

AMERICAN TUKONG MARTIAL ARTS ACADEMY



Tukong Moosul[®]

WHITE BELT HANDBOOK 2006

Authors

Marika Lorenz Humphreys, Nathaniel Hall, David Humphreys,
Jeanette Eash, and Bart Forbes

Editor and Layout

Bart Forbes

© Copyright 1999 – 2006

All rights reserved by

American Tukong Martial Arts Academy
7680 Richmond Highway, Alexandria, VA 22306

www.tukong.com

www.AmericanTukong.com

Table of Contents

INTRODUCTION	2
Welcome to the Academy	2
About the Academy	2
The Secret of Tukong Moosul	2
History of Tukong Moosul	2
The Reason for Training Tukong Moosul	3
ACADEMY PROCEDURES AND CULTURE	3
Trial Period	3
Attending Classes	3
Belt Promotion Testing	4
Senior Students	4
School Rule Violation Protocols	4
Kick Training	5
Physical Training.....	5
LEVEL 1 - ORANGE BELT REQUIREMENTS	6
Knowledge	
School Rules	6
Class Protocol	7
School Philosophy	8
Student Action Philosophy	8
Six Directions of Attention	9
White Tiger Philosophy	9
Uniform Philosophy	10
Reasons to Kiap: 1 - 5	10
Basic Vocabulary	11
Muscle Super 7: Overview.....	11
Muscle Super 7: Size	11
Stances & Movements	
Basic Stances	12
Striking	
Proper Punch Theory.....	12
High, Middle and Low Strikes	12
Board Breaking Theory and application	13
High, Middle and Low Blocks	13
Kicking	
Ground Kicking Basics	13
Releases	
Basic Release Theory	14
One-hand Releases 1 – 6	14
Throws	
Front Roll from Kneeling	14
Weapons	
Long Staff Basic Positions	14
Long Staff Techniques 1 – 5.....	14
Forms	
Tukong Form #1	15
Breathing Exercise #1.....	15
Blocking Form #1	16

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 his Black Belt certification seal. 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.

THE SECRET OF TUKONG MOOSUL

The key to winning a fight is using the right technique or style for the right distance from the opponent. Every combat situation and fight moves through several distances. Most martial arts styles only cover a couple of distances, such as kicking or punching distances. The true secret to Tukong is "The Distance Theory"

which created the focus for its design. Basically, every combat situation has six possible distances between opponents. No single martial art is strong in all the different distances. By borrowing effective techniques from different styles, Tukong Moosul can apply the proper technique to the proper distance, adapting methods to changing situations.

Distance	Name / Need	Styles
4 ft. +	Far Away Weapons	Ninjitsu, Kung Fu, others
3 ft.	Kicking Foot Techniques	Tae Kwon Do, Karate, Kung Fu, Muy Thai, Capoeira, Kick Boxing, Sevant
2 ft.	Punch/Strike Hand Techniques	Boxing, Tae Kwon Do, Karate, Kung Fu, Muy Thai
1 ft.	Joint Strike: Elbows / Knees / Head	Tae Kwon Do, Karate, Kung Fu, Hapkido, Akido, Muy Thai
0 ft.	Throwing: Grabs / Body Leverage	Judo, Suma, Sumo, Wrestling, Jujitsu
-1 ft.	Ground Fighting: Leverage / Manipulation	Judo, Suma, Wrestling, Jujitsu

HISTORY OF TUKONG MOOSUL

In the late 1970s, the North Korean Army created the 8th Attack commando unit. To counter this threat, the top generals of the Republic of Korea (South Korea) Army decided to create a special commando unit inside their current South Korean Special Forces group. They called new commando unit the Tukong unit. Tukong means "Special Combat."

The Tukong commando unit was to be the most elite infantry combat unit in the South Korean Army. It was to be trained in close-quarters, hand-to-hand, and jungle combat techniques as well as modern weapons and tactics. The unit was originally comprised of 454 men. Today, there are several Tukong Units inside the South Korean Special Forces group attached to many divisions.

This Special Forces unit was required to do more physical training and weapons readiness than other Special Forces units. It also needed a more advanced and modernized form of martial arts combat training than the typical old-style Tae Kwon Do, Hapkido, and Judo in which the other soldiers were regularly trained.

The second official commander of the Tukong unit, General Chang K Oe, after taking over the Tukong unit command from the original commander, ordered five masters of martial arts from the Tukong Unit and one martial arts master from the Headquarters unit to work together to design an elite martial arts training program for the Tukong unit.

