



# Martial Arts World



White Belt

Winning  
is a Choice

Grandmaster Y. K. Kim

\$79

# Win Every Time

## The Three Steps to Win in Your Life

*These three steps will take you where you want to be:*

### 1. Change Your Mind

*Change your mind is the beginning of becoming a winner.*

### 2. Change Your Body

*Change your body is critical to winning in life.*

### 3. Maximize Your Life

*When you maximize your life, winning is guaranteed.*



*These three steps will transform you into a winner.*

---Grandmaster Y. K. KIM---

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# Set Positive Goals

Both short-term and long-term goals.

*“Climbing the highest mountain begins with a single step.”*

When you write down your goals, they will become ten times more powerful.

<u>Rank</u>	<u>Date Expected</u>	<u>Date Achieved</u>
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## Short Term Goals

9th Keup Yellow Belt	_____	_____
8th Keup Green Belt	_____	_____
7th Keup Purple Belt	_____	_____
6th Keup Blue Belt	_____	_____
5th Keup Brown Stripe	_____	_____
4th Keup Brown Belt	_____	_____
3rd Keup Red Stripe	_____	_____
2nd Keup Red Belt	_____	_____
1st Keup Black Stripe	_____	_____
Deputy Black Belt	_____	_____
1st Dan Black Belt	_____	_____

## Long Term Goals

Certified Instructor	_____	_____
Certified Master	_____	_____
Certified Grandmaster	_____	_____

## What are the most important goals in your life?

Personal	_____	_____
Professional	_____	_____
Family	_____	_____

# **Congratulations, and Welcome to Martial Art World!**

Dear Future Instructor,

It is a great honor for us to wish you well at the beginning of your journey in the Martial Arts. We know from our own experience that Martial Arts is the most fun, exciting, meaningful thing you will ever do, and the best experience of your life. We are especially glad that you have chosen to take this journey with us.

Martial Arts World will help you to build personal power so that you can become successful in both your personal and professional lives. It was founded in 1978, but is based on an over 5000 year history of Martial Arts tradition that has helped people all over the world improve physically, mentally, emotionally, morally, spiritually, and philosophically.

Our professional Instructors and Training-Instructors have set the quality care of each and every student as their number one priority. If you ever have a question, please don't hesitate to ask your Instructor or any Training-Instructor. They will be happy to answer your question or discuss any concerns you may have. We know you will face many challenges along the road to your goals, and we want to be your best teachers, coaches, teammates, cheerleaders, and fans every step of the way.

Martial Arts World is your new Martial Arts home, and you are a member of our Martial Arts family. You are the face of Martial Arts World to whomever you meet, wherever you go and whatever you do. Please try your best to represent us all at Martial Arts World by being the best example of what a Martial Artist should be.

We are sure our Instructors and all members of our family will support you. You will have an unforgettable experience with Martial Arts World.

Sincerely,  
Martial Arts World



# 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 includes:

**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

# 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.

# What is a White Belt?

A white belt is the beginning of the journey along the way of life we call the martial arts. It is the most meaningful and fun journey you will ever take. It represents the beginning of drawing the map that will guide you to a better future.

Just as you cannot build a skyscraper on a foundation of sand, nor can you write a great book without knowing the alphabet, neither can you build a great life through the martial arts without setting the right foundation of basics.

The meaning of white belt is the beginning. The belt is white to represent the clean slate, the blank piece of paper. It symbolizes that you must come to the martial arts innocent and ready to learn. You must first empty your cup before it can be filled.

The first lines to be drawn on your blank sheet of paper will be the basics. Basics are the foundation of the best and most advanced techniques. You must make a commitment to excellence in all your basics to gain the maximum benefit from your martial arts training.

***Your future begins today, so do your best.***

# Beginners Guide

## Welcome to Martial Arts World

The first two or three days you may experience sore muscles and feel a little awkward when learning the new movements. This is absolutely normal. These are signs that you are getting into better shape. In a short time the soreness will go away and the techniques will come more easily with practice. Stick with it and you will love it!

1. Please pick up your attendance card at the front counter and either pass it under the scanner and return it to its holder, or bring your card into class to be collected by your instructor. This way we have a record of your attendance.
2. New students are invited to attend the beginners classes. We recommend two to three classes a week. Check the class schedule to see which classes fit your needs.
3. Your tuition payments are our only source of income to operate and improve the school for your benefit. We need your cooperation to keep the school running smoothly, so please pay on time.

## Guidelines for Showing Respect to Yourself

1. Bow as you enter and leave the school building, and when entering and leaving the *do jang* (training room). Bowing is part of our training and is an international natural body language that shows that you respect yourself and others. Another way we show respect and discipline is by saying, "Yes, Sir," and, "No, Ma'am."
2. If you arrive to class after it has begun, enter the *do jang* and wait on your right knee until the instructor places you in the class. Do not leave class without the instructor's permission.
3. Whenever you approach your instructor to address him or her, first bow and then speak politely.
4. The following are prohibited in the *do jang*: shoes, smoking, eating, drinking, chewing gum, intoxication, bad language, arguing, and horse-play.
5. Always wear a clean uniform to class and NO JEWELRY.
6. Full sparring gear must be worn whenever you spar. Spar only under an instructor's supervision, with maximum control and NO CONTACT.
7. Senior belts should set a good example by showing respect and helping lower ranking students. Lower belt students should always show respect for their senior ranking students because they have already faced every challenge you are facing now and succeeded.
8. Do not demonstrate or teach the martial arts outside of the *do jang* without the expressed permission of your instructor. Never degrade the martial arts or the reputation of the school.
9. You must have permission from your instructor to participate in any tournament or other martial arts activity. All awards will be displayed at the school.

# **Guidelines for Children's Behavior at Home**

1. Be honest and always obey your parents. Always answer with, "Yes, Sir," or, "No, Ma'am."

***Keep a positive attitude.***

2. Clean up your own room, study every day to maintain an A-B average, and eat only healthy food, not junk food.

***Develop winning habits.***

3. When you set a goal, never give up. Practice martial arts every day, and picture yourself reaching your goals. Dream of the day when you will become an instructor.

***Become a winner.***

# TERMINOLOGY

## MARTIAL ARTS WORLD CODE

- Be honest and always stand for justice.
- Respect and help each other.
- Be loyal and courteous.

*The following terms will be used often in your classes, so it is important that you know what they mean. Martial Arts World traces its tradition back to Korea, the homeland of our founder, Grandmaster Y. K. Kim. In order to preserve some of the traditions, many Korean words are still used in instruction.*

### PEOPLE

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Grandmaster .....	Sabu Nim
Master Instructor .....	Sabum Nim
Instructor .....	Kyobum Nim
Training- Instructor .....	Jo Kyobum Nim
Senior Student .....	Sunbae Nim

### THINGS

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School.....	Do jang
Uniform.....	Do bok
Belt .....	Dhee

### CLASSROOM COMMANDS

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Attention .....	Cha ryut
Bow .....	Kyung neh
Ready.....	Jhoon bi
Begin .....	Si jack
Return .....	Ba rot
Relax.....	Sho

### MANNERS

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Hello, how are you? .....	An young ha sim ni ka
Good-bye.....	An young hi ka sip si yo
Thank you .....	Go map sum ni da

### BEGINNING OF CLASS

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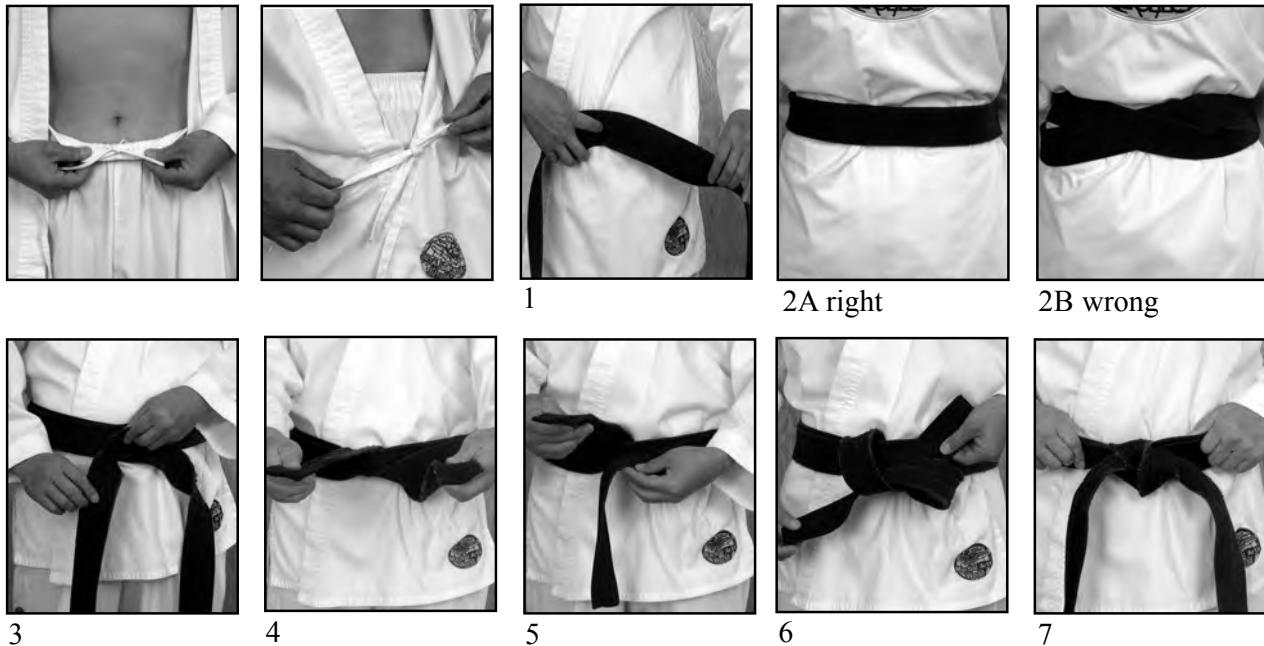
Attention! Bow to the flag....	Cha ryut, Kuki yeh, Kyung neh
Bow to the Instructor. ....	Kyobum Nim keh, Kyung neh

### COUNTING

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1.....	hana	6 .....	yasut
2.....	dool	7.....	eel gob
3 .....	set	8 .....	yuh dul
4 .....	net	9 .....	ah hap
5 .....	dasut	10 .....	yul

# How to Wear Your Uniform & Tie Your Belt



***Your uniform has three parts: the pants, the top, and the belt.***

The pants should be put on with the draw string to the front. Draw the string comfortably tight and tie it in a bow.

The top has no buttons or zippers, only ties. Place each arm through the appropriate sleeve so that the top fits comfortably on your back. Find the tie on the front of the right side of your top, bring it in front of your waist, and tie it in a bow to the matching tie on your left hip. Find the tie on the front of the left side of your top, bring it in front of your waist and over the already tied right side of the top, and tie it in a bow to the matching tie on your right hip. Because these are the only ties, ladies should *wear a plain white shirt* under the top.

The belt has a seam on the bottom edge, and no seam on the top edge. Begin by opening the belt to its full length and folding it in half lengthwise. Place the middle point on your belly button (**Pic. 1**), with the top of the belt on top. Wrap the belt around your waist in both directions so that it meets in the back and again in the front. Although the belt is wrapped around your waist twice, it should appear to be wrapped only once (**Pic. 2A & B**) with the end coming from your right hip tucked underneath (on the inside) and the end coming from your left hip wrapped over top (on the outside) of the belt. At your belly button the two ends should overlap, with end coming from the *left* on the outside (**Pic. 3**).

Take the end that is on the outside and wrap it around the rest of the belt, from the bottom, to the inside, over the top, and to the outside (**Pic. 4**). Grab one end of the belt in each hand and measure that they are even (if not, adjust them so that both ends are approximately the same length.) Take opposite end of the belt and fold it up to your bellybutton (**Pic. 5**). Take the same end that you wrapped around the inside and now wrap it over and outside the other end, around the bottom, and then pull it back through the middle to make a knot (**Pic. 6**). When you pull it tight, the knot should resemble a fortune cookie (**Pic. 7**).

# Courtesy

## Bowing

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Bowing is a universal body language that shows respect and appreciation. Martial artists show their respect and appreciation to their country, their school, their instructor, and their fellow students. Bowing is not a sign of subservience, it is a symbol of healthy respect that is mutual between people.

### **When you enter the school**

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When you enter the school, bow at the front door and say, “*Mudo!*” as a symbol that you are leaving all of your thoughts of the outside world outside this door, and you will concentrate only on *Mudo* (the martial arts) while in the school.

### **When you enter the classroom**

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When you enter the classroom you should express your respect and appreciation by bowing one, two, or three times, depending on who else is present.

The first bow is directed at the flags as a way to express your respect and gratitude for this great country of ours that allows us the freedom to practice the martial arts.

If there is an instructor present, bow to him (or her) to show your respect and gratitude for all that he (or she) will teach you.

If there are any other students present, bow once to all of them to show your respect and gratitude for all that they will help you learn.

Obviously, if there are no instructors or students in the classroom at the time, you need not bow to them.

### **How to begin and end class.**

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At the beginning of class, your instructor will say, “Line up!” Immediately stop whatever you are doing and run to your position in line at the back of the classroom. All students should line up side by side, in one straight line (space permitting) facing the flag, by rank. The highest ranking students should be on the left when facing the flags, and the lower ranks should be to the right. Those students with the same color belt can distinguish rank first by pre-test stripes, second by test date (whoever tested on an earlier date is a higher rank), and third by age (older is always senior among equal ranks).

Your instructor will spread you out on the *dojang* floor in groups, in lines, or with partners. When the instructor takes his place at the front of the room, the highest ranking student in the class will command,

“*Cha ryut!*” (Attention! -- all students snap their feet together and hands at their sides)

“*Kuki yeh, Kyung neh!*” (To the flags, Bow! -- students and instructor will show their respect to the flag by bowing at the waist with their hands joined in front of their chest. The symbolism of the hand position is this: your left hand represents your body, your right hand represents your mind, when you place your hands flat together in the praying position in front of your chest, it symbolizes you are joining your body and mind together, to be guided by the heart.)

The instructor will turn around to face the class, and the highest ranking student will say,

“*Kyobum Nim keh (or Sabum Nim keh), Kyung neh*” (To the Instructor (or to the Master) Bow! -- students and instructor (or master) show respect to each other by bowing at the waist, hands joined in front of the chest.)

The highest ranking student says, “Raise your right hand and repeat after me:

**“Be honest and always stand for justice!**

**“Respect and help each other!**

**“Be loyal and courteous!”**

The other students raise their right hands and repeat the code, one line at a time. The instructor will then begin class.

During class at various times the instructor may say, “Turn around and fix your uniform!” It is considered rude to tie your uniform in front of your instructor just as it would be rude to get dressed in front of anyone you respect (you get dressed and then meet the person). The proper etiquette is to turn to face away from your instructor (and away from the flags) go down on your right knee, and fix your uniform/re-tie your belt. When the instructor calls for you to stand up, you turn to the front, snap into ready position, and say, “*Mudo!*”

At the end of class, the instructor will indicate to the highest ranking student to finish class. He will command,

“*Cha ryut!*” (All student will snap to attention)

“*Kuki yeh, Kyung neh!*” (Students and instructor will bow to the flag.)

The instructor will turn around to face the class, and the highest ranking student will say,

“*Kyobum Nim keh (or Sabum Nim keh), Kyung neh*” (Students and instructor (or master) bow to each other.)

The instructor walks off the floor. The second-highest ranking student says,

“*Sunbae Nim keh, Kyung neh!*” (To the senior student, Bow! -- the senior student and the other students bow to each other.)

The senior student then says, “On the count of three, jump up and say, ‘Martial Arts World!’ . . . one, two, three: ‘Martial Arts World!’” The students follow the directions and class is finished.

