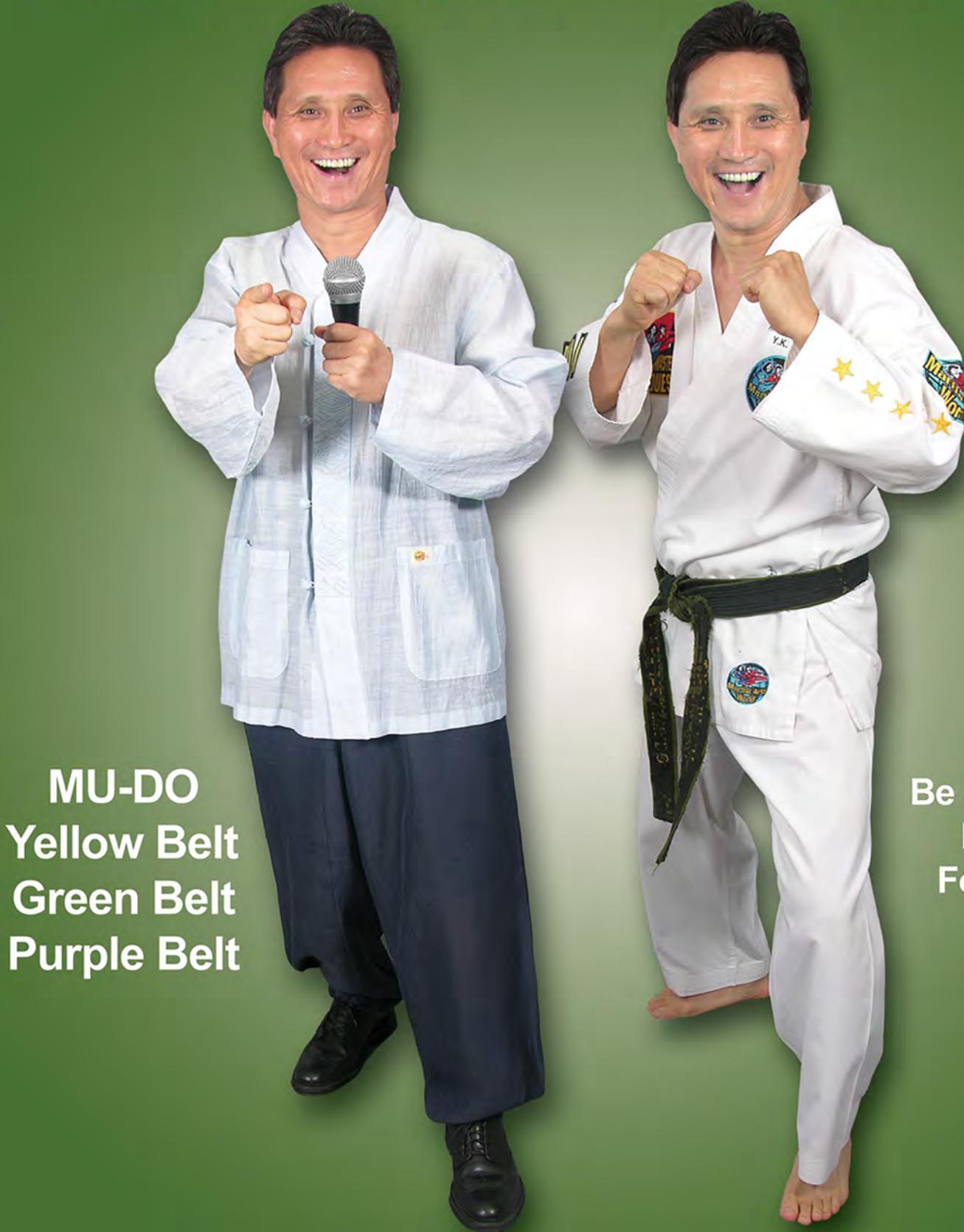




Martial Arts World



MU-DO
Yellow Belt
Green Belt
Purple Belt

Be a Leader
Not a
Follower

Grandmaster Y. K. Kim

\$79

Healthy Living

1. Eat & drink wisely

Lead a healthy lifestyle through a healthy diet.

2. Exercise daily

Energize your life by losing weight, releasing stress, and getting in shape.

3. Rest properly

Recharge your energy with proper rest.

4. Think positively

Focus on the positive to generate passion in your life.



By changing your lifestyle through The Four Wheels of Health, you will be healthier, stronger, smarter, richer, happier, a great public speaker and have a successful life.

Welcome to the MU-DO Team, the next step on your journey to black belt.

The MU-DO Curriculum covers the basics you will need to be able to learn the intermediate and advanced techniques.

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

Section 1	Yellow Belt Curriculum.....	p. 5
Section 2	Green Belt Curriculum	p. 130
Section 3	Purple Belt Curriculum.....	p. 153



About the Founder Grandmaster Y. K. Kim

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

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

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

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

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

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

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

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

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

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

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

Publisher of *Martial Arts World Magazine*;

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

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

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

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

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

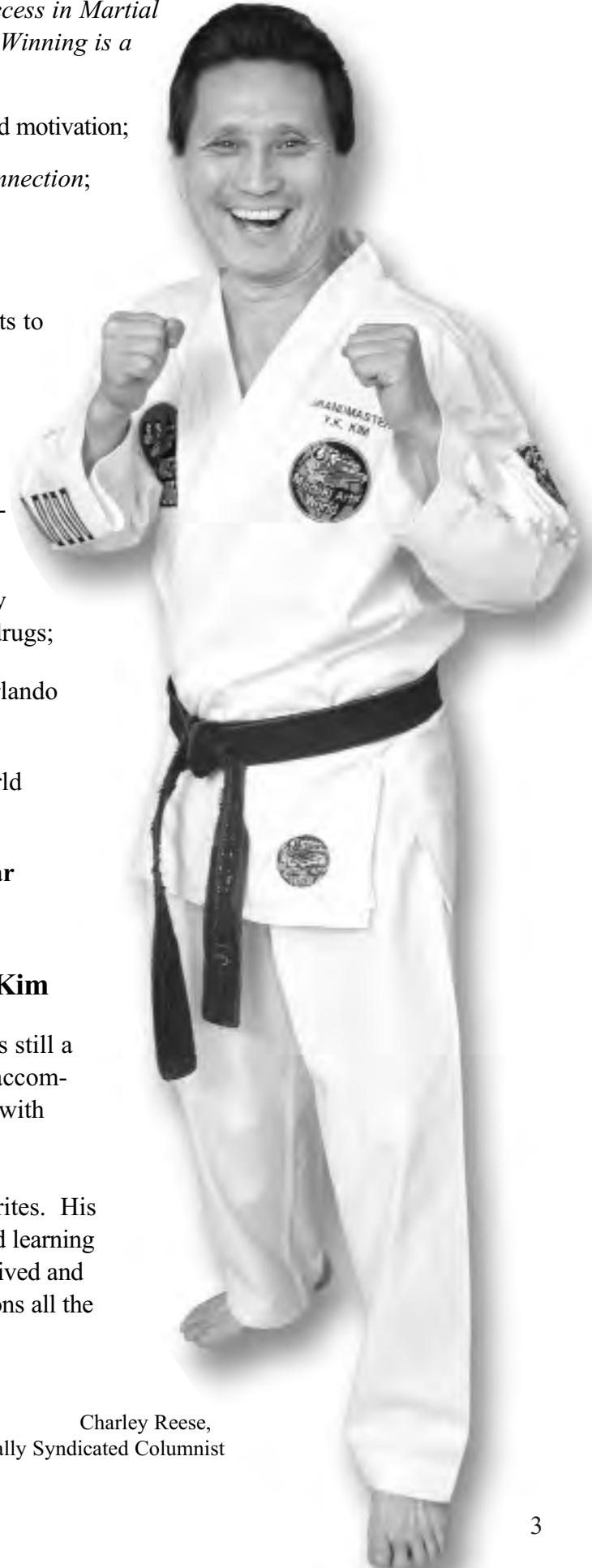
Grandmaster Y. K. Kim's next goal is to build a 4-year Martial Arts University to provide future leaders.

What the Press says about Grandmaster Y. K. Kim

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

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

Charley Reese,
Nationally Syndicated Columnist



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.

Yellow Belt

My Dear Martial Arts World Family,

Welcome to the MU-DO team. I'd personally like to congratulate you on your promotion to yellow belt.

What does MU-DO mean?

MU-DO means Martial Arts.

Every different ethnic group and every different organization have different beliefs because they have different principles, which cause a lot of unnecessary trouble all over the world. Yet, no one can deny that we are all part of nature. The principles of nature are universal, transcending all races, creeds, and governments.

The Martial Arts are based on nature, so they, too, are universal. People of all races, religions, and nationalities can practice side by side. By following the principles of nature, we are able to survive and succeed. The three most important principles of nature are harmony, truth, and survival of fittest.

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

Harmony demands that for us to survive, we must cooperate with each other, showing mutual appreciation and respect in the process. No man is an island. People need people to succeed.

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

In order to build personal power, you must follow the truth, which means you should be honest, responsible, and always do the right thing.

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

You have to train hard and discipline yourself to be strong, so you can succeed in our competitive world. Only from a position of strength can you create harmony and follow truth.

Martial Arts are an action philosophy, which is a way of life. Knowledge or ideas are only potential power without action. With action anything is possible. When you believe you can, you will. If you take action on your beliefs, you literally change the world.

If you believe in the Martial Arts, you should take action on that belief by sharing the benefits of the Martial Arts with your family, friends, co-workers, and your community. I am sure they will show you appreciation, and at the same time we can build a healthier and stronger community.

In addition, please share with us your personal progress and especially any success stories about introducing your family and friends to the Martial Arts. Please include a picture with your e-mail. We will share some of the best stories with our Martial Arts World family.

Martial Arts World:

e-mail: ykkim@martialartsworld.com

Website: www.martialartsworld.com

Thank you for your continuing support and cooperation. This is your organization. Without you, Martial Arts World would mean nothing.

Maximize your life

Sincerely,
Grandmaster Y.K.Kim

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Congratulations!

On your achievement and welcome to the Yellow Belt Team. You have passed your first mile marker on your path to success!

Although you will continue to enjoy your journey to achieve your goals, you are well on your way to success. It is important every once in a while to review how far you have come and make a conscious effort to celebrate your accomplishments. Nothing breeds success like success, and you have earned the right to be proud of yourself.

As your training continues, you will learn lot of new things. We will continue to build upon the basics by combining them into a *Poom se* (form), and applying them in self-defense and sparring applications. This is a very exciting time in your training!

What is a Yellow Belt?

Yellow is the color of new growth. When the seedling breaks out of the earth, it is yellow, not yet acquiring the darker color of a mature plant.

The yellow belt symbolizes that you are no longer a clean slate or a blank piece of paper. You now have some knowledge of the martial arts. You have begun to learn the basics that will form the foundation of your achievements to come. The road map to your success now has some form and substance, but you are still on the very beginning steps of your journey. Like the seedling, you are at a very delicate stage of growth. With proper care and attention, you can become a beautiful flower or a sturdy tree. Unlike the seedling, you have control of your destiny and your future. Dedicate yourself to practicing as often as you can and learning as much as possible when you attend class. Every detail counts, so try not to miss a minute of instruction.

Courtesy

Martial Arts Telephone Etiquette

Telephone Answering Etiquette

When you answer the phone, it is always polite to identify the establishment and the speaker, and offer help or a friendly greeting.

For business calls, a polite way to answer the phone is, “*Thank you for calling the ABC Company, this is Ms. Jones speaking, how may I help you?*”

For your home, you can follow a similar format by saying, “*This is the Jones residence, Bobby speaking. What can I do for you?*”

On a cell phone, they already should know exactly who they are calling, but it is possible to dial a wrong number. It is still polite to identify yourself by saying, “*Hello, this is John, may I help you?*”

By providing more information in your greeting than a simple, “Hello,” you help the person who may have dialed a wrong number to identify his mistake, and you help the person who dialed the right number to reach the person he is calling without guessing to whom he is speaking.

Messages:

Nowadays we receive a lot of telemarketing calls, so you might not automatically pass the phone to someone else without screening the call, especially in an office setting. If you answer the phone and a caller you do not know asks for someone else who is there, find out who is calling and why by asking, “Can I have your name, please? What is this regarding?” before passing on the call.

If the other person is not there, it is important to take a message and be sure the person gets the message. Important information to write down is: Name, Number, and Message:

Who called?

What did they want?

How can they be reached?

A good idea is to have some sort of note pad near the phone to take messages. If all the messages are written down in one place, it is easy to check for messages when you arrive home. Messages that have been read can simply be crossed off the list.

Children:

Children should be polite and helpful, always saying, “Sir,” or “Ma’am,” to adults. However, when an adult is calling, children must remember that their purpose is to get their parents or take a message, NOT to give out information.

NEVER SAY: “*My parents are not home right now . . .*”

Instead, say, “*They can’t come to the phone right now, may I take a message?*”

NEVER GIVE your address or any other information.

Instead, say, "*My mother can't come to the phone right now, may I take a message?*"

It's a good idea to practice with children, especially young children, playing a game where you try to trick them into giving out private information. Practice is the best way to prepare them to answer the phone properly when it rings.

Answering Machines

If you would not be rude in person, why would you be rude on your answering machine? Again, it is never a good idea to say that you are not home. Instead, record a simple message like, "*We can't come to the phone right now, but your call is important to us, so please leave your name and number, and we will return your call as soon as possible.*"

Telephone Call Etiquette

When you call someone, offer a pleasant greeting, then identify whom you are calling, give your name, and the purpose of your call. Look at this sample conversation:

"Thank you for calling Dr. Smith's office, this is Brenda, how may I help you?"

"Hi, Brenda, this is Charlotte Jones, and my son Bobbie has a fever. Is Dr. Smith available?"

By supplying your name and the purpose of the call, Brenda is now aware of the situation and can decide how best to handle it. In addition, she can inform Dr. Smith who is calling and why, so that he is prepared to answer your questions.

Even when you are calling a company to complain about a product or service, it is always best to start out polite and friendly. Many companies are more than willing to help you as soon as they are aware that you have a problem. Always give them the opportunity to help you. The old saying, "You catch more flies with honey than with vinegar," means that you will usually get what you want more easily by being sweet than by being sour.

Even when you are calling a friend or a family member, follow the same format: greeting, your name, your purpose. Look at this sample conversation:

"This is the Robertson residence, Janet speaking, what can I do for you?"

"Janet! This is Sally. You're never going to guess who just called me!"

In addition, always be considerate of others by not calling too late or too early, except in emergencies.

Leaving Messages:

When the person you are calling is not home, you may leave a message either with someone or on an answering machine. Again, identify whom you are calling, give your name, your number, and a message. You might add the best time to reach you if you anticipate not being available.

Summary:

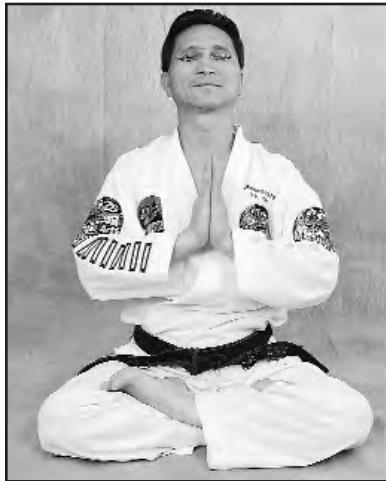
When answering the telephone, always be polite, identify the establishment, your name, and offer to help. If you take a message, write down who called, when, what they wanted, and how to call them back. Children should NOT give out information, only take messages.

When calling someone, always be polite, identify whom you are calling, give your name, and the purpose of your call. If you leave a message, also leave contact information.

NOTES:

Mental Exercise (Meditation)

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



Reflective Mental Exercise

When you mentally review what happened during class, an event, a day, a year, or your lifetime, you are engaging in Reflective Mental Exercise. During reflection, you should not only remember what happened, but evaluate it. You can learn from your mistakes and your successes so that you can reduce the number of future mistakes and increase the number of future successes. It will help you develop the winning habit.

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 Basic Breathing #3, as deeply and quietly as possible, breathing in and out through the nose (or through the mouth quietly).
- E. Concentrate on what you have done (closing mental exercise) at the end of a workout or at the end of the day. Say to yourself,

"I did _____ and _____ today. First I did _____, and next I did _____ (think about what you did, one thing at a time, in the proper order.)

"I remember I made a mistake when I did _____ wrong, and also _____. I know I can improve by doing _____ and _____ next time.

"I did do _____ and _____ very well today, and I feel proud of myself. All in all, it was a good workout/day, and I know tomorrow will be even better."

Benefits:

- ☒ By reviewing what happened, you will improve your memory.
- ☒ By reviewing facts and figures, and new concepts, you will increase your chances of remembering and using them.
- ☒ By reviewing your successes, you will have more confidence and better knowledge of yourself.
- ☒ By reviewing your mistakes, you will have better knowledge of yourself and identify a course of self-improvement.

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 digestive 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*).

Intermediate Breathing

In intermediate breathing, you will learn to tighten your lower abdomen. By tightening your lower abdomen, you will learn to make your lower body strong and your upper body light. The dividing line between the upper body and lower body is the diaphragm. The organs above the diaphragm enjoy being airy, light and cool. The heart and lungs do not enjoy pressure or heat. The organs below the diaphragm like pressure and heat. The stomach, liver, kidneys, spleen, pancreas, bladder, intestines, etc., need pressure to help the blood flow through them properly, and need heat for protection. Should the upper body become tight and heavy, as in the case of tension localized in the shoulders and neck, the body gets out of balance, and begins to breathe chest breathing. It becomes like a building whose top is heavier than its foundation: ready for a fall. To maintain good body balance you need to consciously keep the upper body relaxed and cool, and the lower body strong and warm.

Intermediate breathing takes more attention to perform properly than Basic Breathing. It also can be somewhat dangerous, because the heart and lungs do not like pressure. If you hold your breath while tightening any muscles, it will put pressure on your heart. You can only tighten your lower body muscles while the breath is moving out. If you feel pressure in your chest at any time during intermediate breathing, immediately stop. Move your muscles to find where they are tight, and relax them. Only resume when you feel comfortable.

Positive reactions of better energy circulation:

- ☞ Although stationary, you will sweat. You will also be able to warm up (and even make sweat) certain parts of your body at will.
- ☞ The flow of saliva will increase in your mouth, improving digestion.
- ☞ The stomach will make noise and you will burp and "break wind" as gasses are released.
- ☞ Your appetite will increase because your digestion is improving.
- ☞ Your skin and hair will look rich, shiny, and colorful because of increased circulation and improved digestion.
- ☞ You will fall asleep easily and sleep deeper because breathing exercises give you a peaceful and calm mind.
- ☞ You will have sharper vision and hearing, and increased sensitivity in touch, taste, and smell.
- ☞ You will have increased sexual energy.

Some negative reactions may also occur. They are absolutely normal, so do not worry. Usually, the negative reactions come out before the positive reactions:

- ☒ Your whole body will feel tired after breathing exercises because you did not have enough exercise, or the exercise was the wrong kind. Don't worry, just loosen up your whole body before you do breathing exercises.
- ☒ You may feel dizzy. Do not worry; do not be impatient. Do not try to do too much at one time. Take your time and build up slowly to a more advanced level.
- ☒ If you feel pressure in your chest or a loud heart beat, relax. Loosen up your body, and breathe quietly and gently.
- ☒ If your lower back hurts, relax your muscles or change position to change your posture. Maybe even massage the tight muscles to loosen them up.

Generally, negative reactions happen because you did not loosen up your muscles and/or you tried to do too much too soon. Remember, when it comes to breathing exercises, SLOW AND STEADY is the rule. Follow it.

Intermediate Breathing #1

Intermediate breathing was designed to increase autonomic nervous system functions, especially the sympathetic nervous center (the *solar plexus*), which is sometimes called the second brain. The sympathetic nervous center, or the middle energy center, is located on the bottom side of the diaphragm.

People who are unhealthy, especially overweight people, have a very tight middle energy center (*solar plexus*.) In intermediate breathing #1 we will try to relax and loosen up this area, so that it may function better. We want to keep the lower abdomen tight, while relaxing the middle energy center.

Preparation:

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

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, 3, 4, 5

How to do it:

A. Place both hands on the *solar plexus* so that your fingers are right under the sternum and ribs. Inhale through the nose as deeply as possible.

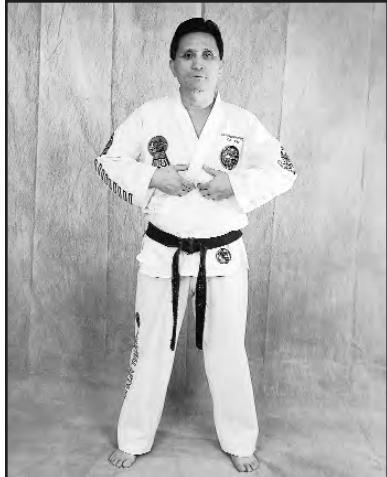
B. Exhale through a barely opened mouth as you bend slightly forward and slowly massage the *solar plexus* area with your fingers to help it loosen up and relax.

C. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.

D. Exhale through a barely opened mouth as you bend slightly forward and massage the *solar plexus* area with your fingers to help it loosen up and relax. As you continue to exhale, move your hands to your lower abdomen and feel the muscles of the lower abdomen tighten just a little.

E. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.

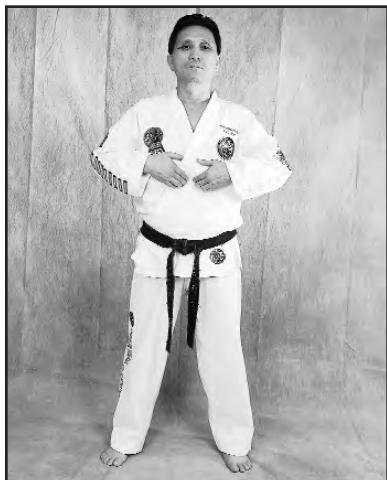
F. Exhale through a barely opened mouth as you bend slightly forward and massage the *solar plexus* area to help it loosen up and relax. As you continue to exhale, move your hands to your lower abdomen and feel the muscles of the lower abdomen tighten just a little. Also close your rectum.



A



B



C, E, G



D, F, H

G. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.

H. Exhale through the mouth as you bend slightly forward and massage the *solar plexus* area to help it loosen up and relax. As you continue to exhale, move your hands to your lower abdomen and feel the muscles of the lower abdomen tighten just a little. Close your rectum and very lightly tighten the muscles of your legs, too.

I. Repeat G and H approximately six times, increasing the intensity of the leg tightening each time.

Benefits:

Intermediate breathing will give you the same benefits as Basic Breathing #3, plus it will:

- ☒ Increase the functions of the sympathetic nervous center (*solar plexus*.)
- ☒ Make your lower body strong and heavy and your upper body flexible and light for good balance, as well as make your body stronger and increase your circulation.

The purpose of the massage is to relax and loosen up the *solar plexus*, or sympathetic nervous center.

When you drop your hands to the lower abdomen, you are trying to feel the tightness of the lower abdomen muscles. By using your hands, you should be able to feel the *solar plexus* area become loose while the lower abdomen becomes tight. By closing the rectum you direct the flow of energy from your lower energy center up your back. When you tighten your legs beginning with the feet, you squeeze the stale blood out of the feet, up the legs, and up to the heart and lungs, where it can be renewed and refreshed.

