



## Student/Member Handbook

August 2009

## **WELCOME TO KUK SOOL WON™**

Congratulations on becoming a student of Kuk Sool Won™! As a new student, you may have joined Kuk Sool Won™ for a myriad of reasons – self-defense, weight loss, fitness, strength training, self-motivation, friendship, or just something to do. Whatever your reasons, by selecting Kuk Sool Won™ as your Martial Art you have made the right decision.

This student handbook is designed to provide you with information about Kuk Sool Won™, Martial Arts, how it is practiced, what goes alongside with being a Kuk Sool Won™ practitioner, and information about the World Kuk Sool Association (WKSA).

If you have not been involved in Martial Arts training before (or perhaps you have some experience of Kuk Sool Won™), there will be many areas that are new to you – some simple and straight forward, and others areas that may require further explanation.

This handbook is dedicated to explaining the various aspects of Kuk Sool Won™ training as a new member. You should also attend special events such as WKSA seminars and tournaments to further enhance your training. This handbook will explain:

- What is Kuk Sool Won™?
- What is the World Kuk Sool Association, Inc. and what has that got to do with the School in your area?
- What is expected of you as a student?

Please take a few moments to review this handbook as the information will assist in you in having an understanding that you have enrolled in so much more than the “the place down the road”. You have enrolled in a future. A future that can mean increased fitness, improved health, improved well being, improved self-esteem, and possibly, a whole new outlook on life.



**GrandMaster In Hyuk Suh  
Kuk Sa Nim  
Welcomes you to Kuk Sool Won™.**

*“Welcome to Kuk Sool Won™. I hope that through the practice of, and our common interest in martial arts, we will develop physically and mentally, so that we can achieve a better understanding not only of ourselves, but also of others, regardless of race, color or creed. Ultimately, we should feel ourselves enabled to make a better contribution to our families, and to the society in which we live.”*

## **WHAT IS KUK SOOL WON™**

The words Kuk Sool Won™, the fist logo and the name World Kuk Sool Association® are trademarks and trade names (collectively the “WKSA Trademarks”) of the World Kuk Sool Association Inc. (“the Association”). The WKSA Trademarks will be displayed on all publications, such as this handbook. Joining any School displaying the WKSA Trademarks ensures you, the student, a quality program, taught by certified and professional Instructors.

Kuk Sool Won™ is a comprehensive martial arts system that is derived from the rich and varied martial arts techniques that have arisen in Korea through the ages.

Kuk Sool Won™ is not a sport, nor is it simply another oriental self-defense method. Kuk Sool Won™ is a complete martial arts system that is dedicated to the cultivation of mental and physical strength and well-being and to the preservation of traditional Martial Arts.

For self-defense, Kuk Sool Won™ is unsurpassed. It combines kicking, punching, throwing, choking, joint-locking, and a myriad of weapons techniques, into a beautiful and dynamic "hard-soft" style emphasizing speed and fluidity.

Philosophically, Kuk Sool Won™ stresses humility, self-discipline, self-control, loyalty and respect for others. Together, these aspects of Kuk Sool Won™ provide the means for attaining a long and healthy life.

Kuk Sool Won™ can benefit men, women, and children. Through diligent practice, Kuk Sool Won™ training will develop strength, quickness, balance, timing, flexibility and coordination. At the same time, powers of concentration, self-discipline and self-control significantly improve. In addition, faithful practice will enhance circulation and digestion, reduce problems of the back and joints, aid in weight loss and help to develop and maintain a youthful appearance. These benefits will positively affect all aspects of your life.

A quality unique to Kuk Sool Won™ is the Association (WKSA) and the fact that the Association has kept the traditional Korean Martial Art of Kuk Sool Won™ pure, and will continue to do so throughout the world. So, no matter where you may travel or live, once you have joined Kuk Sool Won™ and the Association, you can practice the same Kuk Sool Won™ curriculum whether you are in Texas, California, New York, Canada, Puerto Rico, Europe or Korea!

The history of Korean Martial Arts is as old as the land itself and can be traced as far back as the prehistoric era, where primitive weapons made of wood and stone were used for hunting and fighting. As early as 2707 BC, the Korean warlord Chi-Woo, also known as Jaoji, reigned as the “god of war” in what is now Mainland China.