If a master or grandmaster is instructing class, everyone bows to him first; then all of the instructors step to the front of the class, and students bow to them on command before bowing to the senior student. If several instructors are in the same class, they all come to the front at the same time for the bow to the instructors.

## **When you see your instructor**

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When you see your instructor for the first time, you should stand and bow to show your respect. It is impolite to bow from a seated position, so you should always stand to bow.

However, if you are in the school and the instructor walks past you several times, you needn’t stand and bow each time -- only the first time for a proper greeting, and then again to say good by when you are leaving.

## **When you see your classmates**

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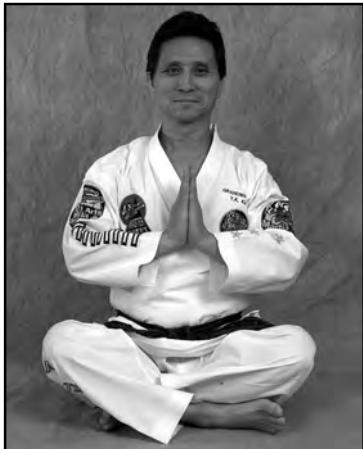
During class we will bow to our partners at the beginning and end of each set of exercises to show our respect for each other. Martial artists also bow to each when they first see each other at the school, or even outside the school as a sign of their special relationship. Some clubs have a secret handshake or greeting that members use when they meet. Martial artists bow to each other to show the respect that they share for one another and for the martial arts.

## **When you see your instructor outside of class**

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When you see your instructor outside of class in the mall or anywhere else, it is proper to bow. It not only is a sign of your respect, it is symbolic of the special relationship you have in the martial arts.

# MENTAL EXERCISE (Meditation)



Meditation Position

The study of the martial arts develops you not only physically, but mentally, emotionally, and spiritually as well. 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 and focus.

As a white belt, you will learn Concentration Mental Exercise.



Left Hand Extended



Right Hand Extended



Left Hand in Center



Right Hand in Center

# Proper Hand Position:

The symbolism of the hand position is as follows:

1. The left hand extended represents your body.
2. The right hand extended represents your mind.
3. The left hand in the center position represents your heart.
4. The right hand in the center position represents your soul.

The final meditation position represents the unification of your body, mind, heart, and soul.

# Concentration Mental Exercise

 When you concentrate on your ideas and thoughts, or what your are doing, or what you are about to do, you must focus on one thing at a time.

 When you have

- a complete, clear understanding of our words and thoughts, and/or
- a complete, clear understanding of what you are doing, or
- a mental rehearsal of what you are about to do,

You can get the maximum benefit from whatever you do because you will have a clear, open mind, improved memory, and more confidence.

## How to do it:

- 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. Place your palms together in front of your heart, with your fingers pointing toward your chin, as if praying (*hap jang kwan.*)
- 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 (you may practice Basic or Intermediate Breathing, depending on your development).
- E1. To concentrate on your ideas and thoughts, focus on only one idea or thought at a time, and continue to repeat that idea or thought in your mind until you can see a clear mental picture of it. It will help you clarify that idea or thought. Or, you can make a mental picture of your idea or thought and study it: look at each detail and how each detail fits with the others.

**E2.** To concentrate on what you are doing, use steps A through D to clear away distracting thoughts, then focus on the importance of what you are doing. Repeat to yourself the meaning and importance of what you are doing, or make a mental picture of it. When you focus on the importance of what you are doing either with words or a picture (or both), you will clear away all unnecessary distractions, and you can return to the task at hand with confidence and a clear mind.

**E3.** To concentrate on what you are about to do, think about what you will say or do, one thing at a time, in the proper order, and repeat the words to yourself. Go through a mental rehearsal so that you have a clear mental picture, and concentrate on that picture. You will be confident in your speech or actions. If you are approaching a learning situation, you cannot predict what will happen one thing at a time, so you can only prepare yourself to open your mind to learn as much as possible.

### **Benefits:**

- ☞ When you have a clear mind, you will not be distracted by any extraneous thoughts.
- ☞ When you have a clear mental picture and you mentally rehearse what you will say or do, you will have more confidence, and your performance will be easier and more accurate.
- ☞ When you open your mind and really want to learn, listening, concentrating, and studying will be much easier and more enjoyable.

## **C. Preparation is the key to success.**



*If you have a bad knee or ankle, be careful about crossing your legs to sit on the floor. You might be more comfortable in a chair.*

# 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*).

# Basic 1

Basic Breathing #1 is retraining to return to abdominal breathing. In order to get the feeling of breathing by extending and contracting the lower abdomen, we use our hands as a training device to move the lower abdomen.

## **Preparation:**

From a standing position:

1. Assume ready stance (feet shoulder width apart).
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 whole 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.



1, 2, 3, 4, 5



B, F

## **How to do it:**

- A. Place both your hands on your lower abdomen.
- B. Slightly open your mouth and exhale while you use your hands to push in your stomach and bend forward a little bit.
- C. Intentionally push out your lower abdomen as you straighten your body.
- D. Inhale through the nose for three seconds.
- E. Hold your breath for three seconds while keeping your abdomen extended.
- F. Slightly open your mouth and exhale for three seconds while you push in with your hands and bend forward a little bit.
- G. Repeat C through F between five and ten times.

## **Benefits:**

This breathing exercise will:

- 👉 Increase the supply of oxygen to the body by opening your alveoli (air sacs in your lungs) to allow more oxygen to come in and more carbon dioxide to go out.
- 👉 Increase the blood circulation throughout the body by squeezing the abdominal organs, which will help pump the blood through the system, making the heart's job easier.
- 👉 Calm the mind due to the increased oxygen and fresh blood supply to the brain, and the increased carbon dioxide and stale blood moved out.
- 👉 Strengthen the abdominal muscles through exercise.
- 👉 Massage the liver and other abdominal organs, due to the downward movement of the diaphragm, which will improve digestion.
- 👉 Increase energy, strength, and stamina from the natural energy sources of the sun, air, and ground
- 👉 Release stress and tension.
- 👉 Build up a strong immune system to prevent you from getting diseases and to help cure diseases that you already have.

When you start, you will probably feel awkward, but continue to practice. When most adults try to do abdominal breathing for the first time, they extend the top of the abdomen, or maybe the middle of the abdomen. Do not get frustrated. It took you many years to forget how to breathe properly, so it may take a little while to remember the correct way. Eventually, you will be able to breathe into the very bottom of your abdomen.

Once you learn the feeling of slow, relaxed breathing (three seconds inhale, three seconds hold, three seconds exhale) you can listen to the rhythm of your own body. Some people can move to a four-four-four rhythm, others may be able to maintain a twelve-twelve-twelve rhythm, or even longer. Do whatever is comfortable for you. You want to breathe as slowly as possible without straining yourself.

When you start as a beginner, attempt to advance slowly. The first time you try basic breathing, you may get dizzy from only the first five to ten breaths. Instead of trying to practice one time for too long, practice for a short time more often. When you feel comfortable with basic breathing #1, slowly build up the number of times you breathe in each practice session until you can do from thirty to one hundred deep breaths in a row. Advancement is completely individual, but an average person can spend about ten to twenty days learning Basic Breathing to the point that Abdominal Breathing comes back as a natural habit, and the hands are no longer needed as a training device.

Practice for five to ten minutes, three times a day: in the morning, during the day, and in the evening. It is not good to practice breathing exercises on a full stomach, so if you are going to coordinate Power Breathing with meal times, do the Power Breathing before you eat, or at least one hour afterward. It is also not good to practice breathing exercises on a totally empty stomach, when you are so hungry that you can't concentrate.

# Basic 2

Basic Breathing #2 is also abdominal breathing, but it is a cleansing breath. In Basic Breathing #1 you learned to push in your stomach to expel all the carbon dioxide and other stale gas. In basic Breathing #2 you will no longer need to use your hands as a training aid. You will still concentrate on the exhaling process, learning to breathe out all the way so that you can clean out your entire body.

## Preparation:

The preparations for Basic Breathing #2 are the same as those for Basic Breathing #1. See page 18 to review them.

## How to do it:

- A. Slightly bend your abdomen forward and purse your lips as if blowing out a candle. Exhale completely with the mouth as gently as possible, and naturally shrink your abdomen in as you breathe out for as long as possible.
- B. Slightly open your chest and straighten your whole body. Inhale through the nose deeply and intentionally push out your lower abdomen.

## Benefits:

Basic Breathing #2 has the same benefits as Basic Breathing #1, plus it will:

- 👉 Clean up your entire internal body.
- 👉 Help heal many major diseases.

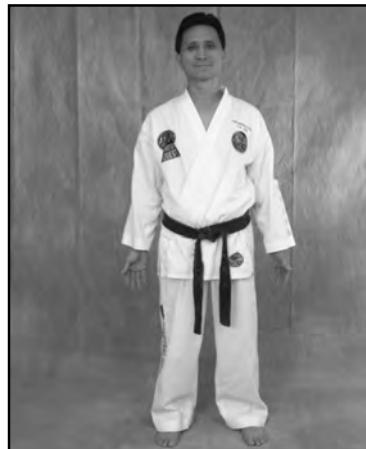
Do not try to do too much at one time. At the beginning, practice for shorter time periods and more often. Slowly build up the number of breaths per session until you can do between thirty and one hundred breaths per session, three times a day. You can practice anywhere, any time; often travel time is the best: when riding in a plane, bus, or car, or walking.

You may use your nose to exhale, if you wish. Especially during the learning stage, you can control the length of your exhalation much better when you exhale through the mouth. That is why I have recommended mouth breathing as a training aid. Once you have learned the rhythm, though, you can breathe in and out through the nose without diminishing the effect and without drawing attention to yourself when practicing in a public place.

If, at any time, you feel dizzy or uncomfortable in your chest, stop and rest. Change your posture to a more comfortable position, and begin again.



A



B

# **Basic 3**

Basic Breathing #3 is lower abdominal breathing or baby breathing (so called because it is how a baby naturally breathes). We all naturally breathed this way when we were babies. If you watch a baby breathe while it sleeps, it extends its lower abdomen naturally when it inhales, and shrinks its lower abdomen when it exhales.

## **Preparation:**

The preparations for Basic Breathing #3 are the same as those for Basic Breathing #1. See page 18 to review them.

## **How to do it:**

In Basic Breathing #3, do not intentionally push out the lower abdomen when either inhaling or exhaling. Try to let your lower abdomen expand and contract naturally.

- A. Exhale through the nose smoothly and count from one to seven.
- B. Inhale through the nose smoothly and count from one to seven.
- C. Exhale through the nose quietly and count from one to seven.
- D. Inhale through the nose quietly and count from one to seven.
- E. Exhale through the nose gently and count from one to seven.
- F. Inhale through the nose gently and count from one to seven.
- G. Exhale through the nose for a long time and count from one to ten.
- H. Inhale through the nose for a long time and count from one to ten.
- I. Exhale through the nose very deeply and count from one to ten.
- J. Inhale through the nose very deeply and count from one to ten.
- K. Repeat A through J from five to six times, breathing deeper, longer, gentler, quieter, smoother, until you can breathe to a count of at least ten for both the inhale and exhale.

## **Benefits:**

You will receive all of the benefits of Basic Breathing #2, plus #3 will:

- 👉 Balance the entire nervous system, and especially control the autonomic nervous system.
- 👉 Help you achieve unconscious healthy breathing.
- 👉 Give you good body balance: your lower abdomen will become full and strong while your chest will become flexible and light.
- 👉 Balance your nervous system and calm your mind.
- 👉 Balance your mind as your body and mind work together.

The proper speed to breathe at the beginning is to inhale for ten seconds and exhale for ten seconds, for a total of twenty seconds, or three breaths a minute. Slowly increase the length of each breath until you are inhaling and exhaling for fifteen seconds each, twenty seconds each, twenty-five seconds each, or thirty seconds each, at which point you will be breathing only one full breath per minute.

Practice at least three times a day for ten to twenty minutes. You can practice anywhere any time because, under normal circumstances, no one will know what you are doing. Continue to practice until you come back to the point where you breathe like a baby.

# **Summary of Basic Breathing**

- 1.** Hands on lower abdomen to learn to breathe deeper: push all the air out through the mouth, inhale through the nose, hold breath, and repeat.
- 2.** No hands; don't hold the breath. Inhale through the nose and exhale through the mouth for as long as possible to clean junk out of the system.
- 3.** Inhale through the nose and exhale through the nose for the same length of time to balance the autonomic nervous system, but deeper, longer, gentler, quieter, and smoother.

# 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.

## Standing Power Exercises

The standing exercises were designed to loosen, adjust, and strengthen all your internal organs, joints, and muscles. You may practice indoors or outdoors, and you do not need any special equipment or a lot of space. All you need is your body. It is a great way to warm up the entire body in preparation for more intense exercise or activity like aerobics, martial arts, swimming, or any sport: football, basketball, baseball, golf, etc., from amateur to pro level.

- 1. Deep Breathing**
- 2. Finger and Wrist Exercises**
- 3. Shoulder Exercises**
- 4. Neck Exercises**
- 5. Face Exercises**
- 6. Chest and Back Exercises**
- 7. Hip and Abdominal Exercises**
- 8. Knee and Thigh Exercise**
- 9. Ankle and Shoulder Exercise**
- 10. Elbow and Hip Exercise**
- 11. Finger Chain Stretch**
- 12. Pull Down Exercise and Loosen up**
- 13. Abdomen and Back Exercises**
- 14. Shoulder and Lower Back Exercises**
- 15. Hamstring and Back Stretch**
- 16. Balance Stretch**
- 17. Internal Organ Massage**
- 18. Skin Massage**
- 19. Body Bouncing**

# 1. Deep Breathing

Deep breathing is good for all internal organs, especially the heart, lungs, liver, kidney, spleen, and brain. The increased oxygen and circulation will enliven the whole body, while the combination of motion and breathing will focus and calm the mind.

## How to do it:

- A. Bend your knees slightly, with your feet approximately shoulder width apart.
- B. Open your hands, cross your arms in front of you and slowly circle your arms up and over your head as you inhale through your nose into your lower abdomen.
- C. Continue the circles outward and backward as you continue to inhale and expand the chest.
- D. Slowly exhale through your slightly opened mouth as your hands move downward and inward. Bend slightly forward while pulling in or tightening your stomach and stretching your back to push out all the remaining carbon dioxide and stale gas.
- E. When your hands come together at the bottom, slowly inhale through your nose again, but this time keep your hands at waist height and open them outward and backward in a half circle.
- F. When you have circled outward as far as is comfortable, slowly exhale through the mouth and bring your hands inward. Bend slightly forward while pulling in or tightening your stomach and stretching your back to push out all the carbon dioxide.
- G. Repeat A through F.



A



B



C



D



E



F

## **Benefits:**

The deep breathing exercise will:

- ☞ Increase circulation to the shoulders and chest, and help to loosen up the shoulder joint.
- ☞ Release pent-up tension and stress.
- ☞ Open up the chest, enabling the lungs to expand farther and draw in more oxygen. Deep breathing can increase your lung capacity.
- ☞ Compress and massage the organs of the abdomen when the diaphragm presses down on them.
- ☞ Open the chest and release pressure on the lungs and heart when the diaphragm presses downward, so that the heart can work less due to the reduced pressure and increased oxygen in the system.
- ☞ Strengthen your immune system and make it more resistant to colds, fever, and other diseases.
- ☞ Deliver oxygen to the brain so that it will be chemically "cleaner", and the mind will be calmer.
- ☞ Deep breathing will also relieve minor headaches.
- ☞ Regulate both high and low blood pressure by returning the body to its natural state of health and balance.

## 2. Finger and Wrist Exercises

Each of the five fingers is attached to one of the five major solid organs (heart, liver, pancreas, spleen, and kidneys.) In fact, according to the science of reflexology, the entire body is connected through the nerves to the hands. When you stimulate the fingers, you stimulate the corresponding organ. When you increase the circulation to the hand, you increase the flow of energy to the entire body.