Try not to do too much at one time. The first time it will probably feel very awkward, but don't worry. Just go slowly and practice often. Soon it will be much easier. The important thing is not to give up. This is the best resource for strong health. When you give up, you not only give up on your own health, you give up on the people who care about you.

Do not hold your breath when you tighten your abdomen, rectum, or legs. When you first tighten your muscles, breathe very gently so as not to strain your chest and heart. As you become more accustomed to it, you may breathe with more power. Also, when you first tighten your muscles, just barely put a little tension through them; do not make them very tight. As you get accustomed to the feeling over time, you can gradually add more tension.

If you feel pressure in your chest, dizziness, pain in your back, or any other form of discomfort, stop immediately. Relax for a while, and only resume when the discomfort is gone.

Every six breaths stop Intermediate Breathing and take two or three relaxed breaths. Do not worry yourself trying to time your inhalation or exhalation, just breathe as deeply and as long as possible.

In Intermediate Breathing you will get a reaction right away to let you know if you are doing it right or not. It is very important to stop immediately if you feel discomfort. You can try to correct yourself after a short rest. If you do not feel discomfort, you are very lucky and should continue to practice. It will take some time to feel really comfortable with it.

In ten to twenty days you should feel a difference. In thirty to forty days you should be able to tell other people of the improvements you feel. After one hundred days it will be your habit. Slowly the time will come when Power Breathing becomes part of your daily life: you eat every day and you practice Power Breathing every day.

Remember: Intermediate Breathing is a little bit tough to do, but it is worth it for you. Only when you feel you have mastered Intermediate Breathing #1 should you move on to #2.

Intermediate Breathing #2

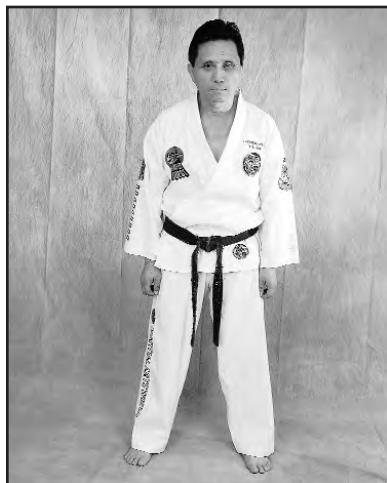
Intermediate Breathing #2 is a complete cleansing breathing. Many people know how to make a mess . . . it seems to come naturally. Few people know how to clean-up their mess properly. Intermediate Breathing #2 will clean out your whole internal body of carbon dioxide and other stale gasses. It is a very deep breathing, beginning down in the feet and working its way up.

In order to get so deep to clean so effectively, you must imagine or visualize what you are trying to do. Intermediate Breathing #2 involves visualization as an integral part of the breathing and cleansing process.

Preparation:

Prepare the same way you would for Intermediate Breathing #1.

How to do it:



B

- A. Relax and inhale through the nose as deeply as possible.
- B. Exhale through a barely opened mouth as you bend slightly forward and lightly tighten your lower abdomen. You must visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- C. Repeat A and B until you feel comfortable with this style of breathing.
- D. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.
- E. Exhale through a barely opened mouth as you bend slightly forward and lightly tighten your lower abdomen and close your rectum. Again, visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- F. Repeat D and E until you feel comfortable with this style of breathing.
- G. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.
- H. Exhale through the mouth as you bend slightly forward and lightly tighten your lower abdomen and close your rectum. Also very lightly tighten the muscles of your legs, too. Continue to visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- I. Repeat G and H approximately six times, increasing the intensity of the leg tightening each time.
- J. Return to normal, relaxed breathing for a minute or two.
- K. Repeat A through J.

Benefits:

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

- ❑ Completely clean out all the junk from your body, from your feet to your head, and put in fresh energy.
- ❑ Help you feel lighter and more closely connected with nature.
- ❑ Give extra support to the healing of many modern sicknesses.
- ❑ Completely release internal stress and tension.

Practice only steps **A**, **B**, and **C** until you are very comfortable with this new feeling. When you have become accustomed to tightening your lower abdomen and visualizing the cleansing process, add steps **D**, **E**, and **F** until you become comfortable with them. Eventually, you will be able to practice only **G**, **H**, and **I** as Intermediate Breathing #2.

Do not try to do too much at one time. Breathe out as long as possible: ten seconds, twenty seconds, sixty seconds, or longer, and inhale as deeply as possible. Practice three times a day for ten to twenty minutes. Within ten to twenty days you should feel a difference. After twenty to forty days you will feel like you can fly. After one hundred days it will be second nature to you.

Do not hold your breath while you tighten your abdomen, rectum, or legs. When you first tighten your muscles, breathe very gently so as not to strain your chest and heart. As you become more accustomed to it, you may breathe with more power. Also, when you first tighten your muscles, just barely put a little tension through them; do not make them very tight. As you get accustomed to the feeling over time, you can gradually add more tension.

If you feel pressure in your chest, dizziness, pain in your back, or any other form of discomfort, stop immediately. Relax for a while, and only resume when the discomfort is gone.

Intermediate Breathing #3

Intermediate Breathing #3 is the same as #2, except that you will be breathing through the nose, increasing the length of each breath, increasing the number of breathing sets, and inhaling and exhaling for the same amount of time. Remember to breathe deeper, longer, gentler, quieter, and smoother.

We only breathe through the mouth for special purposes, like learning. Once we have learned, we can breathe through the nose as our bodies were designed to do.



B

Preparation:

Prepare the same way you would for Intermediate Breathing #1.

How to do it:

- A. Relax and inhale through the nose as deeply as possible for at least ten seconds.
- B. Exhale through the nose for at least ten seconds as you bend slightly forward and lightly tighten your lower abdomen. You must visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- C. Repeat A and B until you feel comfortable with this style of breathing.
- D. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible for at least ten seconds.
- E. Exhale through the nose for at least ten seconds as you bend slightly forward and lightly tighten your lower abdomen and close your rectum. Again, visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- F. Repeat D and E until you feel comfortable with this style of breathing.
- G. Straighten your back bone without tightening your muscles, relax your whole body, and inhale through the nose as deeply as possible.
- H. Exhale through the nose as you bend slightly forward and lightly tighten your lower abdomen and close your rectum. Also very lightly tighten the muscles of your legs, too, beginning at the feet and moving up to the hips. Continue to visualize that you are cleaning out your entire body, from the feet up to the top of the head.
- I. Repeat G and H approximately six times, increasing the intensity of the leg tightening each time.
- J. Return to normal, relaxed breathing for a minute or two.
- K. Repeat A through J.

Benefits:

You will get the same benefits as Intermediate Breathing #2, plus it will:

- ☒ Increase the autonomic nervous system functions and calm the entire nervous system;
- ☒ Completely relax your entire internal body from the bottom of your feet to the top of your head;
- ☒ Strongly imprint Power Breathing on your unconscious mind for healthy breathing habits;
- ☒ Further prevent many unnecessary sicknesses.

Practice only steps **A**, **B**, and **C** until you are very comfortable with this new feeling. When you have become accustomed to lengthening your breaths, add steps **D**, **E**, and **F** until you become comfortable with them. Eventually, you will be able to practice only **G**, **H**, and **I** as Intermediate Breathing #3.

Do not try to do too much at one time. As you practice, you may be able to inhale and exhale for fifteen or twenty seconds at a time. Slowly build up to twenty-five, thirty, sixty seconds or longer. Just be sure the inhalation is the same length as the exhalation and that you do not push yourself too far. Practice three times a day for ten to twenty minutes.

Do not hold your breath while you tighten any muscles; it strains the heart. For better relaxation you may tighten muscles as you inhale.

If you want more knowledge and greater comfort in Power Breathing, go back to Basic Breathing to learn and practice it all over again.

Practice Basic and Intermediate Power Breathing when you are exercising. Combining the two increases the benefits of both.

The patience and effort you have shown to reach this level is really admirable. Whenever you get the opportunity, share what you have learned and gained with your family, friends, co-workers, classmates, and neighbors. This resource of health is a great gift from nature.

Summary of Intermediate Breathing:

Intermediate #1 - massage the *solar plexus*, and very lightly tighten the lower abdomen, close the rectum, and tighten the legs.

Intermediate #2: - visualize that you are cleaning out the entire body while you exhale through mouth for as long as possible and very lightly tighten the lower abdomen, close the rectum, and tighten the legs. Exhale for a longer period of time than you inhale.

Intermediate #3 - visualize that you are cleaning out the entire body while you exhale through nose and very lightly tighten the lower abdomen, close the rectum, and tighten the legs. Inhale and exhale for the same length of time.

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.

Seated Power Exercises

The seated exercises as a whole can more properly be named "stretching" than "warm-up" exercises, because they concentrate more on stretching muscles and loosening joints than on increasing the heart rate and body temperature. Whenever you perform stretching exercises, be certain to

- A. Be gentle to the muscle,
- B. Go slowly as not to strain the muscle,
- C. Adapt the directions to your body: stretch as far as is possible for you, but do not over-pull and end up straining yourself.
- D. Keep the head back whenever you bend forward, to avoid lower back strain.

Seated Exercises

- 1. Foot Massage
- 2. Single Leg Stretch
- 3. Butterfly
- 4. Open Leg Stretch
- 5. Double Leg Stretch
- 6. Seated Adjust the Spine
- 7. Rhythm Breathing
- 8. Finger Chain Breathing

1. Foot Massage

According to the science of reflexology, different areas of the foot are connected to every part of the body. By massaging the feet, we can stimulate any organ, joint, or muscle. Therefore, by massaging the whole foot, we can stimulate the whole body.

How to do it:

- A. Sit on the floor with your left leg extended directly in front of you.
- B. Cross your right leg over your left so that the knee is fully bent and the ankle extends over the left thigh.
- C. Grasp the right foot in both hands.
- D. Massage the foot completely: each toe, ball, arch, heel and ankle (count 1 - 8).
- E. Switch feet by extending your right foot directly in front of you.
- F. Cross your left leg over your right so that the knee is fully bent and the ankle extends over the right thigh.
- G. Grasp the left foot in both hands.
- H. Massage the foot completely: each toe, ball, arch, heel and ankle (count 1 - 8).

Benefits:

The foot massage will:

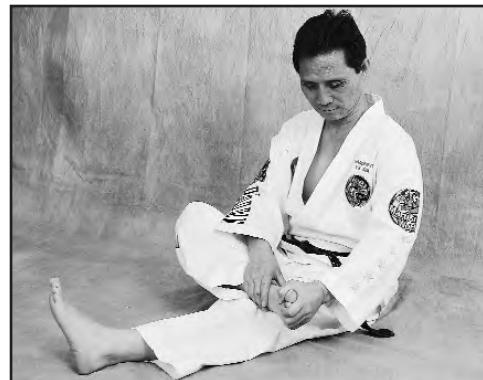
- ▢ Loosen the ankles and feet.
- ▢ Stimulate the entire body to increase circulation.
- ▢ Reduce headaches.

Caution:



It is not necessary to put the ankle over the leg. If you have a bad knee, just place your bent leg and foot on the floor by your groin.

If you find any areas on your foot that are sensitive to the touch, it may indicate there is a problem in the organ that corresponds to that area of the foot. Consult a reflexology chart, or consult a certified reflexologist or other health care professional.



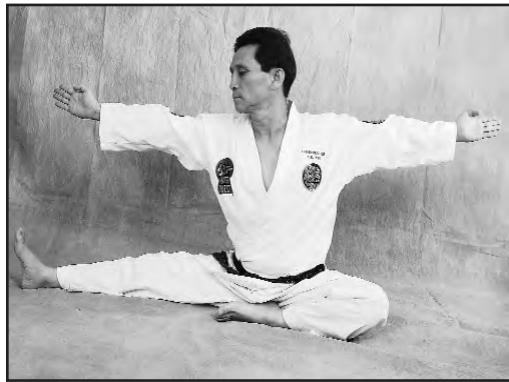
A, B



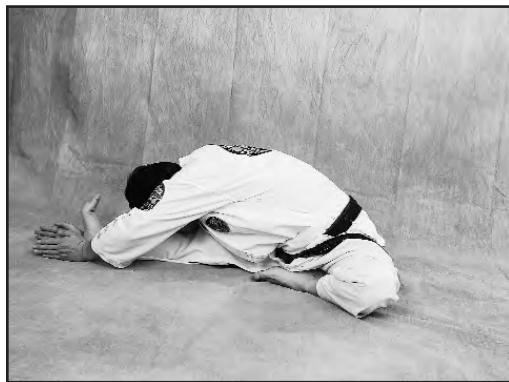
C, D

2. Single Leg Stretch

This posture will stretch the hamstring (back of the thigh), lower back, hip, and knee. This is a basic stretch to loosen up many connected areas of the body.



A, B, C



D

How to do it:

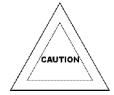
- A. Sit on the floor with your right leg extended directly in front of you.
- B. Bend your left leg at the knee and place the sole of the left foot against the inside of the right thigh. Move the left knee back to open as wide an angle as possible between your two thighs.
- C. Extend both your arms straight out from the shoulder to the side as you inhale.
- D. Exhale slowly for as long as possible and bend your body forward, reaching both hands toward the foot, attempting to put your chin on your shin, with your head up.
- E. Inhale and sit upright.
- F. Switch feet by extending your left foot directly in front of you. Bend your right leg at the knee and place the sole of the right foot against the inside of the left thigh, again opening as wide an angle as possible between the two thighs.
- G. Extend both your arms straight out from the shoulder to the sides as you inhale.
- H. Exhale slowly for as long as possible and bend your body forward, reaching both hands toward the foot, attempting to put your chin on your shin, with your head up.
- I. Inhale and sit upright.

Benefits:

The single leg stretch will:

- ▢ Loosen and stretch the hamstring, lower back, hip and knee.
- ▢ Release and remove waste products from your body.

Caution:



Always remember to bend the head back whenever you bend the body forward to reduce the possibility of lower back strain. If you are prone to hip dislocation, be very careful.

3. Butterfly

The butterfly stretch will loosen your hip and groin muscles, as well as the lower back muscles. It is a good exercise to restore sexual drive.

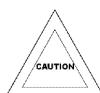
How to do it:

- A. Sit on the floor. Pull both feet in to the groin, and place them sole to sole. Hold your feet in your hands, palms against the insteps.
- B. Use your hip muscles to pull your knees gently toward the floor, then release them, in a motion that resembles a butterfly flapping its wings (16 repetitions).
- C. Inhale. Exhale for as long as possible and slowly bend forward, trying to lower your face to the floor in front of your feet.
- D. Inhale and sit upright.

Benefits:

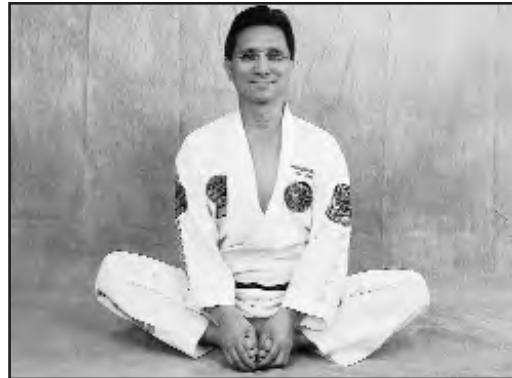
The butterfly stretch will:

- ▢ Loosen and stretch groin muscles and hip joints.
- ▢ Increase circulation and energy flow to the lower energy center, restoring inhibited sexual drive.
- ▢ Loosen and stretch lower back.
- ▢ Expel waste products from internal organs.



Caution:

If you are prone to hip displacement, be very careful.



A



B



C

4. Open Leg Stretch

The open leg stretch will stretch many hip, leg, and back muscles at the same time. There are three different ways to do it, and each one changes the target muscles slightly.



A, B, D, F, H, J, L



C



G



K

How to do it:

- A. Sit on the floor with both legs extended as far apart as possible.
- B. Extend both arms straight out from the shoulders and inhale.
- C. Turn to face your left foot. Exhale slowly for as long as possible and gently lower your chest to your left thigh, while reaching both hands to grasp the left foot and tilting the head back.
- D. Inhale and sit upright, extending both arms.
- E. Turn to face your right foot. Exhale slowly for as long as possible and gently lower your chest to your right thigh, while reaching both hands to grasp the right foot and tilting the head back.
- F. Inhale and sit upright, extending both hands.
- G. Exhale slowly for as long as possible and gently lean to the left, trying to touch your left ear to your left knee. Reach your left hand to your left foot, thumb down, palm facing the sole. Reach your right hand straight over your head and point it toward the ceiling.
- H. Inhale and sit upright, extending both arms.
- I. Exhale slowly for as long as possible and gently lean to the right, trying to touch your right ear to your right knee. Reach your right hand to your right foot, thumb down, palm facing the sole. Reach your left hand straight over your head and point it toward the ceiling.
- J. Inhale and sit upright, extending both arms.
- K. Exhale slowly for as long as possible and gently lean forward, trying to touch your chin to the floor with your head back. Reach each hand for the ankle or sole of its respective foot.
- L. Inhale and sit upright, extending both arms.

Benefits:

Open leg stretching will:

- ▢ Loosen and stretch the hamstrings, sides (*lat.*), lower back, and groin muscles, and hip joints.
- ▢ Release tension and stress by stretching the spinal muscles.
- ▢ Stimulate the lower energy center and increase sexual energy.
- ▢ Stimulate the lower digestive and elimination tract to prevent constipation and bladder control problems.
- ▢ Adjust the spine.



Caution:

If you have a bad back, be very careful of over-extending it, especially in G and I.

5. Double Leg Stretch

The double leg stretch stretches both hamstrings at the same time. It is a little more advanced than the single leg stretch.



A (front), C



A (up)



B

How to do it:

- A. Sit on the floor with both legs extended directly in front of you. Place both hands palm to palm in front of the chest, as if praying, and then extend your hands over your head as you inhale.
- B. Exhale slowly for as long as possible as you separate your arms and lower them to the side, then gently bend forward as far as possible, reaching your hands to grasp your ankles or feet. Try to touch your chest to your thighs and keep your head back.
- C. Inhale and sit up.
- D. Repeat A through C.

Benefits:

The double leg stretch will:

- ▢ Increase blood circulation throughout the whole body.
- ▢ Loosen up and stretch the hamstrings, lower back, arms, and shoulders.
- ▢ Release tension by stretching the spinal muscles.
- ▢ Aid digestion by strengthening the internal organs and pushing out carbon dioxide, stale gas, and other waste products.

Caution:



Tilt your head back to avoid straining the lower back.

*Do not strain yourself by pulling too fast or too hard.
Stretch as far as you can comfortably.*

6. Seated Adjust the Spine

This exercise is excellent for loosening up the lower back and reducing back pain.

How to do it:

- A. Sit on the floor with your left leg extended directly in front of you.
- B. Cross your right leg over your left so that the knee is up and the right foot is flat on the floor to the left of the left thigh.
- C. Reach your left elbow across your right knee and use the elbow to move the knee to the left as far as possible, while maintaining a straight body. Inhale.
- D. Place the right hand on the floor directly behind you with the fingers spread wide. Exhale, and turn your head as far as possible to look behind you to the right, slowly twisting your torso.
- E. Inhale and return to center.
- F. Cross your left leg over your right so that the knee is up and the left foot is flat on the floor to the right of the right thigh.
- G. Reach your right elbow across your left knee and use the elbow to move the knee to the right as far as possible, while maintaining a straight body. Inhale.
- H. Place the left hand on the floor directly behind you with the fingers spread wide. Exhale, and turn your head as far as possible to look behind you to the left, slowly twisting your torso.
- I. Inhale and return to center.

Benefits:

The seated adjust the spine will:

- ▢ Loosen and stretch the spinal muscles, lower back, and hip joints.
- ▢ Allow vertebrae that are slightly "out of place" to re-align themselves when the muscles relax.
- ▢ Allow hips that are slightly out of place to go back where they belong.
- ▢ Strengthen kidney, liver, and spleen, and regulate bladder problems.
- ▢ Prevent and heal headache, back ache, stomach ache, and other digestion problems.
- ▢ Increase blood circulation greatly.

Caution:



People prone to hip or shoulder displacement should not apply too much pressure to either joint.

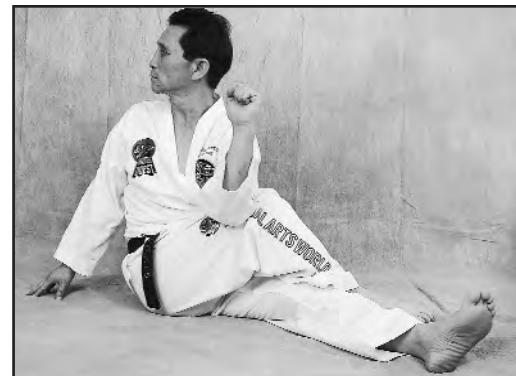
People with back problems should not twist too far.



A, B



C



D

7. Rhythm Power Breathing

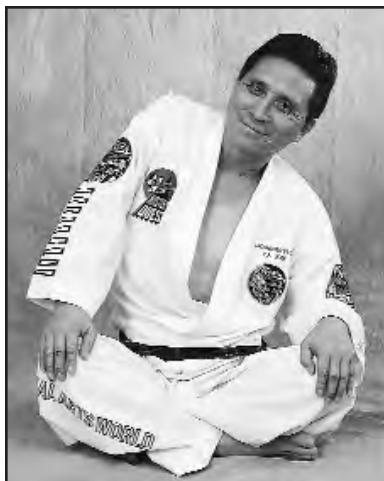
This exercise is especially good for the digestion. The rocking motion will adjust the digestive organs and digestive juices to release excess gas. It will also adjust your spine.



A, B, C



D (left)



D (right)

How to do it:

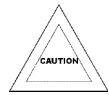
- A. Sit comfortably on the floor with your legs crossed.
- B. Place your hands comfortably with the palms against abdomen or on the knee.
- C. Slowly inhale into the lower abdomen through the nose.
- D. Exhale and tighten your lower abdomen as you gently rock your body from side to side, while keeping the head still.
- E. Repeat A through D.

Benefits:

Rhythm power breathing will:

- ☞ Loosen the spinal muscles, adjust the vertebrae, and strengthen the lower back.
- ☞ Massage the internal organs.
- ☞ Release trapped gas in the digestive tract.
- ☞ Prevent stomach aches, constipation, and diarrhea.
- ☞ Release stress and tension.

Caution:



If you have bad knees, you need not cross your legs uncomfortably. If you have a bad back, do not rock very much.

Be prepared to burp as the digestive gasses are released. Do not do this exercise immediately after eating.

8. Finger Chain Breathing

This exercise can loosen up the hands, arms, and shoulders at the same time it releases the tension in your back.

How to do it:

- A. Sit comfortably on the floor with your legs crossed, as in # 7.
- B. Place your palms together and interlock your fingers into a finger chain. Inhale and extend your hands up over your head with your palms up.
- C. Release your fingers and bring your extended arms down each side as you exhale.
- D. When your hands reach waist level, bring your hands forward and together again.
- E. Repeat B through D three more times.

Benefits:

Finger chain breathing will:

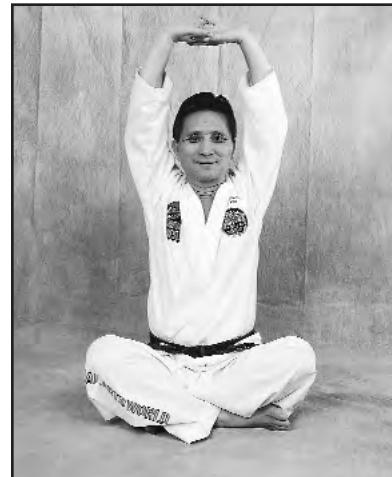
- ▢ Loosen the fingers, shoulders, and the entire back.
- ▢ Release tension and stress.

