Kickin' It Around

July/August 2008

KUK SOOL WON MARTIAL ARTS

Kickin' It Around

Etiquette in Kuk Sool Won™

This months KSW Newsletter has several articles on etiquette. Students and parents are asked to read the articles so both the parent and student are clear on what is expected of the student when in and out of class. Etiquette does not stop when the student leaves the Do Jang nor does it stop when they enter the Do Jang.

Since Kuk Sool Won™ is a traditional Korean martial art, etiquette plays an extremely important role in developing the martial art character of the student. Following the rules of etiquette develops self-control which is an essential prerequisite to advanced martial art training. Proper etiquette demonstrates respect for the art, for one's instructors and for one's fellow students. In fact, etiquette is the first section of the Kuk Sool Won™ Progress Chart and is the single most important requirement to be eligible for further training in Kuk Sool.

Bowing is one of the most visible manifestations of martial arts etiquette. Unfortunately, it is also the concept most often misunderstood by the beginning student. Western culture, in particular, has typically had little experience with the act of bowing. Those experiences are, by and large, associated with either some form of worship, or with subservience or an admission of inferiority. For this reason, the Western mind often reacts to the idea of bowing with a host of (at best) ambiguous or (at worst) completely negative feelings. In the East, however, the bow is not seen as a sign of subservience at all, but rather as a sign of respect and more mundanely, as a simple method of greeting. The Asian bow is, in many ways similar to the Western handshake or to the military salute.

Mohm Puhl Ki Body Conditioning Exercises

What is Mohm Puhl Ki ? And why do it? Mohm Puhl Ki is a specific set of body conditioning exercises that we do in Kuk Sool. These exercises are designed to move each of the 164 joints in the body to their full range of motion. Mohm Puhl Ki represents a basic set of exercises with a specific goal. It is important to understand that the goal of these exercises is not just stretching the muscles to improve flexibility. Rather, it to condition the muscles, tendons, ligaments and joints so that they adapt to doing the kinds of movements specific to martial arts. For example, in doing kicks, certain muscles have to be relaxed in order to achieve full extension of the kick. Mohm Puhl Ki helps the muscles achieve the appropriate state of tension or relaxation for martial arts practice. If you have other goals, such as increasing strength or flexibility, you may wish to supplement Mohm Phul Ki with additional exercises. Practice of Mohm Puhl Ki need not be limited to the dojahng (martial art school). Mohm Puhl Ki can also be practiced at home or office. For example, you can do the neck stretching exercises at the office or the leg stretching exercises while watching television at home.

A big thanks to all that helped with seminar and dinner with Kuk Sa Nym: KJN Jack & SBN Lee Harvey, Judy Udell, PSBN Darryl Freese, PSBN Greg Jaeger, Courtney Hamann, Karen Sullivan, and the following families: Halloran, Bodkin, Waddell, Nardi, Higgs, Kitchen, Diana, Broeker, and Gorman.

Special points of interest:

* *Kuk Sool Won St. Peters celebrated it's 17th year anniversary on June 5th. Where were you 17 years ago?*

Congratulations On Your Promotion

We would like to congratulate all the hard work and dedication our students have given towards their goals of physical fitness and self-defense. Great job !

May 2008

White - Dragon Stripe: Dylan Hamann

Blue Belt: Donovan Diana

Blue – Red Stripe: Paul Conley

Red Belt: Jared Sullivan

June 2008

White - Yellow Stripe : Dakota Kitchen & Dylan Hamann

Yellow Belt: Leo Nardi, John (JP) O-Gorman & Mark Brown

Blue – Red Stripe: Jacob Woolbright & Adam Waddell

Red — Brown Stripe: Brad Udell

Birthday Greetings To:

July
Brad Udell - 4th
Jared Sullivan - 7th
Sebastian Hernandez - 11th
Laura Pilcher - 17th
PSBN Donette Goodlett - 18th
JKN Madison Rector - 24th
Bryce Elder - 25th
Henry Johnson - 28th
Mack Johnson - 31st

Summer Weapons Camp Update

Summer Camp will be Friday Aug. 8th through Sunday Aug. 10th. Camp will be held at Cuivre Group Camp in Cuivre River State Park near Troy, MO. Parents and/or Guardians are invited to tag along. Check-in is from 3PM-5PM Friday. Camp ends at noon on Sunday. Cost for the weekend is still being calculated. Information and sign-ups will be available at the dojahng shortly.

