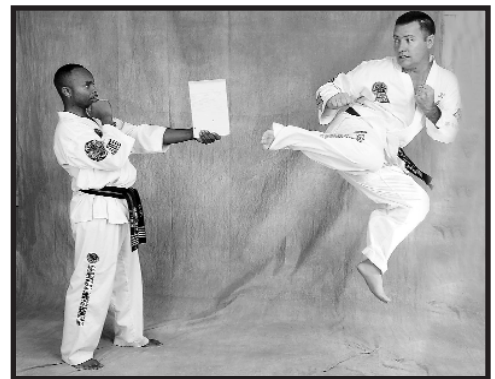
You may use either the heel or the bottom of the foot. For safety sake, especially for children, using the bottom of the foot still allows you to use the bottom of the heel as your striking surface, providing the most impact with the greatest safety.

The following instructions are for a right leg jumping back hook kick:

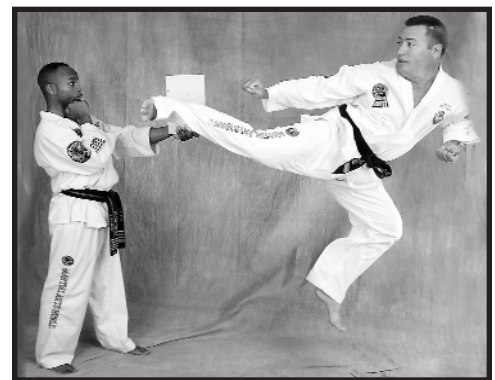
- A.** From a left fighting stance, adjust your distance from the target, then bend both knees and slightly lower your weight;
- B.** Jump as you look over your right shoulder to find the target, raising your kicking heel and knee up to the level of your hip, in a back side kick position;
- C.** Perform a back side kick about a foot to the left of the target;
- D.** As your knee becomes straight and your body continues to turn, bend your knee in order to pull your foot through the target and back to your hip in a horizontal arc,
- E.** Continue turning as your foot lowers toward the floor, landing softly in a left fighting stance.



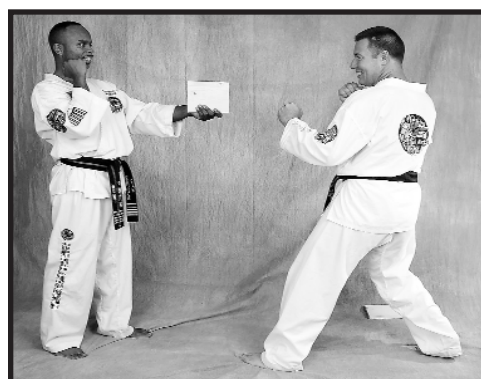
Jumping Back Hook Kick A.



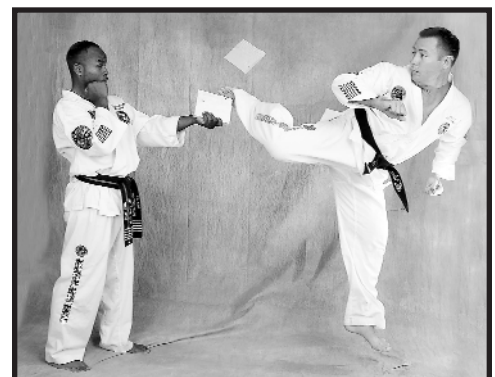
Jumping Back Hook Kick B.



Jumping Back Hook Kick C.



Jumping Back Hook Kick E.



Jumping Back Hook Kick D.

JA-YUN Self-Defense

JA-YUN Self-Defense is a series of situational defenses against grabs. Whereas the MU-DO Self-Defense defended against punches and kicks, JA-YUN moves closer to defend against a variety of grabs from the front, side, and rear.

Some of the techniques are merely escapes, while others are aggressive responses. You will have to learn to judge the appropriate level of response for different practical situations. For example, if your best friend says, “You’re learning martial arts. What would you do if I grabbed you like this?” An escape would be an appropriate response, but a full power kick, punch, or wrist lock would not. On the other hand, if a stranger violently grabs you and threatens your life, an escape and a take-down would be appropriate, and possibly even a detaining hold while someone calls the police for you.