Since then, the majority of Koreans migrated and settled in the region of the Korean Peninsula, where there have been more than a thousand recorded instances of foreign invasions. Consequently, the Korean people developed unique martial arts and military

strategies in order to defend themselves and their territory. Most of these Korean martial arts fall into three main groups or branches, namely Tribal, Buddhist, and Royal Court Martial Arts. The development of each of these three branches is briefly described below:



### **Tribal Martial Arts (SahDoh MuSool)**

The earliest Martial Arts developed in Korea are referred to as SahDoh MuSool; meaning tribal, clan, or family martial arts, as this type of martial art was mainly passed down from one generation to the next through family lines.

SahDoh MuSool was popular among the ancient tribes, city-states and smaller kingdoms that formed in the Korean Peninsula and parts of what is now China. This was evident well before the first unified Korean kingdom of Ko-Cho Sun which was founded in 2333 BC by the legendary king, DahnGoon WahngGuhm. Later, SahDoh MuSool was further developed and made widespread by voluntary militias comprised of the common people, who often fought in battles to defend their villages.

Traditional athletic activities such as Taekkyon, and Ssireum are considered to have originated from SahDoh MuSool.

### **Buddhist Martial Arts (BoolKyo MuSool)**

Since Buddhism was first introduced to the kingdom of Koguryo in the year 347 AD, a rather unique form of Martial Arts was developed by both Buddhist monks as well as martial artists, known as BoolKyo MuSool.

Buddhist monks originally developed and then practiced BoolKyo MuSool to improve their health while meditating and to defend themselves while traveling.

As a result, Buddhist Martial Arts include both Ki (“internal”) training, with emphasis on special breathing and meditation methods, as well as external training, with emphasis on extremely effective self-defense techniques. Many Buddhist monks were so accomplished as martial artists that they were occasionally called upon during national emergencies to fight in battles by forming unprecedented armies of warrior monks.

To this day, BoolKyo MuSool plays a significant role for Korean martial artists by providing them with philosophies of non-violence and compassion, as well as ethical codes of conduct, such as the famous Five Precepts of the HwaRang warriors – Virtue, Trust, Intelligence, Bravery, and Discipline.



### **Royal Court Martial Arts (KoongJoong MuSool)**

Kings, royal families and government officials had private armies and bodyguards who practiced another unique type of Martial Art known as KoongJoong MuSool. These royal court martial arts gave rise to esoteric techniques of easily portable weapons such as short swords and folding fans. Also developed were unique weaponless techniques of joint-locking and pressure point striking.

Existing records in Japan suggest that many KoogJong MuSool techniques found their way there and gave birth to the Japanese art of Jujitsu. King JinHung of the Kingdom of Silla encouraged the HwaRang warriors to practice KoongJoong MuSool in addition to their other martial arts training. But later during the Koryo Dynasty and Chosun Dynasty, Korean kings enforced policies to discourage the practice of martial arts and to forbid the possession of weapons, in order to protect themselves from military rebellion or any other political uprising.

However, Korean martial arts have continued to survive and develop both within and outside the royal courts, thanks to the efforts of many dedicated Korean martial artists to practice, record, and compile these precious ancient Martial Art techniques.

### **Traditional Korean Martial Arts (Kuk Sool)**

The three branches of traditional Korean Martial Arts SahDoh MuSool, BoolKyo MuSool, and KoongJoong MuSool, were organized to form a single system known as Kuk Sool in 1958 by In-Hyuk Suh, the founder and Grandmaster of Kuk Sool Won™.

Kuk Sool Won™ has countless techniques derived from the three branches of traditional Korean Martial Arts and is structured to take a practitioner in a logical progression from the beginning all the way up to master level and beyond.

Kuk Sool Won™ has been actively promoted worldwide by the World Kuk Sool Association®, and it is also recognized in the martial arts community as one of the most effective and comprehensive systems of traditional Korean Martial Arts in existence today.



## Kuk Sool Won™ Pledge

1. As a member of the Kuk Sool Won, I pledge to obey the rules of the association and to conduct myself in accordance with the true spirit of martial arts.

나는 국술원 회원으로서 회칙을 준수하며 무사도 정신을 발휘할 것을 맹세 한다.

2. I pledge to be loyal to my country and to promote the development of a better society.

나는 애국 애족하며 국제간의 친선 도모는 물론 많은 일에 성실 근면하고 내가 살고 있는 지역 사회의 번영과 발전을 위하여 헌신적으로 노력한다.

