

Kuk Sool Pasadena

Welcome to Kuk Sool Pasadena

The following information will better prepare you for training at our school.

Our professional staff of Black Belt Instructors and their assistants are here to guide you towards better self-confidence and discipline as you improve your balance, coordination, flexibility and control. Our program gradually guides you to improved cardiovascular fitness, muscle tone, flexibility, increased confidence, mental discipline, self-defense techniques and more. You'll take great pleasure and pride in watching yourself become stronger and more agile, with increased stamina and a better attitude towards everything you do.

The most important thing to keep in mind is your goal. Remind yourself of the things you came to develop. Steady attendance is very important for your improvement. We suggest you attend class at least twice a week. This is a part of developing responsibility. **Kuk Sool Pasadena is a "Black Belt" school.** Our goal for every student is to help him or her earn their Black Belt, not only in Martial Arts but also in life. By working towards this goal we create an environment in which the student develops confidence through accomplishing high but realistic and attainable goals.

Guidelines and Information

Belt Testing: Testing will be scheduled quarterly in February, May, August, and November. Students will be eligible to test in consecutive tests if they have learned all the required material. All students will be notified by the head instructor if they are eligible to test.

Promotion: Promotion will normally be held 2 weeks following testing. The promotion ceremonies will be followed by a pot luck dinner and demonstration by the instructors. Students promoting will need to dress in their Do- Bok (Martial Arts Uniform). Students that promote will receive their belt at the ceremony. For those students unable to attend the promotion ceremony they will receive their promotion at the first class they attend after the ceremony. **Friends and family are always invited.**

Attire: Come to class clean and well groomed. This means coming to practice with a complete and untorn uniform. It should include pants, jacket with patches and belt. Any t-shirt or leotard worn under the jacket must be **black**. Your Do-Bok jacket should be worn left over right. Do not wear jewelry to class. Jewelry may cause injury to you and your classmates. *XBC students are required to wear an XBC t-shirt, if they do not have one they will be required to wear their Do-Bok jacket.

Sparring: When students reach Yellow Stripe they become eligible for sparring. Sparring will be done in the students' regular class on Wednesday or Thursday. **All students are required to buy their sparring gear through the office as it is considered part of their uniform.**

Student Creed

- 1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health. Sir/Ma'am!**
- 2. I will develop self-discipline in order to bring out the best in myself and others. Sir/Ma'am!**
- 3. I will use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive. Sir/Ma'am!**

White Belt

The white belt comes FREE with the martial arts uniform that you receive when you sign up for classes here at Kuk Sool Pasadena. It has been lying there in that package for who knows how long. They don't put an expiration date on the package like they do on ground beef at the grocery store. If you believe in destiny or *fate* as some call it, then imagine that from the time that particular white belt came off of the product line and went into that package it had YOUR name on it. It is folded just like the million other belts that were made at the factory and wrapped and tied with a small paper band. The one thing that you don't know though, is that when you break open that little band of paper and release that white belt from it's* restraints the most wonderful thing happens. The moment that white belt is tied around your waist your spirit of adventure, your warrior strength, your courage to seek the martial way flows from you into it's every thread.

You, the *white belt* are one of the bravest students on the practice floor. Yes, the Black Belts are out there, but they are now seasoned martial artists that have spent years in training. You, on the other hand must take that first step onto the Do Jang floor not knowing what will happen next. It takes a strong spirit to put yourself into an unknown situation and let someone lead you through a flood of information along with physical demands, many of which you have never heard of and some you haven't done since you were a kid.

The moment you stepped into your Do Bohk (martial arts uniform) you became a Martial Artist. Your spirit of adventure is what gave you the strength to step in the door to begin with. Your Warrior Strength will carry through even the toughest classes. And, last but not least, your Courage to seek the Martial Way will take you to Black Belt because you believe in yourself.

Tying that White Belt around your waist was one of the bravest things you will ever do. I like to believe THAT PARTICULAR BELT DID HAVE YOUR NAME ON IT and was packaged with a special dose of Black Belt Spirit that flowed into your very being the minute you put it on. Go ahead, ask any Black Belt, they never get tired of putting on their belt and looking down at that knot, knowing how much blood, sweat and tears they put into achieving it. The *goose bumps* that you get are just a freebie!

