

**AMERICAN TUKONG
MARTIAL ARTS ACADEMY**



Tukong Moosul[®]

**PHILOSOPHIES HANDBOOK
2006**

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INTRODUCTION

WELCOME TO THE ACADEMY

Welcome to the American Tukong Martial Arts Academy! The Academy's Tukong Moosul training will challenge your mind, body, and spirit. While the training may be difficult and frustrating at times, the rewards will be many: a heightened awareness of your environment, enhanced critical analysis skills, increased stamina and strength, advanced flexibility and speed, improved self-confidence, and a strengthened will.

ABOUT THE ACADEMY

The Academy was founded as the American Martial Arts Academy in 1997 by Senior Instructor Jimmy Higgins. First established solely for training adults in Tukong Moosul, the Academy began teaching Tae Kwon Do to children and young adults in 2000. The Academy outgrew its first location at the Alexandria Gold's Gym in 2001 and moved to its current 8,000 square-foot facility at the Mt. Vernon Plaza.

In 2002, the Academy further diversified by adding computer training for children and Tae Kwon Do classes for Adults. Mr. Higgins was the first person in the United States to receive a Tukong Moosul Black Belt from Grandmaster In Ki Kim, one of the creators of Tukong Moosul. Grandmaster Kim has awarded only ten people in eighteen years with a Black Belt. Mister Higgins brought his master, Grandmaster In Ki Kim, to the school in 1998.

Grandmaster In Ki Kim was born in South Korea and became a Tae Kwon Do (TKD) Black Belt by age 11. During high school, Grandmaster Kim won the Korean National Tae Kwon Do Championships and went on to train many successful champions in TKD while running a large school. While in the South Korean Army, Grandmaster Kim won several championships and was noticed by the Tu Kong Unit commander, General Chang.

As a result, Grandmaster Kim was one of the original six Masters chosen to design a new martial arts training program for the modern day soldier of the Special Combat Unit. He later became the Senior/Head Instructor teaching other instructors how to teach the new fighting style now called Tu Kong Moo Sul (TKMS).

Grandmaster Kim also gives special Master Seminars in Combat Judo and Advanced Hapkido, which he has enhanced and refined over the last 20 years. Grandmaster Kim is the only civilian ever certified as a "Professional Defensive Tactics Instructor" (PDTI) in the State of Virginia's, Department of Criminal Justice Services (DCJS) history and continues to train local military and police units, such as the award-winning Stafford County SWAT team. For more information on the Grandmaster, see www.GMKim.com.

ORANGE BELT REQUIREMENTS

SCHOOL PHILOSOPHY

For the past eight years, the School Philosophy was recited at the beginning and end of every class. Although this is no longer required, every student should commit this philosophy to heart:

Honor, First and above all else.

Responsibility, For myself and the world around me.

Loyalty, To my family and to my art.

Honor

Every person is born with honor, which cannot be taken from you. This is a personal code that distinguishes you from anyone else. You must have your own code of honor that sets limits on what you do or tells you what is right and what is wrong. If you give away your honor, you will pay a very high price to get it back. Each person must decide what honor means to them. The School Philosophy states that students must put their personal honor first before all things. You should always do what is right and avoid being in situations where you could jeopardize your honor. Regaining your honor is not easy once you've lost it.

Responsibility

You must first take care of yourself. This doesn't mean being selfish. This means making sure you are educated, healthy, successful, motivated, have good hygiene, alert, aware, positive, rested, etc. Only then can you begin to help others effectively and to the best of your ability. For example, airline flight attendants regularly instruct their adult passengers to secure the oxygen mask over their faces *before they try to help anyone else, including their own children*. If they were to pass out from lack of oxygen they would be unable to help anyone.

Every student is responsible for his or her own actions. If you didn't get a raise, don't find fault with someone else, accept the responsibility to work harder or change companies. If you are always late, don't blame traffic or weather or car failure. Start earlier, prepare for the weather, keep your car well maintained. Become a leader and find solutions, or support solutions someone else is promoting. If someone is in need and you are able to help, then help. This includes someone being attacked or about to be attacked (See the "Poop Philosophy.")