Continue to practice JA-YUN Self-Defense 1 - 15 as described in the Blue Belt section, including Slow Motion, Exhibition, and Counter Attack Styles. Learning the motions is not enough. You must internalize them so that your body will naturally react to an attack without waiting for your mind to remember what to do.

Kicking Combinations

Now that you have gained some skill with your basic techniques, it is time to start combining the basic techniques into combinations. At the brown belt level we have some specific kicking combinations that combine the basic kicks with your breaking technique, the jumping back hook kick.

There are several purposes to practicing combinations. In the first place, combinations reveal weakness in your technique. For example, you may feel confident that you have learned your roundhouse kick and your jumping back hook kick rather well because you feel and look good when you do either of them in the air or on a target. However, when you try to do a roundhouse, jumping back hook kick combination, you may discover that your balance at the end of the roundhouse kick is not quite good enough to launch you into a jumping kick. Combinations force us to improve our balance during and especially at the end of each technique, so that our overall technique improves.

In the second place, if we were to use our techniques in a practical application like sparring or self-defense, it is unlikely that we would just throw one technique and be done with it. In sparring and in self-defense, we usually have to continue to throw combinations of techniques until we have reached our goal, whether that goal be scoring points or personal safety. Practicing basic combinations prepares us for the advanced practice of sparring and for the possibility of having to defend ourselves. For this reason, practice should always be done with a serious, focused mental attitude. Practicing your techniques as if your life depended on it not only helps you improve your technique rapidly, it prepares you emotionally in case you really have to defend yourself.

Finally, intermediate techniques like the jumping back hook kick would probably not be effective as a first move because it takes too long to complete. Instead, it is more effective as a second or third technique, after the partner has been put out of his strongest defensive position by a quicker, basic kick.

The following are the Brown Belt Combinations for your test:

Outside swing kick, jumping back hook kick

Inside swing kick, jumping back hook kick

Pick ax kick, jumping back hook kick

Knee kick, jumping back hook kick

Pushing kick, jumping back hook kick

Front kick, jumping back hook kick

Roundhouse kick, jumping back hook kick

Side kick, jumping back hook kick

For descriptions of each of the individual techniques, look at the basics section of this manual and your white belt manual.

Sparring

Sparring is the practical application of the Martial Arts. In sparring, we have the chance to put together all that we have learned in a very challenging situation -- someone is trying to punch and kick us. We have to judge distance, attack, block, and counter-attack on balance, with speed, timing, accuracy, and above all, control. If we make a mistake, we get hit.

Sparring by its very nature is competitive, pitting one athlete against the other, to determine who will be the winner. Sparring teaches us to succeed under pressure. It teaches us that life is not always a bowl of cherries, but that if we are strong and determined, we can overcome the challenges it places before us.

On the brown belt level we will continue to practice sparring, but we must remember that there are many different styles of sparring, and many different areas to develop this skill.

Some styles teach competitive spirit, while others teach cooperation over competition. Throughout the remainder of your study of the martial arts, you will encounter many different styles of sparring, and continue to learn by experience what works and what doesn't work in different situations.

<p>Physical Fitness Sparring Styles develop a strong body.</p>	<p>Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.</p>
<p>1. Aerobic Sparring 2. Alternate Sparring 3. Tournament Sparring 4. Practical Style Sparring 5. Exhibition Style Sparring 6. Target Sparring 7. Belt Sparring 8. Group Sparring</p>	<p>15. Solitary Sparring 16. Motivational Sparring 17. Emotional Sparring 18. Spiritual Sparring</p> <hr/> <p>Financial Fitness Style Sparring develops peace of mind through financial freedom.</p>
<p>Mental Fitness Styles of Sparring develop a strong mind and a positive Personality.</p>	<p>Life Fitness style of Sparring develops a happy life and personal leadership.</p>
<p>9. Eye Contact Sparring 10. Smile Sparring 11. Enthusiasm Sparring 12. Limited Sparring 13. Set-up Sparring 14. Team Spirit Sparring</p>	

**Philosophy
for
Brown Belt**

**Manage Your
Time & Money
Productively**

5. Manage Your Time & Money Productively

I dreaded sitting in front of a computer, always looking at it like it was some sort of evil monster. I knew so little about computers that I didn't even know where the 'ON' button was. Most of the time, I asked my secretary or another member of my staff to type up my work for me. When I wanted my Korean notes transcribed onto the computer, I turned to my father-in law, Mr. Dong Il Yun. Mr. Yun was and still is a computer programmer with an excellent command of both the English and Korean languages. He helped me immensely in transcribing my Korean writings onto the computer. I was so grateful to him for all of his help. Little did I know what was about to happen.