Caution:

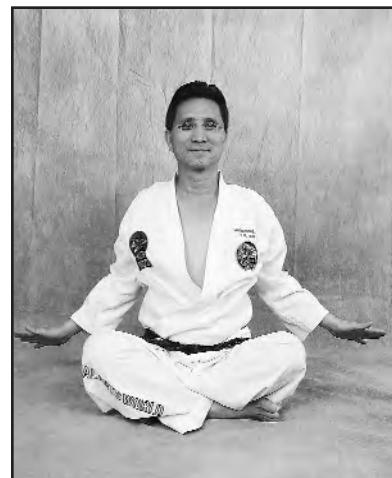


If you have bad knees, you need not cross your legs uncomfortably. If you have a bad back, do not bend forward too far.

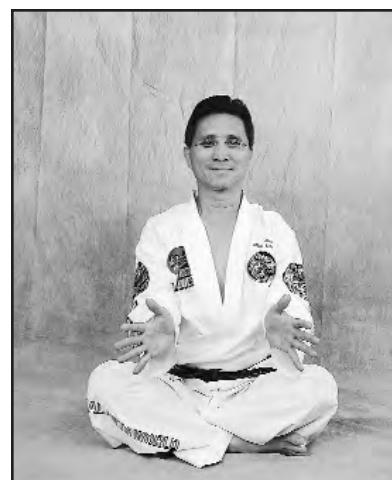
If you are going to finish your Power Exercises here, begin Concentration, Reflective, or Power Meditation . If you are going to continue, meditate at the end of your complete Power Exercise session.



B



C



D

NOTES:

Lying Down Power Exercises

Lying Down Power Exercises are a little more challenging than the standing or seated exercises, but they are very worthwhile. Do them the best you can until you can slowly build up the strength and flexibility necessary. You will have a lot of fun and a sense of accomplishment.

Lying Down Exercises

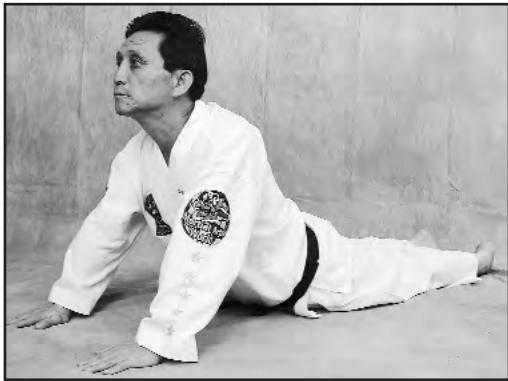
- 1.** Push-up Stretch
- 2.** Side Push-up
- 3.** Hip-up
- 4.** Sit-ups
- 5.** Single Leg Pull
- 6.** Inverted Butterfly Pull
- 7.** Adjust the Spine
- 8.** Full Body Stretch

1. Push-up Stretch

This version of the push-up will not only strengthen your arms and chest, but adjust your spine as well.



A, F, I



B



C, E



D

How to do it:

- A.** Lie on the floor on your stomach. Extend your legs with your toes pointed and your ankles together. Bend your elbows and place your palms on the floor next to your shoulders, with your fingers pointing straight ahead.
- B.** Inhale and slowly straighten your arms to lift your shoulders up off of the floor, so that you can look at the ceiling, while leaving your hips down.
- C.** Lift up your hips to the same height as your shoulders.
- D.** Exhale and lean back so that your buttocks rest on your heels and your arms are fully extended.
- E.** Inhale and lift your hips up and forward, into the same resting position as C.
- F.** Exhale and lay your stomach on the floor again as in A.

G. Inhale, then do a push-up by straightening your arms as you exhale (ladies may leave their knees on the floor).

H. Do at least four to nine more push-ups, inhaling on the way down, and exhaling on the way up.

I. Lay your stomach on the floor again as in A.

Benefits:

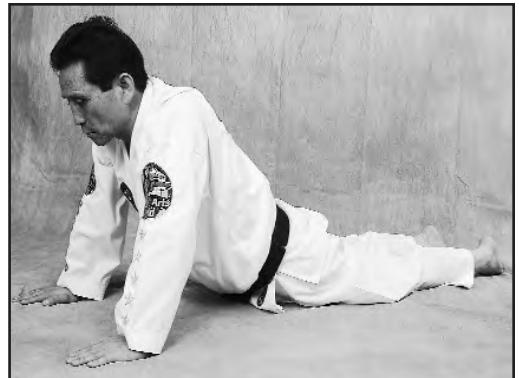
The push-up stretch will:

- ☒ Loosen the back (backwards and forward), and stretch lower back muscles.
- ☒ Adjust the spine.
- ☒ Strengthen the arms and chest.
- ☒ Loosen the knee joints.



Caution:

Those with bad knees should not sit all the way back on their heels.



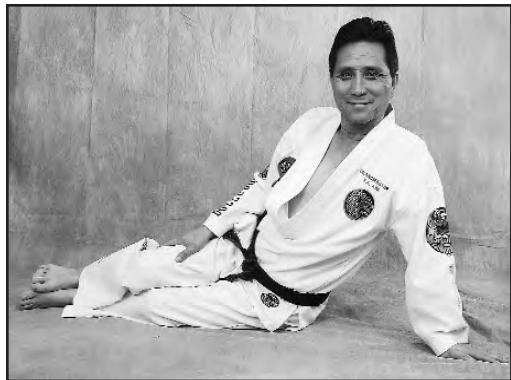
G (Lady)



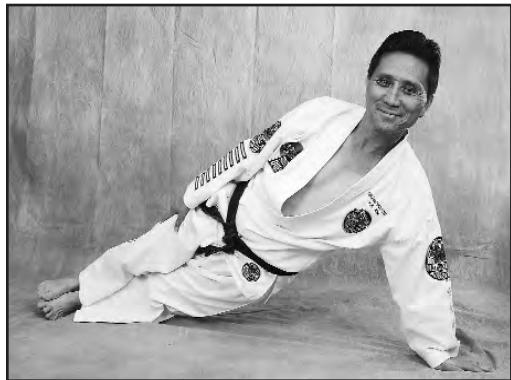
G (Man)

2. Side Push-up

This exercise will help improve your balance while it strengthens your arms, abdomen, sides, buttocks, and lower back.



A, B



C

How to do it:

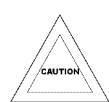
- A. Roll over on your left side, so that your left hip, knee, and ankle are flat on the floor. Place your right foot on top of your left foot, ankle to ankle, knee to knee.
- B. Put your left hand flat on the floor in a straight line with your ankles and knees. Put your right hand flat on your right hip Inhale.
- C. Lift your body up so that it is straight, and only your hand and the side of your left foot are still touching the floor. Exhale for as long as possible.
- D. Relax and return your hip to the floor, and sit down.
- E. Roll over on your right side, so that your right hip, knee, and ankle are flat on the floor. Place your left foot on top of your right foot, ankle to ankle, knee to knee.
- F. Put your right hand flat on the floor in a straight line with your ankles and knees. Put your left hand flat on your left hip. Inhale.
- G. Lift your body up so that it is straight, and only your hand and the side of your right foot are still touching the floor. Exhale for as long as possible.
- H. Relax and return your hip to the floor, and sit down.

Benefits:

The side push-up will:

Strengthen your arms.

Improve your body balance



Caution:

Those with weak backs should be careful not to strain their backs.

3. Hip-up

This exercise will help loosen up and strengthen your lower back and buttocks, as well as your lower abdominal muscles.

How to do it:

- A. Lie on your back with your knees bent and your soles flat on the floor.
- B. Inhale and put your hands flat on the floor.
- C. Exhale and lift your hips up off the floor by tightening the buttocks and lower abdomen (but keep your back flat on the floor).
- D. Inhale and relax so that your hips rest on the floor.
- E. Repeat C and D three more times.

Benefits:

The hip-up will:

- ▢ Loosen up and strengthen the buttocks, lower abdomen, and lower back.
- ▢ Increase the circulation and energy flow to the hip area.



Caution:

Keep the back flat on the floor from the waist up (belt line), throughout the exercise. Lifting the back off the floor risks straining the back without any significant muscle advantage.



A, B, D



C

4. Sit-ups

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.



A, B, D



C

How to do it:

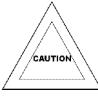
- A. Lie on your back with your knees bent and your soles flat on the floor.
- B. Reach your hands up as if to grab two handles about knee height directly above your abdomen. Inhale.
- C. Sit up only one-third of the way by pulling on the imaginary handles, contracting the stomach muscles, exhaling, and touching the chin to the chest.
- D. Relax by returning to position B.
- E. Repeat C and D seven more times.

Benefits:

Sit-ups will:

- Strengthen the abdomen and lower back muscles.
- Adjust the spine.
- Release nervous tension and stress, and help prevent insomnia.
- Aid indigestion and help prevent burping.
- Aid in bladder control.
- Release stale gasses from the system.

Caution:

 *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.*

5. Single Leg Pull

This is a good static stretch to loosen up the hamstring, hip, and lower back. It is a good stretch to increase flexibility for high kicking.

How to do it:

- A. Lie on the floor on your back. Inhale.
- B. Lift the left leg with the knee bent and grab the back of the thigh with both hands close to the knee.
- C. Exhale and pull the leg so that your thigh touches your abdomen (count 1-4).
- D. Release the thigh and grab the ankle with both hands as you straighten your knee. Inhale.
- E. Exhale and pull the leg up toward your shoulder, as high as is comfortably possible (count 1-8).
- F. Release your leg and gently return it to the floor. Inhale.
- G. Lift the right leg with the knee relaxed and grab the back of the thigh with both hands close to the knee.
- H. Exhale and pull the leg so that your thigh touches your abdomen (count 1-4).
- I. Release the thigh and grab the ankle with both hands as you straighten your knee. Inhale.
- J. Exhale and pull the leg up toward your shoulder, as high as is comfortably possible (count 1-8).
- K. Release your leg and gently return it to the floor.

Benefits:

The single leg pull will:

- ▢ Loosen and stretch the hamstring and lower back muscles.
- ▢ Loosen and stretch the hip and lower back joints.
- ▢ Stimulate the nervous system.
- ▢ Increase circulation by using gravity to drain blood out of the legs and increase the blood supply to the brain.
- ▢ Build good body balance by building a strong lower body.



A, B



C



E

6. Inverted Butterfly Pull

This exercise will loosen up your hip joints, which will aid increase the circulation and energy flow to the hip area and extend them downward into the legs.



B, C



D

How to do it:

- A. Lie on the floor on your back.
- B. Bend both knees, bring your feet together, sole to sole, and bring them close to the groin.
- C. Inhale and grab the feet so that each hand grasps the instep in the palm.
- D. Exhale and pull the feet close to the belly button (count 1-8).
- E. Release the feet and return to the lying position as you inhale.

Benefits:

The inverted butterfly will:

- ☒ Loosen the hip, knee, and lower back.
- ☒ Loosen the groin muscles.
- ☒ Stimulate the internal organs, specifically the digestive tract and the bladder.

7. Adjust the spine

This exercise will loosen up and re-align the spine, as well as help regulate the digestive tract.

How to do it:

- A. Lie on your back in the shape of a cross, with your legs straight and your arms straight out from your shoulders.
- B. Inhale and bend your left knee.
- C. Exhale and bring your left knee across your right, placing your right hand on your left knee in order to help it reach toward the floor on the right side of your body. Do not let your left shoulder or arm come up off the floor.
- D. Inhale and bring your knee back to the upright position as you put your right hand back on the floor.
- E. Exhale and straighten out your left knee.
- F. Inhale and bend your right knee.
- G. Exhale and bring your right knee across your left leg and try to touch it to the floor on the left side of your body.
- H. Place your left hand on your right knee and help your knee reach toward the floor. Do not let your right shoulder come up off the floor.
- I. Inhale and bring your knee back to the upright position as you put your left hand back on the floor.
- J. Exhale and straighten out your right knee.

Benefits:

The adjust the spine exercise will:

- ▢ Adjust your back bone: loosen and re-align lower back and neck muscles, and then strengthen them in the correct position.
- ▢ Adjust your internal organs into their proper position, stimulating the liver and kidneys, and controlling constipation and diarrhea.



A



B



C

8. Full Body Stretch

This exercise will loosen up your whole body in preparation for stretching and other exercises. If you are doing only lying down exercises, do this as the first exercise. If you began with standing, seated, or any other exercise, use the full body stretch as the LAST exercise before you stand up.



B



C



E

How to do it:

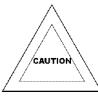
- A. Lie on the floor with your back straight.
- B. Interlock your fingers into a finger chain. Turn your palms away from your body and extend your hands over your head.
- C. Inhale and stretch yourself as much as possible by reaching the hands over the head and flexing (bending) your ankles.
- D. Exhale, release your fingers, return your arms to your sides, and relax your whole body.
- E. Repeat steps A through D, this time extending (straightening) the ankles C.

Benefits:

The full body stretch will:

- Loosen and stretch entire body, especially the torso in preparation for further exercise.
- Release stress and tension.
- Refresh and make comfortable the entire body by stimulating nerves through tensing and relaxing.
- Help you sleep better.
- Help you wake up when your body doesn't want to wake up.

Caution:

 Those with shoulders prone to dislocation should be careful when extending the arms.

At the completion of your Power Exercises it is important to refresh yourself and clear your mind. If this is the end to your exercise session, sit up and perform Concentration, Reflective, or Power Meditation.

If you are using Power Exercises as a warm-up to a more strenuous aerobic exercise, stand up and do the body bouncing (#19) and deep breathing (#20) exercises described at the end of the standing Power Exercises

Advanced Basics

Advanced Basics are the next step in developing your technique. Martial arts improvement moves one step at a time. If you try to move too fast, skipping over steps, you will usually trip up later on. Take your time to learn and practice your basics and your advanced basics.

Stances

1. Front Stance
2. Back Stance
3. Tiger Stance

Advanced Basics (Horse Riding Stance)

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

Stepping Kicks (Fighting Stance)

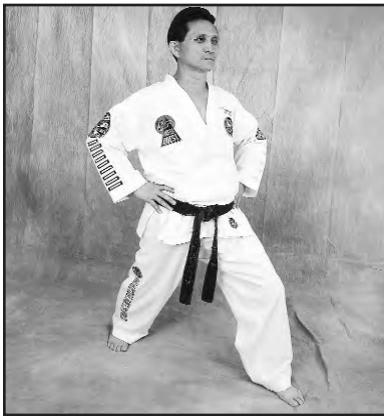
1. Stepping Leg Raise
2. Stepping Outside Swing Kick
3. Stepping Inside Swing Kick
4. Stepping Pick Ax Kick
5. Stepping Knee Kick
6. Stepping Pushing Kick
7. Stepping Front Kick
8. Stepping Roundhouse Kick
9. Stepping Side Kick

Turning Back Kicks (Fighting Stance)

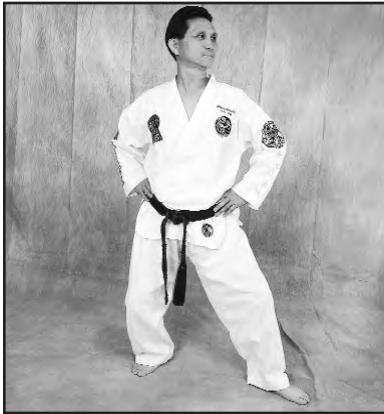
1. Back Side Kick

Stances

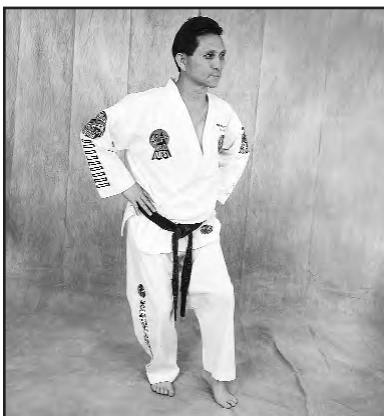
Stances are the foundation of your technique. Just as you would not build a tall building on sand, you cannot develop great technique on a weak foundation. Strong, stable stances are the foundation of powerful technique.



Front Stance



Back Stance



Tiger Stance

Front Stance

The front stance is a traditional stance that is strong and stable, especially when moving in a straight line forward or backward.

Instruction:

From *jhoon-bi* stance, step your right leg straight back about twice the width of your shoulders (maintaining the one shoulder width of the *jhoon-bi* stance); the back leg should be straight at the knee and the back foot will be turned outward at approximately 45 degrees; the front leg should be bent at a 90 degree angle, and your upper body should remain upright and facing to the front; your weight distribution is 60% on the front foot, 40 % on the back foot.

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

Back Stance

The back stance is more of a defensive stance, with the weight back and the front foot prepared to kick quickly. Your body is turned to the side, which protects it from attacks from the front.

Instruction:

From *jhoon-bi* stance, step your right foot back about two foot lengths directly behind your left foot; your right foot will point directly to the right (at a 90 degree angle to your left foot) with your right knee comfortably bent; your left knee is also slightly bent while your body remains erect, but facing to the right side; your weight distribution is 70% on the back foot, 30% on the front foot.

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

Tiger Stance

The tiger stance is a higher version of the back stance. By increasing the percentage of the weight on the back foot and raising your center of gravity, you are prepared to move or kick with the front leg even quicker.

Instruction:

From *jhoon-bi* stance, step your right foot back about one foot length directly behind your left foot; your right foot will point to the right at a 45 degree angle to your left foot; with your right knee comfortably bent; your left knee is also slightly bent and your left heel is raised off of the floor, while your body remains erect, but facing 45 degrees to the right side; your weight distribution is 90% on the back foot, 10% on the front foot.

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

Basics

Hand Techniques: Advanced Basics

The Advanced Basics are performed in the horse riding stance. They are very similar to the Basic Hand Techniques, except that Advanced Basics use double techniques (both hands doing the same motion at the same time). Although double techniques are not commonly practical for self-defense, they provide an efficient upper body exercise that helps you develop an awareness of the position and coordination of both hands at the same time.

Horse Riding Stance Ready Position

The following instruction includes the horse riding stance as well as the ready position for practicing Advanced Basics.

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.

Double Low Block

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

Instruction.

- A. Cross your forearms in front of your chest, palms toward you;
- B. Swing both fists downward and outward until your elbows are almost straight and your hands are outside your centerline with the palm facing you.



Jhoon-bi Stance A.



Horse Riding Stance A.



Horse Riding Stance B & C.



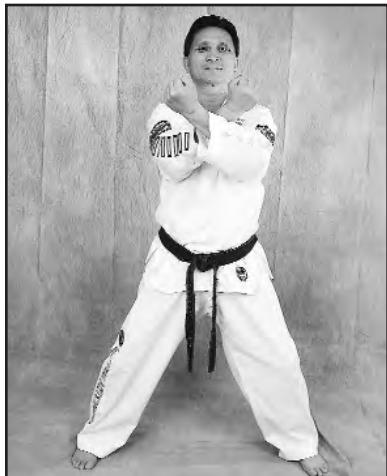
Double Low Block B.



Double Inside Block A.



Double Inside Block B.



Double High Block A.



Double High Block B.



Double Knife-hand Blocks
A & B.



Double Knife-hand Blocks C.

Double Inside Block

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

Instruction

- A. Raise your both fists up and to the sides so that your upper arms extend directly to the side of your shoulders and your forearms extend straight upward at a 90 degree angle with your palm forward;
- B. Swing both your fists inward and slightly downward until your fists are in front of your eyes, almost touching, with the palms facing you.

Double High Block

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

Instruction

- A. Slide both your fists with the palm inward across the front of your body until they cross;
- B. Raise both your fists upward until your forearms are one fist's distance above your forehead and your arms are at a 45 degree angle with your palm facing outward. Your arms should be crossed.

Double Knife-hand Blocks to the Side

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 both your fists into knife-hands with the fingers extended and the wrists straight;
- B. Cross your hands in front of your throat with the palms facing inward;
- C. Swing both your knife-hands outward until your arms are directly to your sides with the elbows bent at 90 degrees and your finger tips at eye level with the palms facing outward.

Double Knife-hand Strikes 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 both your knife-hands up and to the side so that your upper arms extend directly to the sides of your shoulders and your forearms extend straight upward at a 90 degree angle with your palms forward;

B. Swing both your knife-hands inward and slightly downward until your knife-hands are in front of your neck, almost touching with the palm facing upward so that the wrists are bent and the hands are parallel to the ceiling.



Double Knife-hand Strikes to the Neck A.



Double Knife-hand Strikes to the Neck B.

Double Spear Finger Strikes

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

Instruction

A. Open both your hands into Spear Fingers, along side your ribs with the palms *upward*;

B. Extend both your hands in front of your own *solar plexus* while rotating your hands so that your palms face each other, almost touching.



Double Spear Finger Strikes A.



Double Spear Finger Strikes B.

Double Palm 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 hands flat with your fingers lightly touching each other and your thumb touching your hand. Pull your hands back to open up the heel of your palm, while chambring your hands beside each rib;
- B. Extend your both Palm Heels slightly upward in front of your own chin.

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).



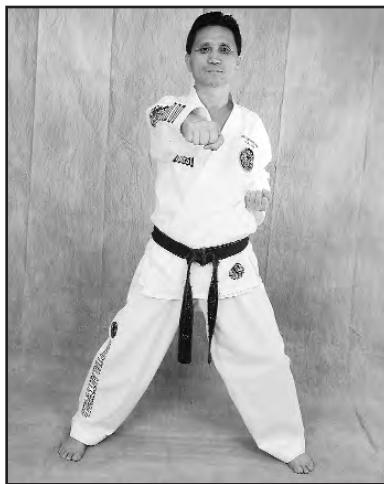
Double Palm Strike A.



Double Palm Strike B.



Double Punch A.



Double Punch B.

5 Punches

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

Instruction:

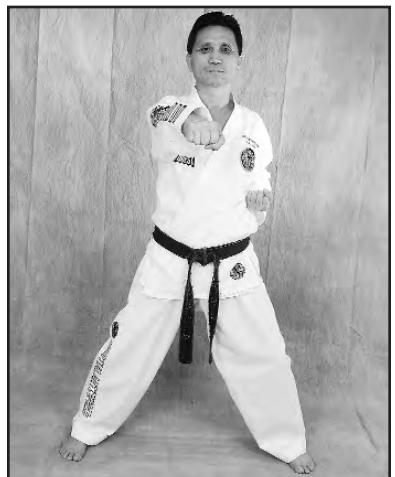
- A. Single punch with the left hand toward the *solar plexus* and say, ‘Mu!’.
- B. Single punch with the right hand toward the *solar plexus* and say, “Do!”
- C. Single punch with the left hand toward the *solar plexus* and say, “Martial!”
- D. Single punch with the right hand toward the *philtrum*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



Five Punch D.



Five Punch C.

Stepping Kicks

For the basic kicks you learned as a white belt, you kicked with your back leg. For the stepping kicks in advanced basics, you will kick with your front leg. Because the front leg is closer to the target, it takes less time to reach it. The front leg or lead leg kicks are quicker than the rear leg kicks, but the rear leg kicks generate more power because of the rotation of your hip. By stepping your back foot past your front foot, you not only move closer to your target, you increase the angle of rotation in your hip, increasing the power of your front leg kick. Try to step as quickly as possible, to develop quick, explosive kicks.



Stepping up to front foot.