Announcements:

Welcome To Our New Students :

KJN Jack and SBN Lee would like to welcome our new students to the KSW family. Please look for our new students in your class and introduce yourself !

Welcome to: Destiny Nezam, Logan Petty, Jeffrey (Kenny) Lloyd, Mark Brown, Peggy Walker, Olivia Walker, Kyle Walker, Dylan Haman, Charles Taylor, Dakota Kitchen, Skyler Miller, Mattilynn West, Zachary Teuscher, Dominic Leara and Lauren Neilson.

Thanks to our Sponsors !! Nate Green sponsored Peggy, Kyle and Olivia Walker; and Kenny Lloyd sponsored Dominic Leara.

Honor Roll : Samantha Nardi, Bryce Elder, Mack Johnson

Straight A's: Dominic Nardi, Henry Johnson.

Graduate News: PSBN Ryan Faulkner graduated with his B.S. in Biology from Maryville University and plans to attend Logan College in the Fall.

Black Belt Ceremonial Uniforms:

Questions often come up about the different uniforms the Black Belts wear and why they are different. The colored belt Doh Bohk remains the same until a student becomes a 1st Dahn or 1st Degree Blackbelt at which time he or she has earned the privilege of wearing the Ceremonial Doh Bohk (Generals Uniform). The following describes the uniform and who is allowed to wear it.

1st Dahn—Jo Kyo Nim,

2nd Dahn—Kyo Sa Nim, and

3rd Dahn—Pu Sa Bum Nim wear a ceremonial Doh Bohk (General's Uniform) with silver trim.

4th Dahn—Sa Bum Nim wear a ceremonial Doh Bohk (General's Uniform) with silver and red trim.

5th through 8th Dahn—Kwan Jang Nim (Master) wear a ceremonial Doh Bohk (General's Uniform) with gold and red trim.

9th & 10th Dahn—Chong Kwan Jang Nim (Chiefmaster) wear a ceremonial Doh Bohk (General's Uniform) with solid gold trim.

Grand Master is Kuk Sa Nim (National Teacher) Kuk Sa Nim wears the twin dragon emblem, which is a well known symbol of the heavenly mandate, or of the legitimacy of the King's power. Symbolic also are the colors of gold, green, and lavender, which represent the Royal household.

Etiquette in Kuk Sool Won ™ - Bowing

Bowing is the most obvious way to show respect. As a Martial Arts student, you will bow frequently. It is important to know when and how to bow.

Bow whenever you enter or leave the practice area of the Dojahng (School). The bow is executed by bringing the right fist over the heart (palm side facing the heart) and saying "Kuk Sool" while bending forward from the waist.

When you first see an Instructor, bow to him/her as you greet them. When you leave the school, bow to the Instructors as you bid them farewell.
Bow "in" before practice and bow "out" after practice. These six bows are done from a kneeling position at the beginning and ending of every class.

The first bow is the National Flag; the second bow is to the Association Flag; the third bow is to the Grandmaster (if he is present) or to his picture (if he is not present); the fourth bow is to the Chief or Head Instructor; the fifth is to the Instructor of the class; and the sixth bow is to begin/end the class. If you are in the dojahng when a class bows in/out always bow with the class, even if you are not ready for class or are not staying for the class. In such a situation that you are in street clothes, you may bow from a standing position.

*****During practice:**

…bow to the Instructor when beginning and ending hyung (form).

…bow to the Association Flag when practicing hyung without supervision.

…bow to your partners before and after sparring.

…bow to your partners before and after techniques practice.

…bow any time the Instructor tells you to bow.