Loyalty

You must first be loyal to yourself since you are included in your family. This means you must think of the family as a whole unit. If you try to do too much for others, you may shortchange your own family. You can have many families: your immediate family, your family of co-workers, your martial arts family, and your "national" family of Americans. It is important to be loyal and supportive of your family at all times. Stand by and stand up for your family. They will support you when others do not. They will take care of you when others might be unable.

STUDENT ACTION PHILOSOPHY

For the past eight years, the School Philosophy was recited at the end of every class. Although this is no longer required, every student should commit this philosophy to heart:

Three times, Consider
Three times, Patience
Three times, Forgive

As a student at The Academy, you will learn many techniques that will give you options in various situations. You will learn things that will give you physical and mental advantages over most people you meet or already know. Your mind will be more focused and alert. Your body will be capable of more action than nearly everyone around you. As a student, you need to learn how to control your abilities to a fine degree. You need to understand your advantages and use them properly at all times.

This means you should always think before you act. Many people let their emotions control their actions in stressful situations. Tukong students must learn to think before acting because their abilities give them the capability to severely or even fatally injure someone. You must think before you act, control your emotions, discipline your mind and focus your priorities. The instruction and philosophies you must learn will teach you how do all these things. At the end of every class you will recite the Student Action Philosophy to remind you of what you must do before you act.

Three Times Consider

First you must consider and examine the situation. Why is this person yelling at me? Why did this person cut in front of me? Why did I not get that promotion? Did they mean to hit my car? Was spilling the drink on my clothes an accident? You need to consider every circumstance and examine the person's motivations. Whatever the situation, think before you act. It is very important to not let your emotions take control.

Three Times Patience

Second, you need to be patient with whomever is in the situation. Be patient while they get anger of their system, or get over their problem, or vent their complaints, or speak their piece. This can often be the hardest thing to learn, but like everything else, it gets easier with practice.

Three Times Forgive

Third, you need to forgive the rudeness, accident, and insult. Once you have done all these things, you can act in a thoughtful and appropriate manner. You can then present your side, or take care of exchanging insurance information, or clean up the spill, or start CPR, or use your martial arts knowledge to apply the proper techniques to clear up a problem. These steps will help you in almost every situation you meet, whether it requires martial arts physical skills or mental concentration skills. This Student Action Philosophy is recited at the end of every class just to remind you what you need to do before acting in stressful situations.

WHITE TIGER PHILOSOPHY

At the American Tukong Martial Arts Academy, the symbol for the Tukong Moosul style is the White Tiger. There are many cats in the world that are all instinctive hunters and hunt for survival only. The tiger is the largest of all cats, even bigger on average than lions. White tiger males range in length between 8.8 and 10.2 feet. They weigh between 400 and 570 pounds on the average. Females are smaller, and range in length from 7.11 to 8.7 feet, weighing around 350 pounds.

Contrary to popular belief, the white tiger is not a separate species but a mutation of the Bengal tiger. Also contrary to popular belief, white tigers are not albino. True albino tigers would have no stripes. Since "white tigers" are not actually pure white, they are sometimes called chinchilla tigers in order to avoid confusion. They are characterized by having a creamy white coat with random black/brown stripes, bright blue eyes, and a pink nose. A white tiger can only be born when both parents carry the unusual gene for white coloring. The double recessive allele in the genetic code only turns up naturally about once in every 10,000 births. India. There are estimated less than 3,000 Bengal tigers left in the wild nowadays.

There are only a small quantity of white tigers in existence and present numbers are put in the region of 500, most of which have been inbred. The studbook for the purebred white Bengal tiger counts only 43 animals, the rest seen are of unknown heritage, or they are hybrids. In the last 100 years, less than a dozen white tigers have been seen in the wild. Chinese folklore considered the White Tiger a sign of good luck. If a White Tiger was seen on the day a child was born, it was a very good sign for that child's life.

The White Tiger is very family-oriented and protective of its young. It hunts only to survive and to feed its family. It never fights just for fun and will not even chase animals if it has just eaten and needs no more food. The White Tiger will fight ferociously to defend its family from any other Tiger or hunters. A North Korean videotape showed how a White Tiger defeated a lion with lightning-fast strikes from his powerful paws. Several aspects of the White Tiger have a deeper meaning for Tukong students:

White coat: The whiteness of the coat represents the purity of the body after years of training to reach instructor level. As a result, the body becomes fast and strong.