*The hands of time can
push your life forward
or keep it grounded.*

One day, I asked my father-in-law for his help and he replied, "I'm not helping you anymore. You have got to learn on your own."

"But...but...please I need your help," I pleaded. "I can't do this by myself. I don't even know how to turn on a computer. Don't do this to me; I need you, please." We stood there for a moment, looking at each other in silence. He extended his right hand, and in it was a card.

"What's this," I asked.

"Instructions on how to turn on and use your computer. This is the last bit of help I'm offering you. From now on, you're on your own. Best of luck to you."

After he left, I worried because I needed to transcribe my writings to the computer soon. "I have a business to run," I thought to myself, "I don't have the time to learn how to type, much less learn the operation of a computer." I tried one last time to get my father-in-law to take care of my work for me, but he wouldn't budge. I finally realized I had no choice but to learn.

My knowledge came in baby steps. First, I learned how to turn the computer on and off. Then I did some basic typing exercises for a week. When it came time for me to write, it took three days to

write one page--work I ended up losing because I didn't know how to save my files properly.

For a month frustration gripped me. I was still irked at my father-in-law for forcing me to do this by myself. "I've done nothing to anger him," I thought. "Why is he punishing me like this? Why is he forcing me to learn? I'm just wasting time doing this stuff."

With all the trouble I had, I thought about asking my secretary to transcribe my Korean notes into English. I was about to leave my office and give her my notes when it hit me; she didn't know Korean. I had no choice but to learn how to type in Korean.

Eventually after weeks of toiling, I learned how to type both in Korean and English. Typing was no longer a great trouble; it was finally a great tool.

***Time is not just money;
time is life.***

To this day, I'm thankful that my father-in-law used some tough love because I can't even begin to figure out how much time and money I saved. Before I learned how to type, it would take me anywhere from half an hour to an hour just to write a page by hand. Then I asked somebody to type and edit the copy for me. Now, I could do the same task in just five to ten minutes. I could work whenever I needed to, even use the Internet.

Saving time and money weren't the only benefits I gained. Knowing how to type reduced my stress and boosted my confidence because I no longer had to depend on others to get my work done.

To paraphrase an old Eastern proverb, "Mr. Yun taught me how to fish, instead of giving me the fish." My father in law helped me save time and money, which relieved my stress and opened a whole new world for me as a writer. I've always loved writing, but I knew that having to depend on someone to type was time-consuming and only would prolong my frustration. Now, with all of this new knowledge, I could write whenever my heart desires.

Learning how to type taught me the three most important things about how time management maximizes the value of time.

First, how important setting priorities is to good time management. For example, learning how to use my computer and to type became a priority, once no other alternative was available to me.

Second, how crucial preparation is to time management. For example, practicing basic typing exercises saved me time in the long run when I began writing this book.

Third, the importance of time management itself, whose benefits include saving money, reducing stress, and making life productive and enjoyable.

The most important thing I realized was that time is not just money, time is life. In order to manage my life productively, I must manage my time productively. Without proper time management, I won't just waste time and money, but waste my life. Effective time management revolutionized my life.

How to Manage Your Time & Money

Manage your life with all the right habits

A. Prioritize Your Daily Activities

Determine what is extremely urgent, urgent, important, necessary, or unnecessary in your daily life.

B. Make preparation a habit

Plan, organize, practice, and put into action everything that you do.

C. Organize your life

Learn to manage time on a short and long-term scale.

D. Discipline yourself to follow a daily plan

Planning daily is the best way to develop a habit of good time management.

E. Use time wisely

Using time wisely is necessary for good time management.

F. Achieve financial fitness

Control your money; don't let money control you.

A. Prioritize Your Daily Activities

Prioritization is essential to time management because it allows you to determine what is an extremely urgent, urgent, important, necessary, or unnecessary priority, enabling you to group priorities in order of importance so time can fully be utilized.