Welcome,
Jo Kyo Nym Linda

Yellow Stripe Requirements

When a student begins Martial Arts training, they must first learn the underlying principles and fundamentals. The first rank a student reaches at Kuk Sool Pasadena is Yellow Stripe. To reach the rank of Yellow Stripe a student will be expected to learn the following:

- **The 3 Student Creeds.**
- **How to tie their belt.**
- **Know 20 of the 28 Mental Drill Questions.**
- **The 4 salutes at the beginning and ending of class in both Korean & English.**
- **Names of the School Master and Senior Instructors.**
- **Understand the basic commands used in class.**
- **Demonstrate proper standing and sitting positions.**
- **Demonstrate proper etiquette on a daily basis.**
- **Demonstrate proper Soo Ki (hand techniques) and Johk Sool (kicking techniques).**
- **Demonstrate how to bow on/off the practice floor and in/out of the school properly.**
- **Demonstrate and hold for 1 minute Left & Right Guarding and Long Front Stance and Horse Stance.**
- **Demonstrate the Basic Covers.**
- **Demonstrate Sohn Pae Ki 1 – 8.**

To receive their Yellow Stripe, students will perform the physical material in an exam that will be held prior to New Student Orientation. There will also be a take home written exam that will cover the mental material. Those students that are ready for their Yellow Stripe will receive their promotion at the New Student Orientation immediately following their physical test.

Once students receive their Yellow Stripe they will then be able to begin learning the required forms and techniques for the Black Belt Curriculum. Students will always be expected to remember and use the knowledge that they gained to reach Yellow Stripe. This material forms the physical and mental foundations for the students and will often be referenced in class.

Martial Artist Code of Behavior

You have been given this handbook because you are beginning Martial Arts training at Kuk Sool Pasadena. Read it now as a beginning student and refer to it later as memory fails or questions arise.

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

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

Throughout this folder you will be presented with various rules and regulations. In reading through them and learning them, don't forget, RESPECT AND MANNERS ARE THE RATIONALE FOR THEIR EXISTENCE. As Martial Artists in the modern world we must always remember the five principles of the Ancients:

1. Virtue
2. Trust
3. Intelligence
4. Bravery
5. Discipline



DO-JANG DO'S AND DON'TS

- 1. Do** wear close-toed shoes to class. No sandals, flip-flops, crocs, etc. Normal classes may be taken outside depending on the weather, and BBC classes are held outside every other week.
- 2. Do** take your shoes off before entering the practice area.
- 3. Do** put your cell phone on vibrate during class.
- 4. Don't** talk on the phone while class is in session, it distracts the students and takes away from their training.
- 5. Don't** enter the office unless you have business there.
- 6. Don't** eat, drink, chew gum or smoke in the Do-jang.
- 7. Don't** use vulgar language in the Do-jang.
- 8. Don't** leave your Do-bok or other possessions in the Do-jang.
- 9. Do** keep a strong and positive mental attitude. Don't let doubts and or fears overshadow you. On the other hand, be realistic. Don't push yourself beyond safe limits. Also don't show your weariness. It is contagious and will quickly contaminate your classmates.
- 10. Do** discuss any problem with an Instructor immediately. Remember, it is better to get your answers from the highest possible authority. Don't ask a Brown Belt if you can ask a Black Belt.

PREPARING FOR CLASS

1. Come to classes clean and well groomed.
2. **Do-bok** is the Korean word for Martial Arts uniform. Come to practice with a complete and presentable Do-bok. This means the uniform should be clean, wrinkle free and untorn; it should include underwear, pants, jacket and belt. Any T-shirt or leotard worn under the jacket must be solid black or black Kuk Sool t-shirt with no visible markings while wearing Do-bok top. Always treat the Do-bok with respect, after class fold it neatly.
3. Before class, change into your uniform without delay. Always wear the full uniform at the beginning of class.
4. Do not wear jewelry during practice. Jewelry may cause injury to yourself or your partners.
5. Do not use drugs (except for medication) or alcohol prior to class.