Black Stripes: The tiger's stripes represent many black belts or the mastery of many fighting techniques and weapons that Tukong Moosul Students must learn before they reach instructor level.

Blue Eyes: The blue eyes represent the loyalty to family and the art that is valued at The American Tukong Martial Arts Academy.

Rarity: The rarity of the White Tiger represents how few Tukong Instructors there are and how rare it is to meet someone who has become an instructor in Tukong Moosul.

UNIFORM PHILOSOPHY

The color of the uniforms worn thousands of years ago by martial artists was based on the yin/yang philosophy. Yin and yang symbolizes the opposites that exist in nature and society, like good and evil, darkness and light, future and history.

For centuries, there were only two divisions in martial arts: the black belt and the white belt. The instructor wore an all white uniform with a black belt. The student wore just the opposite. In the last 30 years, martial arts have acquired many colored belts between the white and the black. In the American Tukong Martial Arts Academy Tukong Moosul classes, students begin as they did thousands of years ago with a black uniform and a white belt.

The uniform's color represents your body. When you begin, your uniform is black, symbolizing your body's impurities and weaknesses. As you train and work your body, you sweat and must wash your uniform. The more you train, the more you must wash your uniform.

As your body grows stronger, faster and more coordinated, your uniform fades, symbolizing the purification of your body through training. Your uniform gradually turns lighter and lighter, until one day you are awarded a completely white uniform to show your progress.

The belt's color represents your knowledge. Originally, a martial arts student had one white belt until they reached black. As they trained their belt would get darker from sweat and dirt. Every time the student tied his belt, oils and dirt from his hands, and sometimes blood, would stain the belt. Eventually the belt would turn a brown color, showing that the student had trained a long time and should have learned a lot.

This belt was one day replaced with a completely black belt. Therefore, you should never wash your belt. It would be like washing away your knowledge. Remember, in a real fight, nobody will know your belt level or rank. What will count will be how well you can perform the techniques you have learned.

Students and instructors of The American Martial Arts Tukong Moosul classes follow this tradition. Students start with black uniforms and white belts, while the instructors have been awarded completely white uniforms and completely black belts.

There are, however, eight colored belts before a student reaches the black belt level. Each level before black has a junior and senior level. Starting at the white belt level, there are 18 levels to black:

<i>Level</i>	<i>Belt Color</i>
Beginner	White, Orange
Intermediate	Yellow, Green, Blue,
Advanced	Purple, Red, Brown
Instructor	Pum Dan, Black

YELLOW BELT REQUIREMENTS

TUKONG PATCH PHILOSOPHY



The design of the American Tukong Martial Arts Academy patch has very specific meaning which Tukong students should understand. The outside white circle represents the known universe and the inner white circle represents your personal universe. The large red area on top represents courage and the large blue area represents loyalty. The three small inner circles represent honor, responsibility, loyalty. Within each circle, the red represents your body, the blue represents your mind, and the white represents your spirit. The outer loyalty is a world perspective (your loyalty to outside institutions and groups) and the inner loyalty is from a personal perspective (loyalty to yourself.)

POOP PHILOSOPHY

There are three parts to the poop philosophy:

First, don't step in the poop. If you see a pile of poop in the middle of the sidewalk you wouldn't step on it. In real life there are many piles of poop you can step into. These are fights and problems you can avoid if you just pay attention and recognize the poop before you step into it. For example, if someone is calling you names or trying to pick a fight, you do not have to be afraid or prove yourself to anyone. Be confident in yourself and just let them say whatever they want, but don't step in the poop.

Second, don't let others step in the poop. Sometimes people are about to step in poop and they don't even know it. They are just not paying attention or they don't realize the danger they are in at the time. For example, you may see a woman walking to her car in a dark parking lot with a suspicious person following her. You could help her by calling to her loudly, even if you don't know her name. This would most likely scare off the suspicious person and just make it seem like you mistook her for someone else.