An **Extremely Urgent** priority is one that needs the most attention among multiple simultaneously occurring **Urgent** events or just a singular priority that needs instant attention. For example, let's say you are at home right now and three urgent priorities pop up at the same time 1) your kitchen has accidentally set on fire while you are cooking dinner 2) your baby is crying in the next room 3) you have diarrhea. From these urgent priorities, you must decide which one is extremely urgent, which in this case would be dealing with the kitchen fire because the house could burn down with you and the baby in it if you don't put it out.

An **Urgent** priority is one that is in need of immediate attention. For example, the need to go to the bathroom, answering a ringing phone or doorbell, attending to a crying baby, extinguishing a fire in the kitchen or catching a flight could all be classified as urgent.

An **Important** priority is one that needs a great deal of attention, but not immediate attention, such as personal health, education, safety, family, or business.

A **Necessary** priority is one that is essential to achieving a task or goal, but does not require immediate attention. Mowing the grass and cleaning the house can be considered necessary.

An **Unnecessary** priority is one that isn't urgent, important, or necessary. During working hours, this may include watching TV, going to the beach, and chatting on the Internet.

Keep in mind prioritization is not absolute. Things of importance vary from person to person and circumstance to circumstance.

Prioritization Exercise

Part 1: To better understand the importance of prioritization, try your hand at prioritizing the following activities: learn to control your time by prioritizing your life.

Prioritization key

1. Extremely Urgent.
2. Urgent.
3. Important.
4. Necessary.
5. Unnecessary.

Please circle the number to the right of each activity based how you would prioritize it:

Activities					
Going to the bathroom.	1	2	3	4	5
Answering a telephone call.	1	2	3	4	5
Watching TV.	1	2	3	4	5
Eating dinner.	1	2	3	4	5
Doing homework.	1	2	3	4	5
Cooking food.	1	2	3	4	5
Going to a business meeting	1	2	3	4	5
Spending time with family.	1	2	3	4	5
Exercising.	1	2	3	4	5
Cleaning house.	1	2	3	4	5
Chatting on the Internet.	1	2	3	4	5
Going to school or work.	1	2	3	4	5
Checking the mail.	1	2	3	4	5
Grocery shopping.	1	2	3	4	5
Fixing the plumbing.	1	2	3	4	5
Catching a plane for business.	1	2	3	4	5
Tending a garden.	1	2	3	4	5

This is how I prioritized these activities:

However, priorities can change based on the situation.

1. Going to the bathroom: 1. It is **Extremely Urgent** because it allows the body to continue functioning properly.
2. Answering a telephone call: 2. This is **Urgent** because if we don't answer the phone right away, the caller will hang up and we will miss the call.
Note: though answering the phone itself is an urgent priority, staying on the phone after you've answered it is another matter. If the call is informative, then the call is also **Important** (3) or even **Urgent** (2). If the call is from a salesperson wanting to sell you something you don't need, then the call is **Unnecessary** (5).
3. Watching TV: 5 or 2. Watching TV for fun is **Unnecessary**, but watching it for important information such as a hurricane watch is **Urgent**.
4. Eating dinner: 3. It is **Important** to eat.
5. Doing homework: 3. It is **Important** for achieving academic success.
6. Cooking food: 3 or 2. It is **Important**. However, if guests are coming to your home, then cooking becomes **Urgent**.
7. Going to a business meeting: 3 or 2. It is **Important** and depending on meeting, can be **Urgent**.
8. Family activity: 3. It is **Important**.
9. Exercising: 3. It is extremely **Important** in maintaining good health.
10. Cleaning house: 4. It is **Necessary**.
11. Chatting on the Internet: 5. It is **Unnecessary**.
12. Going to school or work: 3. It is **Important**.
13. Checking the mail: 3. It is **Important**.
14. Grocery shopping: 4. It is **Necessary**.
15. Fixing the plumbing: 3 or 1. It is **Important** but if you need to use the bathroom or it is leaking, it will be **Extremely Urgent**.
16. Catching a plane for business: 2. It is **Urgent**.
17. Tending a garden: 4. It is **Necessary**.

Part 2: With this knowledge of prioritization in mind, you now can **organize** your priorities to properly utilize time.

Take the time to organize the following eight responsibilities related to the home using numbers 1 through 8 in putting them in order. After putting these responsibilities in order, explain your choices.