The South Korean Special Forces already had some advanced martial arts training programs with other names. All these

programs had strengths and weaknesses. The job of the six Masters was to improve and combine the best techniques and training from any martial arts style into one complete system for the Tukong unit.

General Chang wanted a program that would prepare his men to fight any soldier from any country and win in a hand-to-hand combat situation. This meant the program was to focus on killing and injury rather than scoring points, knockouts and submission as are the focus of most martial arts sports. The original six Masters were all champions at sparring so they knew the difference between fighting and sparring.

The Masters designed the training program around what became known as, "The Secret of Tukong Moosul" in 1981. The other Tukong Unit Masters were Master Sung Pok Choi, Master Yong Kwi Han, Master Sung Ho Lee, and Master Jin Kwon Kim. Also helpful later in the development was Master Chil Hyun Pak. The General's Headquarters Unit Master was Master Won Ik Yi.

The Tukong Unit Masters demonstrated their combat training program for General Chang and several other high ranking military commanders. These commanders were so impressed that they ordered all South Korean soldiers to be trained in some part of this program. The program is now called Tukong Moosul which translates in Korean to "Special Combat Martial Arts."

Today, tens thousands of soldiers have trained in the South Korean Army's Tukong Unit since the late 1970's. All have been greatly influenced by the original six Master's knowledge and experience. The current Tukong Unit combat training program is not the same as when it was first developed over 20 years ago. Other martial arts masters from the Tukong unit have continued to improve and evolve it to stay current and cutting edge.

Most of what is now taught in Tukong Moosul programs in America cannot be used in sport tournaments. Tukong is real combat fighting that results in injuring or killing opponents. While Tukong techniques could be watered down to a sport level, its effectiveness remains as a lethal form of fighting.

THE REASON FOR TRAINING TUKONG MOOSUL

Tukong is not self defense. Tukong is about removing threats. We are faced with very real threats to our lives, our peace of mind, our self respect, and our quality of life, with no notice, as a consequence of living normal lives. What Tukong students learn in the way of combat is not just technique, it is also mental and spiritual excellence.

While Tukong is a weapon, it has many other uses as well. For a police officer, a gun is a weapon as well as a tool of the trade which helps enforce the law. The same is true for a car: To a mom of five kids, a car is a necessity. To a teenager, a car is a sign of adulthood. But to the victim of a drunk driver, the car can also be a weapon of destruction. Tukong is like that. It has many purposes and its uses depend on the person wielding it and the expertise with which it is wielded.

ACADEMY PROCEDURES AND CULTURE

TRIAL PERIOD

The two-week trial period is the first step of your journey. This is the time that you can assess the training to consider whether it meets your needs – and a time for the Senior Instructor to evaluate you. During this time, you should attend as many classes as possible, including the Saturday morning open training sessions. Work on the Orange Belt Requirements, ask lots of questions, and make a point of speaking with the other Tukong students.

At the end of the two-week period, request an interview with the Master or Senior Student. Your goals, attitude, and level of commitment will be evaluated. At the end of the interview, you will be informed as to whether you have been accepted, rejected, or whether the trial period has been extended. If you have been accepted, the Senior Student will discuss program and payment options.

ATTENDING CLASSES

Formal classes are scheduled twice a week with a two-hour open training session on Saturdays. The Academy may also schedule special classes on Saturdays, such as advanced weapons and Tae Kwon Do sparring. Try to attend every formal class and as many open training sessions as possible. The Saturday open training session is a good time to review what you have learned during the week and to practice the techniques required for your level. The Senior Students are always available for questions or for watching and helping you with your techniques – do not hesitate to ask!

Often classes will include techniques or training that is above your current belt rank. Providing training above your rank is a way the Instructor can evaluate your abilities – and for you to test your current boundaries. Do the best you can but do not strain yourself.

Whether a white belt or a senior belt, minor injuries or illnesses are no reasons for not attending classes. Always inform the Instructor of your physical condition -- and the exercises and training will be modified for you. Even if you must sit on the sidelines, you will learn from watching the training of the students and from the lectures on strategy, techniques and body science

You should maintain a notebook of class notes and your own training routine. This is a good habit that will reinforce your classroom instruction and assist you in marking your own progress.

BELT PROMOTION TESTING

Students should focus on getting good at what they know and NOT focus on getting their next belt. On the street, an attacker doesn't care what belt you are and neither should you. What matters most is how well you are at stopping attacks and removing threats.