Third, if someone is already in the poop, help him or her out of it. If someone is in trouble, you should go get help or do whatever you can to help. If someone has fallen and hurt him or herself, go get a doctor. If kids are fighting in school, go get a teacher or adult. Don't worry about getting the poop on you. We should help those who cannot help themselves. If you have to intervene in a physical conflict, jump in with everything you have, take care of the situation and get out quickly

STREAM WATER PHILOSOPHY

You can never step in the same stream water twice since the water is different from moment to moment. Time is like water in a stream. It continuously flows down to the lake or ocean and is gone. You only have one chance to step in that particular stream water before it is past you and gone. In real life, you only get one chance at living each day. You never get a second chance to live that day over. Therefore, you should make the most of each day and accomplish as much as you can. You must never do things you will regret or that you can't take back. Don't wait for everything to be just perfect before you do something.

Many times people have things they would like to do, but put them off and they never get a chance to do them. Even if it doesn't work out exactly as you planned, you can move on to something else that much more quickly. If you miss an opportunity, take the next one. Seize the day and make it count now. Remember that the water is flowing downstream, with or without you. You decide.

SWINGING BAG PHILOSOPHY

Go to heavy punching bag and start the bag swinging with a good push. Feel the effort it takes to push the bag. After getting the bag swinging, keep it swinging by adding a little effort each time it swings back to you. Feel the effort that is required to keep the bag swinging once it's started. You'll notice that you used for effort to start the bag swinging than keeping it swinging.

Now stop pushing the bag. Watch the bag slowly stop swinging as the energy you put into it drains away with each swing. It will finally stop swinging altogether. Obviously, it's harder to keep the bag swinging than to let the bag stop swinging.

The lesson to learn from this exercise is about your efforts to accomplish your goals. You can think of the bag as anything you want to accomplish in life. Pushing the bag relates to the energy, whether physical, mental, financial or a combination, which is required to accomplish the task.

The energy to start the bag swinging requires the greatest effort. This is true about the effort it takes to start a project or relationship. If you want to start a business or a personal relationship you have to put in a lot of effort at first to be on time and learn what is needed, look your best, etc.

Once you have a business, project or relationship started, you still have to put energy into it to keep it going. It will gradually get easier to do until you reach a point where very little effort is required to keep everything going. This is true of business, marriage, dating, or doing an exercise program.

It is very easy to stop putting effort toward your goals. It is easy to predict what will then happen to that business, project, or relationship. Your business will close, your project will stop and your relationship will end in a breakup. If it is important, you must keep putting energy in and not stop. The same is required of everything you want. Don't stop or it will stop.

GREEN BELT REQUIREMENTS

ELEPHANT PHILOSOPHY

In circuses, baby elephants were chained to a large stake, which was securely anchored into the ground. Food and water was left near the stake and they learned that they couldn't get away but they could find food and water by the stake they were chained to. Soon they stopped trying to pull away. They never forgot how they had failed to get away and they stopped trying to pull away to freedom.

When the elephants grew to their adult size, the trainers tied a rope to one leg and attached it to a small wooden stake in the ground. The grown elephants could easily pull the stake from the ground, but they didn't even try. They remember their failure from the past, so they don't try to get away. As they saying goes, "elephants never forget."

The lesson is that you should never be hindered by your past failures. You will do things in martial arts that you have never done before and fail to do them right at first. Don't let that failure stop you from trying again. Keep practicing and trying until you do the technique correctly and easily. During your training, your abilities will grow, you will gain strength, flexibility, and speed. Your mental focus and concentration will increase. All these things will enable you to do things that you had failed to do in the past. Never stop trying. Learn from your failures so that you can improve and get better until you accomplish your goals.

SPREADING FEATHERS PHILOSOPHY

There was a kind man who lived in a small town who kept to himself and stayed home reading much of the time. While unknown to many of the townspeople, he was generally respected and liked by those who did know him. Unfortunately, one young man became upset by the kind man. While not a bad person, he spread rumors about the man that he really didn't mean.

People who did not know the kind man believed the rumors, and even those who knew him had doubts and felt differently about the kind man. In the next few weeks, the kind man heard people talking about him at the grocery store and nobody would say "hello" or talk to him as they had in the past.

At first, the young man was happy with the result of his rumor-mongering but after a while he started to feel badly about ruining the kind man's reputation. So he went the kind man's house and told him what he had done. He said that he was sorry for the things he had said and asked what he could do to make it up to him. The kind man thought for a minute and then sent into his bedroom. He returned with a feather pillow and gave it to the young man. He told him to go to the center of the town and throw all the feathers in the air. The young man person was surprised but he agreed.