3. I pledge to work together with all classes of people without regard to politics, race or religion.

나는 정치적인 문제에 관여 하지 않으며 종교나 파벌을 초월하여 신의와 우정으로 각계각층의 선량한 국제민들과 협력한다.

4. I pledge to promote international goodwill and strive for world peace through the practice of martial arts.

나는 이와같은 정신으로 복지 사회 건설에 적극 참여하고 나아가서 세계 평화 달성에 이바지 할것을 다짐한다.

## **WHAT IS THE WORLD KUK SOOL ASSOCIATION (WKSA)?**

Unlike many other martial arts so called “organizations”, Kuk Sool Won™ has one governing body, namely the Association -- WKSA. Your School is an independently owned and operated business by an individual or entity that has obtained the right to teach Kuk Sool Won™. The Association does not control the daily operation of your local School; however, it does set the standards upon which all Schools are operated.

All certified Schools belong to the Association and as such you will see the WKSA Trademarks displayed within the School, and also on published materials and merchandise. The Association is headed by its Founder and President GrandMaster In Hyuk Suh, known as Kuk Sa Nim. All Kuk Sool Masters, School owners and Instructors have a direct lineage that can be traced back to Kuk Sa Nim. All Kuk Sool Won™ School owners have to meet a strict quality assurance program that mandates strict guidelines relating to the teaching of Kuk Sool Won™ and the operation of their School. These WKSA rules and requirements have been implemented in every Kuk Sool Won School and its instructors so that you can enjoy and experience the highest standard of excellence in martial art training.

The main role of the Association is the governing body for the instruction and practice of Kuk Sool Won™. The Association maintains a record of all students, and student testing records. It is the Association that will issue all color belt testing certifications, in addition to all the Black Belt certifications. The Association offers all Instructors regular training and learning opportunities in order that they too as a student may progress in their Kuk Sool Won™ education, and subsequently improving both their knowledge and their teaching abilities.

As the student, you will receive your “under Black Belt” Association membership identification card. This is a record of your lifetime membership and it will contain your unique School identification and your unique student identification number. You should receive this identification card from your Instructor within forty five (45) days from when you sign up with the School. If you do not receive this membership card, please ask your Instructor for it. Each time that you take a belt testing and change the color of your belt, your Instructor will also present you with the Association’s certification of rank. Again, if you do not receive this at the same time as you receive your new color belt, please ask your Instructor. It is very important that you receive all the certification and documents that are sent from the Association. Without all of these in place, you will not be able to be awarded your Kuk Sool Won™ Black Belt, Black Belt certification or Black Belt identification card.

Below is a summary of some of the benefits associated with being a member in the World Kuk Sool Association (WKSA):

- The Association's member identification card recognized worldwide.
- The Association's certificate of promotion for color belt rank certification.
- Consistent and standardized curriculum from White Belt to Black Belt as well as Master level and beyond.
- Standardized format of teaching and testing for promoting to the next rank.
- The Association's quality control standards to ensure the highest standards of Martial Arts instruction and School business operation.
- Instructional support through WKSA Seminars and WKSA Workshops as well as other instructional materials such as textbooks, videotapes/DVDs, and handbooks, etc.
- Automatic qualification to the Association's regional, national and international seminars and tournaments.
- Transference of membership from one School to another subject to WKSA approval.
- Training while visiting other Schools (with permission of both Schools).
- Ability to purchase supplies that have the WKSA Trademarks.
- Replacement of certificate or identification card (subject to fee).
- Learning the traditional Korean martial arts system that improves physical ability, mental agility, focus, stress relief, longevity, self-esteem, self-confidence, self-defense, discipline, etc.
- Learning one of the most comprehensive system of martial arts that includes forms, techniques, kicks, punches, joint locks, pressure points, meditation, breathing techniques, weapons, and more.
- Learning a proven system of martial arts techniques used and taught in military bases, law enforcements, and other security related forces in many counties, including Korea, USA, Canada, UK, Germany, Italy, Spain, the Netherlands, Japan, etc.
- Learning a martial art system that is sanctioned and approved by the Korean Government and its Education Department as one of the Traditional Korean Martial Arts. (Mr. You, In Chon – Minister of C.S.B.T., Republic of Korea)
- Association that is recognized and accepted by the governments of 22 countries worldwide.