Stepping past front foot

1. Stepping Leg Raise
2. Stepping Outside Swing Kick
3. Stepping Inside Swing Kick
4. Stepping Pick Ax Kick
5. Stepping Knee Kick
6. Stepping Pushing Kick
7. Stepping Front Kick
8. Stepping Roundhouse Kick

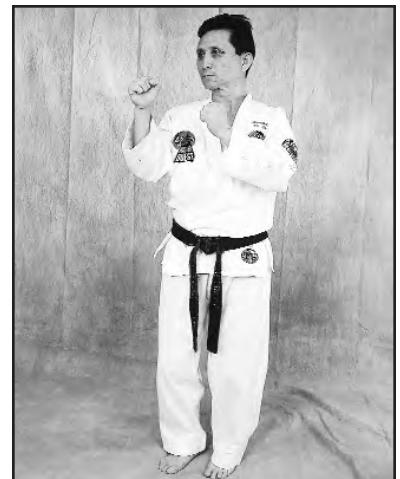
Stepping Leg Raise

Just as in the basic leg raise, the purpose of the stepping leg raise is to stretch the muscles used in kicking.

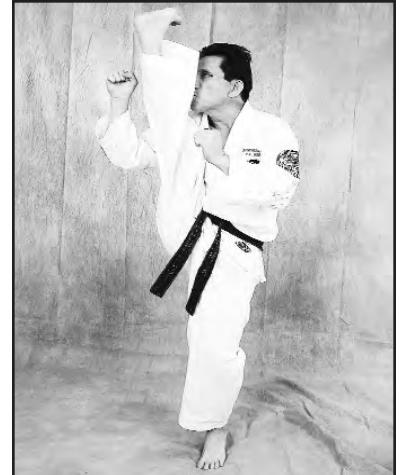
Instruction:

You may either keep your ankle straight or bent, throughout the motion of the kick. In either case, the toes should be pulled back

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



Stepping Leg Raise A.



Stepping Leg Raise B.

Stepping Outside Swing Kick

The Stepping Outside Swing Kick is similar to the stepping 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:



Stepping Outside Swing
Kick C.



Stepping Outside Swing
Kick D.

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

Stepping Inside Swing Kick

The Stepping Inside Swing Kick is also called the Stepping 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.

Instruction:

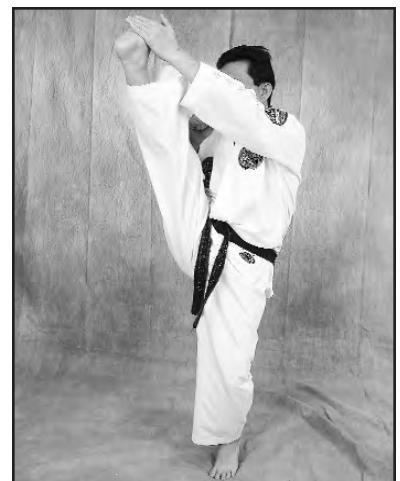
- A. From a fighting stance, extend your back hand in front of your face with the palm facing inward;
- B. Step your back foot up to your front foot;
- C. Raise your kicking leg outside the edge of your body, with your ankle straight and toes pulled back;
- D. Kick up as high as possible;
- E. Rotate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



Stepping Inside Swing Kick A.



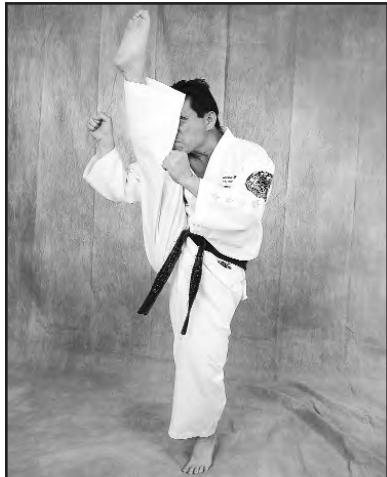
Stepping Inside Swing Kick B.



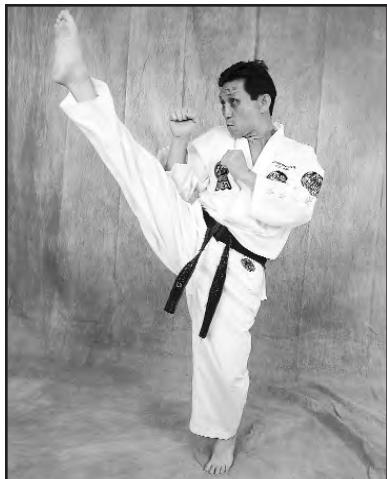
Stepping Inside Swing Kick F.



Stepping Pick Ax Kick A.



Stepping Pick Ax Kick B.



Stepping Pick Ax Kick C.

Stepping Pick Ax Kick

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

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

Instruction:

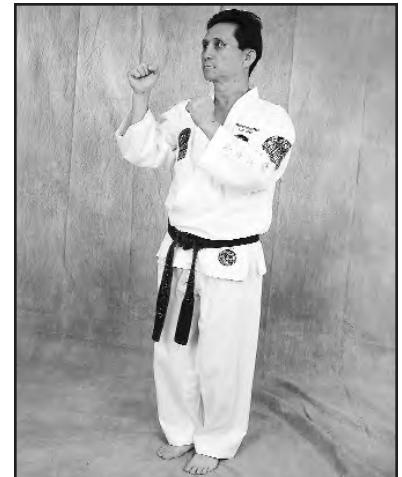
- A. From a fighting stance, step your back foot up to your front foot;
- B. Raise your kicking leg up as high above target as possible;
- C. Strike downward using the heel or sole of the foot keeping your knee straight;
- D. Return the leg to the floor and step back into a fighting stance.

Stepping Knee Kick

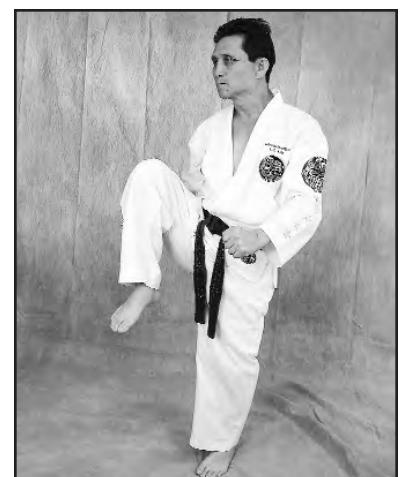
The Stepping Knee Kick is used to get very close to your attacker and still be able to use your legs.

Instruction:

- A. From a fighting stance, step your back foot up to your front foot;
- B. Raise your kicking knee up.
- C. Return the leg to the floor and step back into a fighting stance.

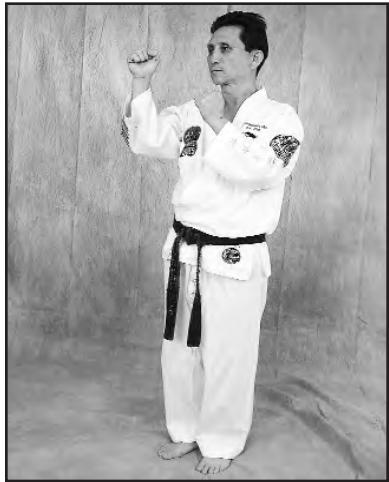


Stepping Knee Kick A.



Stepping Knee Kick B.

Stepping Pushing Kick

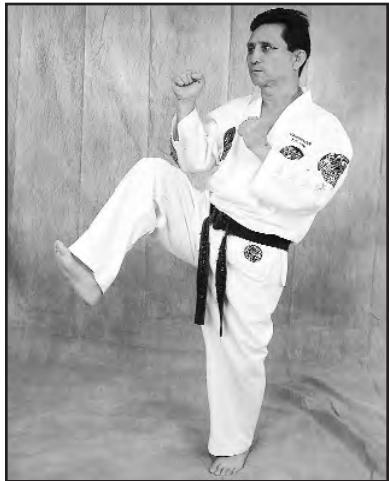


Stepping Pushing Kick A.

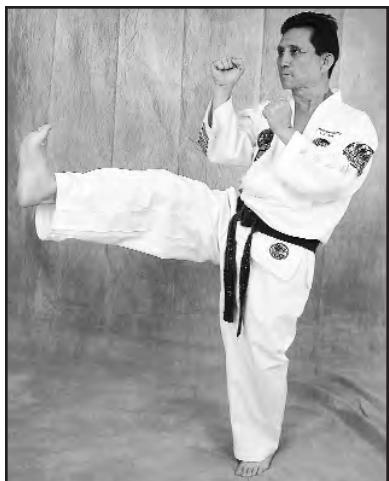
The Stepping Pushing Kick is designed to push outward and away from you.

Instruction:

- A. From a fighting stance, step your back foot up to your front foot;
- B. Raise your kicking knee up, ankle bent, toes back;
- C. Thrust straight out with the sole of the foot;
- D. Spring your foot back by bending the knee;
- E. Return the leg to the floor and step back into a fighting stance.



Stepping Pushing Kick B.



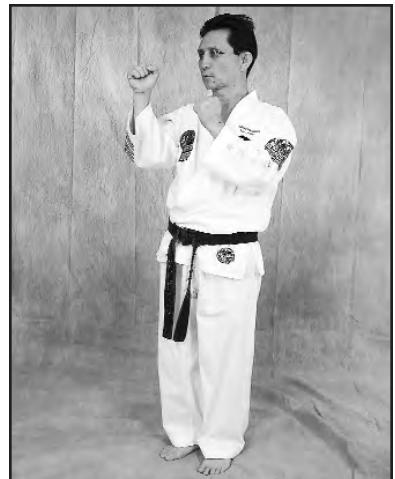
Stepping Pushing Kick C.

Stepping Front Kick

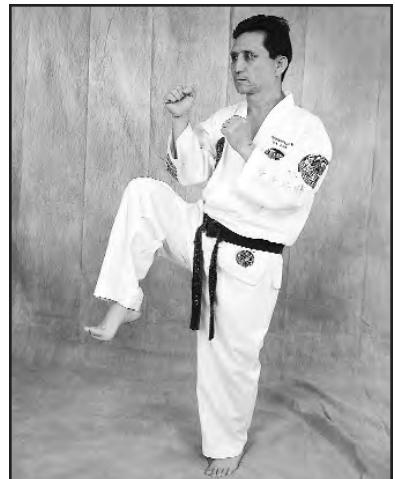
The Stepping Front Kick is similar to the stepping pushing kick but differs in the angle and speed of the motion. The front kick is a snap kick, utilizing speed more than power.

Instruction:

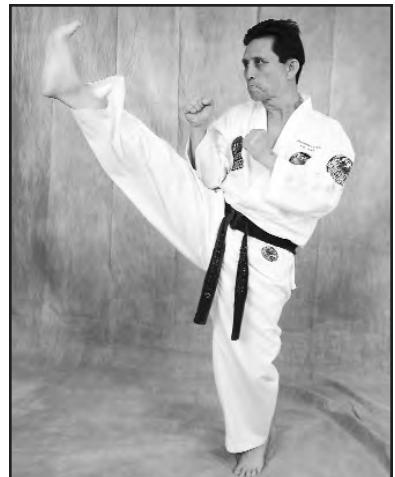
- A. From a fighting stance, step your back foot up to your front foot;
- B. Raise your kicking knee up, ankle bent, toes back;
- C. Snap your foot forward and upward in an arcing motion, using the ball of the foot as your striking surface;
- D. Spring your foot back by bending the knee;
- E. Return the leg to the floor and step back into a fighting stance.



Stepping Front Kick A.

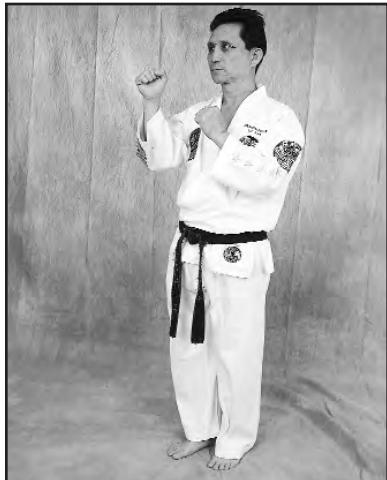


Stepping Front Kick B.

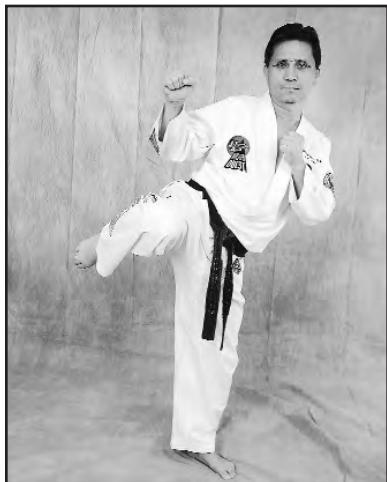


Stepping Front Kick C.

Stepping Roundhouse Kick



Stepping Roundhouse Kick A.



Stepping Roundhouse Kick B1.

The stepping roundhouse kick is designed to attack in a circular motion from the side of a target that is in front of you.

Instruction:

A. From a fighting stance, step your back foot up to your front foot;

B. Raise your kicking knee to the front to point at the target;

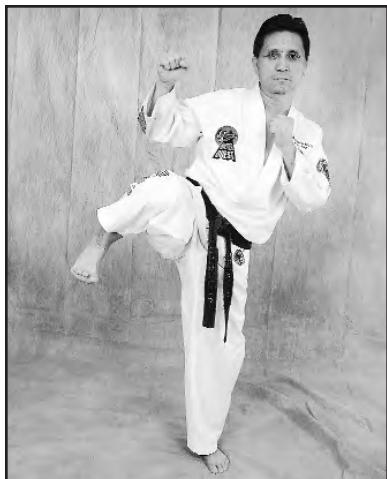
B1. point your toes and keep your ankle straight, or

B2. pull your toes back and bend your ankle;

C. Extend your foot in a whiplike motion to strike the target;

D. Recoil your foot back to the chambered position;

E. Return the leg to the floor and step back into a fighting stance.



Stepping Roundhouse Kick B2.



Stepping Roundhouse Kick C.

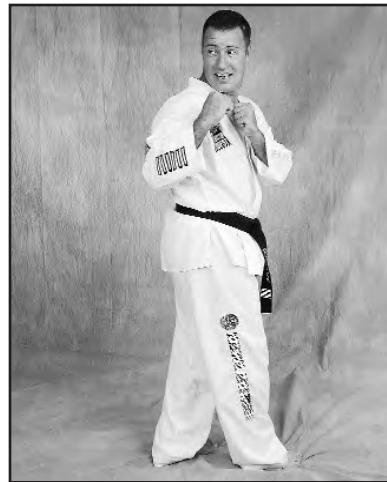


Stepping Roundhouse Kick D.

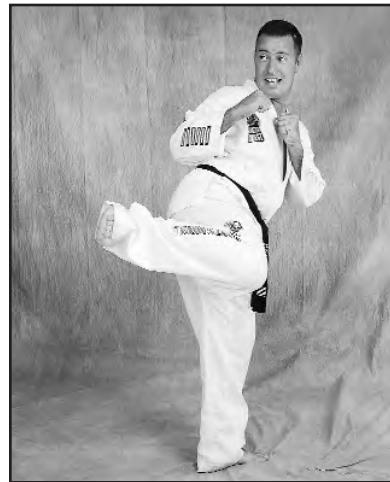
Back Side Kick

The back side kick is the first kick we have learned where you turn your body in a backwards motion to increase the power of the kick. You may use either the heel or the blade of foot:

- A. From fighting stance, look over your right shoulder to find the target;
- B. Raise your kicking knee up, ankle bent, toes pulled back while pointing your hip toward your target;
- C. Thrust your foot to the target so that your ankle, your hip, and your shoulder are all in one straight line;
- D. Snap your kicking knee back to the chambered position;
- E. Return the kicking leg to the floor while turning your head and body around to your original fighting stance.



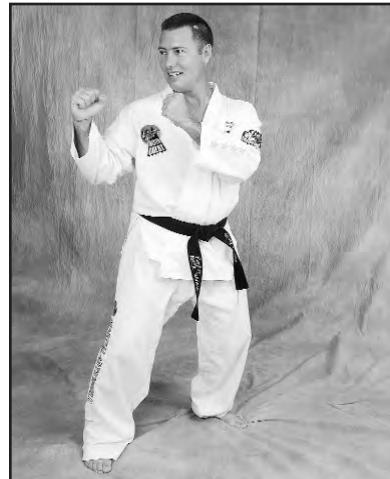
Back Side Kick A.



Back Side Kick B, D.

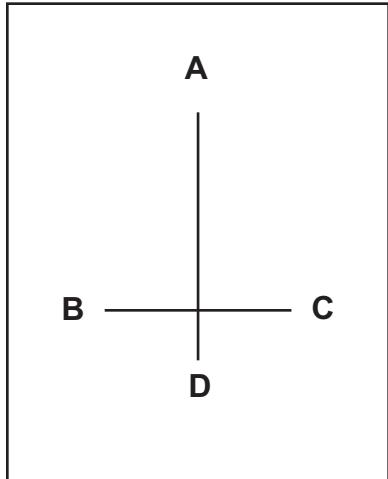


Back Side Kick C.



Back Side Kick E.

Poom Se



Attention Stance

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

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

Poom se MU DO (Marital Arts)

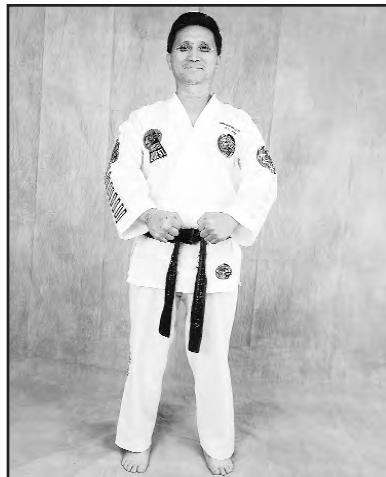
Poom se Mu Do means "martial arts." The Martial Arts are an action philosophy, based on nature. Action is the most powerful thing on earth. It is a sign of life, which means that action makes things happen. Without action, nothing happens. Knowledge, great ideas, and perfect goals go nowhere, do not even begin, without action.

Martial Arts are the most practical tool to succeed in life. The Martial Arts are based on nature, and nature is balanced. In this form, we move to the left and right, to the front and the back. We exercise our upper body and lower body, our external muscles and our internal organs, as well as our mind, emotions, and spirit, in complete balance.

Balance is the guiding principle of nature, which is a way of life.



Bow



Jhoon -bi

Yellow Belt Level: 1 through 8

From *jhoon-bi* stance facing A:

1. Look left, then turn left 90 degrees pivoting on the ball of the right foot into a left walking stance facing B, in a fighting position, *ki-hap*.

- 2.A. Right leg front kick (landing one step forward into a right walking stance in a fighting position) *ki-hap*,

- 2.B. Double punch (right-hand lead), *ki-hap* with each punch,

- 2.C. Return to walking stance in a fighting position, *ki-hap*, all facing B.



1.



2.A. Front Kick



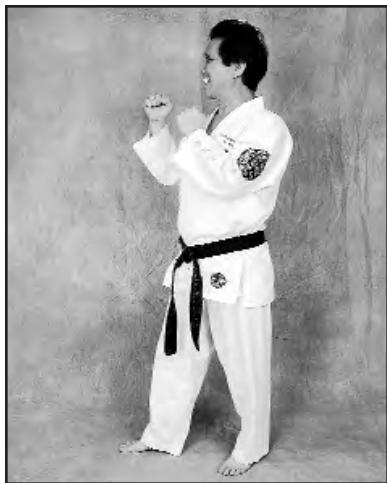
2.C. Return



2.B. Left Pounch

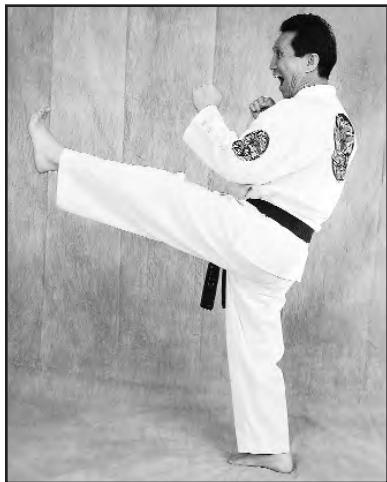


2.B. Right Lead Punch



3.

3. Look over your right shoulder, then pivot on the ball of the left foot turning 180 degrees to the right, into a right walking stance facing C, fighting position, *ki-hap*.

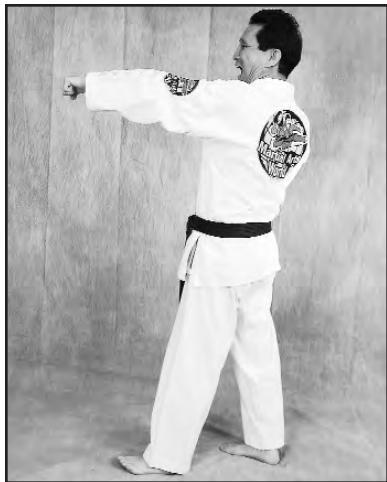


4.A. Front Kick

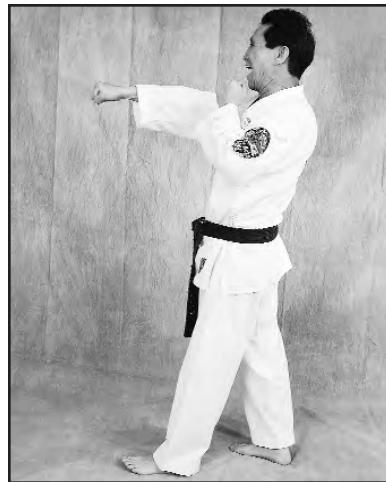
4. A. Left leg front kick (landing one step forward into a left walking stance in a fighting position) *ki-hap*,

4.B. Double punch (left hand lead), *ki-hap* with each punch,

4.C. Return to walking stance in a fighting portion, *ki-hap*, all facing C.



4.B. Left Lead Punch

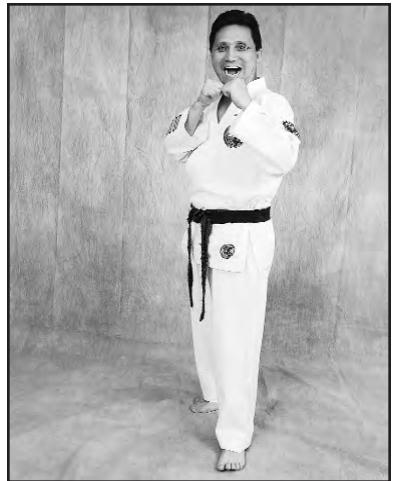


4.B. Right Reverse Punch



4.C. Return

5. Look left, pivot on the ball of the right foot turning 90 degrees to the left, into a left walking stance facing A, fighting position, *ki-hap*.

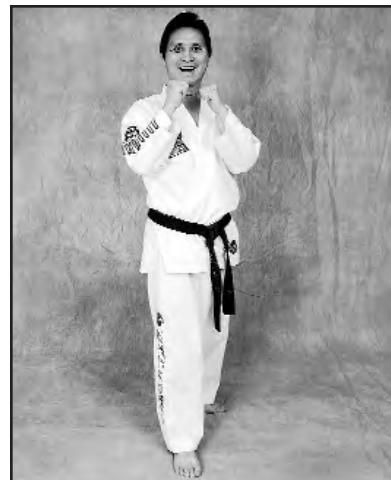


5.