Responsibilities	Order
Cutting the grass.	
Answering the phone.	
Answering the doorbell.	
Cooking dinner.	
Cleaning the house.	
Watching T.V.	
Attending a family meeting.	
Helping a child with homework.	

1st: _____

2nd: _____

3rd: _____

4th: _____

5th: _____

6th: _____

7th: _____

8th: _____

This is how I organized these responsibilities:

However, priorities can change based on the situation.

1st and why? **Answering the doorbell** is urgent.

2nd and why? **Answering the phone** is urgent.

3rd and why? **Cooking dinner** is important.

4th and why? **Helping a child with homework** is important.

5th and why? **Attending a family meeting** is important.

6th and why? **Cleaning the house** is necessary.

7th and why? **Cutting the grass** is necessary.

8th and why? **Watching TV** is unnecessary.

Part 3: Work responsibilities

Take the time to organize the following seven responsibilities related to work using numbers 1 through 7 in putting them in order. After putting these responsibilities in order, explain your choices.

Responsibilities	Order
Attending a meeting.	
Answering a phone call.	
Assisting a customer.	
Reading the mail.	
Chatting with a co-worker.	
Analyzing a report.	
Chatting with a friend on the Internet or over the phone.	

1st: _____

2nd: _____

3rd: _____

4th: _____

5th: _____

6th: _____

7th: _____

This is how I organized these responsibilities:

However, priorities can change based on the situation.

1st and why? **Assisting a customer** is urgent.

2nd and why? **Answering a phone call** is urgent.

3rd and why? **Attending a meeting** is important.

4th and why? **Reading the mail** is necessary, but it can be important depending on the mail.

5th and why? **Analyzing a report** is necessary, but it can be urgent or important depending on the nature of the report.

6th and why? **Chatting with a co-worker** is unnecessary.

7th and why? **Chatting with a friend on the Internet or over the phone** is very unnecessary.

While prioritization may help you in organizing your priorities and saving time, it's also important to remember not to overlook things that should have been prioritized. For example, if you need gas in your car, stop and fill your gas tank. Don't put it off, thinking you're too deluged by responsibility. After all, putting gas in a car low on fuel is actually a top priority because you can't go anywhere: work, school, or home, unless your car has gas in it.

Even if you are extremely busy, always make time for extremely urgent, urgent, and important priorities.

If you disagree with the way I prioritize things, that's ok. My main intention is that you think about your priorities. I'd rather you disagree with me for good reason than agree with me without thought.

B. Make Preparation a Habit

Preparation is the process of planning, organizing, and/or practicing a task in order to execute it successfully. Preparation can be as simple as writing a grocery list or as complex as building your own house. In fact you'll notice that you are less stressed, less tense, and you will save more time, money, and energy when you are prepared. Most important of all, preparation will give you a clear method of achieving your goals.

Now, let's check out your preparation know-how. Take a few minutes to check one or more of the boxes that apply to each task below. For example, if you think a task needs only to be planned, put a check in the "plan" box. If you think a task needs more than one element of preparation, check all the boxes that apply.

Task	Plan	Organize	Practice
Grocery shopping			
Going on a trip			
Making a speech			
Building a house			
Competing at a Tournament			

Done? Great. Let's look at each task in greater detail.

Task	Plan	Organize	Practice
Grocery shopping	<input type="checkbox"/>		

Grocery shopping only requires planning for it to be successfully executed. How do you plan for it? Make a grocery list before you leave the house so you know what your shopping needs are. The list doesn't have to be organized, and you don't need to practice it (Is it really necessary to practice running up and down supermarket aisles before you start shopping?).

Task	Plan	Organize	Practice
Going on a trip	<input type="checkbox"/>	<input type="checkbox"/>	

The first thing everyone does before going on a trip is planning. The questions we usually ask ourselves when planning normally include: "What is my destination? How will I get to my destination? Where am I staying? What will the weather be like at my destination? What will I do once I get to my destination?" so you know how to pack your luggage accordingly. You organize your trip by making travel and hotel reservations. You can't practice going on a vacation, although it sounds like fun.

Task	Plan	Organize	Practice
Making a speech	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Making a speech requires all three elements of preparation to ensure its successful execution. You plan for a speech by getting details about your audience, the subject of the speech, where and when it will be made to write it accordingly. You organize the speech so it touches on that subject and its related topics in the correct order. You practice it over and over to make sure that when you execute it, it should be one of the best speeches you've ever given.