The Master knows what you can do in class. Promotion testing allows him to see how you perform under pressure and gives you

milestones in your training. This is not a time to be perfect but to display your abilities and knowledge while being closely watched by the Master, other students, and perhaps your family and friends. You should focus on what you are supposed to know and *not on what other students at higher levels are learning*. You need to build your foundation well before attempting more advanced techniques. You will be promoted only on the material you are required to know for your level.

The week before the promotion test, you must ask permission from the Master to participate in the belt promotion test. If the Master believes that you are not ready, you will not receive permission. However, occasionally the Master will require students to test because he believes they are ready.

Before you test, you must (1) be an accepted Tukong student and not still in your trial period; (2) have your tuition paid; (3) complete the necessary forms; (4) pay the belt promotion fee (unless this is included in your program cost); and (5) wear your complete and proper uniform. If you arrive late to the test, *you will not be allowed to test at that time*. You may either schedule a make-up test (at the discretion of the Master) or wait until the next belt promotion test date.

Training the day before your test is not advised. If you don't know your requirements by then, you should not be testing. You should relax the day before the test. On the morning of your test, warm up and briefly run through your requirements.

Usually, you will be told the results of the test that day or within the next week. However, the time and manner of the notification is at the discretion of the Master. You will be given a chance to re-test at a later date. If there is a question about the result of a student's belt promotion test, the Senior Instructor and senior students observe how the students act in class after the test.

Some students may "double-promote" or skip a belt level if they do exceptionally well. However, you will not be held back from promoting if you know your requirements. Even if you are asked to display higher techniques or abilities than your test level, you are only judged on those requirements for your level.

The Academy usually schedules belt promotion tests every two months. However, that does not mean you will be ready to test every time -- it's only an opportunity to test if you are ready.

The program is designed to train Black Belts in four years straight of constant training. However, few people can devote the amount of time required on a weekly basis over such a period of time.

SENIOR STUDENTS

Senior students have been training several years and they went through what you are going through as a White Belt. You will someday be a senior student too. Until that day comes, you must respect their position and knowledge. You must also respect their rank in the school no matter what their age. You must accept and follow the directions of any senior belt unless it conflicts with the School Philosophy, the school rules or the class rules. That

includes any discipline you may receive from them such as push-ups. Always answer with "Yes, Sir/Yes, Ma'am" or "No, Sir/No, Ma'am." You may ask questions after you follow instructions but not before.

SCHOOL RULE VIOLATION PROTOCOLS

Students are expected to progress in their understanding of traditions and school protocols, just as their skills are expected to progress. They are expected to understand and adhere to all ten rules of the school at all times from the first day of training. Violation of even one rule carries the possible punishment of dismissal if the violation is deemed severe enough. Non-deliberate or ignorant violation of rules or protocol can be overlooked at the discretion of the Senior Instructor. Accidental violations will be judged on an individual basis with consideration of the student's past and present history of adhering to the rules and protocols.

KICK TRAINING

While the majority of kicks and foot strikes in Tukong Moosul is at the knee level or lower, students are expected to work toward their Black Belt in Tae Kwon Do. This requires the ability to perform a variety of kicks with various techniques and with different combinations. In general, students should follow the Kick Training Progression Chart below to assure a strong foundation for effective kicks. Students are required to complete 1,000-kick days as part of their belt requirements. The first session must be witnessed by a Senior Student to ensure that the kicks are practiced correctly. You will receive a brass stud on your left collar for each 1,000-kick day. You will receive a larger brass stud on your right collar for doing 10 days in a row of 1,000 kicks a day. You can only have five on one side of your collar. After the first five large studs, you may replace the smaller studs.

Rank	Position	Impact	Training Focus
Orange	On Ground	Air; Knee High	Foot Positions, Strike Points
Yellow	Standing	Air; Knee High	Technique & Balance
Green	Stepping	Big Target; Waist High	Technique & Balance
Blue	Skipping	Big Target; Chest High	Balance & Stretch
Purple	Jumping	Small Target; Ankle & Face	Accuracy & Power
Red	Spinning	Small Target; Calf & Face	Accuracy & Power
Brown	Jump Spin	Air, Small & Hard Target; All	Speed, Power, Accuracy
Pum Dan	Jump Spin	Air, Small & Hard Target; All	Speed, Power, Accuracy
Black	All	Air, Small & Hard Target; All	Speed, Power, Accuracy, Control (SPAC)

PHYSICAL TRAINING

Tukong Moosul is physically demanding. While not required for belt promotion, a certain level of physical ability is desirable for achieving skill in Tukong Moosul. Traditionally, this level of ability has been tracked by the "Tiger Team" requirements. This has been modified for differences in age and gender. In general, a male between 21 and 35 years of age should reach the "Tiger Team" level of physical ability – and strive for the "Shaolin White Tiger" requirements. Please see the Senior Student for the age and gender modifications.