*XBC students are required to wear an XBC t-shirt for that specific class, if not they will be required to wear their Do-bok jacket.

Kuk Sool Pasadena

Bowing*

(Saluting)

Bowing is the most obvious way to show respect. As a Martial Arts student, you will bow frequently. In Martial Arts, the terms bowing and saluting are used interchangeably and synonymously. There are no religious connotations inferred or implied. It is important to know when and how to bow.

Proper Bowing:

There are two types of bows used in Kuk Sool. There is informal and formal bowing. When executing both bows you say "Kuk Sool", except when you are bowing to the National Flag.

The informal bow is executed from a standing posture by bending forward from the waist slightly, about 45 degrees. Your eyes should be lowered, but you should still be able to see all of the person to whom you are bowing. If you are in uniform, your hands should be holding your belt in the attention position. If you are in street clothes, keep your arms at your sides.

The formal bow is executed from a kneeling posture by bending forward at the waist and placing the hands on the ground in front of you. The hands should form a triangle with your thumbs and index fingers and your eyes should be lowered, looking at your hands.

When you first see an Instructor, bow to him/her as you greet them. When you leave the school, bow to the Instructors as you bid them farewell.

Bow "in" before practice and bow "out" after practice. These 3 bows are done from the formal bowing position at the beginning and ending of every class. The first bow is to the National Flag; the second bow is to the School Master if he is present; the third bow is to begin/end the class. If you are in the Do-Jang when a class bows in/out always bow with the class, even if you are not ready for class or are not staying for the class. If in such a situation that you are in street clothes, you may bow from a standing position. In Advanced and Dahn Boh Nym classes, and formal occasions such as tests and promotions the number of salutes may vary depending on the Black Belt ranks present.

During Practice:

Bow to Instructor when beginning and ending hyung (form).

Bow to National Flag when practicing hyung without supervision.

Bow to partners before and after sparring.

Bow to partners before and after techniques practice.

Bow any time the Instructor tells you to bow.

Regarding “Titles”

Always address the Instructors by their correct title. You may also say “Sir” or “Ma’am” if you are unsure as to the proper title to use. Using the Instructors’ first name or saying “Hey You” is not polite or respectful. Instructor titles are as follows:

Jo Kyo Nym	1 st Degree Black Belt
Kyo Sa Nym	2 nd Degree Black Belt
Pu Sa Bum Nym	3 rd Degree Black Belt
Sa Bum Nym	4 th Degree Black Belt
Kwan Jang Nym	5 th - 10 th Degree Black Belt

The Literal translation of Kwan Jang Nym is actually “School Master”. In the Korean culture, this title may be achieved in one of two ways. First, any student who reaches the level of 5th Dahn may reserve the right to be recognized as Kwang Jang Nym. However any student who has achieved the rank of 4th Dahn and who currently owns or operates a Martial Art school is also recognized by this title.

THE PRIVILEGES AND RESPONSIBILITIES OF RANK

- 1. Obey Instructors and senior classmates.**
- 2. Do not disturb senior classmates while they practice.**
- 3. Never try to do something you haven't been taught.**
- 4. Do not teach in or out of the school without the prior permission of a Senior Instructor.**

WEAPONS

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

Kuk Sool Pasadena

Parents: These are some helpful hints to the parents:

1. Be helpful but don't coach your child.
2. Teach your child to enjoy the thrill of competition by giving him the encouragement needed to improve his attitude and skills. Let them know winning is not the most important thing compared to the striving for excellence!
3. Try not to re-live your athletic life through your child.
4. Don't compete with the coach.

Special Note: My child complains about coming to class. What should I do?

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

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

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

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

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

MENTAL DRILL QUESTIONS

These questions are used for instructional and motivational purposes and to assist you in learning the fundamentals of what you are taught.