Task	Plan	Organize	Practice
Building a house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Before you can even think of building a house, you have to have building plans so you know what kind of house you are building, how big it will be, what materials it will take, etc. You have to make sure the building process is organized so the house can be built correctly along with gathering all of the necessary materials and laborers needed. Then, you execute those plans. However, you must remember that building a house requires constant organizing as its being built so you are prepared for any unexpected events that may happen during the building process.

Task	Plan	Organize	Practice
Competing at a tournament	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

In order to win a tournament, you have to prepare very well before participating in it. First, you have to plan how you will win the tournament. Second, you have to organize the additional details needed to make your plan work. Finally, you must practice physically and mentally to be ready to win.

C. Organizing Your Life

Organization is the systematic arrangement of something to achieve order--one of the most pivotal necessities in time management, making it important on both a personal and professional level. Organization indicates that its foundations (prioritization, preparation, and self-discipline) have been mastered. After mastering these foundations, we can schedule and even delegate responsibilities to further organize our lives. The best thing about it is that organization can be used anywhere and it only serves to improve our lives.

Here are some ways to organize your life:

1.) Organize yourself

First, list your ultimate goals and plans. **Second**, list your yearly goals and plans. **Third**, make a list of your monthly goals and plans. **Fourth**, list your weekly goals and plans. **Finally**, list your daily goals and plans, which will be explained in the next section. By listing all of these things you can clearly see your goals, giving you direction and motivation to accomplish them.

2.) Organize your home or office

Write down a "to do" list for your office or home. By making this list, you, your family, and/or your co-workers will see what needs to be done in a set time frame, making you and them more likely to take the initiative, be more productive, and more efficient in completing tasks.

3.) Organize massive projects

You can't do massive projects by yourself. The key to doing massive projects is to break them down into smaller, manageable tasks and to delegate these tasks accordingly to the right people for maximum effectiveness. To keep things flowing smoothly, review your decisions from time to time. By extending your body and mind, you can accomplish many things in a short period of time.

D. Discipline Yourself to a Daily Plan

When you plan your day on a regular basis, you develop a strong time management habit, helping you to be more productive on a conscious and subconscious level. In fact, most leaders in any field make daily plans.

Every day, you need to make a daily plan. You can make it when you wake up in the morning or you can plan for tomorrow before going to sleep at night.

The following is an example of a daily plan I use when planning my day. If you like, feel free to make copies and use it for yourself, or you can design your own daily plan format.

I am responsible for my own life!

Thursday, Oct / 16 / 2003	Things to do	Done?
	1. Edit editorial for magazine.	<input type="checkbox"/>
	2. Prepare for convention in detail.	
	3. Reserve airline ticket for L.A. seminar.	<input type="checkbox"/>
	4. Call and confirm with CNN for TV interview.	<input type="checkbox"/>
	5. Send an e-mail to all regional directors about project.	
	6. Organize new office.	
	7. Buy new computer.	<input type="checkbox"/>
	8.	
	9.	
	10.	

Succeed through execution!

Appointments			
Time	Place	Contact	For
7:00 am	NBC TV N.Y.C.	Jim Smith (212-354-1000)	Interview
12:00 pm	White Garden	Bill Bush (222-2000)	Business
3:00 pm	Afternoon staff meeting at the office	All staff	New project
7:00 pm	Kennedy Center	Richard Reagan (234-2300)	Speech

Maximize my life!

I am responsible for my own life!

, / /	Things to do	Done?
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Succeed through execution!

Appointments			
Time	Place	Contact	For

Maximize my life!

E. Using Your Time Wisely

The one thing that the 6.3 billion people on this planet have in common is time. Everyone only has 24 hours a day to use, and no one can speed time up or slow it down to a standstill; how we use time determines who and what we are and will be in life.

Our level of success reflects whether we use our time effectively or ineffectively. Those who effectively manage their time show that they use time productively, and are successful in their lives. Those who manage their time ineffectively show that they waste their time, and are not as successful. Successful people control their time. Those who don't control time allow time to enslave them.

For example, if you enjoy your work and are productive, you control time. However, if you hate your job, you will throw productivity out the window and let time anchor you down.