## **WHAT IS EXPECTED OF A KUK SOOL WON™ STUDENT?**

Generally, etiquette and respect are two of the main pillars of the Kuk Sool Won™ spirit in which we enrich the experience of learning a traditional Martial Art. As such, the Association strives to educate all students about these concepts. All students are encouraged to learn and properly execute all forms of etiquette and respect to each other, in particular to senior students. It is through proper education and corrections that all students may fully appreciate the physical and mental training of Kuk Sool Won™. It is the Association's goal to bring the best possible learning atmosphere for all students; however, the Association reserves the right to terminate the membership of any student, if the student continues to lack (and the desire to attain) proper etiquette and respect. Depending on rank and position, each student has various privileges and responsibilities. All students are subject to these rules and regulations, which may change at any time.

### ***RESPECT***

As a new student, one of the first things that you may notice is that all students and Instructors have, and display, a great deal of respect for each other and their Head Instructor of the School.

Kuk Sool Won™ is a traditional Martial Art. By traditional, we mean that everything has a purpose – from utilizing the Korean language for some of our class instructions, to the wearing of uniforms, to the tying of our belts, and bowing as we enter and leave the School.

Many people misunderstand this respect, and see it as a sign of supplication or superior being. Far from it! As the Martial Art of Kuk Sool Won™ comes from Korea, students will follow many Korean customs. Koreans choose to bow instead of shaking hands. Americans show respect to the national flag (Old Glory) by placing their hand over the heart. In the School (Do-Jahng), we will demonstrate the same respect by using the Korean form of bowing. Bowing is a form of salute that merely designates, and demonstrates, respect.

Students address Instructors by their rank or by Sir or Ma'am. This does not mean they are superior, or a person with an exaggerated ego. It simply indicates that you recognize them as Martial Art seniors that have worked hard for their rank. Students often ask how they should address any Instructor that they may meet outside of the Do-Jahng. The answer is the same as it would be for any person for which you have respect. Just as your doctor retains his or her title of respect when you met him or her in the grocery store, so does your School Instructor.

The same kind of respect is shown to the national flags. In each School, it is a requirement that the national flag (U.S.A., U.K., Canada, etc), the national flag of Korea, and the flag of the Association are proudly displayed. Students will show respect to these flags to briefly remember that we are a part of the country we live in, a part of the Korean family, and a part of the Kuk Sool Won™ family. This respect is shown at the beginning and end of each and every class. The Instructor of each class will lead this respect.

## ***ETIQUETTE***

As a new Student, you will hear the word etiquette repeatedly. You will learn that the proper etiquette accounts for a high percentage of your Martial Arts success. You will hear Instructors say that the first thing to be learned as a Student is etiquette. What is meant by this is the “proper code of behavior”? Simple items or gestures enhance not only your own practice, but also the practice of your fellow students. Here are few examples of proper code of behavior:

- Take your shoes off before walking onto the practice area.
- Keep your uniform freshly laundered and in good repair.
- Help keep the Do-Jahng tidy and take your belongings home with you.
- Arrive ten minutes before class with your uniform on.
- If you arrive late, ask permission to join an ongoing class.
- If you need to leave early, ask permission before leaving, and always show respect for the flags and your Instructor before you leave.
- If your uniform or belt needs adjusting during class, always turn away from the flags, your Instructor and your training partner, and fix it.
- If asked to sit during a class for any reason, sit properly with your feet crossed or underneath you.
- Concentrate at all times, and do not do anything to spoil other Students' concentration.
- Keep a strong mind, strong heart.
- Always pose your questions to a Black Belt, never to another color belt.
- Keep a positive attitude and... NEVER GIVE UP!

## ***RESPONSIBILITIES***

Your chosen Kuk Sool Won™ School will provide you with the highest quality instruction at all times. The School (Do-Jahng) and Instructors will be available to you during all published open hours of operation. Your School will provide advance notice of all Belt/Stripe testings and any change in class times. The Do-Jahng will be kept clean, odor free, and safe for your maximum training experience.

The classes that you will be able to attend will, on occasion, be attended by higher ranks or even Black Belts may train in your class. By watching senior ranks at practice, you will be motivated and excited by some of the things that you will see. However, you should never attempt to copy any move or technique that you have “seen” versus being “taught” by your Instructor. As with anything in life, some things look simple, but can prove to be disastrous if attempted by the untrained. On the same theme, believe it or not, once you have been in practice for a few weeks, new students will now view you as a “senior”. Do not show or attempt to teach them.