### How to do it:

- A.** Maintain same stance as #1. (Bend your knees slightly, with your feet approximately shoulder width apart).
- B.** Inhale and join your hands together so that your fingers interlock into a "finger chain".
- C.** Exhale and turn your palms downward and push down (count 1-4), then inhale and turn your palms forward and outward, and exhale and push them downward and forward (count 5-8).
- D.** Release the finger chain and place your left palm on the back of your right hand and grasp the right hand in the left.
- E.** Stretch the wrist by moving both hands upward toward the chin (4 times).
- F.** Release the right hand and place the right palm on the back of your left hand and stretch the left wrist in the same manner (4 times)
- G.** Hold your both wrists in front of your shoulders. Grasp the air with both hands (8 times).



B



C (down)



C (out)



D



E



G



H

**H.** Shake your wrists up and down and side to side (count 1-8).

*If you cannot remember the exact order at first, don't worry. Doing the exercises in the wrong order is still better than not doing the exercises at all.*

**Benefits:**

The finger and wrist exercises will:

- ☞ Stimulate the five major solid organs.
- ☞ Loosen the wrist and finger joints.
- ☞ Reduce minor headaches by increasing blood circulation.
- ☞ Reduce high blood pressure by increasing blood circulation.

### 3. Shoulder Exercises

The shoulders and neck are a sticking point for stress and tension. When we feel stress, we tense the muscles of the shoulders and neck, restricting the flow of blood to the head. These exercises are good for the shoulders, neck, and brain, and can relieve minor stress headaches.

#### How to do it:

- A. Maintain same stance as #2. (Bend your knees slightly, with your feet approximately shoulder width apart).
- B. Inhale and shrug your shoulders all the way up to your ears, then exhale and let them drop down and relax (8 repetitions).
- C. Alternately roll your shoulders back and up, then front and down -- first roll the left shoulder forward, then the right (4 ea.)
- D. Alternately roll your shoulders front and up, then back and down -- first roll the left shoulder backward, then the right (4 ea.)

#### Benefits:

The shoulder exercises will:

- ☛ Increase circulation to shoulders (*deltoids* and *trapezius*), chest, and back.
- ☛ Increase circulation to brain, which can reduce minor headaches.
- ☛ Release stress and tension by relaxing shoulder and neck muscles.



B (up)



B (relax)



C & D



C & D (alternate)

  
*Do not tighten the muscles during B; it will stop the circulation and increase the blood pressure.*

## 4. Neck Exercises

The shoulders and neck are a sticking point for stress and tension. These exercises are good to loosen up the neck muscles and increase circulation to the brain, and can relieve minor stress headaches.



B



C



E

### How to do it:

- A. Maintain same stance as #3. (Bend your knees slightly, with your feet approximately shoulder width apart). Inhale.
- B. Exhale and bend the head forward. Inhale as you bring head back up.
- C. Exhale and turn the neck to look left. Inhale and turn the head to face front.
- D. Exhale and turn the neck to look right. Inhale and turn the head to face front.
- E. Exhale and lean the head to the left shoulder. Inhale and bring the head back up.
- F. Exhale and lean the head to the right shoulder. Inhale and bring head back up.

### Benefits:

The neck exercises will:

- 👉 Release stress and tension by loosening up the neck muscles.
- 👉 Increase circulation to the brain, which will freshen your thought processes and reduce minor headaches.
- 👉 Diagnose and quickly locate problem areas where tension and fatigue have gathered, so that you can prevent the problem from getting worse.
- 👉 Prevent diseases connected with spinal vertebrae 1, 2, 3, and 4.



*Neck exercises should be done very slowly.*

## 5. Face Exercises

The muscles of our entire body were designed to be exercised, but most people ignore the face muscles when it is time to exercise.

### How to do it:

A. Maintain same stance as #4. (Bend your knees slightly, with your feet approximately shoulder width apart).

B. Tighten all your different face muscles by:

- 1) Moving your tongue over each gum, inside and outside the teeth, top and bottom,
- 2) Blinking,
- 3) Chewing,
- 4) Moving your nose and ears, separately and together in random sequence.

C. While making faces, rub your palms together to build up some friction/heat in your hands.

D. Stop making faces and massage the trapezius muscles and the back of your neck with your hands.

E. Continue to move your hands to grasp your ears between your thumb and index finger, pull lightly and massage them.

F. Rub your palms together again to build up heat, press the heel of your palms to your eyes, cheeks and nose.

G. Wash your face with air, while breathing in and out through the mouth very quickly.

H. Continue to massage and wash your scalp while breathing in and out through the mouth very quickly.



B & C



D



E



G

## **Benefits:**

Moving the muscles of the eyes, nose, mouth, and face will:

👉 Increase circulation and exercise those muscles, which are often ignored, and stimulate the organs that are connected through the nervous system:

- 1) Chewing makes the jaw and teeth strong;
- 2) Lip movements stimulate the lungs, stomach, pancreas, and kidneys;
- 3) Eye massage and exercise will keep your eyes young, clear, and your vision sharp;
- 4) Nose massage will help prevent colds;
- 5) Ear massage will keep the hearing sharp.

👉 Prevent skin discoloration, wrinkles, and keep you looking healthier and better.

👉 Massaging with warm hands will:

- 1) Increase the circulation through your neck, face, and scalp.
- 2) Regulate your blood pressure, relieve tension, and help prevent neuralgia, insomnia, and even dandruff.
- 3) Stimulate your brain, reduce minor headaches, and improve memory.

## 6. Chest and Back Exercises

These exercises will loosen up your shoulder, chest, and back muscles, and open up your chest to allow more oxygen into your lungs. They are also good for the heart.

### How to do it:

A. Maintain same stance as #5. (Bend your knees slightly, with your feet approximately shoulder width apart).



B

B. Inhale and grasp the air with your hands in front of your shoulders and slowly move your elbows back as far as possible, as if rowing a boat (count 1,2). It is important to keep the elbows the same level as the shoulders.



C

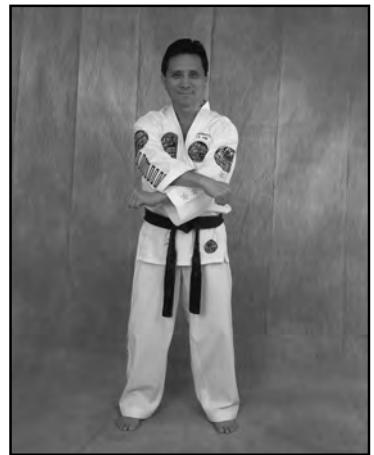
C. Exhale and extend your arms outward, palm up, and keep them straight as you pull them backward as far as possible (count 3,4).



E

D. Repeat B and C (count 5-8).

E. Drop your hands to waist level, inhale, and move them back as if rowing at waist level (count 1, 2).



F

F. Exhale and bring both fists all the way forward at waist level as if to punch with both hands, except that you cross your arms. Extend your shoulders forward as you punch, to stretch your back (count 3,4).

G. Repeat E and F (count 5-8).

## **Benefits:**

The chest and back exercises will:

- ☞ Loosen up the shoulders and elbow joints.
- ☞ Expand and stretch the chest and back.
- ☞ Open up the lungs to increase lung capacity.
- ☞ Increase the oxygen content and circulation of the blood to make the heart work more efficiently, allowing it to relax more.
- ☞ Prevent colds and fever.



*If you have weak shoulders or are subject to shoulder dislocation, do not stretch your hands too far either backward or forward.*

## 7. Hip and Abdominal Exercises

The lower back is a point of nagging pain for many people. This exercise will loosen up the lower back and increase the circulation through that area.

### How to do it:

- A. Maintain same stance as #6. (Bend your knees slightly, with your feet approximately shoulder width apart). Inhale.
- B. Put your hands on your hips. Exhale and shift your hips to the left (count 1 - 4). Inhale and return your hips to the center (count 5 - 8).
- C. Exhale and shift to the right (count 1 - 4). Inhale and return your hips to the center.
- D. Exhale and bend your knees slightly and slowly tilt your pelvis forward by contracting your lower abdominal and buttocks muscles.
- E. Inhale and tilt your pelvis backward by relaxing your lower abdomen and buttocks.
- F. Repeat D and E three more times.

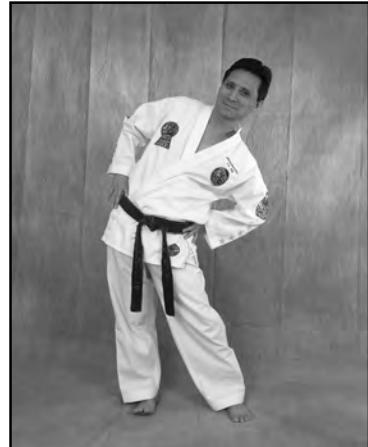
### Benefits:

The lower abdominal exercises will:

- ☞ Loosen up and strengthen lower back, hip joint, and lower abdomen.
- ☞ Increase circulation and energy flow to lower back, hip, and groin area.



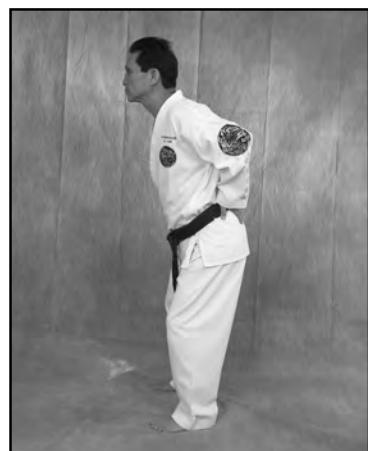
*Do not lean too far in any direction, but especially do not lean back. You are trying to loosen up, not strain yourself. If you have a bad back, bend only as far as comfortable.*



C



D



E

## 8. Knee and Thigh Exercise

The knees are a common source of discomfort among even people with athletic backgrounds. As we grow older, we need to maintain the strength and flexibility of our legs.



A, C



B, F

### How to do it:

- A.** Place your hands on your hips and step your left leg backwards one shoulder width and bend your right knee. Inhale.
- B.** Exhale and bend your left knee and pick your left heel up off the floor as you tilt your pelvis forward as far as stretch throughout your left thigh muscle.
- C.** Inhale and raise your body by making your right knee nearly straight.
- D.** Repeat B & C three more times.
- E.** Inhale and raise your body. Switch stance by moving your left leg forward one shoulder width and your right leg back. Bend both knees and pick your right heel up off of the floor. Inhale.
- F.** Exhale and bend your right knee and pick your right heel up off the floor as you tilt your pelvis forward as far as possible, feeling a stretch throughout your right thigh muscle.
- G.** Inhale and raise your body by making your left knee nearly straight.
- H.** Repeat F and G three more times, stretching the right thigh.



*People with bad or weak knees should not go down too far. No one should let the knee go forward of the ankle, or let the hip drop below the knee. You are trying to strengthen yourself, not strain yourself. Only go down as much as is comfortable for you.*

*Be careful not to turn your hips in B and F. You could risk knee strain by twisting your body.*

## 9. Ankle and Shoulder Exercise

Up to this point we have been working with localized muscles -- muscles and joints all in the same area. Now we are going to start integrating body parts by working upper and lower body at the same time.

### How to do it:

- A. Bring both feet together, side by side.
- B. Put your hands together, side by side.
- C. Inhale as you raise up on the balls of your feet at the same time you fully extend both hands directly over your head, and then exhale and return to position B.
- D. Inhale as you raise up on the balls of your feet at the same time you fully extend both hands directly over your head, and then exhale as you open your hands outward and downward as two halves of a circle, while you lower your heels.
- E. Repeat C and D.
- F. Repeat B through E again.

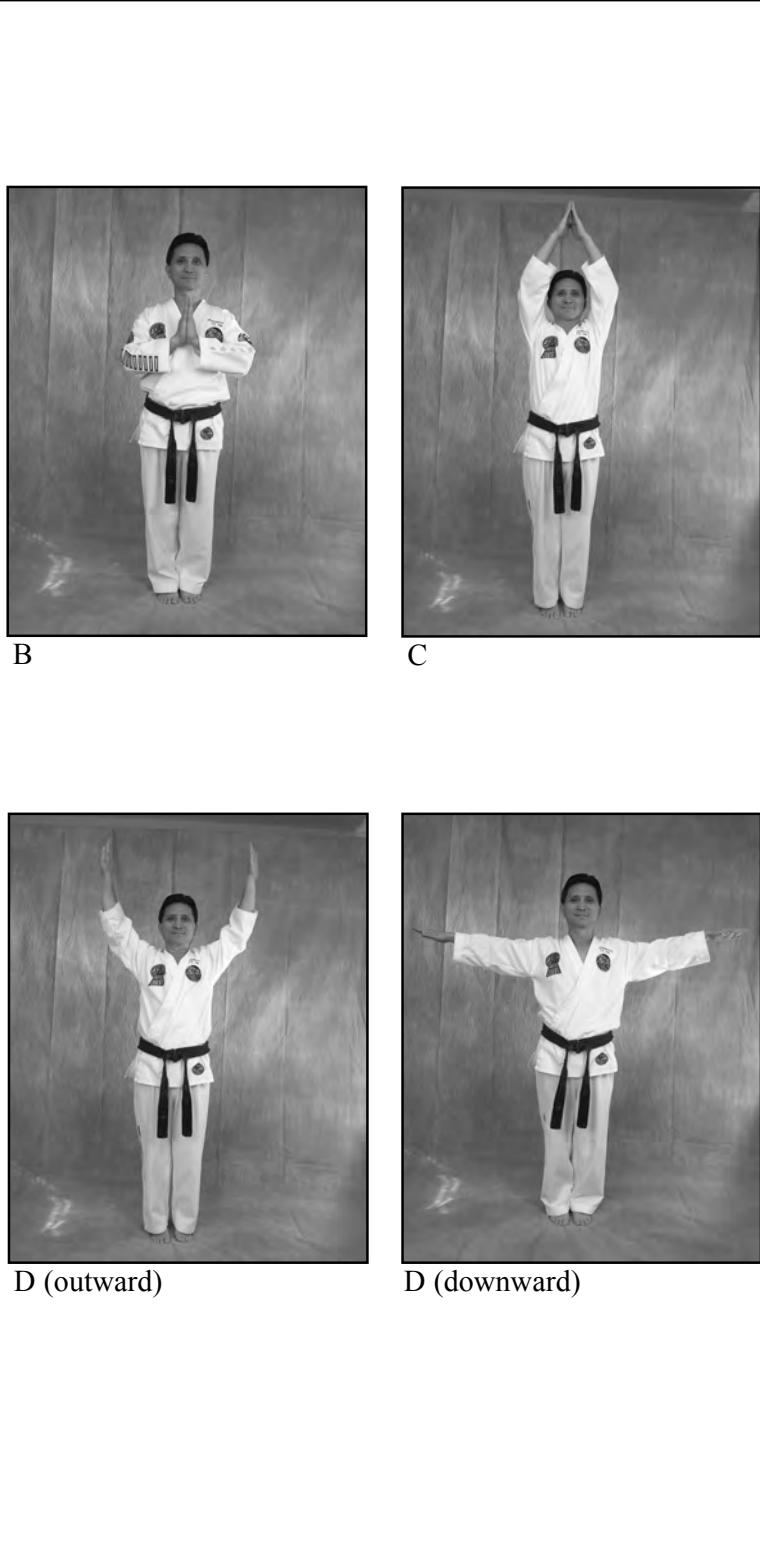
### Benefits:

The ankle and shoulder exercise will:

- ☞ Loosen up, build up, and strengthen the ankle joint.
- ☞ Warm up the calf muscle.
- ☞ Warm up the shoulder and back muscles.
- ☞ Stimulate and increase the circulation to the entire body due to nerve connections between foot and the rest of the body.
- ☞ Develop balance.