He went into town and threw the feathers into the air, just as the kind man had asked. The feathers were blown all over town by the wind. The young man returned to the man's house and told him it was done.

The kind man then asked him to return to town, gather all the feathers, and bring them back to him. The person was very confused, but returned to town. He discovered that finding the feathers was difficult. Some were stuck way too high to reach and some were down in the drain. The person found very few feathers. But returned to the man with what he could find.

The kind man explained, "I used those feathers in my pillow. It helped me rest well at night and comforted me. Now there are very few feathers and I will not rest well. The rumors you spread are like taking away what makes me rest comfortably. Once you spread them, no matter how hard you try you can never get them all back. My reputation was built over many years and your rumors have now changed that forever. I will not ever be able to rest as well again because your rumors have caused me to lose some of my reputation. Even if you tell the townspeople that you lied about me, they will never look at me the same way, they will always have doubts about my character."

The lesson from the story is not to spread gossip and rumors because you can never truly undo the damage they inflict.

OLD MAN OF THE WOODS PHILOSOPHY

A long time ago, there was a small boy who lived in a small town at the base of some mountains. The town was surrounded by a large forest and had a small lake. During the summer the young boy kept bothering the city fathers for small jobs to get a little money. One city father told the boy to go pick up all the twigs and leaves in the streams that fed fresh water in the small lake. He told the boy to grind the leaves and twigs together and sprinkle the mulch around the edges of the lake.

This took the boy quite awhile since he was small and there were lots of leaves and twigs. He finished cleaning the parts of the streams close to the small lake and was paid a little money for a good job. He asked if he could get paid every time he worked on this and he was. Every time he needed a little money he would go clean up part of a stream and spread the mulch near the edges of the small lake. The water in the lake became clearer because of his efforts and flowers started to grow around the lake where he spread the mulch. The city fathers were glad he was occupied and the lake was looking better.

As he grew to become an old man, he had to go deeper into the forest to find twigs and leaves in the streams. The small lake became crystal clear. Ducks and geese started coming to the small lake in the summer and so did tourists who had heard of the clear lake near the forest in the mountains. The town began to make a lot of money on tourism.

It came to pass that the town elected a new mayor who promised to balance the town budget and cut excess spending. The mayor discovered a small salary was being paid to some old man. He did not see the purpose for this, so he cut it from the budget. Payments stopped going to the old man. The old man thought that the town no longer needed his services so he stopped cleaning the streams and making mulch.

It was not long before the streams started clogging up, algae began to grow back on the lake, and the ducks disappeared. Visitors stopped coming because the water was no longer clear and money tourism dried up. The mayor was frustrated and didn't know what had gone wrong. He hired an outside consulting firm to find out what was wrong with the water. The firm found nothing wrong. It was a very natural small lake with algae, but the firm charged the town for its services anyway.

The town hall janitor, an old man himself, was sweeping outside the mayor's office and overheard the mayor expressing his frustration. "I know what the problem is, sir" the janitor said. "What?" the mayor asked confused. "You stopped paying the man of the woods" said the janitor. "The old man in the woods? How did that make the water dirty?"

"He picks twigs and leaves out of the streams that run through the woods. The water wasn't clean until he had been cleaning it for a while when he was a young boy."

"But I had no idea! I took his salary off the budget because I didn't know what it was for. I will talk to the man right away. We will pay him double if he will keep the streams clean again. If I had only known..."

So the mayor talked to the old man. The old man said it was time someone else did the job. If the mayor would pay a few other children like he had been when he was a child, then the old man would teach them the task. The mayor agreed. Many children started helping keep the streams clean of twigs and leaves and the water was soon clean again. The tourists came back and spent lots of money in the little town.

The lesson of the story is that you should understand what you are doing and why. Don't do things without first considering the results of your actions.