Many people outside of the School will be interested to hear that you have enrolled in Kuk Sool Won™. Some may request that you show them what you can do. Advise them that you will be pleased to show them everything you know, if they visit you at your Kuk Sool Won™ School. Remember, one of the greatest compliments you can give to your instructor is that you recommend your friends to the School!

Please arrive for class dressed in your uniform, about 10 minutes before your class is scheduled to begin. Although adequate changing facilities will be available, being ready for class whenever possible will reduce any delay in getting class started.

The uniform and belt provided to you at the time of your enrollment are to be kept well laundered and odor free at all times. You are expected to wear a black T-shirt underneath the uniform. You may purchase a Kuk Sool Won™ T-shirt with the Kuk Sool Won™ logo either from your School or the Association. You may use a plain black T-shirt from any store. The uniforms only require a light soil wash, so laundry time is of a minimum. Please do not allow your uniform to become bedraggled!

Your belt signifies your rank, and as such deserves to be treated with respect at all times, even the white belt. Do not allow your belt to be dragged on the floor, or scrunched up in a ball, and do not use your belt for any other purpose.

Upon entering the Do-Jahng, please take off your shoes and place them neatly on the shoe rack or area provided. Never enter the training area with your shoes on. The Do-Jahng is host to the national flags of your Country and Korea. Therefore, we ask that you remove any head gear (e.g. hat or cap) when entering the School at any time, in respect of the national flags of our countries.

For your own safety and the safety of those practicing with you, please remove all jewelry before you leave home. A non-jeweled wedding ring/band is the only jewelry that may be worn in class.

Keep a strong and positive mental attitude. Don't let doubts and or fears overshadow you. On the other hand, be realistic and don't push yourself beyond safe limits. Also, please don't show your weariness as it is contagious and will quickly contaminate your classmates.

In summary, let's go over the general WKSA School Rules in bullet points...

- Give proper respect to yourself, your instructor and/or master, and your school.
- Address all Black Belts as "Sir" or "Ma'am" or by their appropriate Kuk Sool titles.
- Bow when you enter and leave the school.
- Ask permission to join class if you are late.
- No alcohol, food, chewing gum or smoking in the school.
- No jewelry to be worn while practicing.
- During instruction, keep your mind open and listen to follow.
- No unauthorized teaching from/to classmates.
- Respect each other and be a good sport.
- Come to classes clean and well groomed – preferably with a complete uniform.
- Any T-shirt or leotard worn under the jacket should be plain black or Kuk Sool T-shirt.
- Always wear the full uniform to classes – if the weather is hot, you may ask permission to take off the jacket after the class has bowed in.
- Ask permission from the instructor to use a weapon – usually the weapons are not taught until Brown Belt.
- Always treat weapons with care and respect, and never leave a weapon unattended.
- Practice weapons that you have been taught only.
- Make-up class may be offered under certain circumstances; however, it requires early planning and approval from your instructor.
- Don't use vulgar language or be negative towards anyone.
- Discuss any problem with the instructor immediately.
- Remember, we are strong, smart, and good martial artists.

Should your circumstances change and you have to move, you may transfer your membership to the Kuk Sool Won™ School nearest your new location. However, it is the responsibility of you as the student to ensure that your current Instructor has been advised of your impending move, and that you have settled all financial matters with your current School. You will not be allowed to transfer to another School until all financial matters have been resolved.

## FOR OUR PARENTS,

- Get to know your child's instructor.
- Make sure your child knows you appreciate their efforts.
- Be completely honest with your child regarding their ability and keep it positive.
- Be helpful but please don't coach your child.
- Teach your children to enjoy the thrill of competition – not winning or losing.
- Try not to re-live your athletic life through your child.
- Please don't compete with the instructor.
- Be careful not to compare your child with other children.
- Remember that children may exaggerate.
- Explain that courage is not an absence of fear, but rather a means of continuing in spite of fear or discomfort.

ALSO, REMEMBER...

### CHILDREN LEARN WHAT THEY LIVE...

**If children live with criticism, they learn to fight;**

**If children live with hostility, they learn to fight;**

**If children live with ridicule, they learn to be shy;**

**If children live with jealousy, they learn to feel guilty;**

**If children live with tolerance, they learn to be patient;**

**If children live with praise, they learn to appreciate;**

**If children live with encouragement, they learn confidence;**

**If children live with fairness, they learn justice;**

**If children live with approval, they learn to like themselves;**

**If children live with both acceptance and friendship,  
they learn to find love in the world.**

## **READ THIS BEFORE YOU CONSIDER QUITTING...**

The first strategy of many who are faced with a problem is to quit. But a man who suffered such severe burns on his legs that he faced amputation didn't quit. Glenn Cunningham became the most successful distance runner of his time.