*People with weak or bad ankles should be very careful. Just raise up as far as comfortable.*



## 10. Elbow and Hip Exercise

The back is a source of pain for many people in our modern society. We spend too much time sitting and standing with bad posture, and even when we lie down, our furniture does not always give us the proper support. This exercise will help loosen up the back and hips.



A, B

### How to do it:

- A. Assume front stance (step your right leg backward one shoulder width; bend both knees and pick your right heel up off of the floor.)
- B. Inhale and lift both elbows up to the side above the shoulder. Point your fingers toward each other in front of your chest, palm down.
- C. Bring your left elbow up to about a seventy-five degree angle, exhale and look over your left shoulder, twisting your body back to the left without moving your feet (count 1-7).
- D. Inhale and return to center (on the 8th count), then switch feet by stepping your right leg forward one shoulder width, and your left leg backward.
- E. Bring your right elbow up to about a seventy-five degree angle, exhale and look over your right shoulder, twisting your body back to the right without moving your feet (count 1-7).
- F. Inhale and return to center (on the 8th count).

### Benefits:

The elbow and hip exercise will:



C

- 👉 Warm up and strengthen the elbows and shoulders.
- 👉 Strengthen and adjust the back.
- 👉 Loosen up and strengthen the hips, *lats*, and thighs.
- 👉 Improve digestion.
- 👉 Release stress, tension, and headaches.



If you have weak shoulders or are subject to shoulder dislocation, do not stretch your elbows too far either upward or backward.

## 11. Finger Chain Stretch

The *latissimus (lat.)* muscle is the largest muscle in the upper body. It is the main power muscle for most sports activities. This exercise will stretch your *lat.* muscle, as well as the arm, hands, and lower back. It also helps to re-adjust the spine.

### How to Do it:

- A. Return to ready stance (Bend your knees slightly, with your feet approximately shoulder width apart).
- B. Interlock your fingers into a finger chain. Turn your palms upward, inhale, and extend your hands up over your head.
- C. Exhale and lean to the left without bending forward (count 1-3), then inhale and return to upright (on the 4th count).
- D. Exhale and lean to the right without bending forward (count 5-7), then inhale and return to upright (on the 8th count).
- E. Release your fingers and bring your arms down, bend your knees a little deeper, and reach behind your back.
- F. Inhale and interlock your fingers into a finger chain behind your back and twist your hands so that your palms face away from your body.
- G. Exhale and bend forward until you head is at waist level but looking straight to the front (keep your back flat). Try to bring your hands to a vertical position (count 1-7).
- H. Inhale and return to upright (on the 8th count). Release your fingers.



B



C



F



G

## **Benefits:**

The finger chain stretch will:

- ☞ Loosen the finger, wrist, and shoulder joints.
- ☞ Loosen and stretch the side (*lat.* muscle).
- ☞ Loosen the middle and lower back.
- ☞ Adjust the spine.
- ☞ Release stress and tension, and reduce headaches.
- ☞ Stimulate the internal organs, improve digestion and release waste products.



*Do not lean too far in any direction -- you are trying to loosen up, not strain yourself. If you have a bad back, bend only as far as comfortable.*

*If you have weak shoulders or are subject to shoulder dislocation, do not extend your shoulders too far.*

*Be sure to keep your head up when leaning forward to avoid losing balance or straining the lower back.*

## 12. Pull Down Exercise and Loosen Up

This exercise will strengthen the *lat.* muscle as well as the shoulder and upper back muscles, and then loosen them up.

### How to do it:

**A.** Maintain same stance as #11. (Bend your knees slightly, with your feet approximately shoulder width apart).

**B.** Reach above your head as if grabbing a wide trapeze. Pull both hands straight down while keeping your shoulders as far back as possible. You should feel the muscles get tight across your upper back and shoulder.

**C.** Roll out of the pull down by moving your hands forward a few inches.

**D.** Repeat B and C seven more times.

**E.** Loosen up your shoulder and upper back by grasping your left triceps (back of the arm) muscle in your right hand and pulling across your chest (count 1-4).

**F.** Loosen up your other shoulder by grasping your right triceps muscle with your left hand and pulling it across your chest (count 5-8).

**G.** Roll your shoulders four times to the front and four times to the back to loosen them up.



B (reach)



B (pull)



E



G

## **Benefits:**

The pull down exercise, along with its loosening exercises will:

- ☞ Loosen up the shoulder joint.
- ☞ Loosen up the middle and lower back.
- ☞ Strengthen the *lat.*, shoulder, back, and arm muscles.
- ☞ Release tension and stress; reduce headaches.



*People with bad or weak shoulders should not pull back too far; it is possible to pull a weak shoulder out of socket in this exercise.*

## 13. Abdomen and Back Exercise

This exercise is another combination upper body and lower body exercise. The combined movement while breathing will help remove waste products from the body and improve digestion.



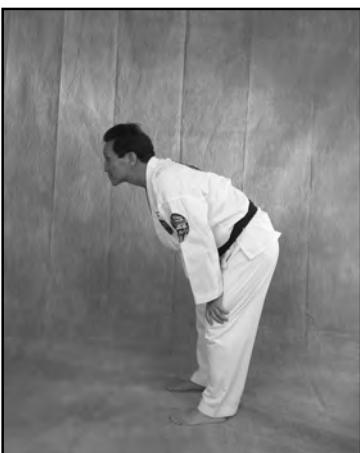
B, D, F



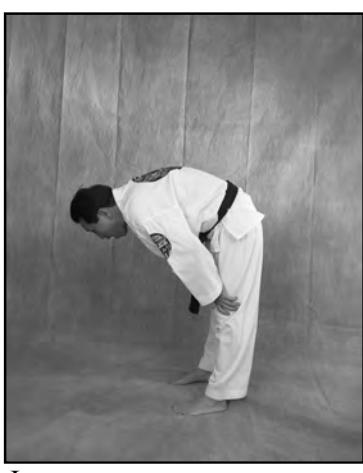
C



G



H



I



J

### How to do it:

A. Maintain same stance as #12. (Bend your knees slightly, with your feet approximately shoulder width apart.)

B. Extend your hands and arms straight out to each side. Inhale.

C. Fix your eyes on your left hand. Exhale for as long as possible as you slowly bend forward and touch your right hand above your left knee, while your left hand points directly to the ceiling.

D. Inhale as you straighten up.

E. Fix your eyes on your right hand. Exhale for as long as possible as you slowly bend forward and touch your left hand above your right knee, while your right hand points directly to the ceiling.

F. Inhale as you straighten up.

G. Exhale for as long as possible as you slowly bend forward and place both palms above both knees, while keeping your head up.

H. Inhale as you arch your back down and extend your abdomen.

I. Exhale and arch your back upward as you pull in your stomach, and slowly raise your head and shoulders approaching an upright position.

J. Inhale as you place both hands on your lower back and stretch upward (but do not lean backward).

K. Exhale and relax.

## **Benefits:**

The abdomen and back exercise will:

- ☞ Loosen up and strengthen the lower back, abdomen, hamstrings, and shoulders.
- ☞ Cleanse the body by expelling waste products (CO<sub>2</sub>) and replacing them with fresh nutrients (O<sub>2</sub>).
- ☞ Aid digestion by compressing and expanding the abdomen and digestive organs.
- ☞ Release tension and stress.
- ☞ Prevent diarrhea and constipation.
- ☞ Prevent and heal asthma.



*Keep your head up whenever you bend forward to protect your lower back.  
Do not lean backward in J, as you may strain your back.*

## 14. Shoulder and Lower Back Exercises

The front stance is a basic stance in the martial arts. It increases leg and lower back strength and develops a strong foundation for martial art techniques. This exercise is done in the front stance.



A



B, D, F, H



C



E



G

### How to do it:

**A.** Step your right foot backward approximately two shoulder widths, while maintaining your feet one shoulder width apart. Bend the front (left) knee, while keeping the back (right) knee straight.

**B.** Lean forward as far as comfortable, and reach both hands down toward the floor.

**C.** Inhale and slowly raise both arms to the front as you straighten up your back, and then raise your arms up all the way above your head .

**D.** Exhale and lower both arms to the floor by bending forward (keep your head up).

**E.** Inhale and slowly raise your right arm to the front as you straighten up your back, and then raise your right arm up all the way above your head while you extend the left arm backwards as far as possible.

**F.** Exhale and lower your right arm to the floor by bending forward (keep your head up).

**G.** Inhale and slowly raise your left arm to the front as you straighten up your back, and then raise your left arm up all the way above your head while you extend your right arm backwards as far as possible.

**H.** Exhale and lower your left arm to the floor by bending forward (keep your head up).

- I.** Change stance by stepping your left foot back and your right foot forward approximately two shoulder widths, while maintaining your feet one shoulder width apart. Bend the front (right) knee, while keeping the back (left) knee straight.
- J.** Lean forward as far as comfortable, and reach both hands down toward the floor.
- K.** Inhale and slowly raise both arms to the front as you straighten up your back, and then raise your arms up all the way above your head and lean your head back.
- L.** Exhale and lower both arms to the floor by bending forward (keep head up).
- M.** Inhale and slowly raise your left arm to the front as you straighten up your back, and then raise your left arm up all the way above your head while you extend your right arm as far back wards as possible.
- N.** Exhale and lower your left arm to the floor by bending forward (keep head up).
- O.** Inhale and slowly raise your right arm to the front as you straighten up your back and then raise your right arm up all the way above your head while you extend your left arm as far back wards as possible.
- P.** Exhale and lower your right arm to the floor by bending forward (keep head up).
- Q.** Return to comfortable stance.

### **Benefits:**

The shoulder and lower back exercises will:

- ☞ Loosen up and strengthen the lower back, middle back, shoulder, neck, and all spinal muscles.
- ☞ Open up the lungs and increase the blood circulation. It will get rid of toxins and waste products while increasing nutrients in the blood.
- ☞ Stretch the hip flexor muscles, strengthen the quadriceps (thigh) muscles, and loosen up the knee joint.
- ☞ Release stress and tension.
- ☞ Increase the blood circulation throughout the entire body.



*Those with bad knees should be very careful not to bend the front knee too much. Even people with good knees should not bend the front knee more than ninety degrees.*

## 15. Hamstring and Back Stretch

The hamstrings are the muscles that run up the back of your leg, between your buttocks and the back of the knee. When the hamstrings are inflexible, you have poor mobility and poor circulation in your legs.

This exercise will also help relieve lower back pain and massage your internal organs.



A, B, C



D

**Do not press on the knee joint with your hands.  
Keep your head tilted back to reduce strain on your lower back.**



### How to do it:

- A. Stand with your weight on your right leg. Step your left foot forward about one foot in front of your right.
- B. Place the palms of both hands on your respective thighs, close to the hip, while tilting your left foot up so that only the heel touches the floor.
- C. Inhale deeply into your abdomen and extend your stomach as you lift your right hip up as high as possible to stretch the left hamstring (count 1-8).
- D. Bring your left foot close to your right foot, exhale and arch your back as high as possible, while sucking your stomach up against your backbone and slowly raising your head and shoulders upward, approaching an upright position (count 1-8).
- E. Switch feet by standing with your weight on your left leg. Step your right foot forward about one foot in front of your left.
- F. Place the palms of both hands on your respective thighs, close to the hip, while tilting your right foot up so that only the heel touches the floor.
- G. Inhale deeply into your abdomen and extend your stomach as you lift your left hip up as high as possible to stretch the right hamstring (count 1-8).
- H. Bring your right foot close to your left foot, exhale and arch your back as high as possible, while sucking your stomach up against your backbone and slowly raising your head and shoulders upward, approaching an upright position (count 1-8).
- I. Inhale and relax.

### Benefits:

The hamstring and back stretch will:

- ☞ Loosen and stretch the hamstrings (back of the leg).
- ☞ Loosen and stretch the calf muscle.
- ☞ Freshen thigh and shin muscles and improve blood circulation throughout the leg.
- ☞ Develop body balance.
- ☞ Loosen up the lower and middle back. The reverse arch will separate the vertebrae and allow fresh circulation into the spinal column.
- ☞ Sucking the stomach up to the backbone will massage the internal organs of the abdomen.

## 16. Balance Stretch

The balance stretch will help you develop your sense of balance while it stretches the hip and lower back area.

### How to do it:

- A. Return to ready stance (bend your knees slightly, with your feet approximately shoulder width apart).
- B. Inhale and lift your left knee as high as possible and clasp your hands together so that they hold the back of the left thigh near the knee.
- C. Exhale and use your hands to pull your left thigh against your abdomen (count 1-8).
- D. Release your leg and return to ready stance.
- E. Inhale and lift your right knee as high as possible and clasp your hands together so that they hold the back of the right thigh near the knee.
- F. Exhale and use your hands to pull your right thigh against your abdomen (count 1 - 8).
- G. Release your leg and return to ready stance.



C

### Benefits:

The balance stretch will:

Loosen and stretch the lower back, buttocks, and hips.

- ☛ Strengthen the entire leg.
- ☛ Develop balance.
- ☛ Loosen up ankles.



*For better balance, slightly bend the knee of the support leg. If you have a bad knee, be careful when trying to balance on that leg (you don't want to put your knee out or fall). Also do not clasp your hands on the shin of your bent leg because that may also strain the knee.*

*If you do not have good balance, be prepared to unclasp your hands quickly to release your leg and regain balance.*

## **17. Internal Organ Massage**

This exercise is a good for the digestion because it massages the internal (especially digestive) organs.



B

### **How to do it:**

- A. Maintain same stance as #16. (Bend your knees slightly, with your feet approximately shoulder width apart).
- B. Place your left palm over your lower energy center (thumb above the belly button and index finger just below it) with the fingers pointing to the side. Place your right hand over your left hand.
- C. Inhale through your nose into your lower abdomen.
- D. Exhale slowly through the mouth and roll your hand up and down about one 1 inch, first applying pressure with the thumb and pushing down, and next applying pressure with the pinkie and pushing up.
- E. Change hands so that the left hand is over the right.
- F. Repeat steps C and D.

### **Benefits:**

The internal organ massage will

- ☞ Stimulate internal organs, specifically: the liver, stomach, pancreas, large and small intestines, kidneys, and bladder;
- ☞ Stimulate the internal organs to secrete the proper chemicals.
- ☞ The rolling motion also helps to move the contents around for proper chemical balance.
- ☞ Prevent and heal stomach ache.
- ☞ Prevent and heal diarrhea and constipation.
- ☞ Encourage good digestion.
- ☞ Aid in the discovery of internal problems, so they can be treated immediately.
- ☞ Shake all the stale gas out of your stomach and other digestive organs.



*You may burp or "break wind" as the gasses in your organs are shaken loose and expelled. Do not worry even the slightest; this is completely normal, and a desirable effect of this exercise.*

## **18. Skin Massage**

Part of this massage will be done with a cupped hand. The cupped hand contains a small amount of air, which, when used to massage, is gentler and more evenly distributed than massaging with flesh on flesh. This whole body massage increases circulation and relaxes muscle tension.

### **How to do it:**

- A.** Maintain same stance as #17. (Bend your knees slightly, with your feet approximately shoulder width apart).
- B.** Cup your hands as if you were trying to hold a few ounces of water. The air in this little "cup" will be what massages you in the first part of this exercise.
- C.** Pat yourself with the right cupped hand up and down the center of the chest and abdomen, then use both hands and move to every part of the chest and abdomen.
- D.** Return to using only the left hand, and pat the right side of your torso, from arm pit to hip.
- E.** Using only the right hand, pat the left side of your torso, from arm pit to hip.
- F.** Move the left hand to the back of the neck and pat yourself along the back of the neck and shoulder, down the outside of the right arm, and up the inside of the same arm.
- G.** Move the right hand to the back of the neck and pat yourself along the back of the neck and shoulder, down the outside of the right arm, and up the inside of the same arm.
- H.** Using both hands at the same time, begin patting yourself along the middle back, down the buttocks and back of the legs, to the front of the feet and back up the front of the legs.
- I.** Move both hands to the outside of the legs and work your way down from the hip to the ankle, then come back up the inside of the leg to the groin.