BLUE BELT REQUIREMENTS

ONLY AN ACORN PHILOSOPHY

In feudal Japan, there was a master Samurai and a student walking through the woods. The master was imparting a lesson to the student. All of a sudden, the student heard a noise. He stopped walking, looked up and saw an acorn falling from the trees. Immediately, he took his sword and sliced the acorn in two before it hit the ground. The student was very pleased with himself but noticed that his master had continued to walk on and was not impressed with the student's swordsmanship. The student asked the master, "Why did you not react?" The master replied "it was only an acorn."

The lesson of the story is that you should learn to focus on what's important, such as the master's lesson rather than showing off by striking an acorn.

GOOD KING PHILOSOPHY

If a king is able to keep all of his subjects happy, is he a good king? No, because if he is keeping all of his subjects happy, then he is keeping the felons and evil people happy as well. The lesson from this philosophy is that to be a good leader, strive to please the good people, hopefully who are in the majority, or to do what is right. For example, a good battle leader may need to send a few troops out to be killed in order to save or protect others.

GREASED PIG PHILOSOPHY

A father and his two sons were at a county fair where one of the competitions was to catch a greased pig. The younger son decided he would run harder and hold on tighter than any of the other competitors. The older son decided he would wait at the other end of the pen. He reasoned that when the boys and girls chased the pig, they would drive it in his direction. Just as he predicted, when the competition started, the pig started running toward the boy the end of the arena. However, once the pig saw the boy, he stopped and headed back in the other direction. The younger son outran everyone else, caught the pig and held on tight – ultimately winning the competition. The lesson of the story is that you should not wait for opportunities to come to you. Make yourself better than others and create your own good luck.

PURPLE BELT REQUIREMENTS

OLD MASTER PHILOSOPHY

There once was an old master and a young master. The old master was on his deathbed. The young master went to see the old master and wondered what else the old master could teach him. Although it was unusual, he asked the old master if there was one final lesson that he could share. The old master beckoned him closer and told him to look in his mouth. “Do you see my tongue?” asked the old master. “Yes” said the young master. “Do you see my teeth?” asked the old master. “No” said the young master, “you have no teeth.” The old master then told the young master that the lesson was done and he should go away.

The young master left, but he was puzzled by the lesson. He thought about it all through the night, but could not figure out the lesson. The next day he returned to the old master and asked him what he meant by the lesson. The old master said that the tongue is flexible and yielding while teeth are hard and unyielding. Therefore, the young master should strive to be more like the tongue and he will survive longer.

PEBBLE PHILOSOPHY

The goals in life are like a mountains. They seem large and many people cannot get over them. When faced with something big, break it down into smaller pieces and deal with things one pebble at a time. While you cannot trip over a mountain, you can stumble over a pebble – so deal carefully with each one. When you have dealt with each pebble, you will discover that you have crossed the mountain and achieved your goal!

ANT PHILOSOPHY

Martial arts students can learn much from ants. They are very hard workers, striving for the good of the entire colony. They are loyal to the colony and to the queen. Ants will not attack unless a member of their colony is provoked – even if the threat is much larger than themselves. The lessons learned from ants are to work hard, to be loyal, to live and let live, and to strive to accomplish things greater than your expectations.

RED BELT REQUIREMENTS

DIRTY PUPPY PHILOSOPHY

When a puppy starts out on its day and goes outside, it is clean. Outside it rolls in the mud and plays and has a good time. When he’s done playing, he comes inside and shakes and the mud goes all over. The puppy doesn’t clean up the mess, but someone else has to do it.

The lesson is that if you go out and hang with the wrong crowd and get yourself “dirty,” someone you know will have to pay for it in some form or fashion.

FINGER AND STRING PHILOSOPHY

Say you have a length of string and you need to slide it over a table top and into a box. If you try to push the string with a finger, it will fold over itself and go in all directions. On the other hand, if you pull the string from one end toward the edge of the table, the string will straighten out and the entire length will go in the one direction.

The string represents people. In order to be a good leader, you need to pull them from the front rather than push them from behind. The lesson is that you should have a vision of where you are going, lead by example, and be the first to get to your goal.

BOTTLE BREAKING PHILOSOPHY

If you fill a glass bottle completely to the top with water and then strike the opening with the palm of your hand, the bottom will explode out. However, if you allow an inch or two of air at the top of the bottle and strike the top, the bottom does not explode.