1. **WHAT ARE THE TWO MOST IMPORTANT IDEAS IN MARTIAL ARTS TRAINING?** (1) I will develop myself in a positive manner! Sir/Ma'am!
(2) I can do more than I think I can! Sir/Ma'am!
2. **WHAT'S THE FIRST STEP IN STRONG MIND TRAINING?**
Martial Arts etiquette! Sir/Ma'am!
3. **WHAT ARE THE TWO "P'S"?** Patience and Perseverance! Sir/Ma'am!
4. **WHAT KIND OF SCHOOL ARE WE?** Black Belt School! Sir/Ma'am!
5. **WHO ARE WE?** Kuk Sool Pasadena! Sir/Ma'am!
6. **WHAT ARE YOU?** Winners! Sir/Ma'am!
WHY? Because we are here! Sir/Ma'am!
7. **WHAT ARE THE THREE STEPS IN THE LEARNING PROCESS?**
(1) Memorization! (2) Precision! (3) Smoothness! Sir/Ma'am!
8. **WHAT'S THE LONG NAME FOR THE KICK?** The kick that shows you can do more than you think you can! Sir/Ma'am!
9. **WHAT ARE TWO THINGS YOU NEVER DO DURING YOUR EXERCISES?**
(1) Never hold your breath! (2) Never overdo it! Sir/Ma'am!
10. **WHAT ARE THE TWO THINGS YOU NEVER DO WITH YOUR MARTIAL ARTS TRAINING?** (1) Never kick or punch others! (2) Never kick or punch the furniture! Sir/Ma'am!
WHY? Because our parents don't like it! Sir/Ma'am!
11. **WHAT ARE THE FIVE POINTS OF ATTENTION?** (1) Feet together! (2) Hands on belt! (3) Mouth Closed! (4) Eyes straight! (5) Answer Sir or Ma'am! Sir/Ma'am!
12. **WHERE'S THE FOCUS POINT FOR ALL OUR HAND TECHNIQUES?**
Center of the chest! Sir/Ma'am!
13. **WHAT TWO KNUCKLES DO YOU STRIKE WITH IN A PUNCH?**
The first two! Sir/Ma'am!
WHY? Because they are the strongest!

Kuk Sool Pasadena

14. **WHERE'S YOUR THUMB GO ON A KNIFE HAND? Top of the hand!
Sir/Ma'am!**
15. **WHERE'S YOUR THUMB GO ON A REVERSE KNIFE HAND?
Bottom of the hand! Sir/Ma'am!**
16. **HOW STRONG SHOULD YOUR HORSE STANCE BE?
Strong enough to hold a person on each leg! Sir/Ma'am!**
17. **WHAT IS IT YOU NEVER DO WITH BENT LEG KICKS? Snap the knees!
Sir/Ma'am!**
18. **HOW DO YOU KEEP FROM SNAPPING THE KNEES? Focus! Sir/Ma'am!**
19. **HOW DO YOU FOCUS? Hold it out for one second! Sir/Ma'am!**
20. **WHAT IS IT YOU NEVER TOUCH ON YOUR FALLING TECHNIQUE?
Your head! Sir/Ma'am!**
21. **WHAT TOUCHES THE GROUND HARD? Your hands! Sir/Ma'am!**
22. **WHAT TOUCHES THE GROUND SOFTLY? Your body! Sir/Ma'am!**
23. **HOW DO YOU BRING THE POWER? Spread the fingers! Sir/Ma'am!**
24. **HOW DO YOU DO YOUR JOINT LOCKS AND THROWS SAFELY?
Slowly! Sir/Ma'am!**
25. **WHAT'S THE GOLDEN RULE FOR TARGET TRAINING?
Never hit a target full power the first couple of times! Sir/Ma'am!**
26. **WHAT'S OUR SAFETY RULE FOR SPARRING? No contact! Sir/Ma'am!**
27. **WHAT'S THE FIRST TECHNIQUE RULE FOR SPARRING?
Posture! Sir/Ma'am!
WHAT'S THE SECOND TECHNIQUE RULE FOR SPARRING?
Three or more combinations! Sir/Ma'am!
WHAT'S THE THIRD TECHNIQUE RULE FOR SPARRING?
Move in a circle! Sir/Ma'am!**
28. **WHAT DO YOU NEVER DO ON A TURNING TYPE KICK? Never drag the
heel! Sir/Ma'am!**