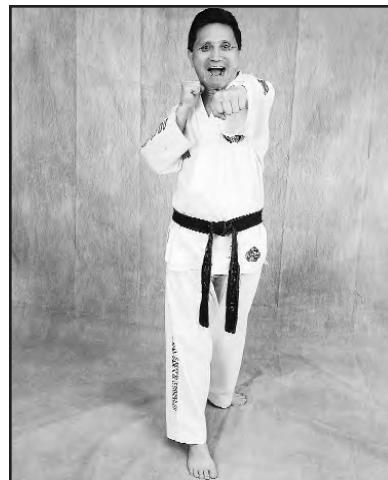
6.A. Right leg roundhouse kick with the ball of the foot (landing one step forward into a right walking stance, fighting position) *ki-hap*,



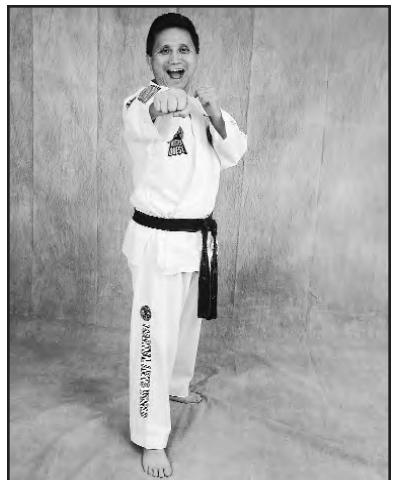
6.A. Roundhouse Kick



6.C. Return



6.B. Left Reverse Punch



6.B. Right Lead Punch



7.

7. Look over the left shoulder, pivot on the ball of the right foot turning 180 degrees to the left, into a left walking stance, fighting position, *ki-hap*.



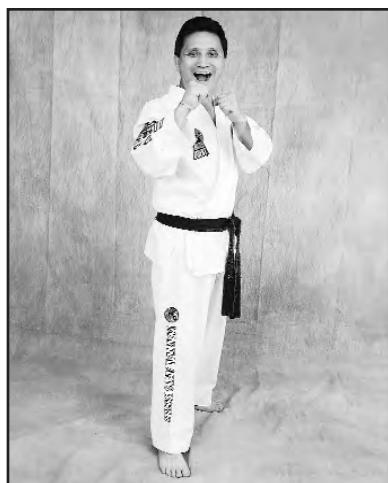
8. Step right foot to left

8. Left leg double step side kick toward D (step right foot up to left) *ki-hap*, landing one step forward but turning 180 degrees to face A in a right walking stance fighting position, *ki-hap*.

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



8. Left Stepping Side Kick



8. Land in Fighting Stance



Ba-rote.

18 Styles of *Poom se*

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

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

1. Regular Style

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

2. Ballet Style

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

3. Dynamic Tension Style

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

4. Power Breathing Style

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

5. Musical Style

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

6. Motivational Style

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

7. Combination Style

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

8. Directional Style (including Wall Style)

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

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

9. Free Style (including Backwards Style)

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

10. Blind Style

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

11. Balance Style

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

12. Jumping Style

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

13. Stance Style

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

14. Mental Style

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

15. Practical Application Style

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

16. Breaking Style

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

17. Exhibition Style

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

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

18. Weapons Style

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

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

Yellow 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.

Back Side Kick

You may use either the heel or the blade of foot, but the heel is most effective in breaking technique. The following instructions are for a right leg back side kick:

- A. Assume a left fighting stance, with your kicking leg farthest from the target (right leg back). Adjust your distance from the target;
- B. Look over your right shoulder to find the target.
- C. Raise your (right) kicking knee up, ankle bent, toes pulled back;
- D. Thrust your (right) heel through the target, *ki-hap*;
- E. Snap your (right) knee back;
- F. Land forward into a right fighting stance.



A.



B, C.



D.



F.



E.

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



Mental Breaking

Mental Breaking

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

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

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

Moral Breaking

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

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

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

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



Moral Breaking

MU-DO Self-Defense

MU-DO Self-Defense is a series of situational defenses designed to teach you how to defend yourself against basic attacks. They apply to street self-defense in that most fights will start with a punch or a kick. They are also an excellent way to learn the basics of sparring for tournaments.



Attention



Bow



Fighting Stance

For each individual technique (for example, # 1), partners face each other in a closed fighting stance (both partners have left foot forward). The best way to practice is for Partner A to attack left, then right while Partner B defends both sides. If there is a B or C option, Partner A continues to attack and Partner B continues to defend until all options have been practiced on both sides before they *ki-hap* and return to fighting stance. Then, partners can switch roles so that Partner A becomes the attacker and Partner B becomes the defender, and after all options have been practiced on both sides, both partners *ki-hap* and return to fighting stance. Finally partners switch roles AND switch stances, to practice the same techniques in the same order from a right foot forward stance. After all these options, partners can then move on to the next self-defense technique(for example, from #1 to #2).

Preparation:

Face each other at attention.

Bow.

Both partners assume a fighting stance and *ki-hap*.

1. Partner A: attack with a lead punch (front hand) to the face.

Partner B: outside block and counter punch to the face in a single motion, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

Partner A: attack with a reverse punch (back hand) to the face.

Partner B: outside block and counter punch to the face in a single motion, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

2. Partner A: attack with a lead upper cut to the body.

Partner B: downward block and straight counter punch to the face in a single motion, then upper cut to the *solar plexus* with the same (punching) hand, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

Partner A: attack with a reverse upper cut to the body.

Partner B: downward block and straight counter punch to the face in a single motion, then upper cut to the *solar plexus* with the same (punching) hand, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



1. Lead Punch.



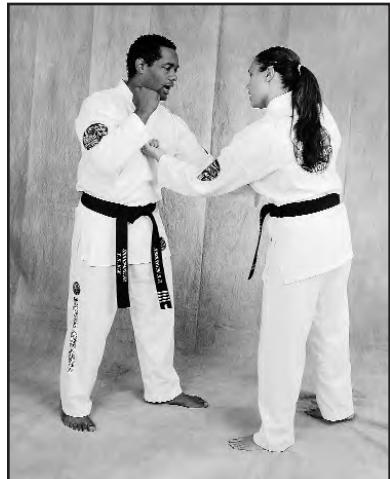
Fighting Stance



1. Reverse Punch



2. Block and Punch.



2. Upper Cut.



3. Counter Side Kick.



4A. Counter Punch.



4.B. Step Back and Block

3. Partner A: attack with a lead punch to the face.

Partner B: keep the attacker out of reach with a counter side kick (front leg), *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

Partner A: attack with a reverse punch to the face.

Partner B: keep the attacker out of reach with a counter side kick (front leg), *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

4.A. Partner A: attack with a front kick

Partner B: low block and counter punch to the chest in a single motion, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

4.B. Partner A: attack with a stepping front kick.

Partner B: step back and down block, then counter front kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



4.B. Counter Front Kick

5.A. Partner A: attack with a stepping roundhouse kick.

Partner B: slide the front foot diagonally forward as you outside block and counter punch to the chest in a single motion, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

5.B. Partner A: attack with a stepping roundhouse kick.

Partner B: step back and middle outside block, then counter roundhouse kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

5.C. Partner A: attack with a stepping roundhouse kick.

Partner B: inside block as you counter back side kick in a single motion, *ki-hap!*

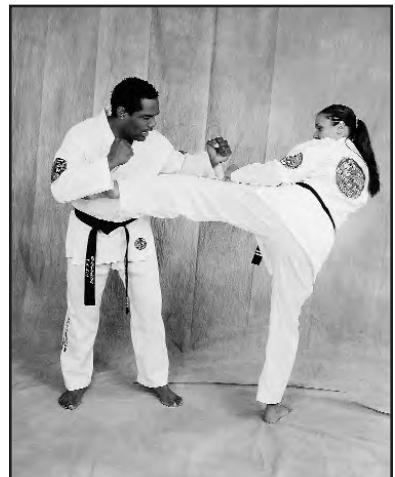
Both partners return to fighting stance and *ki-hap*.



5.A. Block and Punch



5.B. Step Back and Block.



5.B. Counter Roundhouse



5.C. Counter Back Side



6A. Jam

6.A. Partner A: attack with a stepping side kick.

Partner B: step in and jam the kick with the front leg, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



6.B. Step Back

6.B. Partner A: attack with a stepping side kick.

Partner B: shuffle step back out of range, then counter with a stepping side kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



6.B. Counter Side Kick

7.A Partner A: attack with a stepping swing kick.

Partner B: step in and fully extend front arm high block (elbow straight), then counter punch to the chest with the same hand, *ki-hap!*



7A. Extend High Block.



7A. Punch.

Both partners return to fighting stance and *ki-hap*.

7.B Partner A: attack with a stepping swing kick.

Partner B: shuffle step back out of range, then counter with a stepping side kick, *ki-hap!*



7.B. Step Back.



7.B. Counter Side Kick

Both partners return to fighting stance and *ki-hap*.



8.A. Block and Punch.



8.B. Step Back

8.A. Partner A: attack with an inside swing kick

Partner B: step in and fully extend front arm high block (elbow straight); counter punch to the chest with the opposite hand, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

8.B. Partner A: attack with an inside swing kick

Partner B: shuffle step back out of range, then counter with a stepping side kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



8.B. Counter Side Kick



9.A. Jam

9.A. Partner A: attack with a pushing or pick-ax kick

Partner B: step in and jam the kick with the front leg, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

9.B. Partner A: attack with a pushing or pick-ax kick

Partner B: shuffle step back out of range, then counter with a stepping side kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.



9.B. Step Back



9.B. Counter Side Kick

10.A. Partner A: attack with a back side kick

Partner B: jam the kick with a front leg pushing kick to the hamstring, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

10.B. Partner A: attack with a back side kick

Partner B: shuffle step back out of range, then counter with a roundhouse kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

10.C. Partner A: attack with a back side kick

Partner B: shuffle step back out of range, then counter with a stepping side kick, *ki-hap!*

Both partners return to fighting stance and *ki-hap*.

Face each other at attention.

Bow.



10.A. Jam



10.B. Step Back



10.B. Counter Roundhouse



10.C. Step Back



10.C. Counter Side Kick

1. Slow Motion Style Self-Defense

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

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

2. Exhibition Style Self-Defense

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

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

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

3. Counter-Attack Style Self-Defense

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

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

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



Counter-Attack Style

Physical Self-Defense

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

The obvious defense against injury from drunk driving is not to drink in the first place, or if you do drink, not to drive. The best defense against lung cancer is not to smoke. There are many risks you cannot control, but to defend yourself against many common threats you only need educate yourself and exercise self-control.

Mental Self-Defense

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

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



Mental Style

Moral Self-Defense

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

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

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

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



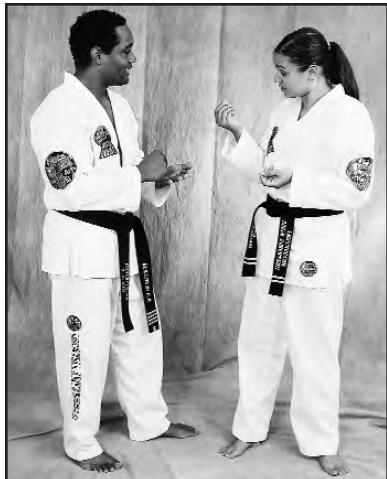
Moral Style

Financial Self-Defense

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

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

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



Financial Style

Life Self-Defense

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

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

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



Life Style

Self-Defense Falling

Self-defense is self-protection. Sometimes we must protect ourselves from a person, and other times we must protect ourselves from the laws of nature, like gravity. It is very easy to get hurt by falling to the ground during any kind of athletic activity, and in the practice of Martial Arts, we sometimes intentionally throw each other to the ground. In order to make self-defense practice safe, we must develop skills in falling to the ground without getting hurt. We begin practicing these techniques in the MU-DO Curriculum so that we will be somewhat skilled in falling techniques when we begin Ja Yun self-defense techniques, which involve throws to the ground.



Break Falls:

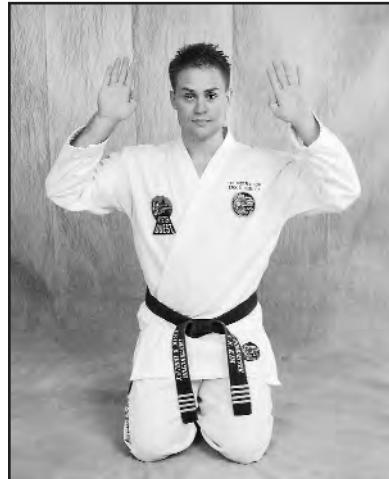
These techniques are sometimes called Break Falls because we break the impact of the fall by distributing it more evenly throughout the body. Obviously, if your entire body weight is concentrated onto your wrists, you risk injuring your wrists. If the same body weight is spread out through your entire forearms, the risk of injury is much lower. In addition, if you can spread the impact out by making your body round instead of flat, you further reduce the risk of injury.

In essence, we are using the laws of nature to protect us from the laws of nature. Beginning with the MU-DO curriculum, you are required to learn how to safely perform a front fall, back fall, side fall, and front roll.



Front Fall

To learn the front fall, start in the kneeling position:



Front Fall A.



Front Fall B.



Front Fall C., D.

- A.** Bend your arms at the elbows and raise your forearms and hands to head height, with the forearms forming the sides of a triangle;
- B.** As you begin to fall forward, strike your forearms onto the mat in what appears to be a slapping motion, but is actually a very quick rolling motion, where the finger tips touch first, then the palms, then the forearms;
- C.** At the same time, straighten both legs behind you so that only the balls of your feet are touching the mat;
- D.** Turn your head sideways.

Once you can safely perform the front fall from the kneeling position, move up to a low squat position and practice. Do not just fall forward like a tree falls; instead, your head and body should fall straight downward by kicking your legs backward. Next, practice at a high squat position, and finally from standing at normal height.

Back Fall

To learn the back fall, start in the full squat position:

- A. Tuck your chin to your chest and stretch your arms out in front of you as you cross your arms at the forearms;
- B. Sit down so that your butt touches the ground first and you roll backwards on your rounded back;
- C. At the same time, slap the ground with both hands and forearms as your upper back touches the floor (hands should be to the sides of the hips);
- D. Allow your hands to bounce off the mat as you roll back up into the full squat position.

Once you can safely perform the back fall from the full squat position, raise a little higher to a high squat position. Remember not to fall backwards as a tree falls; instead, sit down and then roll backwards on your rounded back. Finally, practice from a full standing position at normal height.



Back Fall A.



Back Fall B.



Back Fall C.



Side Fall, A.



Side Fall, B.

Side Fall

To learn the side fall, start lying flat on your back with your chin tucked in and your knees bent:

- A. Roll to the right and slap the ground with your right forearm (hand at hip level), your right thigh (knee almost straight), right blade of the foot, and the bottom of the left foot (knee bent);
- B. Roll to the left and slap the ground with your left forearm (hand at hip level), your left thigh (knee almost straight), left blade of the foot, and the bottom of the right foot (knee bent);

From the standing position:

- A. Tuck your chin and swing your right arm across the front of your chest as you sweep your right leg leftward;
- B. Bend your left knee so that you sit onto your right side (slightly rolling from hip to shoulder);
- C. Slap the ground with your right forearm (hand at hip level), your right thigh (knee almost straight), right blade of the foot;
- D. Allow your hands to bounce off the mat as you roll back up into the standing position.
- E. Repeat for the left side.



Standing Side Fall A.



Standing Side Fall B.



Standing Side Fall C.

Front Roll

To learn the front roll, start in a standing position:

- A. Step your right leg forward; place your left hand flat on the ground with your fingers pointed inward; form your right arm into an arc with a rounded knife hand;
- B. Tuck your chin and roll forward, turning your body into a rolling wheel, with the floor contacting first the knife edge of your right hand, your forearm, upper arm, your right shoulder, and then passing diagonally across the back to your left hip;
- C. Slap the ground with your left forearm (hand at hip level), your left thigh (knee almost straight), left blade of the foot; and the bottom of your right foot (knee bent) all at the same time.

From a standing or running position (running dive roll):

- A. Tuck your chin and roll forward, turning your body into a rolling wheel, with the floor contacting first the knife edge of your right hand, your forearm, upper arm, your right shoulder, and then passing diagonally across the back to your left hip;
- B. Slap the ground with your left forearm (hand at hip level), your left thigh (knee almost straight), left blade of the foot; and the bottom of your right foot (knee bent) all at the same time.



Front Roll A.



Front Roll B.



Running Dive Roll B.



Running Dive Roll A.



Front Roll C.

Kicking Combinations

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

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

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

The following are the Yellow Belt Combinations for your test:

Outside Swing kick, back side kick

Inside swing kick, back side kick

Pick ax kick, back side kick

Knee kick, back side kick

Pushing kick, back side kick

Front kick, back side kick

Roundhouse kick, back side kick

Side kick, back side kick

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

Sparring

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

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

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

Physical Fitness Sparring Styles develop a strong body.

- 1. Aerobic Sparring**
- 2. Alternate Sparring**
- 3. Tournament Sparring**
- 4. Practical Style Sparring**
- 5. Exhibition Style Sparring**
- 6. Target Sparring**
- 7. Belt Sparring**
- 8. Group Sparring**

Mental Fitness Styles of Sparring develop a strong mind and a Positive Personality.

- 9. Eye Contact Sparring**
- 10. Smile Sparring**
- 11. Enthusiasm Sparring**
- 12. Limited Sparring**
- 13. Set-up Sparring**
- 14. Team Spirit Sparring**

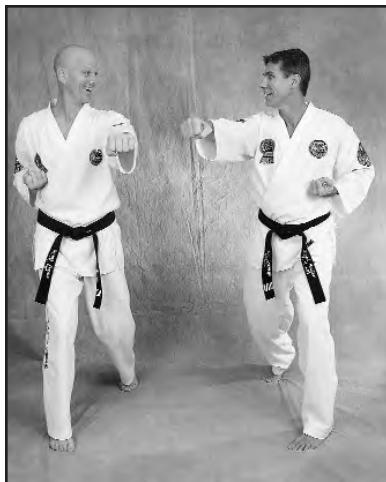
Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.

- 15. Solitary Sparring**
- 16. Motivational Sparring**
- 17. Emotional Sparring**
- 18. Spiritual Sparring**

Financial Fitness Style
Sparring develops peace of mind through financial freedom.

Life Fitness style of Sparring
develops a happy life and personal leadership.

Physical Fitness Styles of Sparring



Aerobic Sparring

1. Aerobic Sparring

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

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

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

2. Alternate Sparring

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

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

Alternate Single

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



Alternate Sparring

Alternate Combination

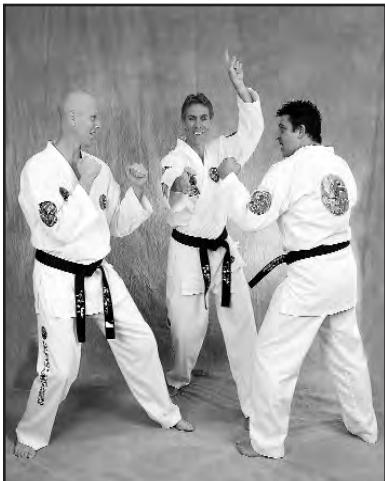
Alternate Combination Sparring lets you practice your combinations with your partner. It is almost the same as Alternate Single Sparring, except that instead of single techniques, you perform combinations of techniques.

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

Alternate Free

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

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



Tournament Sparring

3. Tournament Sparring

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

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

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

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

Olympic Style Sport Tae Kwon Do Sparring

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

MU-DO Style Sparring

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

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

4. Practical Style Sparring

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



Practical Style

5. Exhibition Style Sparring

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

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

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

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

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

Basic Exhibition Style Sparring

Basic Punch

Partner A: right cross

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

Partner A: left cross

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

Partner A: straight right punch

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

Switch roles.

Basic Kick

Partner A: right front kick to the knee or shin

Partner B: moves leg as if kicked

Partner A: left front kick to the groin

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

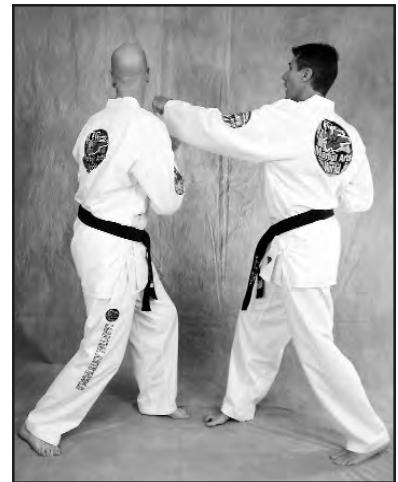
Partner A: right front kick to the face

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

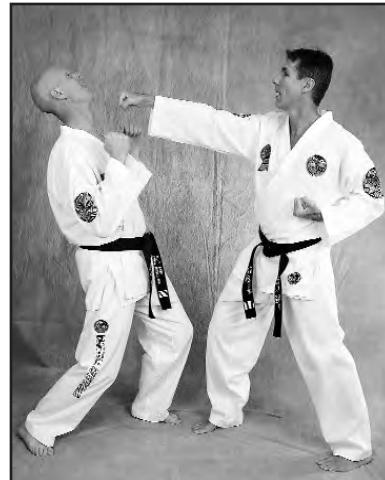
Switch roles.