Using time wisely is essential to good time management. Good time management should be utilized in everything from the smallest of actions to the most demanding tasks in the world. No matter how solid and detailed your preparations are, they will not be successful if you don't use time wisely.

Here are several ways to use and maximize your time to control it:

- * **Eating wisely** will actually save time. Why? Eating wisely makes you faster, more efficient, and more productive in everything that you do. Poor eating habits will slow you down mentally and physically. You should eat and drink appropriately to ensure you are always thinking and performing at your maximum potential. For example, if you work in an office all day, don't eat too much. Because you don't use a lot of physical energy in an office environment, you don't need a lot of fuel. However, if you're a construction worker, you need plenty of food and drink because your body uses a lot of energy and needs fuel to replenish it.

- ✳ **Recharging your energy** through exercise and proper rest allows you to maximize the time in your day. Exercising daily and doing mini-exercises such as laughing, meditation, and quick stretching, throughout the day to relieve stress leaves you more energetic and capable of handling time with increased efficiency. The simple act of smiling or relaxing for a few minutes can feel like a mini-vacation when you're stressed, allowing you to be more productive.

- ✳ **Acting wisely** in your decision-making is another appropriate way to save time. On the job, or anywhere else, learn to say, "No," or, "Yes," to effectively use time. Remember, you only have 24 hours a day to work with, so by saying, "Yes," to top priorities, and, "No," to low priorities, you utilize the time in your day to its maximum potential.

- ✳ **Making use of spare time** is yet another appropriate method of good time management. We often find ourselves with spare time when we are traveling or waiting for something. If not used properly, spare time becomes wasted time so use that spare time to your advantage. For example, if you're driving on a long road trip or just down the block, keep motivational or educational tapes or CDs handy so that you can listen to them. On an airplane (or while waiting for one) read a book, write one using paper, or work on your laptop computer.

- ✳ **Thinking positively** will help you enjoy whatever you do as you save lots of time and energy. If you focus on the negative instead, you can't concentrate, causing you to get stressed out and waste valuable time. Thinking positively is crucial to time management.

F. Achieve Financial Fitness

Money can't buy time, relationships, and happiness, but money can take our time away, destroy our relationships and our happiness.

However, you have no reason to be poor and tons of reasons to be rich. When you are rich, you know life will be easier for you. You can live in a beautiful house and drive a beautiful car. You can go wherever you want on vacation, even buy a beautiful vacation house. If you have elderly parents, you can take care of them. If you have children, you can put them through college. You can use your money to help others in many meaningful ways. Also, money is a very practical tool that can be used to accomplish your goals. You can make all of these things come true when you achieve financial fitness.

What is financial fitness? Financial fitness is the ability to control your money and not let money control you. In order to achieve financial fitness, you must have financial muscles, which are assets (income generators), and burn away financial fat, which are liabilities (unnecessary expenses). Once you have achieved financial fitness, you will gain financial freedom. Consider the following hypothetical scenarios regarding the importance of financial fitness.

Jack and John are best friends who went to high school together. Jack got sick of high school, dropped out, and got a full time job to support himself. Because Jack didn't have a complete high school education, he was paid barely above minimum wage at \$6 an hour. Even with steady wage increases, Jack only made roughly \$19,000 a year after a 10-year period. What's even worse is that he spent \$25,000 per year, \$6,000 more than he makes. Because he is always short on money, Jack is always pre-occupied with paying the bills. Jack has to find a second job to make up the difference, thus allowing money to control him and his time.

***Money cannot buy time, but it can
easily steal time away.***

However, John decided to go to college and work one part time job while in school. Once he got his degree, John found a career. Though he made less money in the beginning, John's college degree helped his average salary after a 10-year period to be \$45,000 a year. John also learned how to manage money properly so he only spent

\$20,000 per year and saved \$25,000 a year. He controlled his time and money so he could maximize his life.

Because John made an early financial sacrifice to go to college, he used good time management and achieved financial freedom. By choosing to drop out of high school and spending all of his time working instead of enriching himself, Jack used bad time management and made himself financially fat.

How to achieve financial fitness

- * Set realistic financial goals.
- * Think big and spend wisely.
- * Don't try shortcuts; instead don't be afraid to work harder and smarter.
- * Build profitable investing habits (assets) and avoid unnecessary expenses (liabilities).
- * Do not spend more than what you make unless you are making an investment.
- * Take financial advice from people who have proven their financial management ability.
- * Focus on your goal and manage your time productively.