Kuk Sool Pasadena

TERMINOLOGY

Basics

<i>Yea Eue</i> : Etiquette	<i>Doh Jahng</i> : Practice Hall	<i>Soom She Ki</i> : Breathing
<i>Kyung Neh</i> : Bow	<i>Doh Bok</i> : Uniform	<i>Ki Cho Jah Ki</i> : Breathing Exercises
<i>Cha Ryuht</i> : Attention	<i>Di</i> : Belt	<i>Ki</i> : Internal Life Force
<i>Juhng Jah</i> : Proper Sitting	<i>Eue Bok</i> : Clothing	<i>Ki Hahp</i> : Forcing Ki by Pressure when Breathing
<i>Joon Bee</i> : Ready	<i>Soo Ryuht</i> : Practice	<i>Mon Puhl Ki</i> : Warm-up Exercises
<i>She Jahk</i> : Begin	<i>Geu Mahn</i> : Stop	<i>Kuk Ki</i> : National Flag
<i>Geut</i> : Finish	<i>Shee Uh</i> : Rest	
<i>Bah Roh</i> : At Ease		

Names and Titles

<i>Kwan Jahng Nim</i> : School Master
<i>Kwan Jahng Nim</i> : Master (5 th – 10 th degree Black Belt)
<i>Sa Bum Nim</i> : Instructor (4th degree Black Belt)
<i>Pu Sa Bum Nim</i> : Assistant Instructor (3rd degree Black Belt)
<i>Kyo Sa Nim</i> : Assistant Instructor (2nd degree Black Belt)
<i>Jo Kyo Nim</i> : Assistant Instructor (1st degree Black Belt)
<i>Dahn Boh Nim</i> : Black-Brown Belt
<i>Ja Di</i> : Brown Belt
<i>Hohng Di</i> : Red Belt
<i>Chuhng Di</i> : Blue Belt
<i>Noh Rahng Di</i> : Yellow Belt
<i>Hin Di</i> : White Belt

Counting

<i>IL</i> : First	<i>Hah Nah</i> : One	
<i>Ee</i> : Second	<i>Dul</i> : Two	<i>Seu Mool</i> : Twenty
<i>Sahm</i> : Third	<i>Set</i> : Three	<i>Suh Reun</i> : Thirty
<i>Sah</i> : Fourth	<i>Net</i> : Four	<i>Mah Heun</i> : Forty
<i>Oh</i> : Fifth	<i>Dah Suht</i> : Five	<i>Shwin</i> : Fifty
<i>Yook</i> : Sixth	<i>Yah Suht</i> : Six	<i>Yeh Soon</i> : Sixty
<i>Chil</i> : Seventh	<i>Il Gohp</i> : Seven	<i>Il Heun</i> : Seventy
<i>Pahl</i> : Eighth	<i>Yuh Duhl</i> : Eight	<i>Yuh Deun</i> : Eighty
<i>Gu</i> : Ninth	<i>Ah Hohp</i> : Nine	<i>Ah Heun</i> : Ninety
<i>Ship</i> : Tenth	<i>Yul</i> : Ten	<i>Baek</i> : One Hundred

Parts of the Body

<i>Bahl</i> : Foot	<i>Bahl Deung</i> : Foot Top (Instep)	<i>Bahl Koom Chi</i> : Heel
<i>Dah Ree</i> : Leg	<i>Moo Reup</i> : Knee	<i>Sohn</i> : Hand

Kuk Sool Pasadena

Sohn Mohk: Wrist
Pahl Koom Chi: Elbow

Ahn Sohn Mohk: Inside Wrist
Uh Kae: Shoulder

Bahl Mohk: Ankle
Hyul: Pressure Point

Directions and Moves

Ahn: Inside

Ahp: Front

Yuhp: Side

Dee, Dwee: Back

Dee Uh: Jumping

Hweh Juhn: Circle (turning)