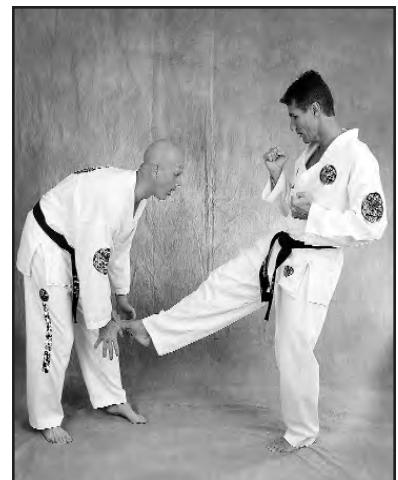
Right Cross



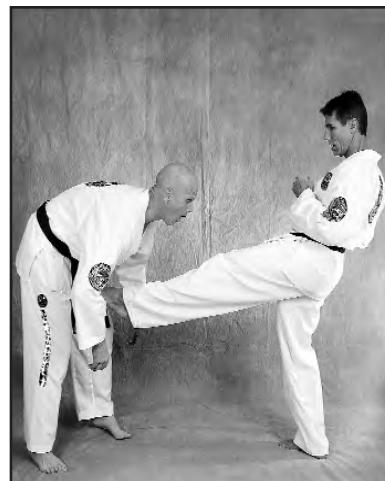
Left Cross



Straight Right



Kick Knee



Kick Face

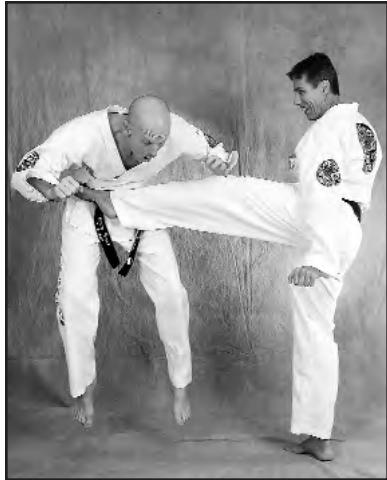


Kick Groin

Free Exhibition Style Sparring

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

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



Free Exhibition

6. Target Sparring

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

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

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



Target Sparring

7. Belt Sparring



Belt Sparring

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

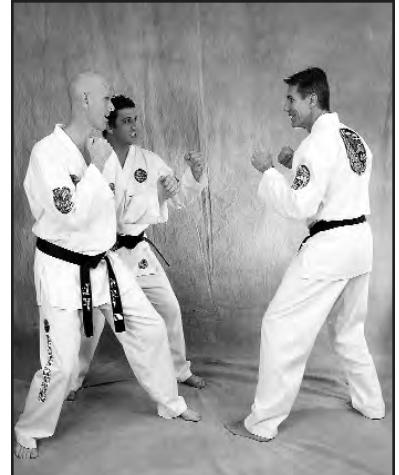
The belt can be hung on either hip, in the front, or in the back, according to your instructor. Each location takes a different skill, but all are effective, providing both partners have the belts in the same location. With one belt it is a one round competition, win or lose. The match can be extended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

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

8. Group Sparring

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

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



Group Sparring

Mental Fitness Styles of Sparring



Eye Contact Sparring



Smile Sparring

9. Eye Contact Sparring

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

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

10. Smile Sparring

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

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

11. Enthusiasm Sparring

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

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



Enthusiasm Sparring

12. Limited Sparring



Limited Sparring

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

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

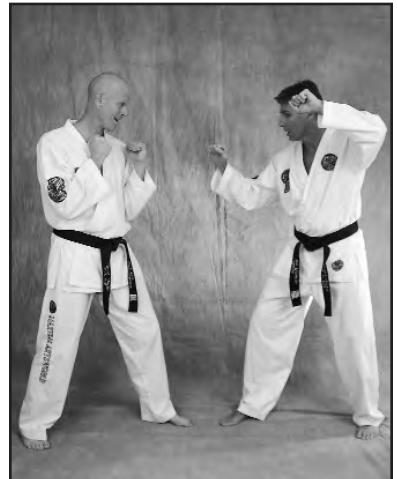
The practical application is that in the real world we sometimes do not get to choose our limitations. You may have limited flexibility or be lacking in quickness, but you must learn to overcome your limitations to achieve your goal. In a real fight you may break an ankle and have to continue fighting.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

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

13. Set-up Sparring

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

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



Set Up Sparring

14. Team Spirit Sparring

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



Team Spirit Sparring

Moral Fitness Styles of Sparring

15. Solitary Sparring

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

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

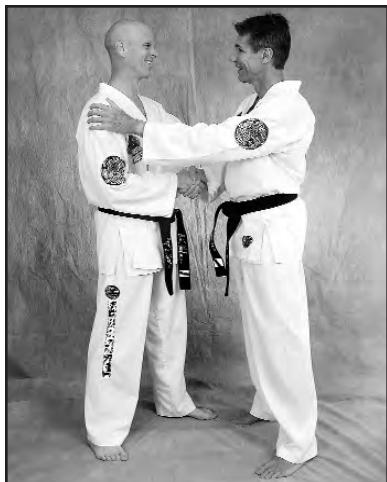
Many students complain that they cannot practice the martial arts at home. They say they cannot practice sparring alone, yet they can practice Solitary Sparring alone. Only the unimaginative or uneducated student cannot practice at home. True martial artists are practicing all day, every day.



Solitary Sparring

16. Motivational Sparring

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



Motivational Sparring

17. Emotional Sparring

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

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



Emotional Sparring

18. Spiritual Sparring



Spiritual Sparring

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

19. Financial Fitness Sparring

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

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



Financial Fitness Sparring

20. Life Fitness Sparring



Life Fitness Sparring

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

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

Leaders

Written By: Y. K. Kim

Music By: Frank Starchak

A m

Leaders aren't born — ev-ery one is made with the right hab - its leaders are made leaders aren't born —
F Maj7 C Maj7

ev-ery one is made with the right hab - its leaders are made to be a great leader — you got to lead your-self
F Maj7 C Maj7 F Maj7 C Maj7 D m

11
smile extra-ight exercise stay in good health focus on the pos-i-tive — pre-pare in ev-eryway act with pas-sion in all you do and
E C Maj7 F Maj7 D m E

16
say share each day with oth - ers fight within yourself if loving what you learn you got to lead your-self —
A m

21
leaders are-n't born — ev-ery one is made with the right hab - its leaders are made leaders are-n't born —
F Maj7 C Maj7

26
ev-ery one is made with the right hab - its leaders are made to be a great leader — you got to lead your-self

Leaders

F Maj7 C Maj7 F Maj7 C Maj7 Dm

37 smile ex-right exercise stay in good health focus on the pos-i-tive pre-pare in every way act with passion in all you do and

E C Maj7 F Maj7 Dm E

38 say share each day with oth-ers fight within your self if loving what you learn you go on lead your-self ..

A dm

41 lead-ers are n't born ev-ery one is made with the right hab - it lead-ers are made lead-ers aren't born

46 ev-ery one is made with the right hab - it lead-ers are made lead-ers aren't born

51 ev-ery one is made with the right hab - it lead-ers are made lead-ers are n't born ev-ery one is made

56 with the right hab - it lead-ers are made lead-ers aren't born ev-ery one is made with the right hab - it

61 lead - ers are made

Martial Arts Courtesy Questions

How do you answer the phone clearly at home, on a cell phone, and at work?

Martial arts World members always answer the phone clearly and politely

At home, an example would be to say, "This is the Jones residence, Bobby speaking, how may I help you?"

On a cell phone, and example would be to say, "Hello, this is John, may I help you?"

At work, an example would be to say, "Good morning (different time of day can change), Martial Arts World, Instructor Pelt speaking, may I help you?"

If people call and ask for someone else, what should you do?

If you do not know the caller, ask, "Can I have your name? What is this regarding?" Then hand the phone to the other person.

How do you take a good message?

Politely and clearly ask, "Can I have your name, number, and any message?" and write down the message for the other person.

What do you say when you are calling someone?

Politely and clearly say something like, "Hi, this is Jimmy. May I speak to John, please?"

For Children:

If a stranger calls your house and asks if your mom or dad is home, what should you say?

If my parents are not home, I should say, "They can't come to the phone right now, may I take a message?"

What do you do if someone calls on the phone and asks your address?

I would say, "I'm sorry but my mother can't come to the phone right now, may I take a message?"

Who is your best friend?

My book and my pencil are my best friends. I spend time with them every day so I can be smart when I grow up.

Whose responsibility is it to clean up your room?

It is my room, so it's my job to keep it clean.

Whose responsibility is it to wash your clothes?

They are my clothes, so it's my job to wash them.

Additional Questions for Adults:

What benefits have you gained since you began training in the martial arts?

Give specific examples like:

I have lost 100 pounds of mental fat.

I can control my temper easily

I don't get angry as easily when I deal with customers at work.

I have lot more confidence.

I am in better shape; I am less tired and have more energy in my body and mind.

What is your next goal?

My goal is always to become an Instructor, Master, or Grandmaster.

Whose school is this?

It's my school and Martial Arts World is my organization, so I will take responsibility for keeping it clean and supporting its growth.

Green Belt (8th Keup) Testing Requirements

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

Green Belt Pre-Test Requirements

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

Yellow belt, white tip: Breaking Technique + Kicking Technique + Courtesy

Yellow belt, yellow tip: Poom se + Stances + Philosophy (Be a Leader)

Yellow belt, green tip: Self-Defense 1-15 + Sparring + Questions

Testing Requirements

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

Green Belt

Congratulations!

On your achievement and welcome to the Green Belt Team. You have passed your second mile marker on your path to success!

Green Belt is a very challenging level. You will be learning some new and difficult techniques that may not be so easy to do at first. All of these feelings are normal at this level, because the study of the martial arts is a constant challenge. Just when you get comfortable with your current level of knowledge, a new level of knowledge is introduced to help you continue to grow and improve. You must become stronger to meet the challenge, but isn't that the point of your training? You become stronger and stronger with every step you take, so that eventually you will be able to meet any challenge successfully.

What is a Green Belt?

Green is the color of growth. When the seedling breaks out of the earth, it is yellow, but when it begins to acquire the color green it starts on its own period of growth. A seedling is dependent upon the seed for nourishment; a green plant no longer has a seed, and must assimilate the natural materials of earth, air, water, and sun-light to continue to grow. Likewise, you have learned the basics and are now ready to assimilate them in order to fuel your growth.

The green belt symbolizes that you are now more self-sufficient and more responsible for your own growth. Although you still need the guidance of your instructor to grow efficiently, you have reached a level where you can practice at home as well as in class. Like the plant who absorbs earth, air, water, and sunlight in the proper balance, you must balance your practice time. Practice basics, forms, self-defense, and sparring. If you focus too heavily on one over the other, you will become like the plant that gets too much water and not enough sunlight -- soon you will wither and stop your growth. Take responsibility for your own growth and improvement by practicing regularly at home, as well as before and after class, so that you can balance your practice.

Notes:

Green Belt (8th Keup) Curriculum

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Courtesy

Home Manners

Children

The responsibility of children is to help their parents. Babies are too young and weak to help their parents. Big boys and girls are smart enough and strong enough to help their parents.

Respect:

Children should always show respect to any adults, but especially their parents. The most common way to show respect is to say, "Sir," and "Ma'am," when talking to your parents. Good martial artists always say, "Yes, Sir!" and "Yes, Ma'am," when they are speaking to an adult who is older than them, and ALWAYS when talking to their parents. Showing respect is just one way of showing how much you love your parents.

Another way to show respect for your parents is to control your temper. Throwing a temper tantrum is the most disrespect you can show anyone. It says that you don't care about their feelings, you only care about your own feelings. Martial artists have self-control. When something happens that might make them angry, they control their temper and show respect for those around them.

Children should also show respect for their brothers and sisters. Brothers and sisters sometimes take your things without asking, but that is no reason to start fighting. Martial artists have self-control, so they don't fight with their brothers and sisters. They help teach their younger brothers and sisters, and try to help and learn from their older brothers and sisters.

Responsibility:

Children should take responsibility for themselves and their things as much as possible. Children should try to dress themselves, and always put their clothes away when they change. They should always clean up their toys when they are finished playing.

Martial artists take responsibility for their things by cleaning up after themselves. Martial artists clean their own room, and clean their own dishes when they eat a snack.

Good students of the martial arts are good students at school. They practice their martial arts at home, and they do their school homework every night. Part of responsibility is doing your homework without being told by your parents. If you have homework that you don't understand, it is your responsibility to ask your parents or your older brother or sister for help.

Some older children have specific chores around the house to help their parents, like setting or cleaning the table, cleaning the dishes, taking out the garbage, doing the laundry, vacuuming, mowing the lawn, making their beds, and lots of others. The older you get, the more chores and responsibilities you will get. When your parents give you chores to do, that is a sign that you are growing up. Be proud of yourself because you are learning responsibility.

Adults

The responsibility of adults is to help the other members of their family. Parents are responsible for their children, while husbands and wives are responsible to each other. Being a teenager means learning to become responsible for yourself; becoming an adult means accepting responsibility for the ones you love.

Respect:

We already know that we should always show respect for other adults, but how do we show respect for our children? Children are not slaves; they are your flesh and blood, hoping to become like you. You have the responsibility to show them the best example and to help them grow by treating them with respect. The simplest way to show your respect is to show genuine interest in their desires and opinions, because children want nothing more than your attention. Children don't care if you are rich, famous, beautiful, or powerful; they only want your love and attention. When you give them your attention, you show them respect, and they develop self-respect. When you treat them without respect, they actually believe they are not worth respecting. It is your responsibility to help your children develop self-respect by being the first to show them respect.

Adults should never punish children in anger. Children may need correction, but the punishment should be done out of care and responsibility, not out of anger. Martial artists always maintain self-control.

Adults, especially husband and wife, should always treat each other with respect. Anger is an natural emotion, but it must be controlled. Expressing anger to your spouse can be acceptable, if it is done with respect, but most people cannot do it. Instead, they let the anger control them and then say disrespectful things to hurt the person they love. If you get angry, try to release your anger in exercise (take a walk or a run) but do not direct your anger at your spouse; that will only hurt the situation and the relationship. Harsh or hurtful words directed at each other are never acceptable. Instead, treat each other with respect, and you will help reduce the anger you are each feeling, and be better able to focus on solving the problem.

It is important to respect each other's opinions and rights. Just because you are in the same family doesn't mean you have to agree on everything. The best way to respect someone's opinion is to listen to it (without interrupting) and then seriously consider the possibility that it makes sense. Discussions should not be a contest to see who is right, they should be a way of examining two different ways to solve a problem, and then decide which one to use. If you can disagree with a family member with the same respect you would show your boss, you will keep a much stronger, respectful relationship.

One very simple way to show respect in a close relationship is to avoid personal attacks. Instead of saying, "You're so stupid!" or "You always do that!" change the focus away from your partner to yourself by saying, "When you do that, I feel _____. By sharing your own feelings instead of attacking your partner, you will prevent a lot of arguments before they get started, and save a lot of apologizing for hurt feelings.

It is amazing that some people who know how to show respect in the martial arts school, who show great manners at work and in social situations, don't show the same respect and manners at home to the people who mean the most to them. The study of the martial arts is a way of life, not just a way of fighting. The same principles of courtesy and respect that work in the classroom work even better at home. Your family relationships are the most important and lasting in your life, and as an adult it is your responsibility to take care of the people you love by showing them the proper measure of respect.

Advanced Basics

Most of the advanced basics are the same for Yellow Belts, Green Belts, and Purple Belts, because all three belt levels are studying and practicing the MU-DO Curriculum. The following list describes the Advanced Basics for the Green Belt level. You will notice that the only new technique is the Back Swing Kick. Although you must spend time and energy learning this new technique, continue to invest your time practicing the other techniques you have been taught, but you have not yet perfected. Excellence in the martial arts and in life is not a matter of how many techniques you know, but how well you can do whatever techniques you know.

Stances

- Front Stance
- Back Stance
- Tiger Stance

Advanced Basics (Horse Riding Stance)

- Double Low Block
- Double Inside Block
- Double High Block
- Double Knife-hand Block to the Side
- Double Knife-hand Strike to the Neck
- Double Spear Finger Strike
- Double Palm Strike
- Double Punch
- 5 Punches

Stepping Kicks (Fighting Stance)

- Stepping Leg Raise
- Stepping Swing Kick
- Stepping Inside Swing Kick
- Stepping Pick Ax Kick
- Stepping Knee Kick
- Stepping Pushing Kick
- Stepping Front Kick
- Stepping Roundhouse Kick
- Stepping Side Kick

Turning Back Kicks (Fighting Stance)

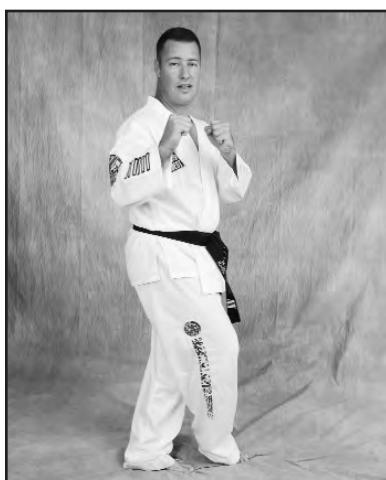
- Back Side Kick
- Back Swing Kick

Back Swing Kick

The back swing kick is an extremely powerful kick because it uses the torque of your spinning body and extends that power to your foot. It is best used as an attack to the head, using the heel, blade, or sole of the foot.



Back Swing Kick A.



Back Swing Kick B.

- A. From a left fighting stance, look over your right shoulder to find the target;
- B. Continue turning by pivoting on the ball of your left (front) foot;
- C. When your body is almost facing front, begin the kick by raising the right foot as high as possible;
- D. As your body continues to turn, it will drive your foot through the target as your foot reaches its highest point,
- E. Continue turning as your foot lowers toward the floor, landing in a left fighting stance.

Notes:

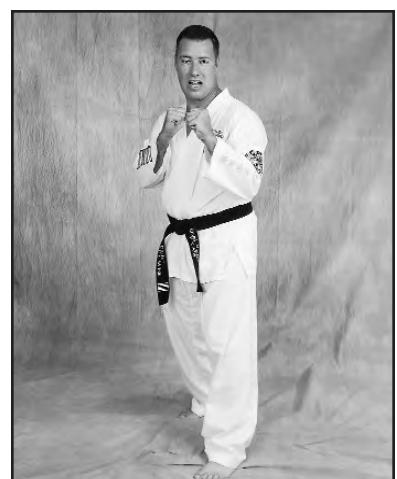
1. The more erect your body stays, the faster and cleaner you will kick. The more your head moves off center during the spin, the slower you will turn and the less balance you will have.
2. The actual kick is performed with the hips facing front (the target) as in a front kick, not to the side as in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



Back Swing Kick C.



Back Swing Kick D.



Back Swing Kick E.

Poom Se

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

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

Poom se MU DO (Marital Arts)

Poom se Mu Do means "martial arts." The Martial Arts are an action philosophy, based on nature. Action is the most powerful thing on earth. It is a sign of life, which means that action makes things happen. Without action, nothing happens. Knowledge, great ideas, and perfect goals go nowhere, do not even begin, without action.

Martial Arts are the most practical tool to succeed in life. The Martial Arts are based on nature, and nature is balanced. In this form, we move to the left and right, to the front and the back. We exercise our upper body and lower body, our external muscles and our internal organs, as well as our mind, emotions, and spirit, in complete balance.

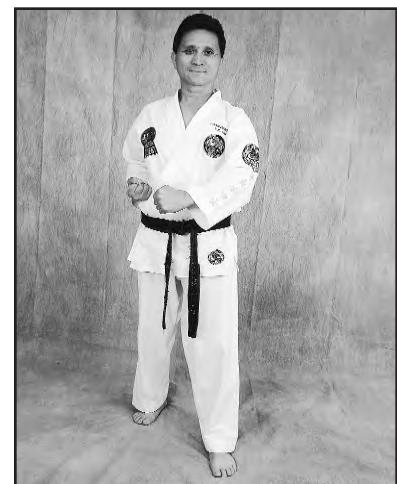
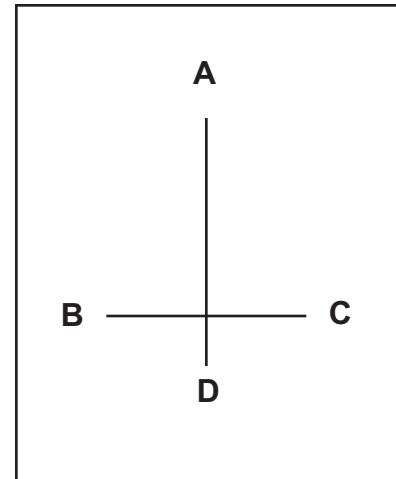
Balance is the guiding principle of nature, which is a way of life.

Green Belt Level: 1 through 16

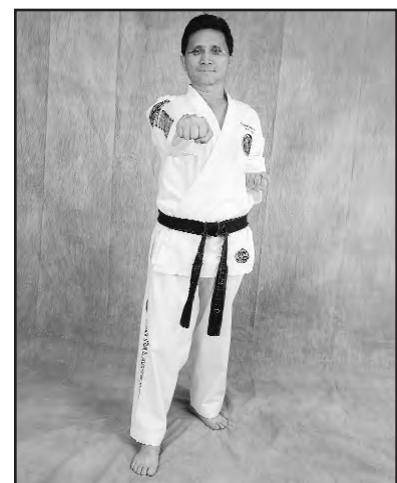
For steps 1-8, see your Yellow Belt Section of this Curriculum Guide, pages 66-70.

9. Step left foot forward into a left walking stance and execute a left down block, in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap), facing A.

10. Step right foot forward into a right walking stance and execute a right middle punch in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).



9. Left Low Block



10. Right Middle Punch



11. Left High Block



12. Right High Punch

11. Step left foot forward into a left walking stance and execute a left high block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).



13. Look and Slide Foot



13. Outside Knife-hand Block

12. Step right forward into a right walking stance and execute a right high punch in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).

13. Look over the left shoulder, slide left foot and pivot on the ball of the right foot turning 180 degrees to the left into a left walking stance facing D, and execute a left middle outside knife hand block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap), as the right fist moves to the right hip.

14. Step right foot forward into a right walking stance and execute a right knife-hand strike to the neck in a slow, concentrated motion, as the left fist moves to the left hip.



14. Knife-hand Strike to Neck

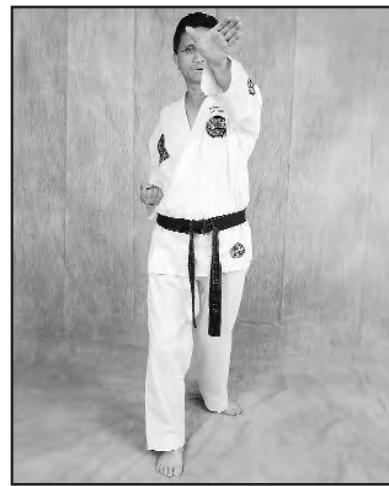
15. Step the left foot forward into a left walking stance and execute a left spear hand thrust in a slow, concentrated motion, as the right fist moves to the right hip.



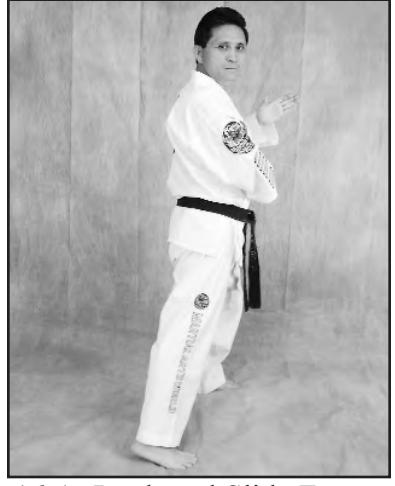
15. Spear Finger Strike



Ba-rote.



16.B. Arc Hand Strike



16.A. Look and Slide Foot

Green 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.



A.



B.



C, D.



E. Highest Point.

Back Swing Kick

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

The following instructions are for a right leg back swing kick:

- A. Assume a right fighting stance, with your kicking leg farthest from the target (right leg back). Adjust your distance from the target.
- B. Look over your right shoulder to find the target;
- C. Continue turning by pivoting on the ball of your left (front) foot;
- D. When your body is almost facing front, begin the kick by raising the right foot as high as possible;
- E. As your foot reaches its highest point, drive your foot downward through the target
- F. Land forward in a left fighting stance.



E. Strike.

MU-DO Self-Defense

MU-DO Self-Defense is a series of situational defenses designed to teach you how to defend yourself against basic attacks. They apply to street self-defense in that most fights will start with a punch or a kick. They are also an excellent way to learn the basics of sparring for tournaments.

Continue to practice MU-DO Self-Defense 1 - 10 as described in the Yellow Belt section, including Slow Motion, Exhibition, and Counter Attack Styles. Learning the motions is not enough. You must internalize them so that your body will naturally react to an attack without waiting for your mind to remember what to do.

Kicking Combinations

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

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

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

The following are the Green Belt Combinations for your test:

- 1. Outside Swing kick, back swing kick**
- 2. Inside swing kick, back swing kick**
- 3. Pick ax kick, back swing kick**
- 4. Knee kick, back swing kick**
- 5. Pushing kick, back swing kick**
- 6. Front kick, back swing kick**
- 7. Roundhouse kick, back swing kick**
- 8. Side kick, back swing kick**

For descriptions of each of the individual techniques, look at the basics sections of the Green Belt and Yellow Belt levels in this manual and in your White Belt manual.

Sparring

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

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

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

Physical Fitness Sparring Styles develop a strong body.