The reason is that water is very dense and transmits the energy of the blow to the bottom. Every square inch of pressure you apply at the top will translate to the same pressure for every square inch across the bottom. Since the bottom has a greater surface area, it equates to more pressure and explodes.

However, air is less dense than water. When an inch or two of air is allowed into the bottle, the air is compressed by the blow and does not transmit as much energy.

You are like the bottle and your every day stress is like the water. If you let the stress build up, just one blow will make you explode. Therefore, you need to find some way to allow a little air into your life to release the stress.

BROWN BELT REQUIREMENTS

HAPPY PUPPY PHILOSOPHY

People love puppies because they do not judge you but are always happy to see you! That makes you feel good about the puppy – and yourself. You can learn from puppies that a positive attitude is contagious. People will want to be around you more if you are always happy! Remember that the way you act affects how others react to you.

CANDLE PHILOSOPHY

The darkest place in a room lit by a single candle is directly under the candle. Everyone has a dark place in their heart. This is normal. The darkness is needed to balance out the lighter side of the heart.

BUCKET OF CRABS PHILOSOPHY

You don't need to watch a bucket of crabs because if one tries to climb out, another will pull it back down. Make sure you have proper support in achieving your goals, otherwise some may try to pull you down from achieving your goals.

PUM DAN BELT REQUIREMENTS

BUDDHA PHILOSOPHY

A monk and a student were taking a walk. The monk wanted to take a path through a village. The student warned the monk that an evil ogre lived in the village and it was unsafe.

When they arrived at the village, a large, angry man stood in their way and demanded to know what they were doing in his village. Immediately, the monk cried out "Buddha." The ogre stopped and looked puzzled and stated that he was not Buddha. "But, you look like Buddha" said the monk. "And, I'm sure that you are knowledgeable and kind like Buddha," added the monk. The ogre thought for a moment and then started to smile. The monk continued "I know that you are not Buddha, but I would like to spend time with you and talk to you about your views of the world."

The ogre smiled and the student realized that all would be well. The lesson of the story is that you should see all people, even ogres, from their perspective. Look for the good in people.

GHOST PHILOSOPHY

There was a Tae Kwon Do athlete in the Olympics who was asked why he had so much confidence in his abilities. He responded that he had no "ghosts in his closet." He meant that he didn't cheat on his training or cut corners, shortcuts that could come back to haunt him. The lesson is that you should "exorcise" the ghosts in your life by doing what you say or plan to do. For example, if you are scheduled to go for a run, but you decide that you are too tired, this becomes a "ghost."

RUNNING MAN PHILOSOPHY

A running man wants to walk, a walking man wants to sit, a sitting man wants to lay down, a laying down man wants to sleep. There is always an easier path to take. However, if you take the easy way, you will sleep your life away. On the other hand, if you work through the hard times, you will accomplish your goals and be a better person for it.

TEA CEREMONY PHILOSOPHY

Just as every martial arts has masters, the Tea Ceremony also has masters. A long time ago in feudal Japan, a young Samurai was leaving a shop and bumped into a Tea Master and dropped his sword. The Samurai was embarrassed and ashamed that he was so oblivious to drop his sword. To disguise his error, he accused the Tea Master of purposefully bumping into him and ultimately challenged him to a sword fight. The Tea Master did not want to fight, but the Samurai was determined.

The Tea Master not knowing what to do sought advice of a Samurai Master. The Samurai Master listened to the details of the story and asked who the young Samurai was. He knew of the young man and told the Tea Master that he was a coward at heart. The Samurai Master gave the Tea Master his sword and told him to go to the top of the mountain and wait for the young Samurai. While waiting, the Tea Master was to run through in his mind his longest tea ceremony. The Tea Master did not understand how this would help him with the impending fight, but he followed the advice anyway.

When the young Samurai found the Tea Master at the top of the mountain, he was surprised to see the magnificent sword by the Tea Master's side. He was also surprised to find the Tea Master so calm before the fight. So calm, in fact, that the young Samurai could not gain his attention. Doubt and fear started to creep into the young Samurai's thoughts. What if the Tea Master is a great swordsman and that is why he has such a fine sword? By the time the Tea Master had finished practicing his tea ceremony, the young Samurai had convinced himself that he could not win the fight, and begged the Master for forgiveness.

The lesson of the story is to have confidence in what you know.