Male Tiger Team Requirements					
	Cub	Teen Tiger	Tiger	White Tiger	Shaolin White Tiger
Situps	25	50	100	150	200
Slap Pushups	2	5	10	15	20
Regular Pushups	10	25	50	75	100
Tiger Pushups	0	5	10	20	40
Chinups	10	20	30	40	50
Pullups	5	10	20	30	40
Regular Splits	100°	120°	140°	160°	180°
Chinese Splits	100°	115°	130°	145°	160°
50 Body Dash	0:16	0:15	0:14	0:13	0:12
1 Hour Run	6 Stops	4 Stops	2 Stops	1 Stop	No Stops
1 mile Run	7:00	6:30	6:00	5:45	5:30
Body Fat	25%	20%	18%	14%	10%
Meditation	5 min.	10 min.	15 min.	20 min.	30 min.

Another approach to assessing physical fitness is by using the U.S. Army Physical Fitness Training (APFT) standards. The APFT is a three event physical performance test used to assess endurance. It is a simple way to measure a soldier's ability to move his body by using a few major muscle groups and cardio-respiratory system. For more information on this, see www.benning.army.mil/usapfs/Training/APFT/.

The U.S. Army also mandates a maximum weight by height and by years of age for both males and females. For example, a 28- to 39-year old male 5'10" tall with prior service should not weight more than 189 pounds. For more information, see the official recruiter chart at <http://www.usarec.army.mil/hq/apa/rc/weight.htm>

Height (inches)	Maximum weight by years of age for males			
	17-20	21-27	28-39	40 and over
60	132	136	139	141
61	136	140	144	146
62	141	144	148	150
63	145	149	153	155
64	150	154	158	160
65	155	159	163	165
66	160	163	168	170
67	165	169	174	176
68	170	174	179	181
69	175	179	184	188
70	180	185	189	192
71	185	189	194	197
72	190	195	200	203
73	195	200	205	208
74	201	206	211	214
75	206	212	217	220
76	212	217	223	226
77	218	223	229	232
78	223	229	235	238
79	229	235	241	244
80	234	240	247	250

You should use these guidelines and determine your own baseline fitness. Then determine your fitness goals over a period of time. The Senior Students can assist you in achieving these goals by applying the principles of the Tukong "Super Seven."

LEVEL 1: ORANGE BELT REQUIREMENTS

Knowledge	« School Rules and Protocols « School Address and Phone Number « School Philosophy « Student's Action Philosophy « Six Directions of Attention « White Tiger Philosophy « Uniform Philosophy « Reasons to Kiap: 1 - 5 « Super 7: Overview and Size « Vocabulary: baro, koonyea, chunbi, charyut, sho
Stance/Move:	« Attention « Ready « Fighting/Kicking « Punch/Horse « Long « Back « Cat « At-Ease
Strike/Block:	« Striking Theory « Tae Kwon Do Punches: High, Middle, Low « Board Breaking Theory and Application « Tae Kwon Do Blocking: High, Middle, Low
Kicking:	« Kick: Ground Position and Knee Target « Kick: Front, Side, Back, Round
Grabs/Throws:	« Release: Basic Release Theory « Release: One Hand, 6 Techniques (same side) « Throws: Front roll from kneeling (left and right)
Weapons:	« Long Staff: Basic Positions « Long Staff: Techniques 1- 5
Forms:	« Tukong #1 « Breathing Exercise #1 « Blocking Form #1

KNOWLEDGE: SCHOOL RULES

All students are expected to know the School Rules, which are designed to ensure safety and to help the instruction within the school.

1. Never Fight -- Never Lose: If you can avoid a fight in any way or by any means, do it. This may mean taking an insult or handing over your wallet. If your life or the life of another is at stake, then use whatever you have learned to not lose that fight.

2. Never Disgrace or Dishonor the Academy or your family: This means acting in any way or saying anything that would embarrass the Academy or your family. This includes using foul language in school, expressing a bad attitude, abusing alcohol or drugs, and hitting people or fighting without cause.

3. Never wear uniforms outside of class: Uniforms are for designated training areas and they are not to be worn out to stores or casually to work or school.

4. Always show respect and obey your seniors: You are expected to show Senior Students and instructors respect for their abilities and knowledge.

5. Always take good care of the school, weapons and uniforms: It is the students' responsibility to keep their uniform cleaned and repaired. The same goes for the school and the weapons: replace the weapons after training, sweep the training area, take out the trash, wash the mirrors, etc.