- 1. Aerobic Sparring**
- 2. Alternate Sparring**
- 3. Tournament Sparring**
- 4. Practical Style Sparring**
- 5. Exhibition Style Sparring**
- 6. Target Sparring**
- 7. Belt Sparring**
- 8. Group Sparring**

Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.

- 15. Solitary Sparring**
- 16. Motivational Sparring**
- 17. Emotional Sparring**
- 18. Spiritual Sparring**

Financial Fitness Style
Sparring develops peace of mind through financial freedom.

Mental Fitness Styles of Sparring develop a strong mind and a Positive Personality.

Life Fitness style of Sparring
develops a happy life and personal leadership.

- 9. Eye Contact Sparring**
- 10. Smile Sparring**
- 11. Enthusiasm Sparring**
- 12. Limited Sparring**
- 13. Set-up Sparring**
- 14. Team Spirit Sparring**

Notes:

Martial Arts Courtesy Questions

Additional Questions for Children:

When should you fight with your brothers and sisters?

Never, because I love them.

Whose responsibility is it to clean your dirty dishes?

I ate the food, so I need to clean my own dishes for snacks, and help mom and dad when the whole family eats together.

How can you be a good student at school?

I can be a good student by listening to my teachers, cooperating with my classmates, and doing my homework without being asked.

How do you answer when your teacher calls you?

"Yes, Sir," or, "Yes, Ma'am."

What do you do when your mother comes home from the grocery store?

I run to greet her and help carry the packages.

How can you show responsibility at home?

Clean up after myself -- clean my own room, put away my toys, and clean the dishes when I eat a snack;

Do my homework without being asked;

Do my chores without being asked and without complaining.

What is your name, address, and phone number (in case you were lost)?

My name is _____

My address is _____

My phone number is _____

(This question is especially important for young children. Make sure they know these numbers, especially if you have a cell phone or beeper, by heart.)

If you were lost at the mall or any place, what would you do?

1. Call mom's cell phone or call home (call collect from a pay phone).
2. Look for someone who works in the store (the lady at the counter).
3. Look for a policeman or call 911.

What would you do if someone wants to fight with you?

1. Try to talk my way out of it.
2. Walk away.
3. Report to teacher or parents.
4. Only if there is no other choice, defend myself.

Martial Arts Courtesy Questions for Adults:

What do your children want from you more than anything else does in the world?

They want my love and discipline.

If you get angry at your husband/wife or your children, what should you do?

I should release my anger in exercise -- take a walk, go for a run, or practice martial arts.

What should you do if you disagree with your husband/wife?

Listen to his/her opinion without interrupting, and then seriously consider how it makes sense.

I know there are many ways to solve any problem, and a good discussion is not about who is right, but about which solution WE will use.

Who has the best technique is this room?

I do, Sir. I have the best technique because I try my best. When I give 100% effort, that is the best.

Who is the best student in this room?

I am, Sir! I am the best student because I try my best and I will never give up until I achieve my goals.

What benefits have you gained since you began training in the martial arts?

Give specific examples like:

I am a leader, not a follower.

I am a winner, not potential winner

Purple Belt (7th Keup) Testing Requirements

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

Purple Belt Pre-Test Requirements

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

Green belt, white tip: Breaking Technique + Kicking Technique + Courtesy

Green belt, yellow tip: Poom se + Stances + Philosophy (Develop Personal Power)

Green belt, green tip: Self-Defense 1-15 + Sparring + Questions

Testing Requirements

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

Children:

Children are required to fill in the Citizenship Award Sheet and turn it in with their test application. Children are also required to bring their latest report card and turn it in with their test application.

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

NOTES:

Purple Belt

Congratulations!

On your achievement and welcome to the Purple Belt Team. You have passed your third mile marker on your path to success!

Purple Belt is a very important level. Some of the techniques you will learn are very challenging, and how you meet and overcome these challenges will be the foundation of your confidence as a person and as a martial artist. The important thing is never to give up. Whatever the challenge, whatever the difficulty, believe in yourself and your ability to succeed. Every time you rise to the occasion and overcome a challenge, you further ingrain the winning habit into your personality.

What is a Purple Belt?

Purple is the color of some of the most beautiful flowers in the world. The growth you experienced as a green belt begins to flower into the beauty of purple belt technique. You have had enough time to learn and practice the basics, so that now your technique starts to go beyond the basics and become artistic. Remember, the martial arts are an art form, an art that is expressed in the physical beauty of the techniques much like a dancer expresses her art in the beauty of her dancing.

The purple belt symbolizes that you are ready to flower in your martial arts development. Although you still need to practice the basics regularly, you now have the tools to explore self-defense and sparring to develop your own personal style. Some students will focus on their power, others will focus on their speed, and others will learn to depend on timing. Everyone has certain techniques that work best for them because of their natural physiology, and purple belt is the time to discover your strengths and develop them, while identifying your weaknesses and improving them.

Notes:

Purple Belt (7th Keup)

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Courtesy

Public Manners

Children

A key element of the martial arts is respect for our elders. All children should show respect to all adults. As a green belt you learned some ways to show respect at home by saying, “Yes, Sir,” and “Yes, Ma’am,” to your parents and controlling your temper not only with your parents but also with your brothers and sisters. You also learned to take responsibility for your own things and for your chores at home.

At school you should also show the same kinds of good manners by saying, “Yes, Sir,” and “Yes, Ma’am,” to all your teachers, and by controlling your temper with your classmates so that you share and get along well. If you treat all your classmates with respect, they will like you and you will have many friends. If you are selfish and say mean things, you won’t have many friends. Having good manners at school is important to have friends so you can have fun.

Part of showing respect for your elders who are not your family is to call them, “Mr.” or “Ms.” Your parents may have a friend they call, “Joe,” but it is usually not polite for a child to call an adult by his first name. It is more polite for children to say, “Uncle Joe” if he is very close to you, “Mr. Smith” if he is not that close and you know his last name, or just “Mr. Joe” if you don’t know his last name. Your parents will help you decide what to call certain people, but until they tell you what to do, always try to show more respect.

When you visit a friend’s house, it is important to show respect to their parents, too. Always say, “Yes, Sir,” and “Yes, Ma’am,” and offer to help your friend do his chores around the house. If your friend offers you some food, be sure to clean up afterward. If you play with toys, be sure to clean up after you are done. If you show good manners, your friend’s parents will always be happy to see you. If you show bad manners, you may not be welcome in their house.

In any public place, be considerate of others. When you make too much noise, you bother other people. Sometimes it’s hard to notice that you are making a lot of noise when you are having fun, but growing up means you are aware of the feelings of others. You should not run around indoors. Running should be done outside, on a playground or in the yard. Never run in a store or in someone’s house. Show respect for others by having fun in a way that isn’t too loud so you don’t bother them.

Even though you treat all adults with respect, you should never talk to strangers. Some adults are not nice, but you can never tell just by looking at them. If a stranger tries to talk to you, be polite and respectful, but walk away. Nice adults know that children aren’t supposed to talk to strangers and they will understand.

Adults

Sometimes as adults we forget the lessons we learned as children. Most of the guidelines on the previous page are also true for adults if you just substitute the word “work” for “school.” Even though you are now an adult, you should still respect your elders. In America there are no class rankings, so no one has the right to a title like Baron or Count, but everyone has the equal right to be respected as, “Mr.” or “Ms.” When someone introduces himself to you saying, “Hi, my name is John Smith,” a polite response would be, “Nice to meet you, Mr. Smith. My name is Mark Jones.” It is not polite to assume you have the right to call someone by his first name, especially if that person is older than you. Salesmen will often assume the right to call you by your first name as a trick to make you feel closer to them and gain your trust. You will usually gain more trust and respect by showing respect.

It is more polite to continue to call him Mr. Smith until he invites you to, “Please, call me John.” Even then, if the person is significantly older than you, you may want to respond, “Thank you, I was just doing so out of respect.” Then, when you continue to call him Mr. Smith, he will feel respected. If the person is your age or younger, you may accept his offer and begin to build a relationship on a first name basis. Obviously, close friends have passed this point of etiquette a long time ago and will continue to be on a first name basis as a sign of their closeness.

Just like children, we must also be aware that in a public place, our fun does not disturb others. You have probably been in a restaurant, movie, or lounge where a group of people were excessively loud. They were having fun, but their fun was interfering with everyone else’s fun. Remember how rude you thought they were, and make a mental note never to act that way so other people won’t think you are rude. Even when you are in your home, don’t play the music so loud that it will disturb the neighbors. Good manners means being considerate of others.

Another way that some people are not aware they are being inconsiderate is by speaking a foreign language. Everyone has a heritage they should be proud of. For generations, American immigrants have spoken their native language at home to keep their culture alive, but spoken English in public. When two friends who share the same culture meet, it is natural for them to want to speak their common language because that is part of the bond they share. However, everyone around them wonders what they are saying, and it is only human nature that if the two friends are laughing (and they probably are if they are enjoying each other’s company), others feel they may be laughing at them. In a public place it is always more polite to speak English; keep your culture alive at home, and if you must speak a foreign language because someone does not understand English, at least speak quietly so as not to bother others.

Generally speaking, being considerate of others means showing your confidence by giving up a little of yours to someone else. You may sacrifice a little of your own culture, or, in a very common situation in traffic, you might sacrifice a little piece of the public road. For example, if someone puts on a blinker to indicate she needs to make a turn, it is polite to make space for her to turn. A rude person would cut her off, demanding his right to that piece of the road that he really doesn’t own in the first place. A polite person willingly gives up his right to that piece of the road to someone in need.

Remember the bad thoughts you have for someone who cuts you off and the good thoughts you have for someone who lets you in, and as often as possible act in a way that will cause others to think good thoughts about you. Whether you are meeting someone for the first time, having fun, or driving down the road, intentionally give up a little of yours to others to be polite. The less confidence you have, more selfish you are, the more rude you are. The more confident you are, the more giving you are, the more polite you are, and the more you are liked and respected by others.

Advanced Basics

Most of the advanced basics are the same for Yellow Belts, Green Belts, and Purple Belts, because all three belt levels are studying and practicing the MU-DO Curriculum. The following list describes the Advanced Basics for the Purple Belt level. You will notice that the only new technique is the Back Moon Kick. Although you must spend time and energy learning this new technique, continue to invest your time practicing the other techniques you have been taught, but you have not yet perfected. Excellence in the martial arts and in life is not a matter of how many techniques you know, but how well you can do whatever techniques you know.

Stances

Front Stance
Back Stance
Tiger Stance

Advanced Basics (Horse Riding Stance)

Double Low Block
Double Inside Block
Double High Block
Double Knife-hand Block to the Side
Double Knife-hand Strike to the Neck
Double Spear Finger Strike
Double Palm Strike
Double Punch
5 Punches

Stepping Kicks (Fighting Stance)

Stepping Leg Raise
Stepping Swing Kick
Stepping Inside Swing Kick
Stepping Pick Ax Kick
Stepping Knee Kick
Stepping Pushing Kick
Stepping Front Kick
Stepping Roundhouse Kick
Stepping Side Kick

Turning Back Kicks (Fighting Stance)

Back Side Kick
Back Swing Kick
Back Moon Kick

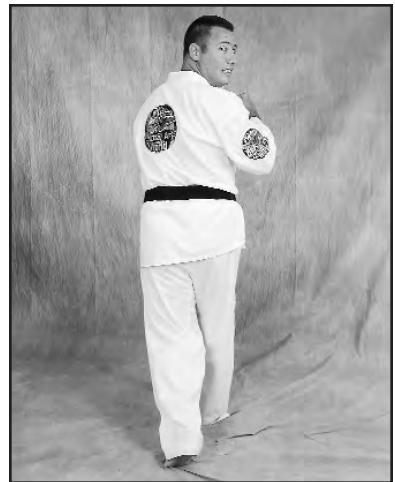
Back Moon Kick

The back moon kick is an extremely powerful kick because it uses the torque of your spinning body and extends that power to your foot. It is best used as an attack to the head, using the heel or bottom of the foot.

- A. From a right fighting stance, look over your right shoulder to find the target;
- B. Continue turning by pivoting on the ball of your left (front) foot;
- C. Begin the kick by raising the right foot with the knee straight and the ankle bent;
- D. Trace the shape of a crescent moon with your foot as it rises from the ground (while you are still turning) to the height of your target directly in front of you,
- E. Continue turning as your foot lowers toward the floor, landing in a right fighting stance.

Notes:

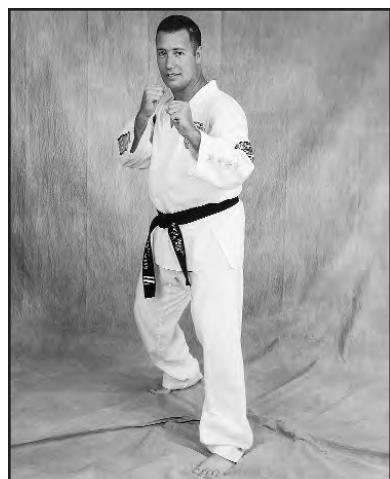
1. The moon kick differs from the swing kick in that:
 - A. the foot in the moon kick is horizontal; the foot in the swing kick is vertical;
 - B. the body at the point of impact during a moon kick is side facing (foot extended to the side); the body at the point of impact during a swing kick is front facing (foot extended to the front);
2. The more erect your body stays, the faster and cleaner you will kick. The more your head moves off center during the spin, the slower you will turn and the less balance you will have. However, the higher you wish to kick, the more you will have to counter balance by leaning your body. You must find the proper balance for your flexibility between bending and staying erect.
3. A more advanced version of this kick is called the hook kick, where the knee does not remain straight during the kick, but bends: extending like a back side kick, hooking across, and then re-chambering at the hip before returning to the ground. You will learn and practice the hook kick at a higher belt level.



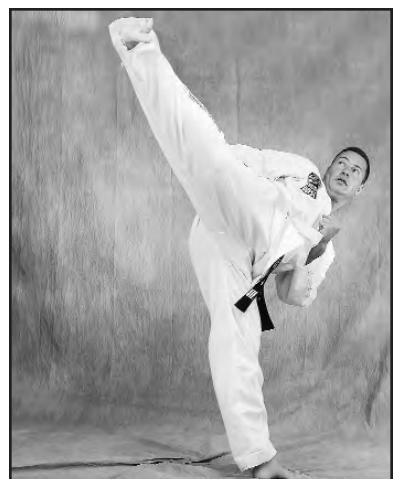
Back Moon Kick A.



Back Moon Kick B, C.

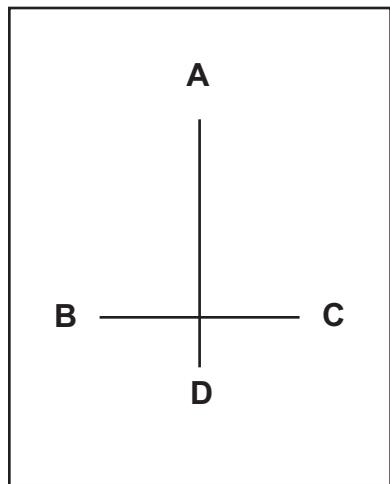


Back Moon Kick E.



Back Moon Kick D.

Poom Se



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

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

Poom se MU DO (Marital Arts)

Poom se Mu Do means "martial arts." The Martial Arts are an action philosophy, based on nature. Action is the most powerful thing on earth. It is a sign of life, which means that action makes things happen. Without action, nothing happens. Knowledge, great ideas, and perfect goals go nowhere, do not even begin, without action.

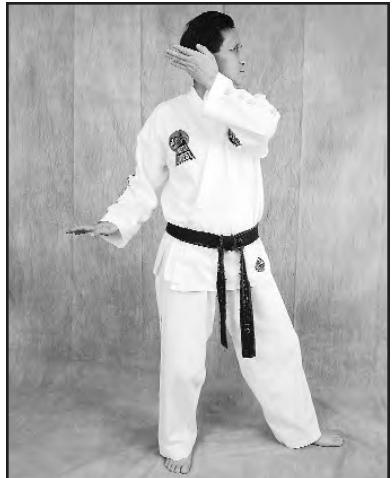
Martial Arts are the most practical tool to succeed in life. The Martial Arts are based on nature, and nature is balanced. In this form, we move to the left and right, to the front and the back. We exercise our upper body and lower body, our external muscles and our internal organs, as well as our mind, emotions, and spirit, in complete balance.

Balance is the guiding principle of nature, which is a way of life.

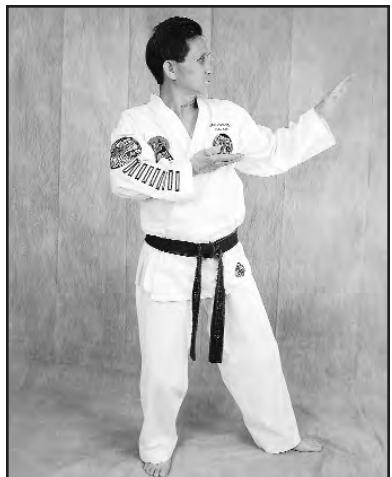
Purple Belt Level: 1 through 24

For steps 1 through 8, see the Yellow Belt section of this Curriculum Guide, pages 66-70.

For steps 9 through 16, see the Green Belt section of this Curriculum Guide, pages 174-177.



17. Chamber Knife-hand Block



17. Knife-hand Block

- 17.** Look to the left, then step 90 degrees to the left into a right back stance facing B, as you execute a left double middle knife-hand block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).

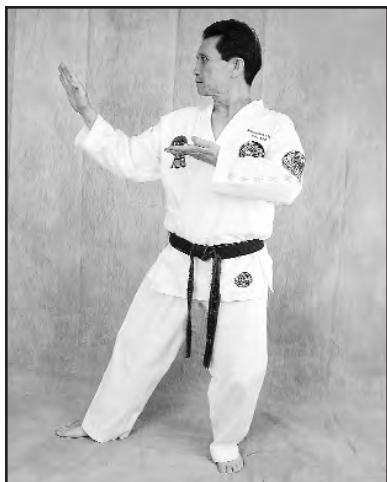


- 18.** Step the left foot left and forward into a left front stance, as you execute a right middle reverse punch in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).

18. Middle Reverse Punch



19. Chamber Knife-hand Block



19. Knife-hand Block

19. Look over the right shoulder, step the left foot to the right foot, turning 180 degrees to face C, then step the right foot into a left back stance as you execute a right double middle knife-hand block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap).

20. Step the right foot right and forward into a right front stance, as you execute a left middle reverse punch in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap)

21. Look to the left, step the right foot to the left foot as you turn 90 degrees to the left and step the left foot into a left back stance as you double block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap), right palm up, left palm down, facing A.



20. Reverse Punch



21. Chamber Double Block

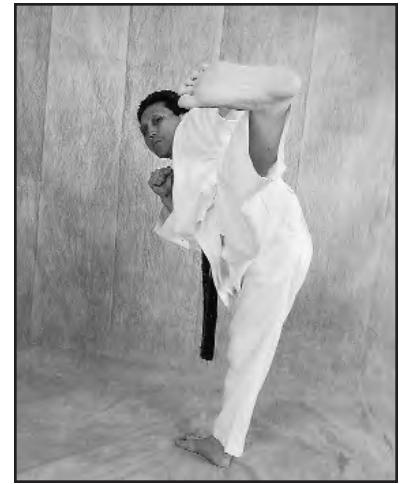


21. Double Block

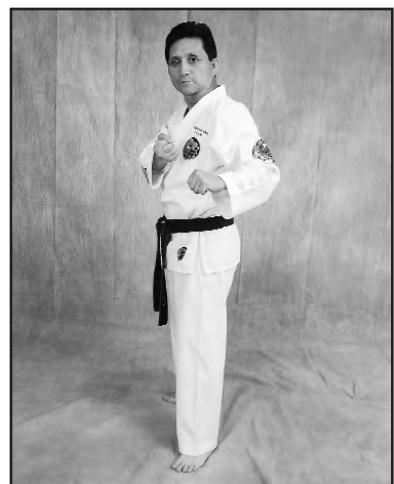
22. A. Right leg front kick toward A (landing one step forward),



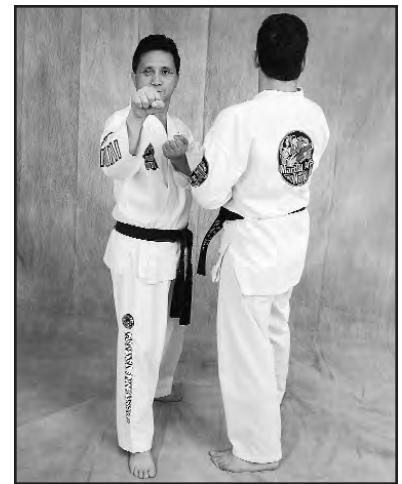
22.B. Pivot on the ball of the right foot as you turn to the left into a left back side kick toward A,



22. C. Landing one step forward but turning 180 degrees into a right back stance as you double block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap), left palm up, right palm down, facing D.



22.C. Chamber Double Block



22.C. Double Block



23.A. Stepping Side Kick
(step left foot to right)

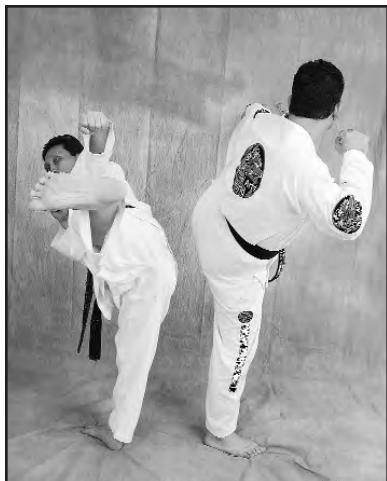


23.A. Stepping Side Kick

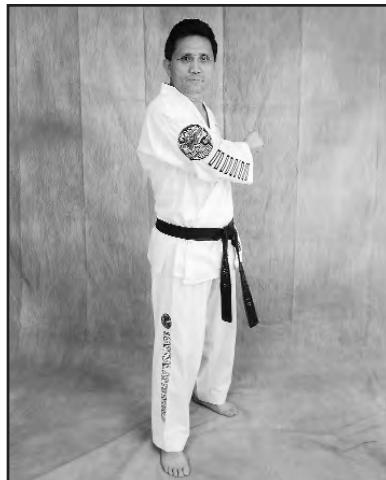
23. A. Right stepping side kick toward D (step left foot up to right) landing one step forward,

23. B. pivot on the ball of the right foot as you turn to the left into a left back side kick toward D,

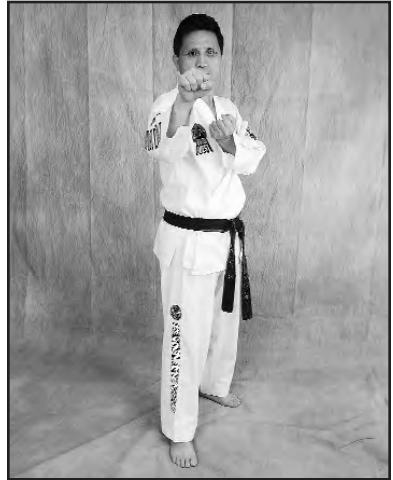
23. C. landing one step forward but turning 180 degrees into a right back stance as you double block in a slow, concentrated motion (two-thirds of the movement with dynamic tension, the last one-third with a snap), left palm up, right palm down, facing A.