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

JULY

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	3	4 Brad Udell	5
		NO REGULAR CLASSES - SUMMER MAINTENANCE WEEK				
6	7 Jared Sullivan	8	9	10	11 6:00 Beg Weapons 7:00 Adv Weapons Sebastian Hernandez	12 BLOCK PARTY 11:00 AM
13	14	15	16	17 Belt Testing 6:00 - 8:00 PM Laura Pilcher	18 Belt Testing 6:00 - 8:00 PM Donette Goodlett PSBN	19 9:00 Black Belt Testing
20	21	22	23	24 Madison Rector JKN	25 6:00 Kid Sparring 7:00 Adult Sparring Bryce Elder	26 9:00 Black Belt Class
27	28 Henry Johnson	29	30	31 Mack Johnson		

Etiquette in Kuk Sool Won ™ - Preparing for class

1. Come to classes clean and well groomed.

2. **Doh Bohk** is the Korean word for Martial Arts uniform. Come to practice with a complete and presentable Doh Bohk. This means the uniform should be clean and un-torn; it should include underwear, pants, jacket, and your belt. Any T-shirt or leotard worn under the jacket should be black. Always treat the Doh Bohk with respect; after class, fold it neatly.

3. Before class change into your uniform without delay. Always wear the full uniform at the beginning of class. If the weather is hot, you may ask permission to take off the jacket or T-shirt after the class has bowed in.

4. Do not wear jewelry during practice. Jewelry can cause injury to yourself or your partners.

5. Do not use drugs except for medication. If you are ever found drunk or drugged in the dojahng, you may be expelled.

6. If you are in the next class, sit at the back of the dojahng quietly and be ready to join.

7. Use the restroom prior to the start of class. Leaving class to use the restroom is an unnecessary interruption for the class and your training that can be avoided by using the facilities prior to class. And **Please** remember to wash your hands when leaving the facilities.

KUK SOOL WON

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We need more practice!

KSW Booster Club Info

We are happy to announce the formation of the St. Peters KSW Booster Club, as of May 2008. We have had our first meeting and have begun planning some great things for our Kuk Sool Won school. The good news is, there is no membership fee and anyone (16 or older) can join … parents, siblings, grandparents at any time.

The next KSW Boosters Club meeting is still being planned. Be sure to check your email to learn of the next meeting, newcomers are always welcome.

One of our first projects is to begin sending this newsletter via email, as well as reformatting the newsletter.

We would like to include everyone in this email and so sign up at the St. Peters dojahng for future newsletters. We plan to send announcements, calendar changes, and sign-ups via email, so don't miss out !!

Some of our exciting projects include planning for the Block Party in July, Summer Camp in August and Backstoppers in September.

We are also excited about celebrating Kuk Sool Won's 50th Anniversary this year and plan some exciting ways to celebrate all year!

If you would like to join the Booster Club, please contact SBN Lee Harvey at the St. Peters dojahng.

Here's What's Happening …

Gentle Reminders :

Please bring **all** your sparring gear to sparring night! You will need it. **Men** need to be sure to wear their **protective gear** at the **start of class**. Parents … check your child's equipment bag to make sure all items are ready.

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Do you know the Pledge? Belt testing is coming up and you may be asked to recite it.

How many times have you practiced at home this week?

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Coming Up :

Block Party at St. Peters KSW. The Summer Block Party will be held July 12th with an entire day of fun ! The entire school gets together for a BBQ and good food! The water balloon fight is the highlight of the day, so be prepared to get wet! Be sure to bring along your lawn chairs, personal beverages, a side-dish to serve 4-6 people, and towels. Stay for the whole event or just for a bit; plan on having fun!

More information will be posted at the St. Peters dojahng.

Email Newsletters & Annoucements

Sign-up at the St. Peters dojahng to receive your up-to-date KSW Newsletter via email ! Also, there will soon be a KSW Buzz Book available, please sign-up to participate. Thanks !!

Summer Classes :

Children are allowed to participate in the day class during the Summer months, beginning in June. Day class is every Monday and Wednesday from 11-noon. Please remember to have children ready to bow in at 11 am. This is for all belt levels. Please listen for announcements at the end of class for more information.

PARENTS :

A safety reminder …

Drivers are cutting thru our parking lot much more with the warmer weather. They do **not** slow down, nor do they expect children in the parking lot. **PLEASE,** keep an eye on your children when coming/going from the dojahng.