6. Always greet and introduce all guests: Greet guests and introduce them to the instructors. Represent the school well when you do this.

7. Always be ready for class BEFORE class starts: You must have your uniform on with belt tied, remove any food or gum, remove all jewelry, and be sufficiently warmed up. Be ready to focus on training.

8. Always get permission before sparring: For safety reasons, you must always get permission from the Master or a Senior Student before sparring, no matter your experience level.

9. Always get permission before using weapons: Same as above.

10. Always ask questions: The best way to learn is to ask questions. You can help other by asking what they are to shy to ask. You may ask questions directly when prompted in class but otherwise be sure to ask properly. (See the Section on "Class Protocol" for the proper way to ask questions.)

KNOWLEDGE: CLASS PROTOCOL

Protocols and rules are needed to let everyone know what is expected and what will help the Academy run efficiently. Each student is required to know these Class Protocols and follow them.

Beginning Class

You should be lined up and waiting at "Ready Position" when class time begins. That means you should not have to be asked or told to line up if it is time to begin. You may be tested on your discipline and ability to just stand at "Ready Position" for many minutes.

You should not chew gum or wear any jewelry that might break or hurt you or another student. The Academy is not responsible for any injuries that occur due to jewelry or other items. You should have your belt tied correctly and your uniform straightened.

Minor injuries or illnesses are no reasons for not attending classes. Always inform the Instructor of your physical condition and training will be modified for you. Even if you must sit on the sidelines, you will learn from watching the training of the students and from the lectures on strategy, techniques and body science.

Whoever is the highest rank or the longest in that belt level is the designated Senior Student for that class. The Senior Student of

the class always lines up at the front right corner. All other students line up by rank (belt level and length of time training) from that position.

Once you are at "Ready Position" waiting for class to start, you should not talk or turn around. You should face forward and await your Instructor. Class begins when the Master or Instructor informs the class to bow to the flag and then to the Master or Instructor.

Arriving Late to Class

If you come late and class has already started, you must kneel in the back or side of the training area until the Instructor tells you to come into class. You then perform a traditional kneeling bow with your left hand touching the floor first, followed by the right hand with your index and thumb spread, forming a small diamond shape with your fingers. You touch your forehead to the ground between your hands in the diamond and say "Thank you, sir!" Sit up by removing from the ground first the left hand then the right hand. You rise by extending your right leg forward and then stand up and enter class.

Ending Class

Just as in starting class, class ends when the Master or Instructor informs the class to bow to the flag and then to the Master or Instructor, and any Assistants.

Adjusting Uniform

If you ever have to straighten your uniform, you should perform an "about face" with the right foot, turning away from the instructor, kneel on your left knee, and adjust your belt or uniform. Once adjusted properly and orderly, stand, perform an "about face" again with the right foot, and go into the "Ready Position" with a "kiap."

Asking Questions

There is a proper way to ask questions. If the instructor is teaching another student or talking to someone, first go to the instructor and assume ready stance (make sure you kiap). The instructor may not acknowledge you at first, but remain in ready stance and make sure you do not follow the instructor around the room.

When the instructor acknowledges you, say "Sir, may I ask a question?" When the instructor says "Yes," ask your question. Once you have your answer go to attention, bow and say "Thank you Sir!" Step back, perform an "about face" with the right foot, and resume your practice.

Accepting and Giving Items

Items other than weapons should be given and received with both hands and a bow appropriate to the rank of the other individual. When receiving an item with one hand, place the other hand under the forearm near the elbow with the palm up, as if brushing back the sleeve. When giving an item with one hand, place the other hand under the forearm near the elbow with the palm down.

Greeting (bowing and shaking hands)

The bow is the traditional form of greeting. This should be performed with the feet together and the arms straight down at the side. Generally, the higher the rank of the person being greeted, the deeper the bow. Always keep your eyes on the person being greeted unless that individual is a Master. Then look down at the ground while bowing.

When shaking hands, always bring your left hand under the forearm near the elbow, as if brushing back your sleeve. This was originally done to demonstrate that no weapons were hidden inside the sleeve. If the person being greeted is a senior, the palm should be up (as if receiving wisdom and knowledge.) If the person is a junior, the palm should be down. Equals, or individuals for whom no rank is known, should be greeted with the hand perpendicular to the floor.

KNOWLEDGE: 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.