23.B. Back Side Kick



23.C. Chamber Double Block



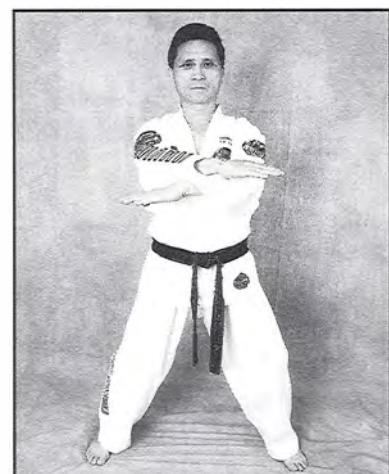
23.C. Double Block

24. A. Step the right leg back into a horse riding stance facing A as you execute a double knife-hand low block to the sides, and then



24.A. Double Knife-hand Low Block

24. B. raise and cross your hands in front of your chest



24.B. Cross Your Arms

24. C. to execute a volcano block, both arms extended diagonally to the side in a palm-in knife-hand position.

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



Ba-rote



24.C. Volcano Block

Purple 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.

Back Moon Kick

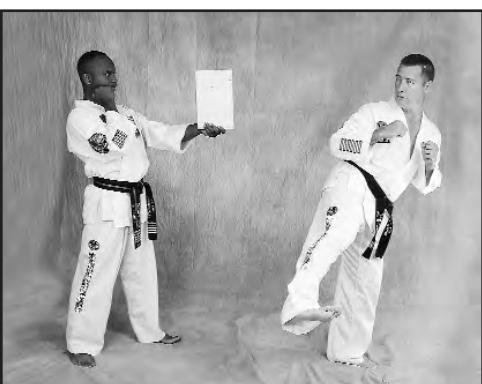
You may use either the heel or the bottom of the foot. For safety sake, especially for children, using the bottom of the foot still allows you to use the bottom of the heel as your striking surface, providing the most impact with the greatest safety. The following instructions are for a right leg back moon kick:



Back Moon Kick A, F.



Back Moon Kick B



Back Moon Kick C, D.



Back Moon Kick E.

MU-DO Self-Defense

MU-DO Self-Defense is a series of situational defenses designed to teach you how to defend yourself against basic attacks. They apply to street self-defense in that most fights will start with a punch or a kick. They are also an excellent way to learn the basics of sparring for tournaments.

Continue to practice MU-DO Self-Defense 1 - 10 as described in the Yellow Belt section, including Slow Motion, Exhibition, and Counter Attack Styles. Learning the motions is not enough. You must internalize them so that your body will naturally react to an attack without waiting for your mind to remember what to do.

Kicking Combinations

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

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

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

The following are the Purple Belt Combinations for your test:

Outside Swing kick, back moon kick

Inside swing kick, back moon kick

Pick ax kick, back moon kick

Knee kick, back moon kick

Pushing kick, back moon kick

Front kick, back moon kick

Roundhouse kick, back moon kick

Side kick, back moon kick

For descriptions of each of the individual techniques, look at the basics sections of the Purple Belt, Green Belt, and Yellow Belt levels in this manual and in your White Belt manual.

Sparring

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

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

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

Physical Fitness Sparring Styles develop a strong body.

- 1. Aerobic Sparring**
- 2. Alternate Sparring**
- 3. Tournament Sparring**
- 4. Practical Style Sparring**
- 5. Exhibition Style Sparring**
- 6. Target Sparring**
- 7. Belt Sparring**
- 8. Group Sparring**

Mental Fitness Styles of Sparring develop a strong mind and a Positive Personality.

- 9. Eye Contact Sparring**
- 10. Smile Sparring**
- 11. Enthusiasm Sparring**
- 12. Limited Sparring**
- 13. Set-up Sparring**
- 14. Team Spirit Sparring**

Moral Fitness Styles of Sparring develop strong moral fiber and outstanding character.

- 15. Solitary Sparring**
- 16. Motivational Sparring**
- 17. Emotional Sparring**
- 18. Spiritual Sparring**

Financial Fitness Style
Sparring develops peace of mind through financial freedom.

Life Fitness style of Sparring
develops a happy life and personal leadership.

Notes:

The Four Wheels of Health

(1.) Eat & Drink Wisely

Lead a healthy lifestyle through a healthy diet.

(2.) Exercise Daily

Energize your life by losing weight, releasing stress, and getting in shape.

(3.) Rest Properly

Recharge your energy with proper rest.

(4.) Think Positively

Focus on the positive to generate passion in your life.

By changing your lifestyle through The Four Wheels of Health, you will be healthier, stronger, smarter, richer, happier, a great public speaker and have a successful life.

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

99% of our personal health is dependent on the kind of lifestyle we lead. When we have an unhealthy lifestyle, we become weakened, tired, and are more vulnerable to illness. When we lead a healthy lifestyle, we live stronger, happier, more energetic, and healthier lives. So what is a healthy and unhealthy lifestyle?

A healthy lifestyle is the balance of eating and drinking wisely, exercising daily, resting properly and thinking positively, which are **The Four Wheels of Health**. By applying all four habits in unison, you gain a single-minded purpose: being healthy. An unhealthy lifestyle is a lifestyle that ignores one or more of the above-mentioned habits, allowing yourself to be poisoned by the toxins of physical fat, mental fat, and even moral fat. These toxins will destroy your body, mind, and heart, and lead to the total unbalanc-ing and destruction of your health.

So why are **The Four Wheels of Health** so important to health? First off, you are what you eat and drink. The healthier your diet, the healthier you will be. If eating wisely is essential to maintaining good health, then why do some vegetarians look sickly and weak? Because eating and drinking wisely doesn't maximize health alone: building good health needs more than eating and drinking wisely.

Then there is exercise, which is the best way to get in shape, building physical muscle, burning physical fat, releasing mental fat such as stress, ten-sion, and building mental muscle; exercise is very important to health. However, why do some of the fittest athletes in the world get terminal illness-es, including cancer? Exercise alone doesn't guarantee good health: you need more than that to be truly healthy.

Next, there's recharging your energy, which is done through proper sleep and rest. Even though properly recharging the body is critical to achieving and maintaining good health, why do retired people get sick more often if this is the case? Rest alone cannot make anyone healthy: you need to do more than recharge your energy to be truly healthy.

*Health is the air in
the wheels of life.*

Eating and drinking wisely, exercising daily, and recharging your energy are very important to health. At the same time, you can't be healthy if you have just these three elements working together. There's a fourth and final element needed to build and maintain good health. Someone could have a great diet, a great exercise routine,

and always look very well rested yet be depressed, anxious, worried, nasty, or angry all the time. With that kind of attitude, do you think that person could be considered truly healthy or maintain good health for long? Absolutely not! Positive thinking is the key to eating and drinking wisely, exercising daily, and recharging energy properly, which creates good habits and eliminates bad ones. Without positive thinking, which is mental muscle, you cannot maintain good health because negative thinking creates stress, and stress is the stem of sickness. It is because of all of these things that positive thinking is the most important wheel in **The Four Wheels of Health**.

These four habits are like the four wheels of a car. If all four wheels don't work together, then the car will crash. If you don't discipline all four habits simultaneously, you will crash as well. Therefore, balance is the key to achieving great health.

*Hop in and buckle up. We are about to take a life-changing ride on
The Four Wheels of Health.*

(1) Eat and Drink Wisely

I learned of the effects of good nutrition when I visited my native country of Korea in 1996, 20 years after I left. As I waded through the crowds of Seoul, I was stunned to see so many teenagers taller than the teenagers of my generation (the 1960's). I strained to find teenagers who were my height, 5'5", and found very few who were.

Growing up in Korea, I knew of few tall people like those in the West so it was quite a shock to see such an abundance of tall Koreans. I wondered what led to the change in physical stature. I learned that a better economy led to improved diets. Nutrition impacted Koreans in a gigantic way; I realized that you really are what you eat.

I make it a point to eat more vegetables, fruit, and fish for these foods curb fatigue and disease. I stay away from junk food (processed food, greasy and white sugar-based items) and red meat.

I find red meat is heavier, harder to digest, and it gives me fatigue. If I know I am about to have a long practice or about to do lots of physical work, I eat lots of good carbohydrates for energy. If I am going to have a light workout, I eat fewer carbohydrates. When I want to work out and build muscles, I eat lots of protein. I also drink seven cups of water a day, both for hydration and purification. I discovered that water actually conserves energy. I also enjoy drinking cranberry, orange, and apple juices, and herbal tea. Herbal tea is harmless and it relaxes me. I don't drink soft drinks, coffee or alcohol because they offer no healthy benefits.

*Wisdom begins and ends with what
you eat and drink.*

One of the dirtiest habits I quit was smoking. I hated the emotional, physical, and financial control cigarettes had over me. So much of my money and health was wasted on this disgusting habit. I only smoked out of insecurity, believing that smoking made me an adult. When I finally gave up smoking, I stopped smelling like cigarettes, more money stayed in my pocket, I could go anywhere I wanted to, and my body stopped craving nicotine. Nicotine no longer controlled me; my life totally changed.

I quit drinking for almost the same reasons I gave up smoking. I hated how alcohol controlled me. When I drank, I felt invincible, but once it left my body, I felt empty and weak. I soon realized those physical symptoms stemmed from withdrawal. I also recognized that I couldn't practice Martial Arts or write when I was inebriated. I decided to take charge of myself and quit drinking permanently.

The benefits or consequences from our eating and drinking habits are determined by whether we are proactive or reactive eaters and drinkers. What are the differences between proactive and reactive eaters and drinkers?

*** Proactive eaters and drinkers take responsibility for their own health by watching what they eat and drink.**

* Reactive eaters and drinkers eat and/or drink in reaction to a specific situation, such as anger or stress, allowing their emotions to control their diets.

*** Proactive eaters and drinkers consume foods that are beneficial to their health.**

* Reactive eaters and drinkers consume things that are harmful to their health because what they put in their bodies makes them think that they feel good. Some of the consequences of reactive eating and drinking include alcoholism and obesity, both detrimental to health.

When we have proactive eating and drinking habits, we will eat and drink wisely to maintain our good health. Eating and drinking wisely is essential to good health.

Eating wisely, drinking wisely, quitting smoking and drinking made a profound difference in my life. I especially noticed the tremendous improvements in my performance in the Martial Arts and in the speeches I gave at seminars.

What you eat can make you stronger or weaker, energetic or lethargic, even determine what kind of mood you will be in for the day; you truly are what you eat.

Always eat and drink wisely to energize your life.

(2) Exercise Daily

The best way to understand how vital exercise is to health is to think of it as necessary maintenance.

Imagine you have just washed and dried a shirt and you smell it to make sure it is clean. It smells clean, doesn't it? Now imagine you've been wearing that same shirt for ten days and you smelled the sleeves. It smells awful, doesn't it? That shirt can be washed and it will be clean again. However, if you wear that same shirt for three or even six months and not wash it, it will be so foul that when you finally wash the shirt, it will tear into a million pieces. You can always go and buy a new shirt, right?

*Exercise is the best
vaccine against illness.*

Now think of your body like a shirt. Exercise is what cleanses your body. If you exercise, your body will be just like a clean shirt, but if you don't exercise, it will be just like a filthy shirt. You can buy a new shirt when it becomes filthy, but you only have one body. Once you throw away your body, you have thrown away your life, literally. You cannot be brought back; that's why exercise is incredibly important.

Exercise is an empowering and transforming habit that anyone can take advantage of. Exercise will burn physical fat, rid the body of toxins, improve circulation, develop coordination, tone muscles, and strengthen the immune system. Exercise also burns mental fat, which releases stress and tension, making you more positive, and burns moral fat, which will exorcise your insecurities and build high self-esteem.

You cleanse, maintain your body, and increase your longevity through exercise. Neglecting exercise causes the body to be unmaintained and lazy, decreasing the chances of you living a long and full life. The effects of exercise or a lack thereof are far-reaching and indiscriminate. The failure to govern your body will shorten your life regardless of how strong or powerful you are. On the other hand, there is also no discrimination in terms of who benefits from exercise.

Exercise can also generate mental strength. It helps me immensely when I'm writing. There are days when I feel like that my fingers can't type or that I'm blocked so I get out of the office

and exercise. Once I work up a sweat, I often come up with new ideas and the thoughts just gush out of me.

Exercise's greatest advantage is its ability to assist in managing, reducing and eliminating stress. Stress is part of our everyday lives, and, for some of us, a part of being successful. However, studies repeatedly have shown that stress must be released in order to maintain good health. In fact, stress is attributed to 80% of illnesses throughout the nation and is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. Thus, releasing stress is critical for survival, and exercise is one way to do it.

I realize there are some who say they're too busy to exercise. Some exercises don't need any equipment, much time, or a special place. All you need is your body and mind to practice anywhere, anytime, and anyplace. For example, smile and laugh, meditate, or move your body a little. You can do exercises such as these in your house, office, outside, in an airplane, or while driving (except meditation). The bottom line is make the time to exercise.

***The ultimate stress
buster is exercise.***

You are lucky to practice the Martial Arts at Martial Arts World. The Martial Arts World curriculum is the perfect balance of strength, endurance, flexibility, balance, and agility training. It is the best exercise program in the world.

(3) Rest Properly

I mentioned at the beginning of this chapter that I used to only sleep two to three hours a night at a time for fifteen years, thinking I could work harder and longer than anyone else; I was proud of that. I believed that if I worked more, then my dreams would be achieved faster. Eventually, my bad sleeping habits caught up with me to the point where I became so exhausted that one time I slept for 54 hours, waking up only to eat and go to the bathroom. I didn't realize that my body, performance, and productivity would suffer the next day without sufficient rest. I fell behind instead of staying ahead of my workload. My work habits were wrong.

Through research and experience, I've determined that the majority of people's bodies are designed for eight hours of work; eight hours of recreational activities, which can include eating, exercising, hanging out with friends, having fun; and eight hours of peaceful sleep to recharge the body's energy for work and recreation. (*This allotment of time varies from person to person or job to job. Some people may work ten or even twelve hours a day; some only need six hours of sleep; while others sometimes spend more than eight hours doing fun, recreational things as well.*)

Another way to recharge your energy is setting time aside for you during the weekend so you can be refreshed for the workweek ahead. This may include spending time with family, going fishing, cleaning the house, etc.

You also need a personal break everyday during work to recharge your energy as well, and the length of the break depends on the profession you are in; some professions require more rest than others. A personal break allows the body and mind to rest as you recharge yourself.

***Invigorate yourself
by taking a mini-vacation.***

Regardless of the time everyone has to recharge their energy, some people can't rest or sleep well for various reasons. In fact, there are extreme cases out there of people who have to resort to using pills just to get the sleep they need. I also suffered much like these people because I forgot that recharging my energy is like recharging the battery in my car. If you don't have enough energy in your car, you won't get anywhere. If you don't have enough energy, you won't get anywhere either.

How to recharge your energy

- 1.** Use time wisely by proper time management.
- 2.** Develop good sleeping habits by sleeping peacefully for 6 to 8 hours a night (This allotment of time doesn't apply to everyone. You can sleep less or more, depending on your body's condition. Normally, babies and small children require more than 8 hours of sleep). Those who use sleeping pills might find it interesting to know that avoiding caffeine, intensively exercising, even taking a shower can aid sleep, thus eliminating the need for sleep-inducing drugs.
- 3.** You can take a personal break simply by smiling, showing appreciation towards someone, stretching your neck and shoulders, thinking about something enjoyable, or taking a moment to meditate. How do you meditate? Visualize you are sitting near the ocean, a mountain, a garden, or any other nice place. Just taking the time to relax can be the perfect way to get recharged.
- 4.** Listen to your body, find out what it wants and needs, and give your body what it desires.

You need good sleeping habits and personal breaks to properly recharge your energy.

(4) Think Positively

Eating and drinking wisely, exercising daily, and recharging energy are very important to creating and maintaining a healthy lifestyle, but they are totally ineffective without positive thinking. By thinking negatively instead of positively, you hurt yourself mentally and physically, making it too difficult to start or even make a habit out of practicing the other three wheels in **The Four Wheels of Health**; positive thinking is the foundation of health.

Once you understand what it takes to develop and maintain positive thinking, you attain and appreciate good health.

How to think positively

- ※ Always focus on the positive.
- ※ Set positive goals.
- ※ Think, talk, look, listen, and act positively.
- ※ Eat wisely, exercise daily, and recharge your energy.
- ※ Follow your principles by pursuing the truth.
- ※ Believe in yourself to build self-confidence.
- ※ Exorcise your mental fat to be worry-free.

Being worry-free is vital to developing a positive frame of mind. If you are not worry-free, then you have negative emotions that make it impossible to think positively, thus blocking the other ways to build positive thinking. It is through my personal experience that all it takes to be free of irrational fear, anger, illogical hatred, jealousy, guilt, anxiety, and depression is to make the choice to be so.

I would like to ask three big favors of you:

First, please read the MU-DO philosophy at least three times and discuss it with your classmates so that you will understand it more clearly. The more you read it, the more you will enjoy it.

Second, please use what you have learned to improve your life.

Third, please share the Winning is a choice philosophy with your family and friends. The more you share with others, the more successful you will become.

Grandmaster Y. K. Kim

Martial Arts Courtesy Questions for Children:

When is your mother's (or father's) birthday?

Her (his) birthday is _____.

How can you have lots of good friends at school?

I have to make others like me by being positive, understanding, and responsible.

How should you behave when you visit a friend's house?

I should show respect to his parents, and help him clean up after we play.

Where is it acceptable to run around and make noise?

We should never run and yell in someone's home, in school, or in a store. Running and loud games should be played outside.

What should you do when a stranger tries to talk to you?

I should be polite, but walk away. Nice adults understand that children aren't supposed to talk to strangers. If he keeps bothering me, I will run away.

What kind of grades do you get at school?

I get _____.

(Tell the truth, but hopefully you can say at least "A's and B's." If you cannot say that, tell the truth, but also tell how you are going to improve from now on.)

Martial Arts Courtesy Questions for Adults:

How can you show respect to others when you first meet them?

I can smile and show positive manners.

What does good manners mean?

Good manners means being considerate of others and being positive.

What does it mean to be considerate of others?

Generally, being considerate is being understanding and respectful. Try to put yourself in their shoes.

What is the difference between a rude person and a polite person?

A rude person shows lack of self-confidence; a polite person shows self-confidence.

What is the most important thing in your life?

My health is the most important thing in my life, because without my health, fame, wealth, power are meaningless. Because I love my family, my health is the most important thing. Without it, I cannot take care of my family (they will have to take care of me.)

What are the four wheels of health?

1. Eat and drink wisely.
2. Exercise daily.
3. Rest properly.
4. Think positively.

What is the most powerful thing in this world?

Some people say the most powerful thing in this world is an idea, but without action that idea does nothing; it is just potential power. I say the most powerful thing in this world is an idea put into action.

What improvements have you noticed since you began training in the martial arts?

Give specific examples like:

I quit smoking.

I quit drugs.

I quit drinking alcohol.

I lost 1,000 pounds of mental fat.

I lost 30 pounds.

Blue Belt (6th Keup) Testing Requirements

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

Blue Belt Pre-Test Requirements

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

Purple belt, white tip: Breaking Technique + Kicking Technique + Courtesy

Purple belt, yellow tip: Poom se + Stances + Philosophy (Build Physical Fitness)

Purple belt, green tip: Self-Defense 1-15 + Sparring + Questions

Testing Requirements

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

Discover your Greatest Gifts

1. Purpose of life

Finding your purpose of life gives your life meaning.

2. Important values of life

Prioritize your life by discovering your personally important values.

3. Talents

Unearth the tools that will lead you to success.

4. Skills

Discover the skills you need to achieve your goals.

5. Factors of energy and joy

Reveal what generates the most energy and joy in life to empower it.

6. Preventing frustration

Stop frustration at its source to live a peaceful life.

7. People who bring you the most happiness

Seek out those who make you happy.

8. Areas of Self-improvement

Expose your weaknesses to strengthen them.

9. Most valuable personal assets

Identify what is most valuable to you and harvest their rewards.

10. Personal role models

Who inspires you makes you who you are and who you will become.

11. Persons most needed and respected

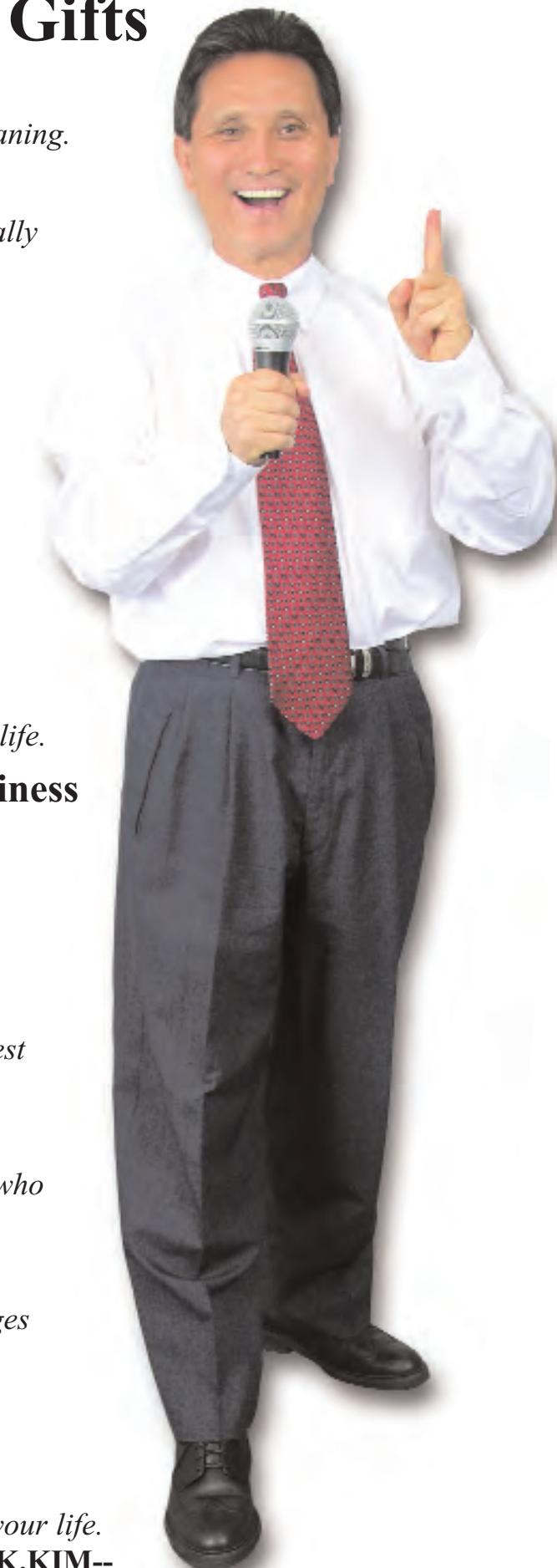
Through these people, you gain many advantages in life.

12. Life's most important things

Discover your life's most important priorities.

The power of self-discovery will empower your life.

--Grandmaster Y.K.KIM--



How to Develop the Leader Within You

1. Discover yourself

Unleash your potential with The Power of Self-Discovery.

2. Build physical fitness

Shape up with the Four Wheels of Health.

3. Develop mental fitness

Expand your mind through education and positive thinking.

4. Build moral fitness

Discipline your personal freedom, discipline your instincts, and follow principles.

5. Manage your time & money productively

Take control of your time and money to fully enjoy life.

6. Create a positive self-image

Become more valuable to yourself and to others by having a positive appearance and a positive attitude.

7. Love yourself unconditionally

Build self-esteem and self-confidence by loving yourself.

Build personal power and lead yourself to become the person you've always wanted to be.

--Grandmaster Y.K.Kim--