B



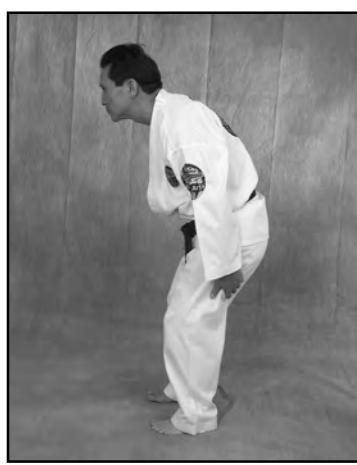
C



D



E



H



I



J



K

- J. Separate your fingers as if grabbing a soft ball and use your finger tips to pat your neck, face, side and top of head.
- K. Wash your face and hair with air.

### Benefits:

- ☞ The patting stimulates the blood to come to the surface, to increase the circulation.
- ☞ The patting also stimulates all the internal organs, especially the heart, lungs, and brain.
- ☞ The patting helps to relax the muscle and reduce tension.
- ☞ By massaging the abdomen, you stimulate the flow of digestive juices and the movement of food to improve digestion.
- ☞ By massaging the neck and head, you can reduce headaches.
- ☞ By massaging the whole body, you complete the whole body standing warm-up.
- ☞ You strengthen and make your muscles shapely.



*You must pat the body with the correct force: if you do not pat hard enough, you will not bring the blood to the surface; if you pat too hard you could bruise yourself or otherwise make this exercise uncomfortable. Be sure to massage every part of your body.*

*If you are somewhere where the sound of the patting will disturb others, just squeeze the muscles in a massaging motion instead of patting.*

## **19. Body Bouncing**

This exercise, after stretching and massaging the muscles in a proper warm-up, will help you relax and integrate flexible muscles into graceful movements.

### **How to do it:**

- A. Maintain same stance as #18. (Bend your knees slightly, with your feet approximately shoulder width apart.)
- B. Rise up on the balls of your feet, and bounce by jumping up and down very slightly (less than one inch).
- C. Relax your entire body so that every part flows with the bounce. Inhale for 2 counts, and exhale for 2 counts throughout the exercise.
- D. Turn your torso to the left gradually, so that your torso has turned ninety degrees in 4 counts.
- E. Turn your torso to the right gradually, so that your torso has turned ninety degrees in 4 counts. Continue to turn right for 4 more counts.
- F. Turn your torso to the left again for 4 counts, so that you finish facing front.
- G. Continue to bounce facing the front for 8 counts.
- H. Return to ready stance (knees slightly bent with feet approximately shoulder width apart.)



Body Bouncing

### **Benefits:**

The body bouncing exercise will:

- ☞ Warm up the entire body through increased circulation and increased flexibility.
- ☞ Massage the internal organs through bouncing and vibrating them.
- ☞ Release tension and stress.



*Keep your weight on the balls of your feet, never letting the heels strike the ground and jar your body.*

*If you have bad knees or a bad back, be careful never to leave the ground. Bounce by bending the knees but keeping the feet in contact with the floor.*

# Martial Arts Weight Training



Push-up 1.



Push-up 2.



Push-up 3.



Push-up 4.

Martial arts training is a great way to develop strength, endurance, flexibility, and coordination. The best part is that you can practice anywhere, any time, because all you need is your body, with no special equipment.

Many people think that the only way to develop strength is to lift weights at a health club. On the contrary, one of the best ways to develop strength is to lift the weight of your body. After all, most of the time we are not concerned with how much iron we can lift, but how comfortable we are moving our bodies around doing our daily duties and activities.

There are three basic body exercises we will continually practice throughout our martial arts training to develop our strength:

1. Push-ups
2. Sit-ups
3. Calf Raises

## A. Push-ups

Push-ups are a great way to develop upper body strength. There are literally hundreds of ways to do push-ups, and each has a special advantage or a special set of muscles that it emphasizes, but on the white belt level we will focus on just the basic push-up.

### Directions:

1. Lay on the floor on your stomach, with your hands flat on the floor at approximately shoulder height, elbows up, and your toes on the floor, heels up;
2. Lift your body off of the floor into the starting position by extending your arms -- be sure your body is straight from the head, through the shoulders, through the hips, to the ankles;
3. Lower your body until it almost touches the floor, maintaining a straight body;
4. Push-up with your arms to return to the starting position.
5. Repeat as many times as possible.

Your goal is to continually challenge yourself to become stronger, and the way to measure your increased strength is the number of push-ups you can do.

Even if you can only do one push-up today, set a goal to be able to do one more push-up by next week, and then practice every day to develop your strength. If you can do two push-ups next week, set a goal to do three the following week, and then practice.

Following this simple plan will help you increase your strength so that you can do 50 push-ups within a year, and 100 push-ups within two years.

## Notes:

### *Option 1:*

Women and those who do not have much upper body strength yet may modify the starting position to one where the knees remain on the floor at all times.

### *Option 2:*

To develop proper bone alignment for punching, practice knuckle push-ups by closing your hands into proper punching fists and placing only the first two knuckles on the floor with your hands turned perpendicular to the length of your body.



Option 1



Option 2



Correct Bone Alignment



Incorrect Position



Incorrect Position

## B. Sit-ups

Sit-ups are a great way to develop abdominal strength. There are literally hundreds of ways to do sit-ups, and each has a special advantage or a special set of muscles that it emphasizes, but on the white belt level we will focus on just the basic sit-up.

Many people do sit-ups to strengthen the abdomen and lower back, but they do not realize that sit-ups also release nervous tension, aid digestion, and help prevent insomnia.

### Directions:



Sit-up 1.



Sit-up 2 & 4.



Sit-up 3



Incorrect Position



*This exercise is very safe as described. Do not do sit-ups with the knees straight, as you may strain the lower back. Likewise, only come up one-third of the way to avoid straining the back.*

### 3. Calf Raises

Calf Raises are a great way to develop lower body strength. The calves are important muscles for walking, running, jumping, and balance.

#### ***Directions:***

- 1.** Stand with your feet shoulder width apart and your hands at your sides, with your feet flat on the floor.
- 2.** Raise your heels up as high as possible while standing on the balls of your feet.
- 3.** Return to position 1 with your feet flat on the floor.
- 4.** Repeat 2 and 3 as many times as you can.



Calf Raise 1 & 3.



Calf Raise 2.

# **Philosophy of Standing Up**

Practicing these three exercises not only makes you stronger physically, but also makes you stronger mentally, emotionally, and spiritually. Each time you are able to do one more repetition, you demonstrate to yourself your ability to set and achieve goals. You demonstrate to yourself your ability to overcome adversity. You demonstrate to yourself that you can overcome the temptation to take the easy way out.

**There will always be some one or some thing that comes along and knocks you down. Whenever life knocks you down, you have two choices:**

- 1. Lay there and give up, or**
- 2. Stand up and try again.**

You may experience a self-defense situation where you are knocked to the ground. If you stay down, you are beaten. If you stand up, you have another chance to escape or win.

You may experience an unexpected obstacle that prevents you from achieving a goal. This obstacle may dash your plans to the ground. If you stay down, you will give up and never achieve your goal. If you mentally stand up, you have another chance to find a solution and achieve your goal.

You may find that someone close to you disappoints you. You will feel let down. If you stay down, you will feel beaten. If you emotionally stand up, you will have another chance to be happy.

You may disappoint yourself by giving into temptation and doing something bad. You will feel like a low person. If you stay down, it will be easier to do wrong again. If you morally stand up, you will have the chance to do what is right in the future.

If you feel like you are flat on your face, push-up. If you feel like you are flat on your back, sit-up. Each time you are knocked down, stand up. The more you practice getting up after you are down, the easier it becomes. You will become physically, mentally, emotionally, and spiritually stronger.

# BASICS

Basics are the building blocks of the martial arts. They are the bricks, boards, and stones that you can form to build the most beautiful advanced techniques. Good basics lead to good intermediate and advanced techniques. Weak basics lead to even weaker intermediate and advanced techniques.

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## Stances

1. Attention
2. Bow
3. Jhoon-bi
4. Fighting

## Basic Hand Techniques

(*Fighting Stance*)

1. Single Punch
2. Double Punch
3. Triple Punch
4. Five Punches

## Basic Striking Combinations

(*Fighting Stance*)

1. Left Single Punch
2. Right Single Punch
3. Left Hook Punch
4. Right Hook Punch
5. Left Upper Cut
6. Right Upper Cut
7. Left Backfist
8. Right Backfist
9. Left Elbow Across
10. Right Elbow Across
11. Left Elbow Back
12. Right Elbow Back
13. Left Elbow Up
14. Right Elbow Up
15. Left Elbow Up and Down
16. Right Elbow Up and Down

## Basic 1

(*Horse Riding Stance*)

1. Low Block
2. Inside Block
3. High Block
4. Knife-hand Block to the Side
5. Knife-hand Strike to the Neck
6. Spear Finger Strike
7. Palm Heel Strike
8. Single Punch
9. Double Punch
10. Triple Punch
11. Five Punches

## Basic Kicks

(*Fighting Stance*)

1. Leg Raise
2. Swing Kick
3. Inside Swing Kick
4. Pick Ax Kick
5. Knee Kick
6. Pushing Kick
7. Front Kick
8. Roundhouse Kick
9. Side Kick
10. Double Step Side Kick

# Testing Combinations

The following combinations can be used to begin belt testing for all ranks, from white belt to black belt, to show uniformity. The instructor should name the combination and say, “*Si jack!*” and all the students should count together as they perform each combination.

## **Basic Striking Combinations** *(Fighting Stance)*

### **5 Punches**

(say, “**Mudo, Martial Arts World**”)

1. Left Single Punch
2. Right Single Punch
3. Left Hook Punch
4. Right Hook Punch
5. Left Upper Cut
6. Right Upper Cut
7. Left Backfist
8. Right Backfist
9. Left Elbow Across
10. Right Elbow Across
11. Left Elbow Back
12. Right Elbow Back
13. Left Elbow Up
14. Right Elbow Up
15. Left Elbow Up and Down
16. Right Elbow Up and Down

*On the instructor’s command, switch stance and repeat for the other side.*

## **Basic Kicks** *(Fighting Stance)*

1. Right Leg Raise
2. Left Leg Raise
3. Right Swing Kick
4. Left Swing Kick
5. Right Inside Swing Kick
6. Left Inside Swing Kick
7. Right Pick Ax Kick
8. Left Pick Ax Kick
9. Right Knee Kick
10. Left Knee Kick

## **Basic Kicks** *(Continued)*

11. Right Pushing Kick
12. Left Pushing Kick
13. Right Front Kick
14. Left Front Kick
15. Right Roundhouse Kick
16. Left Roundhouse Kick
17. Right Side Kick
18. Left Side Kick
19. Double Step Left Side Kick
20. Double Step Right Side Kick

## **Basic 1** *(Horse Riding Stance)*

1. Left Low Block
2. Right Low Block
3. Left Inside Block
4. Right Inside Block
5. Left High Block
6. Right High block
7. Left Knife-hand Block to the Side
8. Right Knife-hand Block to the Side
9. Left Knife-hand Strike to the Neck
10. Right Knife-hand Strike to the Neck
11. Left Spear Finger Strike
12. Right Spear Finger Strike
13. Left Palm Heel Strike
14. Right Palm Heel Strike

### **5 Punches** (say, “**Mudo, Martial Arts World**”)

# BASICS

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## Stances

Stances are the foundation of your technique. Just as you would not build a tall building on sand, you cannot develop great technique on a weak foundation. Strong, stable stances are the foundation of powerful technique.

### Attention Stance

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The attention stance shows you are healthy and strong, and that you are proud of yourself. Command: *Charyut!*

**Instruction:**

Stand with your feet together, your fists at your sides, your body erect, facing forward, weight evenly distributed.



Attention Stance

## Bow

---

We bow to show respect for our country's flag and for each other. Command: *Kyung neh!*

**Instruction:**

Bend at the waist, joining your hands together in front of your chest, as if praying. The symbolism is that your left hand represents your body, your right hand represents your mind, so you unite your body and mind, to be guided by your heart, to show respect.



Bow

## ***Jhoon-bi (Ready) Stance***

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*Jhoon-bi* is the ready position. You are attentive but relaxed, ready for instruction or action.



*Jhoon-bi* Stance

### **Instruction:**

Move your left leg to the left until your feet are shoulder width apart as you raise your fists in front of your body to the chin level;

Lower your fists to your belt level with one fist's space between them as you settle your weight into your stance, evenly distributed. All motions stop at the same time.

## **Fighting Stance**

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The Fighting Stance is a comfortable stance that protects many of your weak areas, yet allows you to block, strike, or kick quickly and easily. We practice most of our basic moves from a Fighting Stance.



Fighting Stance

### **Instruction:**

From *jhoon-bi* stance, step your right leg straight back until your feet are about shoulder width apart at a 45 degree angle and your weight evenly distributed, as you raise your fists to a level just under your chin, with your elbows protecting your ribs.

# BASIC HAND TECHNIQUES

## How to make a fist

The fist is the safest position for your hands. A tight fist protects your fingers, and aligns the bones of your arm for the greatest support.

### Instruction:

- A. Raise both hands above your head, palms facing forward.
- B. Roll your fingers down so that your finger tips touch the top of your palm.
- C. Roll your fingers again into a tight fist, and
- D. Place your thumb over the front of your first two fingers.



Make a Fist A



Make a Fist B



Make a Fist C



Make a Fist D

## Single Punch

The single punch is the most basic striking technique.

When you are in your Fighting Stance, because of the angle of your legs, you will have a front hand and back hand. The front hand is the speed hand, the back hand is the power hand. We normally punch with the speed hand first.

### Instruction:

- A. From the Fighting Stance, slowly extend your left (front) hand straight out from the shoulder while exhaling.
- B. When your arm is almost straight, rotate your fist to the horizontal position.
- C. Return to the starting position and inhale.

### Variations:

You may also punch with the right (back) hand by following the same steps, adding only that you rotate your hips and shoulders to help increase your reach.

When you change stance (your right foot is in front and your left foot is back) you can single punch with either the front or the back hand.



Single Punch: A

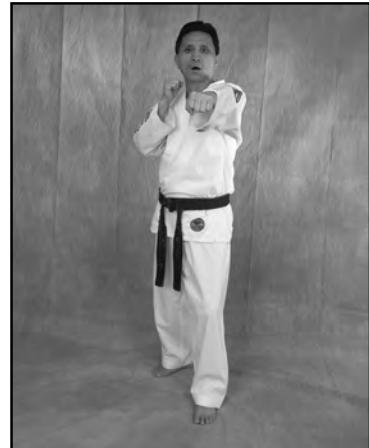


Single Punch: B

## **Yelling**

In the martial arts we often yell while performing certain techniques to help us focus. The yell is called a *ki-hap*, which loosely translates to a “spirit yell.” A *ki-hap* helps you focus your body, mind, emotions, and spirit into one concentrated effort. In addition, the *ki-hap* serves to:

1. Startle an attacker, creating a momentary opening for self-defense,
2. Tighten your stomach in case you receive a hit,
3. Force fresh blood through your internal organs, rejuvenating them,
4. motivate you to train harder,
5. motivate those around you to train harder.



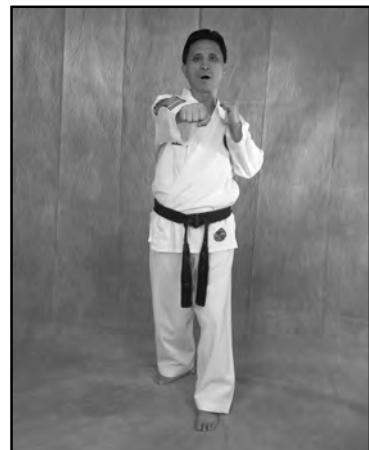
Double Punch: A

## **Double Punch**

The double punch is the most basic combination, also known as the “one-two” punch. It is important to know that you always lead (begin) with the front hand, and follow with the back hand, no matter which stance you are in.