Doh Rah: Spinning

Yahng: Both

Ssahng: Double

Yuhk: Reverse

Ban De Roh: Other Direction

Dee Roh Doh Rah: Turn Around

Sahng: High

Joong: Middle

Hah: Low

Animal Movements

Ho Rang Ee: Tiger

Dok Soo Ri: Eagle

Bahm: Snake

Sa Ma Gi: Praying Mantis

Hak: Crane

Jah Se (Stances)

Kong Kyuk Jah Se: Offense/Attack Stance

Ki Mah Jah Se: Horse-riding Stance

Bahng Uh Jah Se: Defense Stance

Juhng Gool Jah Se: Long/Front Stance

Soo Ki (Hand Techniques)

Juhng Gwuhn: Straight Punch

Soo Doh: Knife Hand

Yuhk Gwuhn: Reverse Punch (Uppercut)

Yuhk Soo Doh: Ridge Hand

Il Ji Gwuhn: 1-Finger Fist

Ssahng Soo Doh: Double Knife Hand

Sah Ji Gwuhn: 4-Knuckle Fist

Hweh Juhn Soo Doh: Circle Knife Hand

Gahk Gwuhn: Back Fist

Pyung Soo: Palm Strike

Kah Mah Mahk Ki: Spinning Back Fist

Ssahng Pyung Soo: Double Palm Strike

Sohn Deung: Backhand Strike

Sah Mah Gwi: Praying Mantis Hand

Gwahn Soo: Spear Hand

Pahl Koom Chi Ki: Elbow Strike

Dee Ahp Soo Ki: Back - Front Punch

Kah Mah Hoo Li Ki: Turning Ridge-Knife-Ridge Hand Combination

Ship Ja Mahk Ki: Four-Direction Block

Kuk Sool Pasadena

Johk Sool (Leg or Kicking Techniques)

Ahp Cha Ohl Li Ki: Straight Leg Kick *Ahp Cha Ki*: Front Kick
Hoo Li Ki: Sweep *Bahl Deung Cha Ki*: Roundhouse Kick
Jik Uh Cha Ki: Axe Kick *Bahl Koom Chi Cha Ki*: Hook Kick
Doh Rah Cha Ki: Spin Kick *Yuhp Cha Ki*: Side Kick
Ahn Dah Ree: Inside Kick *Dee Cha Ki*: Back Kick
Bah Gaht Dah Ree: Outside Kick *Dee Doh Rah Yuhp Cha Ki*: Turn Back Side Kick
Moo Reup Cha Ki: Knee Kick

Nak Bub (Falling Principles)

Ahp Nak Bub: Front Fall *Hweh Juhn Nak Bub*: Rolling Fall
Dee Nak Bub: Back Fall *Goh Yahng Ee Nak Bub*: Cat Roll
Yuhp Nak Bub: Side Fall *Gong Joong Hweh Juhn Nak Bub*: High Circle Fall
Ahp Yuhp Nak Bub: Twisting Fall *Doo Sohn Poong Cha*: 2-Hand Cartwheel
Hahn Sohn Poong Cha: 1-Hand Cartwheel *Pahl Koom Chi Poong Cha*: Elbow Cartwheel

Moo Ki (Weapons)

Geum: Sword *Pook Chae*: Fan *Jool Bong*: Roped Staff
Dahn Geum: Short Sword *Jee Peng Ee*: Walking Cane *Dahn Bong*: Short Staff
Kahl Geum: Knife *Poh Bahk*: Rope *Joong Bong*: Middle Staff
Chang: Spear *Jang Bong*: Long Staff

Greetings and Phrases

Ahn Young Hah Shi Nee Kah?: Hello/Hi/How Are You?
Ahn Young Hee Kah Ship See Yo: Goodbye/Go Safely
Soo Guh Heet Sahm Nee Dah: You Worked Hard
Kahm Sah Hahm Nee Dah: Thank You
Chuhn Mahn Eh Yo: You're Welcome
Soo Ryuhn Geut: Finish Practice