Financial fitness is not about how much money you have but how well you manage it. You have no reason to be poor. Achieve financial fitness and enjoy your life.

If you can control your time and money, you can manage your life productively.

Review of "Manage Your Time & Money Productively"

What are the six ways of managing your time and money productively?

Why should you prioritize your time?

What are the differences between extremely urgent, urgent, important, necessary, and unnecessary priorities?

What is preparation, and why is it critically important to good time management?

How would you prepare to do the following tasks?

Shopping for groceries.

Going on a road trip.

Competing at a national championship.

How do you organize your life?

How do you make a daily plan, and what benefits do you gain from planning?

How do you benefit from using your time wisely?

What is financial fitness and why is it so important to have?

Can money buy or destroy happiness? Explain your answer.

How do you achieve financial fitness?

Excerpted from *Winning is a Choice* by Grandmaster Y. K. Kim, © 2004 by
Y. K. Kim Productions, Inc.

I would like to ask three big favors of you:

First, please read the JA-YUN philosophy at least three times and discuss it with your classmates so that you will understand it more clearly. The more you discuss it, the more you will enjoy it.

Second, please use what you have learned to improve your life. Make notes of any changes you have made.

Third, please share your success using the Martial Arts World philosophy, starting with your family and friends, and then moving up to become a public speaker. The more you share with others, the more successful you will become.

Grandmaster Y. K. Kim

Martial Arts Courtesy Questions

Additional Questions for Children:

If you have a friend named Bobby Jones, and he introduces you to his mother, what should you say?

Nice to meet you, Mrs. Jones.

What should you do if you play with your friend's toys while visiting his house?

I should clean up the toys when we are finished playing.

What should you do if your friend offers you something to eat while visiting her house?

I should help clean up and show appreciation.

Why should you help your friend do his chores?

If I help, he will be done faster, so we can have fun sooner.

If I don't help, people might think I am lazy.

If my friend skips his chores because of me, people might think I am a bad influence.

Why should you not touch a stereo, TV, or computer at your friend's house?

They do not belong to me, so I can only use them with permission from the owner (my friend's parents, or his brother or sister).

If you don't know the rules at someone else's house, what should you do?

1. politely ask permission to do what I need to do,
2. ask the rules (to my friend or his or her parents).

Why should you have good grades at school?

1. I want to be intelligent.
2. I want to be successful.

Additional Questions for Adults:

What is the most important thing to remember when visiting someone else's home?

First, that they may have different customs than I do, and second, that they have the RIGHT to have different customs in their own home, so I must respect them.

What do you do if you find your values are different than those of the rest of the group (for example, you are attending a party at someone else's home and you are feeling peer pressure to smoke, drink, or do something else that is against your values)?

I should politely leave.

Brown Belt, Red Stripe (3rd Keup)

Testing Requirements

Martial arts training provides a model for an automatic goal setting system through our belt achievement curriculum. The purpose of testing is test yourself, measure your progress, improve your technique, and build self-confidence.

Brown Belt, Red Stripe Pre-Test Requirements

In order to test for your brown belt, red stripe, you must earn three tips through pre-tests.

Brown Belt, white tip: Breaking Technique + Kicking Technique + Courtesy

Brown Belt, yellow tip: Poom se + Stances + Philosophy (“Manage Your Time & Money Productively”)

Brown Belt, green tip Self-Defense 1-15 + Sparring + Questions

Testing Requirements

1. Earn your three tips by pre-testing during class.
2. Fill out and turn in a completed Test Application (ask your instructor for one).
3. Invite at least five family members and friends to witness your test using the special invitation tickets available from the staff (ask your instructor for tickets).
4. Prepare your self well by practicing your technique and studying your curriculum guide.

Children:

Children are required to fill in the Citizenship Award Sheet and turn it in with their test application.

Children are also required to bring their latest report card and turn it in with their test application.

You will have an exciting, meaningful, and beneficial experience at your test.

Be a Communicator

Choose the right word

Control tempo and tone of voice

Use Proper Body language



Keeping these three skills will help you to be great communicator.

-- Grandmaster Y. K. Kim --

Back Cover