### **Instruction:**

- A. Single punch to the face with the front hand, and say, ‘Mu!’.
- B. Single punch to the face with the back hand, and say, “Do!”



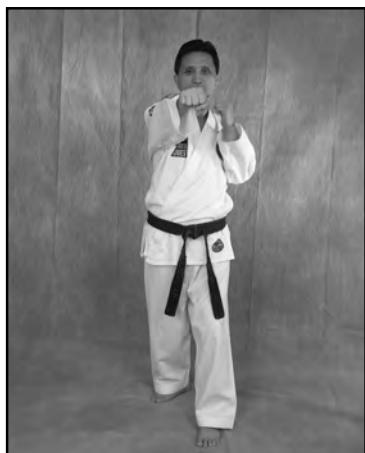
Double Punch B

The two punches should be done quickly, but not rushed. Each punch should move to full extension and retraction in a relaxed but controlled motion. Muscle tension will slow you down.

## Triple Punch



Triple Punch A.



Triple Punch B.



Triple Punch C.

The triple punch introduces the concept of unlimited technique. We are not limited by the fact that we have only two arms. We can combine an unlimited number of techniques in combination.

### Instruction:

- A.** Single punch to the face with the front hand and say, “Martial!”
- B.** Single punch to the face with the back hand and say, “Arts!”
- C.** Single punch to the face with the front hand and say, “World!”

The three punches should be done quickly, but not rushed. Be sure to rotate your body during the second punch.

## Five Punches

The five punches are a combination of the double punch and the triple punch.

### Instruction:

- A. Single punch with the left hand to the face and say, ‘Mu!’.
- B. Single punch with the right hand to the face and say, “Do!”
- C. Single punch with the left hand to the face and say, “Martial!”
- D. Single punch with the right hand to the face and say, “Arts!”
- E. Single punch with the left hand to the face and say, “World!”

The five punches should be done quickly, but not rushed. Be sure to rotate your body during the second and fourth punches.



Five Punch A.



Five Punch B



Five Punch C.



Five Punch D



Five Punch E.

## Hook Punch

The single punch is designed to strike a target straight ahead of you in the most direct manner. Because the shortest distance between two points is a straight line, the single punch travels the shortest distance, and therefore is the quickest punch. However, sometimes although the target may be straight ahead of you, there may be a blocking hand or something else between you and the target, preventing you from using the straightest line of attack. Other times the best striking surface may not be facing you, but may be turned to the side. In these cases, the hook punch is a practical and powerful way to reach your target from a different angle.

We practice the hook punch at head level, imagining the jaw or temple as targets, but the hook punch is also effective way to attack the body, striking the ribs or the *solar plexus* if the body is turned.

### Instruction:

**A.** From the Fighting Stance, lift your left (front) elbow to shoulder level at the same time you extend your left hand until your elbow forms a right angle.

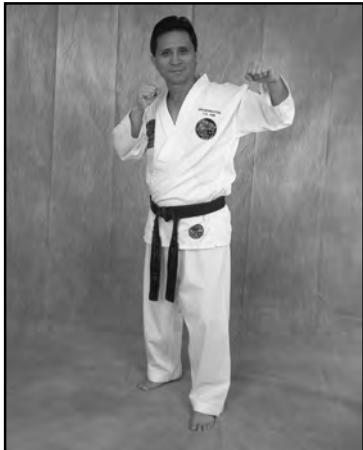
**B.** Rotate your hips to the right, which will rotate your shoulder, which will bring your fist across your body as you exhale. It is important not to extend your hand too far away from your body. The most powerful punch strikes with the first two knuckles, supported by the wrist and the entire fore arm to the elbow directly behind them.

**C.** Return to the starting position and inhale.

### Variations:

You may also hook punch with the right (back) hand by following the same steps, merely substituting the words right for left and vice-versa.

When you change stance (your right foot is in front and your left foot is back) you can hook punch with either the front or the back hand.



Hook Punch A.



Hook Punch B.

# Upper Cut

The upper cut is another way to change your angle of attack. Where the straight punch attacks directly to the front and the hook punch attacks from the side, the upper cut attacks from below. It is an extremely powerful punch because you can use the strength of your legs and back in addition to your arms. Appropriate targets would be the chin, the ribs, or the *solar plexus*.

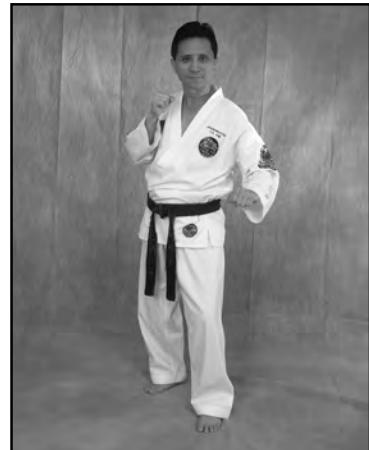
## Instruction:

- A. From the Fighting Stance, slightly bend your legs and back as you lower your left elbow (and therefore your left fist, palm down) as you inhale.
- B. Push upward from the floor with your left leg and straighten your back to lift your left fist while you rotate it inward so that the palm faces you as you exhale. Once again, strike with the first two knuckles, supported by the wrist and the entire forearm to the elbow directly behind them.
- C. Return to the starting position and inhale.

## Variations:

You may also upper cut with the right (back) hand by following the same steps, merely substituting the words right for left and vice-versa.

When you change stance (your right foot is in front and your left foot is back) you can upper cut with either the front or the back hand.



Upper Cut A.



Upper Cut B.

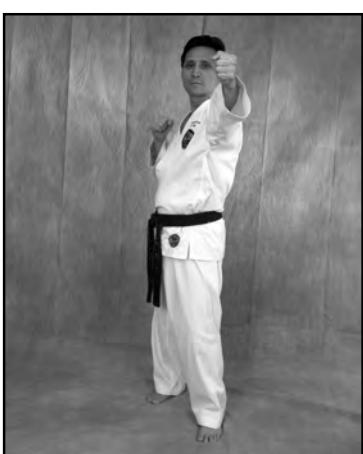
## Backfist



Backfist A.



Backfist B.



Backfist C.

The backfist is yet another way to change your angle of attack. It is different from the punches because it utilizes a different part of the hand to strike, and therefore, different body alignment.

The striking surface of a backfist are the tops or backs of the first two knuckles. In all of the punches the hand leads the elbow, which follows for support. In the backfist, the elbow leads, and once it is in position, becomes a pivot point around which the forearm rotates. This rotation gives the backfist tremendous speed. There are two kinds of backfist strike, the side backfist and the downward backfist. At this point in our training, we will only concern ourselves with the side backfist.

With the addition of the backfist to your arsenal, you have the ability to attack from four different directions with a single hand. The single punch attacks directly to the front, the hook punch attacks from the left, the backfist attacks from the right, and the upper cut attacks from below. Appropriate targets for the backfist are the temple and the jaw.

### Instruction:

- A. From the Fighting Stance, extend your left (front) elbow to point at your target.
- B. When your elbow points to the target, rotate your fist in a counter-clockwise direction around your elbow toward full extension,
- C. As you reach full extension, strike with the backs of your first two knuckles by slightly bending your wrist as you exhale.
- D. Return to the starting position and inhale.

### Variations:

You may also backfist with the right (back) hand by following the same steps, merely substituting the words right for left and vice-versa, and clockwise for counter-clockwise. It is important to fully twist the hips and shoulders so that the elbow truly points to the target.

When you change stance (your right foot is in front and your left foot is back) you can backfist with either the front or the back hand.

## Elbow Across

The elbow techniques are excellent for getting your upper body into shape, and are the easiest self-defense techniques to use when you are too close to an attacker to kick or punch. Your elbows are extremely strong and you can generate tremendous striking power in a very short time.

### Instruction:

- A. In a fighting stance, raise your left elbow to the side to shoulder level, keeping your fist in front of your shoulder;
- B. Bring your elbow across your body by twisting at the hip.
- C. Return to starting position.
- D. Repeat the motion with the opposite elbow, twisting in the opposite direction.



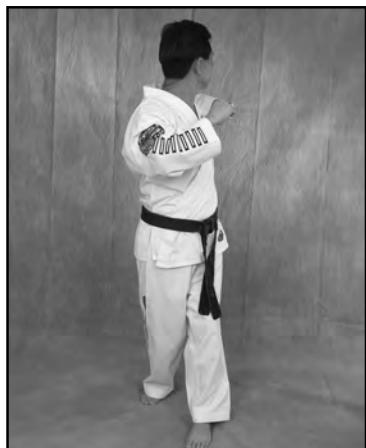
Elbow Across A.



Elbow Across B.



Elbow Back A.



Elbow Back B.

## Elbow Back

This technique is designed to strike to the head of someone close behind you.

### Instruction:

- A. In a fighting stance, raise your left elbow to the side to shoulder level, keeping your fist in front of your shoulder;
- B. Bring your elbow backwards across your body by twisting at the hip;
- C. Return to starting position.
- D. Repeat the motion with the opposite elbow.

## Elbow Up

To increase the power of this technique, try to use your legs to bring your power from the floor.



Elbow Up A.

### Instruction:

- A. In a fighting stance, raise your left elbow to the front above shoulder level, keeping your fist with the palm facing your ear;
- B. Return to starting position.
- C. Repeat the motion with the opposite elbow.



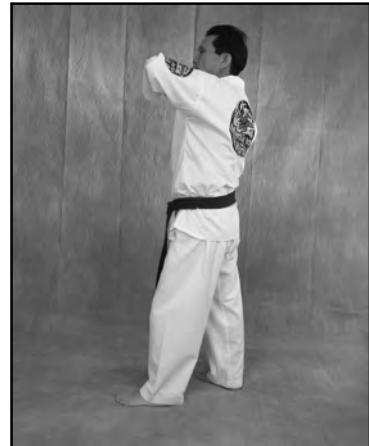
Elbow Up B.

## Elbow Up and Down

This technique is designed to release you from a rear choke hold.

### Instruction:

- A. In a fighting stance, raise your left elbow to the side well above shoulder level, keeping your fist in front of your shoulder;
- B. Bring your elbow backwards across your body by twisting at the hip,
- C. and then downward so that your arm is vertical;
- D. Return to starting position.
- E. Repeat the motion with the opposite elbow.



Elbow Up and Down A.



Elbow Up and Down B.



Elbow Up and Down C.

# Basic Striking Combination

This combination is not only a great upper body workout, but it will also help you develop your coordination and speed, and teach you how to combine many of the basic strikes in order to use them effectively.



Mu



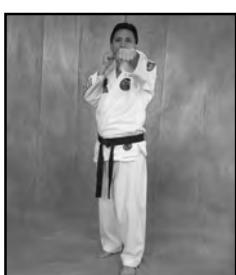
Do



Martial



Arts



World



1.



2.



3.



4.



5.



6.

***Mu Do (double punch)***  
***Martial Arts World (triple punch)***

1. Left Single Punch
2. Right Single Punch
3. Left Hook Punch
4. Right Hook Punch
5. Left Upper Cut
6. Right Upper Cut

- 7. Left Backfist**
- 8. Right Backfist**
- 9. Left Elbow Across**
- 10. Right Elbow Across**
- 11. Left Elbow Back**
- 12. Right Elbow Back**
- 13. Left Elbow Up**
- 14. Right Elbow Up**
- 15. Left Elbow Up and Down**
- 16. Right Elbow Up and Down**

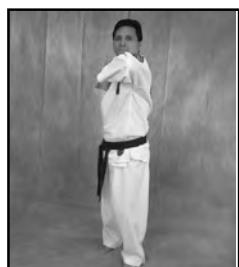
**Ba-rote.**



7.



8.



9.



10.



11.



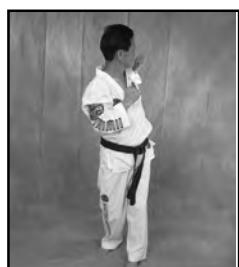
12.



13.



14.



15.



16.

# Basic 1 Hand Techniques



*Jhoon-bi.*



Horse Riding Stance A.



Horse Riding Stance B & C.



Low Block A.



Low Block B.

## Horse Riding Stance

The horse riding stance is named because your legs are positioned as if you were riding a horse. One of the immediate benefits of practicing this stance is that it will help make your legs strong. This is the stance we will use to practice many of our basic hand techniques. The following instruction includes the horse riding stance as well as the ready position for practicing Basic 1.

### **Instruction:**

From *jhoon-bi* stance,

- A. Cross your forearms in front of your chest, palms toward you;
- B. Lift your left knee and step to the left, landing with your feet twice the width of your shoulders while you
- C. Swing your both hands downward and to the side, so that your fists are slightly below waist level, palms facing inward.

## Low Block

The low block is designed to protect you from attacks to the lower torso, especially kicks.

### **Instruction.**

- A. Raise your left fist in front of right shoulder, palm toward your face, while you extend your right arm with your palm downward, *so that your elbows protect your solar plexus*;

- B. Swing your left fist downward until your elbow is almost straight and your hand is *outside your centerline* with the palm facing you, while you pull your right hand to your ribs, palm up.

- C. For a Right Low Block, follow the same instructions simply substituting the words right for left and left for right.

## Inside Block

The inside block is designed to protect you from attacks to the torso, including hand strikes and kicks.

### Instruction

A. Raise your left fist up and to the side so that your upper arm extends directly to the side of your shoulder and your forearm extends straight upward at a 90 degree angle with your palm forward, while you extend your right arm to the front, palm downward;

B. Swing your left fist inward and slightly downward until your fist is in front of your eyes, just past your centerline with the palm facing you, while you pull your right hand to your ribs, palm up.

C. For a Right Inside Block, follow the same instructions simply substituting the words right for left and left for right.



Inside Block A.



Inside Block B..

## High Block

The high block is designed to protect you from attacks to the head, including hand strikes and kicks.

### Instruction

A. Slide your left fist with the palm inward across the front of your body until it reaches the right edge of your torso, while you move your right arm over your solar plexus, palm inward;

B. Raise your left fist upward until your forearm is one fist's distance above your forehead and your arm is at a 45 degree angle with your palm facing outward, while you pull your right hand to your ribs, palm up.

C. For a Right High Block, follow the same instructions simply substituting the words right for left and left for right.



High Block A.



High Block B.

## Knife-hand Block to the Side



Knife-hand A.



Knife-hand Block B.



Knife-hand Block C.

The knife-hand block is designed to protect you from attacks to the head and torso from the side, both hand strikes and kicks.

### Instruction

- A. Open your left fist into a knife-hand with the fingers extended and the wrist straight,
- B. Raise your left knife-hand to your right ear with the palm facing inward, while you extend your right arm to the left side, palm downward, and you turn your head to face left;
- C. Swing your left knife-hand outward until your arm is directly to your left side with the elbow bent at 90 degrees and your finger tips at eye level with the palm facing outward, while you pull your right hand to your ribs, palm up.
- D. For a Right Knife-hand block to the side, follow the same instructions simply substituting the words right for left and left for right.

## Knife-hand Strike to the Neck

The Knife-hand strike to the neck is an attack designed to strike the side of the neck of an attacker.

### Instruction

- A. Raise your left knife-hand up and to the side so that your upper arm extends directly to the side of your shoulder and your forearm extends straight upward at a 90 degree angle with your palm forward, while you extend your right arm to the front, palm downward;
- B. Swing your left knife-hand inward and slightly downward until your knife-hand is in front of your neck, exactly at your centerline with the palm facing upward so that the wrist is bent and the hand parallel to the ceiling, while you pull your right hand to your ribs, palm up.
- C. For a Right Knife-hand Strike to the Neck, follow the same instructions simply substituting the words right for left and left for right.



Knife-hand Strike A.



Knife-hand Strike B.