Kuk Sool Pasadena

Unity

*I dreamt I stood in a studio
And watched two sculptors there.*

*The clay they used was a young child's mind
And they fashioned it with care.*

*One was a teacher - the tools he used
Were books, music, and art.*

*The other, a parent, worked with a guiding hand,
And a gentle loving heart.*

*Day after day, the teacher toiled
With touch that was deft and sure.*

*While the parent labored by his side
And polished and smoothed it o'er.*

*And when at last, their task was done
They were proud of what they had wrought.*

*For the things they had molded into the child,
Could neither be sold nor bought.*

*And each agreed they would have failed
If each had worked alone.*

*For behind the teacher stood the school
And behind the parent the home.*

Author Unknown

Children Learn What They Live

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

These words found their way to us from an anonymous author but they are truly wise and should be carefully considered.

***If a child lives with criticism,
He learns to condemn.***

***If a child lives with hostility,
He learns to fight.***

***If a child lives with ridicule,
He learns to be shy.***

***If a child lives with jealousy,
He learns to feel guilty.***

***If a child lives with tolerance,
He learns to be patient.***

***If a child lives with praise,
He learns to appreciate.***

***If a child lives with encouragement,
He learns confidence.***

***If a child lives with fairness,
He learns justice.***

***If a child lives with approval,
He learns to like himself.***

***If a child lives with both acceptance and friendship,
He learns to find love in the world.***

The Ten Commandments of Athletic Children

1. **Make sure your child knows that you love him/her and appreciate his/her efforts.**
2. **Try to be completely honest with your child about his/her athletic ability.**
3. **Be helpful but do not coach your child.**
4. **Teach your child to enjoy the thrill of competition; to be “out there trying” to improve his/her skills and attitudes.**
5. **Try not to re-live your athletic life through your child.**
6. **Don't compete with the Instructor.**
7. **Don't compare the skill, courage or attitudes of your child with those of other team members.**
8. **Get to know the Instructor.**
9. **Always remember children tend to exaggerate.**
10. **Make a point to understand courage. Courage is not the absence of fear but a means of doing something in spite of fear or discomforts.**

From “The Young Athlete” by Bill Burgess

Kuk Sool Pasadena

Syllabus

On your journey to Black Belt and beyond you will be required to learn numerous techniques and hyungs. We have listed below the material that is covered in each particular class to assist you in learning the names of the individual sets and forms. Although all students learn all the same material those students 12 & under (juniors) and 13 & older (Adults) learn the material at different rates.

Techniques

	Adults	Juniors
Beginner Class: White & Yellow Belts	Sohn Pae Gi 1 – 8 Ki Bon Soo 1 – 15 Sohn Mohk Soo 1 – 11 Eue Bohk Soo 1 – 13	Sohn Pae Gi 1 – 8 Ki Bon Soo 1 – 15 Sohn Mohk Soo 1 - 5
Advanced Class: Blue, Red & Brown Belts	Ahn Sohn Mohk Soo 1 - 6 Maek Chi Ki 1 – 15 Maek Cha Ki 1 – 15 Joo Muhk Maga Ki Bon Soo 1 – 15 Joong Geup Sohn Mohk Soo 1 – 7 Ahp Eue Bohk Soo 1 – 20	Sohn Mohk Soo 6 - 11 Eue Bohk Soo 1 – 13 Ahn Sohn Mohk Soo 1 – 6 Maek Chi Ki 1 – 15 Maek Cha Ki 1 – 15
Dahn Boh Nym Class: Dahn Boh Nym	Dee Eue Bohk Soo 1 – 23 Kwan Juhl Ki 1 – 13 Too Ki 1 – 13 Mohk Juhl Li Ki 1 – 5 Bahng Too Ki 1 – 10	Ahp Eue Bohk Soo 1 - 20

Forms

Adults & Juniors

Beginner Class:	Ki Cho Hyung Cho Geup Hyung
Advanced Class:	Joong Geup Hyung Go Geup Hyung Dae Geup Hyung
Dahn Boh Nym Class:	Gum Moo Hyung