And a man with less than one year of formal education didn't quit. Abraham Lincoln became the most revered president in history.

A fragile boy in Scotland, bedridden most of his childhood didn't quit. Robert Louis Stevenson became such a masterful story-teller; your great-grandchildren will cherish his books just as you did.

Now, if you had all three of those strikes against you, nobody would blame you for quitting. But, unless your legs are severely burned and you're so fragile you have to stay in bed and you never graduated from second grade, why don't you turn around and get back to work. Maybe we'll be writing about you someday!

The story of successful people, wherever they may be found – running a home, earning a black belt, achieving business success or success in any kind of endeavor – is the story of people who don't quit.

It makes you wonder how many people have stopped just short of winning everything they could possibly want – maybe just inches, just one day short of victory.

## **ABOUT COMPLAINTS**

Kuk Sa Nim, our Grandmaster, has spent a lifetime creating a positive image of what it means to be a martial artist, so much so that school owners and students of World Kuk Sool Won are recognized in the martial art community as having outstanding skill quality as well as a culture of respect and etiquette.

In the event that you have a complaint about your school, we ask that you remember your martial art etiquette by addressing the complaint directly and privately to the school owner. Remember to be civil and polite, allowing the school owner to investigate the situation and work out a solution.

In the event that you have a complaint which involves the Association address your complaint directly to the association by calling or writing to the address / phone number below, remembering that WKSA and its staff will always strive to work out a satisfactory resolution and as such deserve your respect and consideration.

No one benefits from anger and it will diminish your reputation and credibility by behaving negatively or talking poorly about your school, your classmates, instructors or the Association in the classroom, in tournament or on social media.

World Kuk Sool Association  
Attn: HQ Masters  
20275 F.M. 2920  
Tomball, Texas 77377  
(281) 255-2550  
Fax: (281) 255-2548



KUK SOOL WON of Insert School Name STUDENT WAIVER

Insert School Address Insert School Phone Number

**The Applicant/Parent /Legal Guardian, (hereinafter referred to as “Applicant” ),** in consideration for being permitted to participate martial art activities at KUK SOOL WON of Insert School Name, located Insert School Address understands and agrees to the following:

1. **The Applicant / Parent / Legal Guardian** acknowledges, agrees, and represents that the Applicant/Parent/Legal Guardian understands the nature of the activity and that the Applicant is in good health, and in proper physical condition to participate in such activity. The Applicant/Parent/Legal Guardian further agrees and warrants that if at any time the Applicant/Parent/Legal Guardian believes the conditions to be unsafe, the Applicant/Parent/Legal Guardian will immediately discontinue the Applicant’s further participation in this activity.

2. The Applicant/Parent /Legal Guardian fully understand that (a) Athletic activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death (“risks”); (b) these risks and dangers may be caused by my own actions or inactions of others participating in the Activity, or the condition which the Activity takes place.

3.) The Applicant/Parent/Legal Guardian fully accepts and assumes all risks and all responsibilities for losses, and/or costs, that the Applicant may incur as a result of his/her participation in the activity. The Applicant/Parent/Legal Guardian hereby waives all claims against all sponsors, judges, instructors, students, parents/guardians, and volunteers for any damages, injuries or losses that the Applicant/Parent /Legal Guardian may sustain. The Applicant/Parent/Legal Guardian fully understands that any medical treatment given will be of a first aid treatment only. The authorization includes tendering or failure to render and/or acceptance of any medical aid, medical care, hospitalization and/or any other assistance deemed necessary for the proper care and well being of the Applicant. The Applicant/Parent/Legal Guardian hereby accepts the conditions in full. The Applicant/Parent/Legal Guardian waives all rights to compensation in regards to any photographs or video tapes furnished by or taken by the Applicant/ Parent /Legal Guardian in connection with KUK SOOL WON. The Applicant/Parent/Legal Guardian gives full permission to the use of those associated materials taken within the class and any Tournaments, for use in publication, promotion, publicity or television showing now, or in the future.