## Spear Finger Strike

The Spear Finger strike is an attack to any soft area of an attacker, especially the *solar plexus*.

### Instruction

- A. Open your left hand into a Spear Finger, while you extend your right arm to the front, palm downward;
- B. Extend your left Spear Finger in front of your own solar plexus while rotating your hand so that your palm is inward, while you pull your right hand to your ribs, palm up.
- C. For a Right Spear Finger Strike, follow the same instructions simply substituting the words right for left and left for right.



Spear Finger (Close-up)..



Spear Finger A.



Spear Finger B.

## Palm Heel Strike

The Palm Heel strike usually attacks the chin, but may also be effective to the nose or the *solar plexus*. It is a powerful strike that avoids the possibility of injury to your knuckles or other small bones in your hand.

### Instruction

- A. Open your left hand flat with your fingers lightly touching each other and your thumb loosely extended. Pull your hand back to open up the heel of your palm, while you extend your right arm to the front, palm down ward;
- B. Extend your left Palm Heel slightly upward in front of your own *chin*, while you pull your right hand to your ribs, palm up.
- C. For a Right Palm Heel Strike, follow the same instructions simply substituting the words right for left and left for right.



Palm Heel (Close-up)



Palm Heel A.



Palm Heel B.

## Single Punch

The single punch is an attack to the front. The usual target is the *solar plexus* because it is debilitating without causing excess damage.

### Instruction:



Single Punch A.



Single Punch C.

- A.** Begin with the right fist extended straight out from the shoulder with the palm down and the left fist next to your rib with the palm up; inhale;
- B.** Extend the left hand palm up while you retract the right hand palm down simultaneously, rubbing your forearms and elbows against your ribs as you exhale;
- C.** When your arm is almost straight, rotate both fists so that the left is now palm down and the right is now palm up as you *ki-hap*.
- D.** For a Right Punch, follow the same instructions simply substituting the words right for left and left for right.

## Double Punch

The double punch is two punches in rapid succession, to one count. Again the target is usually the *solar plexus*.

### Instruction:

- A. Single punch with the left hand, and say, “Mu!”.
- B. Single punch with the right hand, and say, “Do!”

The two punches should be done quickly, but not rushed. Each punch should move to full extension and retraction in a relaxed but controlled motion, with muscle tension only on the point of impact and then immediately released. (The double punch can also be practiced with a right-left combination by changing hands, but we usually do not practice this way during Basic 1).



Double Punch A.



Double Punch B.

## Triple Punch



Triple Punch A.



Triple Punch B.



Triple Punch C.

The triple punch is three punches in rapid succession, to one count. It incorporates the use of two different targets, the *solar plexus* and the *philtrum*, the place just below the nose.

### Instruction:

- A. Single punch with the left hand toward the *solar plexus* and say, "Martial!"
- B. Single punch with the right hand toward the *philtrum* and say, "Arts!"
- C. Single punch with the left hand toward the *solar plexus* and say, "World!"

The three punches should be done quickly, but not rushed. (The triple punch will also be practiced with a right-left-right combination because there are an odd number of punches, so you will change the starting hand in each successive repetition.)

## Five Punches

The five punches are a combination of the double punch and the triple punch.

### Instruction:

- A. Single punch with the left hand toward the *solar plexus* and say, ‘Mu!’.
- B. Single punch with the right hand toward the *solar plexus* and say, “Do!”
- C. Single punch with the left hand toward the *solar plexus* and say, “Martial!”
- D. Single punch with the right hand toward the *philtrum* and say, “Arts!”
- E. Single punch with the left hand toward the *solar plexus* and say, “World!”

The five punches should be done quickly, but not rushed. (The five punches will also be practiced beginning with the opposite hand because there are an odd number of punches, so you will change the starting hand in each successive repetition.)



Five Punch A.



Five Punch B.



Five Punch C.



Five Punch D.



Five Punch E.

# Basic Kicks

Basic kicks are an important part of the self-defense arsenal. Your legs are longer and stronger than your arms, so they provide an opportunity to defend yourself with more strength and from farther away. The leg of the average woman is stronger than the arm of the average man, so kicking can be quite an equalizer when the attacker is bigger and stronger than you.

In addition, it is important to exercise the body in a balanced way. We want to practice with both the left and right sides equally, but we also want to practice upper and lower body exercise in balance, to maintain health. Because the muscles of the legs are much larger than those of the arms, they take more energy (calories) to move. If one of your goals is to lose weight, do more cardio-vascular exercise using the large muscles of the legs.



Fighting Stance.

## Fighting Stance

The basic kicks are performed from the fighting stance.

### Instruction:

From *jhoon-bi* stance, step your right leg back until your feet are about shoulder width apart at a 45 degree angle, as you raise your fists to a level just under your chin, with your elbows protecting your ribs.

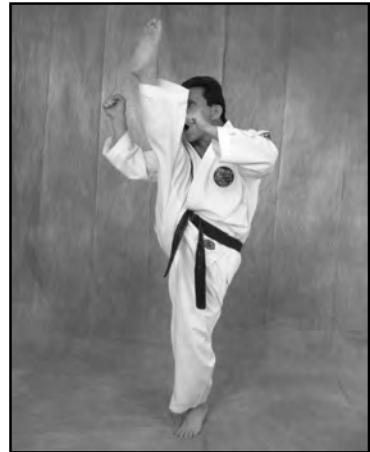
# Leg Raise

The purpose of the leg raise is to stretch the muscles used in kicking. It is important to do the first repetition at a safer, lower level so that you do not over stretch the muscles before they are ready. You can kick a little higher with each repetition until you reach your maximum height. The leg raise will also help increase your flexibility through what is called dynamic stretching.

## Instruction:

You may either keep your ankle straight or bent, throughout the motion of the kick.

- A. Raise your leg straight up to the front as high as comfortable, keeping your kicking knee straight;
- B. Return the leg to the floor into a fighting stance.



Leg Raise, Ankle Straight.



Ankle Straight



Ankle Bent, Toes Back

## Swing Kick

The Swing Kick is similar to the leg raise, except that it adds some circular motion so that it may be used as a strike. It is primarily used to kick to the head, using the sole, the heel, or the blade of the foot as the striking surface.

### Instruction:

- A. From a fighting stance, raise your kicking leg across your standing leg, with your ankle straight and toes pulled back;
- B. Kick up as high as possible;
- C. Rotate your foot toward the outside of your body;
- D. Swing sole, heel, or blade of foot downward to target;
- E. Return to fighting stance.



Swing Kick A.



Swing Kick B.



Swing Kick C.

## Inside Swing Kick

The Inside Swing Kick is also called the Target Kick because it is often performed using your own hand as a target. Whereas the swing kick moves from the inside to the outside of your body, the inside swing kick traces just the opposite motion, from the outside to the inside of your body. It is primarily used to kick to the head, using the sole or heel of the foot as the striking surface.

- A. From a fighting stance, extend your front hand in front of your face with the palm facing inward;
- B. Raise your kicking leg outside the edge of your body, with your ankle straight and toes pulled back,
- C. Kick up as high as possible;
- D. Rotate your foot toward your centerline;
- E. Swing your sole or heel downward to the target (your palm);
- F. Return to fighting stance.



Inside Swing Kick A.



Inside Swing Kick B.



Inside Swing Kick E.

## Pick Ax Kick



Pick Ax Kick B.



Pick Ax Kick C.



Knee Kick A.

The Pick Ax Kick is very similar to the leg raise, except that you use it to strike a target.

The pick ax kick is a straight kick dropping down from above, similar to the motion of a pick or ax.

### Instruction:

- A.** From a fighting stance, raise your kicking leg up, ankle bent, toes back;
- B.** Thrust your foot straight out as high above target as possible;
- C.** Strike downward using the heel or sole of the foot keeping your knee straight;
- D.** Return to fighting stance.

## Knee Kick

The knee kick is used when you are too close to your attacker to kick with the foot.

### Instruction:

- A.** From a fighting stance, raise your kicking knee up, ankle bent, toes back;
- B.** Return to fighting stance.

## **Pushing Kick**

The pushing kick is a straight thrusting kick, intended to push someone or something backward. It is the kind of kick you might use to kick down a door.

### **Instruction:**

- A.** From a fighting stance, raise your kicking knee up, ankle bent, toes back;
- B.** Thrust straight out with the sole of the foot;
- C.** Spring your foot back by bending the knee;
- D.** Return to fighting stance.



Pushing Kick A.



Pushing Kick B.

## **Front Kick**

The Front Kick is similar to the pushing kick but differs in the angle and speed of the motion. The front kick is a snap kick, utilizing speed more than power. Using the ball of the foot, it is the kind of kick you might use to kick a hole in a door, as opposed to kicking the door down as you would with a pushing kick.



Front Kick A.

### **Instruction:**

- A.** From a fighting stance, raise your kicking knee up, ankle straight, toes back;
- B.** Snap your foot forward and upward in an arcing motion, using the ball of the foot as your striking surface;
- C.** Spring your foot back by bending the knee;
- D.** Return to fighting stance.



Front Kick B.

## Roundhouse Kick

Up to this point, all the kicks have been to the front, striking at different angles to the front. The roundhouse kick is designed to attack in a circular motion from the side of a target that is in front of you.

You would use the ball of the foot to kick to soft targets, and the instep to kick to hard targets.

### Instruction:

A. From a fighting stance, raise your kicking knee to the side while turning your entire body 90 degrees by rotating on the ball of your foot so that your heel points forward;

a1. Point your toes and keep your ankle straight, or

a2. Pull your toes back and bend your ankle;

B. As your knee points to your target, extend your foot in a whiplike motion to strike the target;

C. Recoil your foot back to the chambered position;

D. Rotate backwards on the ball of your foot into a fighting stance.



Roundhouse Kick A, C.



Roundhouse Kick B.



Roundhouse Kick  
Ball of Foot



Roundhouse Kick Instep

## Side Kick

The side kick is designed to attack a target at your side, rather than in front of you. You may use the blade of the foot or the heel.

### Instruction:



Side Kick A, C.



Side Kick B.



Side Kick Heel



Side Kick Blade of Foot

**A.** From a fighting stance, raise your kicking knee to the side while turning your entire body 100 degrees by rotating on the ball of your foot so that your heel points forward, pulling your toes back and bending your ankle;

**B.** As your heel points to your target, extend your foot in a straight line until your ankle, your hip, and your shoulder are all in one straight line;

**C.** Recoil your foot back to the chambered position;

**D.** Rotate backwards on the ball of your foot into a fighting stance.

## Double Step Side Kick

The double step side kick introduces the idea of kicking with the front (closest) foot. Front foot kicks are much quicker than back foot kicks, but may not generate as much power.

### Instruction:

- A. From a fighting stance, slide your back foot up to your front foot;
- B. Raise your kicking knee up, ankle bent, toes pulled back.
- C. Thrust your foot in a straight line until your ankle, your hip, and your shoulder are all in one straight line;
- D. Recoil your foot back to the chambered position;
- E. Return to fighting stance.



Double Step Side Kick A.



Double Step Side Kick B, D.



Double Step Side Kick C.

# White 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.

Breaking materials provide an objective measure of your power -- either you have enough speed, power, and accuracy to break the board or you don't -- it's a pass or fail test. Although there may be some difference in the strength of different boards, it is an objective measure. There are no differing opinions on whether you broke it or not. Anyone can observe whether the board is broken or not.

## There are three aspects to a successful break:

- 1. Accuracy** -- you must strike the board at its weakest point, usually in the middle. If you do not have accuracy you will either miss the board completely, or miss the place where the board is easiest to break.
- 2. Speed** -- your hand or foot must have enough speed to break the board. If you do not have enough speed, you may move the board, but it will not break.
- 3. Power** -- you must put enough of your body weight into the strike to break the board. If you do not have enough power, you will simply bounce off the board without moving it

## Double-Step Side Kick

You may use either the heel or the blade of foot, but the heel is most effective in breaking technique.

- A. Assume a fighting stance, with your kicking leg closest to the target. Adjust your distance from the target;
- B. Slide your back foot up to your front foot;
- C. Raise your kicking knee up, ankle bent, toes pulled back;
- D. Thrust your heel through the target, *ki-hap*;
- E. Snap your knee back;
- F. Return to fighting stance.



Double Step Side Kick A, F.



Double Step Side Kick B.



Double Step Side Kick C, E.



Double Step Side Kick D.

# **The Top 10 Winning Habits**

*Following these habits will transform your life.*

## **1. Smile**

*Winning begins with a smile.*

## **2. Eat and Drink Wisely**

*You are what you eat.*

## **3. Exercise Daily**

*Release stress to shape up.*

## **4. Focus on the Positive**

*Develop a winning attitude.*

## **5. Make Preparation a Habit**

*Preparation is a key to success.*

## **6. Act with Passion**

*Acting passionately brings you success.*

## **7. Communicate Clearly**

*Winners are good communicators.*

## **8. Share with Others**

*Generosity creates win-win situations.*

## **9. Love to Learn**

*Build mental fitness.*

## **10. Fight within Yourself**

*Develop personal power.*

*These winning habits will make your life rich with enjoyment.*

**---Y.K.KIM---**

# 1. Smile

## Why smile?

- Nobody likes to see an ugly frown or a face that looks angry or depressed because it makes others feel depressed. Everybody likes a smiling face, a face that gives positive energy.
- Many times, smiling leads to laughing, and you know what they say about laughing: "Laughter is the best medicine."
- A smile is the best and most inexpensive exercise for the body, mind, and soul.
- If you are smiling, it is impossible to frown.

### A smile can...

- Positively change your lifestyle.
- Generate great feelings for you and others.
- Give you the best tool for self-defense.
- Build golden relationships.
- Provide you the strongest weapon for emotional control.
- Release stress to put you in the best mental shape.

### How to develop a winning smile habit

1. Initiate a smile campaign. Start smiling now and keep doing so for the rest of your life.
2. Smile a lot. The more smiles you give, the more smiles you will receive.
3. Constantly remind yourself to smile at least 10 times a day until it becomes a habit.
4. Always return a smile with a smile.

***A personal tip:*** If possible, go beyond a smile and laugh. Please try this exercise: touch your lower abdomen with your fingertips and push it in a couple of inches. Now, try to laugh and push in your abdomen at the same time. When you are not laughing, your stomach is soft. When you laugh, your stomach gets hard. This tightening and relaxing of your stomach muscles relieves stress and massages your internal organs, dramatically improving your health.

## 2. Eat and drink wisely

### Why eat and drink wisely?

- The saying, "You are what you eat," is absolutely true. If you build your body with junk foods, you will have a junky, out-of-shape body. Much sickness and discomfort come from an improper diet, including obesity. *If you build your body with sound nutritional foods, you will be strong and healthy.*
- Drinking the wrong things can be unhealthy and dangerous. Refrain from drinking alcohol because too much alcohol will leave you inebriated, irreversibly damage your liver, and could get you arrested and thrown in jail. *Instead, drink healthy things like water and juices to have control of your senses at all times.*
- The purer your body, the purer you will be. Never poison your body with harmful drugs. Avoid nicotine in all forms: chewing tobacco, cigarettes, cigars, etc. Nicotine has been proven to cause cancer. Also, avoid illegal drugs. They can cause all sorts of problems, including heart attacks, seizures, and strokes. *Don't poison your body. If you poison your body, you will eventually fall ill, even die.*
- By eating energy-giving and energy-saving foods, you will release stress and gain physical and mental power; this kind of diet is a positive and healthful thing. Eating healthy foods will help you focus better and keep your body looking and feeling younger. *Consuming the wrong food and drinks can sabotage your immune system, so don't hurt yourself. In fact you will be surprised how healthy and energetic you feel when you eat and drink healthy things.*

# **How to eat and drink wisely**

- 1.** Drink at least seven cups of water a day. By hydrating yourself, you internally cleanse your body.
- 2.** Avoid drugs, nicotine, junk food, red meat, caffeine, and white-sugar products.
- 3.** Eat healthy foods such as vegetables, fruits, poultry, and fish. If you exercise or work physically a great deal, you'll need to eat good carbohydrates to maintain your energy level. If you want to build muscles, you'll need to eat protein-rich foods. Those who want to learn more about healthy foods can do so through any one of many good nutrition books available at any local library, bookstore, or on the internet.
- 4.** Please don't eat too much at once and thoroughly chew what you eat. Not only is chewing slowly healthy, but it also allows you to savor your food, which can be emotionally pleasing.