Many people try to place blame for their mistakes or shortcomings on other people or on the circumstances. 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. If the school system is bad or taxes are high or the water is polluted or the park is littered with trash, take responsibility for improving the world around you. 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

Loyalty is a rare quality. 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 should always try to make sure your family's needs are taken care of in any situation. This includes showing appreciation and attention to those in your family often, not just on special occasions.

You can have many families. You can have your immediate family or your family of co-workers or your family of friends at school or your martial arts family. You can even have a national family that includes everyone in the United States. 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.

KNOWLEDGE: 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

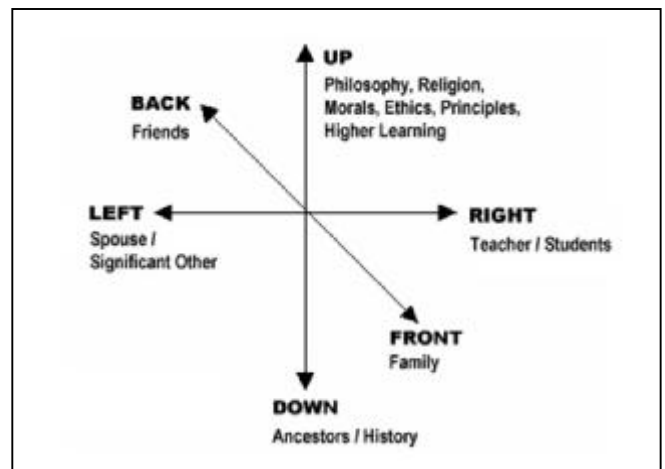
Third, you need to forgive the rudeness, accident, and insult.

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 before the stain sets, 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.

KNOWLEDGE: SIX DIRECTIONS OF ATTENTION

From Attention or Ready position, you can move six directions, each with a meaning. Everybody's life is made up of the six essential parts that mold and shape how a person acts and what he or she thinks or feels about things. When you are in Attention or Ready position, you focus and center your universe. All these relationships have come together to put you exactly where you are as you are. The relationships will affect you for the rest of your life and you must try to balance them. Remember the meaning every time you go to attention position to remind you of who you are, what you believe, who your friends and family are, who taught you what you know, and what happened to get you there.



KNOWLEDGE: 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.

KNOWLEDGE: 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

KNOWLEDGE: REASONS TO KIAP

When you make a loud sound or "yell" in martial arts, it is called a "Kiap" ("Key Op) in Tukong Moosul. It is your "Energy Sound." Yelling or making loud sounds is not normal or polite in our modern society, except in emergencies. However, we are practicing for emergencies and life situations in Tukong. Students are expected to Kiap loudly when they perform certain movements and actions.

As a Tukong student, you will learn the reasons to Kiap, which will teach you lessons in fighting – and in life. Each reason has at least three "dimensions:" (1) from the student's perspective, (2) from the Instructor's perspective, and (3) from a combat perspective. Here are the first five (5) reasons to Kiap from the students' perspective.

1. To show you are ready: You Kiap when you go into Ready Position. The instructor needs to know that you are ready and so listens for every student's Kiap before continuing. *It is important to communicate if you are ready or not in combat and in life. If you are not yet ready to proceed, your instructor or supervisor needs to know so they can help you get ready.*

2. To purify your body: When you Kiap, you breathe out through your mouth and empty your lungs quickly. You expel carbon dioxide (CO₂), a waste byproduct of your body's metabolism. So you purify your body of impurities when you Kiap. *Keeping your body healthy is important in combat and in life. Take care of your body and it will take care of you. Without your health, you cannot take care of others.*

3. To purify your mind: When you Kiap loudly, you rid your mind of doubts and gain confidence. Removing negative thoughts keeps you from being distracted and doubting yourself. Confidence many times will make the one difference between success and failure. *Keep positive thoughts in your head as much as possible.*

4. To scare your opponent: Just as you become more confident by getting rid of your doubts with a loud Kiap, you can put doubts in your opponent's mind with a loud Kiap. They see your confidence and lose some of theirs. Many times opponents give up when faced with a confident adversary. *Make sure you are the confident one and believe in yourself and your abilities.*

5. To focus your concentration: When your mind loses focus and begins to wander, your Kiap brings everything back into focus. Just as a yell in a crowded room draws people's attention, your Kiap will draw your focus and concentrate it. Losing your concentration can be fatal in combat and disastrous in life. *Always remember your goal and focus on what is important. Don't let the little things distract you from your goal and take your concentration away. Your success depends on it.*

KNOWLEDGE: MUSCLE SUPER 7 OVERVIEW

Muscles have seven basic characteristics: (1) Speed, (2) Strength, (3) Stretch, (4) Stamina, (5) Smarts, (6) Shape, and (7) Size. Each characteristic is associated with a different function or aspect of ability. Every sport or action in life needs certain requirements from your muscles. Sometimes you need to run fast. Sometimes

you need to run far. Sometimes you need to have great strength. Sometimes you want to have a great shape or mass.