IF UNDER 18 YEARS, RELEASE AND CONSENT MUST BE SIGNED by Parent/Legal Guardian

\_\_\_\_\_  
STUDENT

DATE\_\_\_\_\_

\_\_\_\_\_  
PARENT/GUARDIAN

DATE\_\_\_\_\_



### **BASIC TERMS**

예의	Yea Eue	Etiquette	국기	Kuk Ki	National Flag
차렷	Chah-Ryuht	Attention	원기	Won Ki	Association Flag
경례	Kyoung Ryeh	Bow, Salute	도장	Do Jahng	Academy, school
바로	Bah-roh	At ease	도복	Do Bohk	Uniform
정좌	Juhng Jawh	Proper Sitting (Kneeling)	의복	Eue Bohk	Clothing
수련	Soo Ryuhn	Practice, class	띠	Ti	Belt
시작	Si-Jahk	Begin	기	Ki	Internal Energy
끝	Keut	Finish, complete	기합	Ki Hahp	Martial Art yell
준비	Joon Bi	Ready	기초짜기	Ki Cho Jja Ki	Breathing exercises that Wring out Ki
그만	Geu-Mahn	Stop	숨쉬기	Soom-shi-ki	Breathing
쉬어	Shi-uh	Rest	몸풀기	Mohm-pool-ki	Body conditioning exercises

### **PARTS OF THE BODY**

손	Sohn	Hand	발	Bahl	Foot
손목	Sohn Mohk	Wrist	발목	Bahl Mohk	Ankle
안손목	Ahn Sohn Mohk	Inside wrist	발등	Bahl Deung	Top of the Foot
팔꿈치	Pahl Koom Chi	Elbow	발꿈치	Bahl Koom Chi	Heel
어깨	Uh Kae	Shoulder	무릎	Moo Reup	Knee
맥, 혈	Maek, Hyuhl	Pressure Point	다리	Dah Ri	Leg

**STANCES**

공격자세	Kohng Kyuhk Jah Seh	Offense Stance	기마자세	Ki Mah Jah Seh	Horse-riding Stance
방어자세	Bahng Uh Jah Seh	Defense Stance	전굴자세	Juhn Gool Jah Seh	Long Stance with front knee bent
굴곡자세	Gool Gohk Jah Seh	Crouching Stance			

**HAND TECHNIQUES**

정권	Juhng Kwon	Straight Punch	수도	Soo Doh	Knife Hand
역권	Yuhk Kwon	Inverted Fist	역수도	Yuhk Soo Doh	Inverted Knife Hand
각권	Gahk Kwon	Back-fist	쌍수도	Ssang Soo Doh	Double Knife Hand
호권	Hoh Kwon	Tiger Claw strike	회전수도	Hwoe-juhn Soo Doh	Circle Knife Hand
호구권	Hoh-Goo Kwon	Tiger's Mouth Grip strike	평수	Pyung Soo	Palm Strike
중지권	Joong Ji Kwon	Middle-knuckle Fist	역평수	Yuhk Pyung Soo	Reversed Palm Strike
일지권	Il Ji Kwon	1-Finger Fist	쌍평수	Ssang Pyung Soo	Double Palm Strike
이지권	Ee Ji Kwon	2-Finger Fist	회전평수	Hwoe-juhn Pyung Soo	Circle Palm Strike
사지권	Sah Ji Kwon	4-Finger Fist	관수	Kwahn Soo	Spear Hand
사마귀권	Sah-mah-gwi Kwon	Praying Mantis Fist	역관수	Yuhk Kwahn Soo	Reversed Spear Hand
사마귀막기	Sah-mah-gwi Mahk-ki	Praying Mantis Block	직관수	Jihk Kwahn Soo	Vertical Spear Hand
십자막기	Sip-jah Mahk-ki	4-Direction Block	쌍관수	Ssang Kwahn Soo	Double Spear Hand
앞뒤수기	Ahp-Di Soo-ki	Front & Rear Punching Drill	팔꿈치치기	Pahl Koom Chi Chi Ki	Elbow Strike