### **3. Exercise Daily**

#### **Why exercise daily?**

- Exercise cleanses your body. When you exercise, you sweat through the pores of your skin, expelling physiological toxins, and you metaphorically sweat through the pores of your brain, expelling psychological toxins.
- Exercise is the best way to lose fat, gain muscle, and get in shape while releasing stress and tension, and gaining energy.
- Exercise increases circulation and strengthens your immune system, which helps prevent illness.
- Exercise will make you healthier, stronger and happier.
- Exercise will improve your self-confidence.
- Exercise will turn the idle into the active.

#### **How to exercise daily**

1. Smile and laugh (mental and physical exercise).
2. Walk.
3. Lift weights.
4. Do some sort of aerobic activity.
5. Clean the house.
6. Do yard work.
7. Organize your office.
8. Run, bike or climb.
9. Practice Martial Arts.

*A personal tip:* While exercise is very important for good health, it's also prudent that you cooperate and listen to your body, not fight its needs. For example, if you are sleepy, rest then exercise; if you are sick, get better, then exercise.

## **4. Focus on the Positive**

### **Why focus on the positive?**

- When you focus on the negative, you feel discouraged and stressed.  
When you focus on the positive, you feel encouraged and energized.  
Positive thoughts bring positive action; continued positive action makes it a winning habit.
  
- Focusing on the positive will help you succeed in life, and it helps you to become an energy magnet, attracting all the positive energy around you.

### **How to focus on the positive**

- 1.** Set positive goals. Hope comes from imagining and believing in a positive future, giving you the energy to overcome any challenge.
  
- 2.** Focus on your positive goals and see yourself achieving them in order to fuel your passion.
  
- 3.** Always think, look, listen, talk and act positively.
  
- 4.** Associate with positive people.

## **5. Make Preparation a Habit**

### **Why do you need to make preparation a habit?**

- Preparation allows you to use your time effectively and efficiently.
- Proper planning enhances performance.
- Preparation reduces mistakes, stress, and saves time.
- Proper planning is the foundation of success.
- A lack of preparation is a plan for failure.

### **How to make preparation a habit**

1. Plan-organize-practice: You must plan because success doesn't happen by accident. Organize for execution if necessary, and then practice, practice, practice when needed so you can successfully execute anything that you do.
2. Write down a daily list of things to do in order to plan and organize your personal or professional schedule and become more effective with time management. Once written down, you can prioritize this list and set about doing it in an organized manner.
3. Get into the habit of preparing for everything.

## **6. Act with Passion**

### **Why act with passion?**

- Machines can do almost every physical activity that a person can do, and a machine is usually more accurate. However, machines can't create with passion. The difference between the actions of a man and those of a machine is the passion behind the action.
- Nothing great has ever been achieved without enthusiasm. You can increase what you get out of any activity by increasing the passion you put into it.
- Passion will give you double or triple the results in whatever you do.
- You are more likable when you show passion.
- Passion will bring you success in life.

### **How to act with passion**

1. When you love yourself and love what you do, you will act with passion.
2. Do your best and do so enthusiastically.
3. Have positive goals.
4. Build self-confidence, and passion will follow.
5. Always speak and act with conviction.

# 7. Communicate Clearly

## Why communicate clearly?

### *One word!*

One rude word can leave you feeling miserable.

**One warm word can make you feel good.**

One careless word can ruin a relationship.

**One caring word can build a good relationship.**

One critical word can create an enemy.

**One motivational word can change someone's life.**

One inappropriate word can destroy a person's future.

**One appropriate word can save a person's life.**

Communication is the tool that builds successful relationships, and it will help you achieve your dreams.

## How to communicate clearly

1. Listen twice as much as you talk.
2. Try to understand others by verbally relating to them.
3. What you say is important. How you say it is more important; watch how you communicate with others.
4. Choose the right word, control your voice, and use your best body language.
5. If you need to touch someone's ears, then just speak from your mouth. If you need to touch someone's mind, speak from your mind. If you need to touch someone's heart, speak from your heart.

## **8. Share with Others**

### **Why share with others?**

- You must share your experiences with others in order to be truly successful. If you don't share them, you have not truly achieved success. Sharing is the foundation of all relationships and the more you share, the more personal power you have. By helping others, you help yourself.
- Remember; when you die you cannot take anything with you except your name. Therefore, the more you share, the greater the legacy you will leave behind.
- Selfishness always creates losing situations.

### **How to share with others**

1. Share more than just your money; share your knowledge, your heart, and your experiences with love and compassion.
2. Do at least one good thing for yourself and others daily.
3. Be generous to eliminate being selfish.

# **9. Love to Learn**

## **Why love to learn?**

- Education is mental food and mental exercise, which builds mental muscle. Choose what you study wisely because it can influence your thinking, and you become what you think.
- If you choose to be uneducated, you limit yourself. You blind yourself to possibilities when you are ignorant.
- You improve your life by educating yourself.
- A winner is a lifelong learner.
- By enjoying the fruits of knowledge, you maximize your potential in life, build character, and create the opportunity to be successful.

## **How to love learning**

1. Have the desire to constantly improve yourself through education.
2. Life is not merely a course or seminar; it is a lifelong experience. Continue to educate yourself every day and enjoy your life.
3. Be a learner to eliminate being ignorant.
4. Teaching others will also educate you.
5. Remember: learning means you are learning from other people's experience and your own, so read as much as possible and learn from your own experiences.

# **10. Fight within Yourself**

## **Why fight within yourself?**

- True victory is the victory over yourself.
- To build an indomitable spirit.
- By fighting within yourself, you will become a confident individual with balance in your life--a true winner in every situation.
- Quitters never win.

## **How to fight within yourself**

- 1.** Love yourself unconditionally to eliminate self-doubt, insecurity, and to build self-esteem.
- 2.** Discipline yourself to gain the inner strength needed to compete within.
- 3.** Believe in yourself to lay the foundation of self-confidence.
- 4.** Always be persistent in everything you do.
- 5.** Fight against ignorance by educating yourself.
- 6.** Fight against laziness by leading an active life.
- 7.** Fight against negativity by focusing on the positive.
- 8.** Fight against fear by being courageous.
- 9.** Fight for yourself and never give up until you win!

**Winning is Your Choice!  
Maximize Your Life!**

## **My Dear Martial Arts World Family,**

I've had the most exciting and meaningful experience of my life during the last 26 years since 1978, passionately researching, creating, practicing, writing, editing and rewriting this curriculum. I have learned remarkable lessons about life fitness and personal leadership, which changed my life dramatically.

I realized I have only one life; I will have no second chance... the same as you. We are all special and unique; within each of us there is a tremendous potential power: the power to succeed. We have no reason to minimize our lives, to be weak, poor, or to have unsuccessful lives. We have millions of reasons to maximize our lives, to be strong, rich, and to have successful lives. You and I have the choice to maximize our lives.

How? The answers are right here in this curriculum guide.

The Martial Arts World philosophy is an uncommon blend of the best of Eastern and Western culture, creating a new way of thinking. I was fortunate enough to live half of my life in the East and the other half in the West. This unique perspective has helped me create a simple, practical step-by-step process of self-improvement and personal leadership, which includes physical fitness, mental fitness, moral fitness, financial fitness, and life fitness. Never before in the history of Martial Arts, and nowhere else in the world, can you find a curriculum like ours.

No matter who you are, the Martial Arts World curriculum and your Instructor will help you become healthier, stronger, wiser, happier, even richer and have a successful life.

In order to get the maximum benefit from your training, you must set positive goals like first becoming a black belt, and eventually becoming a Certified Instructor. The rank of Instructor is a symbol of the achievement of personal power, which is personal leadership ability. Through leadership you will have the power to help others and change their lives for the better.

To achieve your personal goal, you need to remember: a winner never quits, a quitter never wins. We as students, Instructors, Masters, or Grandmaster are one family. It is our organization, and we all need to improve our organization continually for our own benefit and for the benefit of future generations. The family that kicks together, sticks together. Please help us to help you: as you continue to practice, share your suggestions, thoughts and comments with your Instructor and with headquarters. We would love to hear your success story, especially if our Martial Arts World philosophy helped you. Your support will help to improve our organization.

### **Martial Arts World:**

E-mail: [ykkim@MartialArtsWorld.com](mailto:ykkim@MartialArtsWorld.com)

Website: [www.MartialArtsWorld.com](http://www.MartialArtsWorld.com)

I'd personally like to meet you and talk with you about the Martial Arts and about life in general. Meet me at the next national camp, tournament, testing, seminar, or other Martial Arts World event. You may even see me at the airport when you travel. If you do, please say, "Hello!" and tell me about your successful experiences and any new ideas you have for Martial Arts World.

### **Maximize your life!**

Sincerely,  
Grandmaster Y. K. Kim

# Wining Is A Choice

Written By: Y. K. Kim

Music By: Frank Starchak

The musical score consists of eight staves of music. The first staff starts with a treble clef, a key signature of one sharp (F#), and common time. The lyrics begin with "I am a fighter" and continue through various stanzas. The second staff begins at measure 7 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics include "(I'm a true winner)" and "winners never quit". The third staff begins at measure 13 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics mention "overcome negativi - ty from within" and "reach for the stars". The fourth staff begins at measure 19 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics include "till you win" and "keep your dreams a - live with-in". The fifth staff begins at measure 25 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics include "(change your mind)" and "(change your body)". The sixth staff begins at measure 31 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics include "in you hear a - gain and a-gain—and a - gain and a-gain that says— I am a win - ner". The seventh staff begins at measure 37 with a treble clef, a key signature of one sharp (F#), and common time. The lyrics conclude with "win - ner winners ne-ver quit quitters ne-ver win \_\_\_\_\_ over-come ne-a-tiv-i - ty from within reach for the stars". Chords are indicated above the staff lines: D, D, A, B m, A, G; D, C, A, D, A, B m; D, A, B m, A, G; D, C, A, D, A, C; G, D, A, B m, A, G; D, C, A, D, A, B m; D, A, B m, A, G; D, A, B m, A, G.

# Wining Is a Choice

2 D C A D A C  
43 till you win keep your dreams a - live with - in win-ning is a choice a-ny one can win we all have great po-

G D A B m A G  
49 ten-tial from with - in we all can win (we're all winners) we all can win trust that voice with-

D C A D A B m  
55 in you hear a - gain and a-gain and a - gain and a- gain that says I am a win - ner I am a (winning is a choice)

D A B m A G  
61 win - ner win-ners ne-ver quit quitters ne-ver win over-come ne-a-tiv-i - ty from with-in reach for the stars  
(not a result) C A D A C  
67 till you win keep your dreams a - live with - in win-ning is a choice a-ny one can win we all have great po-

G D A B m A C  
73 ten-tial from with - in win-ners ne-ver quit quitters ne-ver win over-come ne-a-tiv-i - ty from with-in  
G D C A D A  
79 I am a win - ner I am a win - ner win-ners ne-ver quit quitters ne-ver win  
B m A G D C A  
85 ov-er-come neg - a - tiv - i - ty from with-in I am a win - ner I am a win - ner  
D  
91

The musical score consists of eight staves of music. Each staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature. The first staff starts at measure 2 with the lyrics "till you win keep your dreams a - live with - in". Chords shown are D, C, A, D, A, and C. Measures 43 through 55 continue the lyrics with "win-ning is a choice", "a-ny one can win", "we all have great po-", "ten-tial from with - in", "we all can win (we're all winners)", "we all can win", "trust that voice with-", "in you hear a - gain and a-gain", "and a - gain and a- gain", "that says", "I am a win - ner", "I am a (winning is a choice)", and "in you hear a - gain and a-gain and a - gain and a- gain that says I am a win - ner I am a". Measures 61 through 73 show the continuation of the lyrics with "win - ner win-ners ne-ver quit quitters ne-ver win", "over-come ne-a-tiv-i - ty from with-in", "reach for the stars", "(not a result)", "over-come ne-a-tiv-i - ty from with-in", "win - ner win-ners ne-ver quit quitters ne-ver win", "over-come ne-a-tiv-i - ty from with-in", "win - ner win-ners ne-ver quit quitters ne-ver win", and "over-come ne-a-tiv-i - ty from with-in". Measures 79 through 85 conclude with the lyrics "I am a win - ner", "I am a win - ner", "win-ners ne-ver quit", "quitters ne-ver win", "I am a win - ner", "I am a win - ner", "ov-er-come neg - a - tiv - i - ty from with-in", "I am a win - ner", and "I am a win - ner". The final staff at measure 91 ends with a double bar line and repeat dots.

# **Questions and Answers**

**In order to get more benefits from practicing the Martial Arts World curriculum, you must know what are the Martial Arts. What do the Martial Arts mean to you?**

- The Martial Arts are an action philosophy.
- The Martial Arts are a way of life.
- The Martial Arts are a path of self-improvement.
- The Martial Arts are life self-defense.
- The Martial Arts are the foundation of success.
- (Any one answer is acceptable).

## **What is Martial Arts World?**

- Martial Arts World is an organization to improve the quality of my life.
- Martial Arts World is the home of life champions.

**In Martial Arts World, we bow to the flag, to the Instructors, and to each other.  
Why do we bow?**

A bow is a form of universal body language that shows respect for yourself and others. It is an Eastern tradition, but it is also a Western tradition -- look at entertainers: when they finish a performance and receive applause from the audience, how do they return the respect they receive from the audience? They bow.

## **Why do we take promotion tests?**

A Martial Arts World promotion test is designed to assess your personal progress and to help you learn how to set and achieve goals, then set higher goals. Part of the process is to pay a testing fee.

## **What value do you receive for your testing fee?**

1. It is a separate special event, with special instruction.
2. It is a unique chance to build self-confidence by learning how to set and achieve goals, and then to set new goals.
3. I realize it is part of the operating budget for maintaining and improving our school, including the test materials like belts, boards, etc.

# 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.

## White Belt Pre-Test Requirements

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

**White belt, white tip:**      **Breaking technique + Courtesy**

**White belt, yellow tip:**      **Basic Hand & Kicking Technique + Meaning of Martial Arts**

**White belt, green tip**      **Block & attack in riding stance + Goal (to become an Instructor)**

## 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.*

# 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.

# The 7 Steps to Maximize Your Life

## 1. Winning is a Choice

*Be a victor, not a victim.*

## 2. Be a Leader, not a Follower

*Lead yourself to change the world.*

## 3. Develop Personal Power

*Discover how powerful you really are.*

## 4. Build Win-Win Relationships

*Enrich your life.*

## 5. Create Dynamic Organizations

*Be triumphant in your life.*

## 6. Lead the Real World

*Transform your dreams into reality.*

## 7. Success is Your Choice

*Think big and success will be easy.*

*This new way of thinking will change your life.*

---Grandmaster Y. K. KIM---



# The Top Ten Winning Habits

## 1. Smile

*Winning begins with a smile*



## 2. Eat and drink wisely

*You are what you eat.*

## 3. Exercise Daily

*Release stress to shape up.*

## 4. Focus on the Positive

*Develop a winning attitude.*

## 5. Make preparation a habit

*Preparation is a key to success.*

## 6. Act with passion

*Acting passionately brings you success.*

## 7. Communicate clearly

*Winners are good communicators.*

## 8. Share with others

*Generosity creates win-win situations.*

## 9. Love to learn

*Build mental fitness.*

## 10. Fight within yourself

*Develop personal power.*

***These winning habits will transform your life***

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