There are many requirements of your muscles for different sports. For martial arts you need to focus on the first 5. They are the most important to develop for a martial artist. When training for martial arts throughout the year, you should rotate through strength, size, speed, and rest for a month to avoid plateauing. For example, you could train for Strength in November through April, for Size in May through July, for Speed in August through September, and then rest during October.

There are generally two types of muscles, based on use: skeletal and cardiovascular. Strength and Size training works on skeletal muscles. Stamina training works on cardio muscles.

There are also three basic body types:

The *ectomorphic* body type is centered around the brain and nerves. These people are slim. They are naturally thin and lightly built with flat chest and poorly muscled limbs. Can usually eat as much as they want without gaining fat. Extreme ectomorphs are commonly described as "skinny".

The *endomorph*ic body type is centered around the digestive system and is easily overweight. Endomorphs easily gain weight in the form of fat or muscles but often have to work hard to lose fat.

The *mesomorphic* body type is centered around muscle and the circulatory system and has well developed muscles. This type is characterized by a large chest, long torso, solid muscle structure. Find gaining muscle mass much easier than ectomorphs do.

Depending on the body type, the body utilizes carbohydrates and protein differently.

KNOWLEDGE: MUSCLE SUPER 7: SIZE

Generally speaking, speed is far more important in martial arts than strength. Therefore, the Size, or amount of mass of your muscle, is the least important of the Super 7 as long as you have the first 5. If you don't have those first 5, then it would be good if you had big muscles!

KNOWLEDGE: BASIC VOCABULARY

While learning Korean is not important in training in Tukong Moosul, the Master and instructors will use some Korean words and commands that you must understand. These are presented phonetically and not using Korean script (Han-gul.)

<i>At Ease ("rest"):</i>	Sho (also She Uh)
<i>Attention:</i>	Charyut (also Cha Ryuht)
<i>Energy Sound or Shout:</i>	Kiap (also Kihop or Ki Hap)
<i>Return (to "ready" position):</i>	aro (also Bah Roh)
<i>Ready (or get ready):</i>	Chunbi (also Joon Bee)
<i>Salute or Bow:</i>	Koonyea (also Kyung Nea)
<i>Special Combat Martial Arts</i>	u Kong Moo Sul

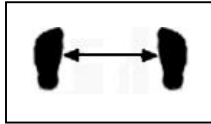
STANCES & MOVEMENT: BASIC

Generally, all stances should be made by moving the left foot, unless otherwise instructed. Tukong students always move forward into stances, never backward – again, unless otherwise instructed.



Attention: Feet are together pointing forward and arms are at the sides. Active American military are allowed to keep feet at a 45° angle.

Ready: Start at “attention.” Bring the arms up to the mouth in a wide circle (out and in) as you raise yourself onto the balls of your feet.



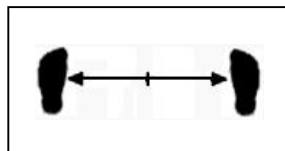
Curl your hands into proper fists as you draw your hands down your chest to your navel and step out a shoulder's width with your left foot. Push your fists straight out from your navel as you lower yourself from the balls of your feet onto your heels and “kiap” loudly.

Arms should be slightly bent with the first two knuckles of each hand pointing outward and fists at about a 45° angle (as if grasping the top of a steering wheel.) Look straight ahead and await further commands.

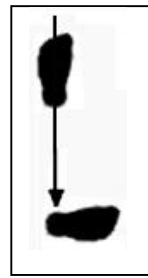
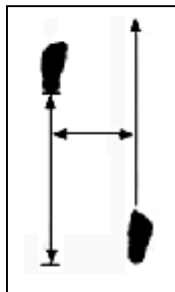


Fighting / Kicking: Step forward with your left foot and bring your left heel in slightly to about a 45° angle. Make proper fists and bring your fists to about chin level, your left fist in front theof the right, with your elbows at your sides. The pinky-side of your fists should point outward. “Kiap” loudly.

Horse / Horse-riding or Punching: Go up on the balls of your feet and step out to the left with your left foot about two shoulder's widths. Come down on your heels with your feet parallel and pointing straight ahead. Make proper fists and bring them to your sides at belt level, palms up. “Kiap” loudly.