### KICKING TECHNIQUES

앞차기	Ahp Cha Ki	Front Kick	후려차기	Hoo-Ryuh Cha Ki	Inverted Sweeping Kick
무릎차기	Moo Reup Cha Ki	Knee Kick	찍어차기	Jjik Uh Cha Ki	Axe Kick
뒤차기	Di Cha Ki	Back Kick	월장차기	Wohl Jahng Cha Ki	Off-the-Wall Kick
안다리차기	Ahn Dah Ri Cha Ki	Inside Kick	장애물차기	Jahng Ae Mool Cha Ki	Over-the-Obstacle Kick
바깥차기	Bah-got Cha Ki	Outside Kick	상단, 중단, 하단	Sahng, Joong, Hah (Dahn)	High, Middle, Low level
앞차올리기	Ahp Cha Ohl-li-ki	Straight Leg Kick	뛰어...	Tti Uh...	Jump ...
발등차기	Bahl Deung Cha Ki	Round-house Kick	이단, 삼단...	Ee Dahn, Sahn Dahn...	Double, Triple ...
옆차기	Yuhp Cha Ki	Side Kick	쌍발차기	Ssang Bahl Cha Ki	Jump Double Kicks
발꿈치차기	Bahl Koom Chi Cha Ki	Heel Kick	양발차기	Yahng Bahl Cha Ki	Jump Split Kicks
돌아차기	Dohl-Ah Cha Ki	Spin Kick	연속차기	Yuhn Sohk Cha Ki	Continuous Combo Kicks
뒤돌아옆차기	Di Dohl-Ah Yuhp Cha Ki	Turn Back Side Kick			

### GREETINGS AND SIMPLE PHRASES

안녕하십니까?	Ahn Nyuhng Hah Sip Ni Kka?	Hello / How are you?
안녕히 계십시오.	Ahn Nyuhng Hee Gae Sip Si Yo.	Good-bye (Stay Well)
안녕히 가십시오.	Ahn Nyuhng Hee Gah Sip Si Yo.	Good-bye (Go Safely)
수고하셨습니다.	Soo Goh Hah Shut Seup Ni Dah.	You worked hard. (Good Job!)
감사합니다.	Gahm Sah Hahm Ni Dah.	Thank You.
천만에요.	Chuhn Mahn Eh Yoh.	You're welcome.
수련 시작 (끝)	Soo Ryuhn Si Jahk (Kkeut).	Practice Begins (Finished).

**COUNTING**

일	Il	1	하나	Hah-Nah		이십	Ee-Sip	20	스물	Seu-Mool
이	Ee	2	둘	Dool		삼십	Sahm-Sip	30	서른	Suh-Reun
삼	Sahm	3	셋	Set		사십	Sah-Sip	40	마흔	Mah-Heun
사	Sah	4	넷	Net		오십	Oh-Sip	50	쉰	Shuin
오	Oh	5	다섯	Dah-Suht		육십	Yook-Sip	60	예순	Yea-Soon
육	Yook	6	여섯	Yuh-Suht		칠십	Chil-Sip	70	일흔	Il-Heun
칠	Chil	7	일곱	Il-Gohp		팔십	Pahl-Sip	80	여든	Yuh-Deun
팔	Pahl	8	여덟	Yuh-Duhl		구십	Goo-Sip	90	아흔	Ah-Heun
구	Goo	9	아홉	Ah-Hohp		백	Baek	100		
십	Sip	10	열	Yuhl		천	Chuhn	1000		

**NAMES AND TITLES**

국사님	Kuk Sa Nim	Grandmaster / Founder
총관장님	Chohng Kwahn Jahng Nim	Chief Master
수석관장님	Su-Suhk Kwahn Jahng Nim	9 <sup>th</sup> Degree, Senior Executive Master
선임관장님	Suhn-Im Kwahn Jahng Nim	8 <sup>th</sup> Degree, Executive Master
지도관장님	Ji-Doh Kwahn Jahng Nim	7 <sup>th</sup> Degree, Senior Master
주임관장님	Joo-Im Kwahn Jahng Nim	6 <sup>th</sup> Degree, Head Master
평관장님	Pyuhng Kwahn Jahng Nim	5 <sup>th</sup> Degree, Master
사범님	Sa Buhm Nim	4 <sup>th</sup> Degree Black Belt
부사범님	Pu Sa Buhm Nim	3 <sup>rd</sup> Degree Black Belt
교사님	Kyoh Sah Nim	2 <sup>nd</sup> Degree Black Belt
조교님	Joh Kyoh Nim	1 <sup>st</sup> Degree Black Belt
단보님	Dahn Boh Nim	Black Belt Candidate
자띠	Jah Tti	Brown Belt
홍띠	Hohng Tti	Red Belt
청띠	Chuhng Tti	Blue Belt
노란띠	Noh-Rahn Tti	Yellow Belt
흰띠	Huin Tti	White Belt