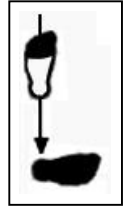
Long / Forward: Step forward with your left foot about the same distance as from your navel to the ground. The width of the stance should be about one shoulder's width. The feet should be parallel and pointing straight ahead. The back leg should be straight. The Front leg bent so that the knee is directly over the ankle. “Kiap” loudly.



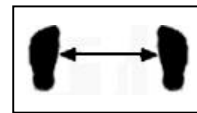
Back: Step forward with the left foot and swing your right heel inward at a 90° angle with your front feet. The toes and heel of the front foot should align with the heel of the back foot in a straight line, forming a right angle. “Kiap” loudly.

The distance between your feet does not mater, as long as the alignment with the back heel and 90° angle is maintained.

Cat: Step onto the ball of the left foot, raising the heel off the ground. The toes and heel of the front foot should align directly with the heel of the back foot, as with the back stance. However, with this stance, the angle formed by the feet do not have to be 90°.



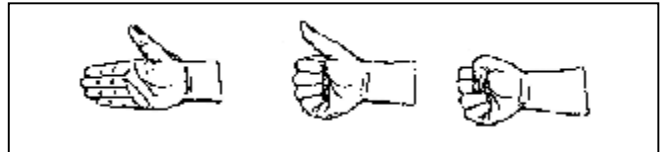
At-ease: Move left foot to a shoulder's width from right foot, making sure feet are parallel and pointing directly forward (as with the ready stance.)



Place the back of the right hand against your back at belt level and then place the back of your left hand over your right hand. Keep your hands open. Shout “sir!” loudly.

STRIKING: PROPER PUNCH THEORY

In theory, if a solid connection is made from the shoulder to the striking point of the fist, more power is generated without injury.



This is accomplished by making a tight fist without an air space: roll your fingers down starting with the distal joints so that your fingertips dig into your palms. Fold your thumb over the first two fingers and make sure the thumb flap covers the tip of the index finger.

When punching, align the knuckles of the fore and middle fingers in a straight line with the bones of the forearm and keep your wrist straight.

STRIKING: HIGH, MIDDLE AND LOW STRIKES

High punch: The target area is the throat.

Middle punch: The target area is the solar plexus.

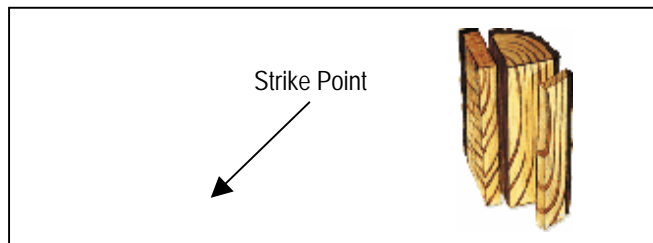
Low punch: The target area is the dan tien (pronounced “dahn tee-en” or “dahn tchee-un”), the point about half-way between the navel and groin area. This is the true center of gravity and central point of the body's ki energy.

STRIKING: BOARD BREAKING THEORY AND APPLICATION

You should successfully break a board (or boards – or your opponent's bones, for that matter) if you observe the seven basic factors for proper breaking technique:

1) *Kiap*: As you have learned, a good “kiap” will focus your attention, among other things. You will learn more about this as you progress through your training.

2) *Strike the weakest point*: The board will break along the grain. To identify the weak point of the board, first determine the angle of the grain on the end of the board. The grain will curve along the edge because of the rings of the tree. If you extended the line of the grain, it would form a dome. The weakest part of the board would be where the peak of the dome would be. Strike the face on the side where the peak of the dome is *pointed away from you*. The target on the face should be as close to the edge as possible. For multiple boards, the domes should be in the same direction and match the grains as closely as possible.



3) *Turn your hips into the strike*: For a hand strike, turn your torso so that your body is at about a 90° angle to the board. Your instructor will help you with this and show you how this increases the power of the strike.

4) *Focus on the target*: Keep your eyes on the strike point and do not be distracted.

5) *Strike properly*: Use the proper hand or foot technique by striking with the appropriate body surface. For example, in breaking with a hammer fist, make sure that you have made a proper fist and that you will strike the board with the muscle below the pinkie finger, rather than the wrist or the finger itself.

6) *Come from a distance*: Obviously, the more momentum you have, the more power you can put into the strike. (You will learn more about the difference between strength and power later.) This does not relate to a speed break. (More about that later in your training.)

7) *Follow through*: Concentrate on striking *through the board*. The most common mistake is stopping at the board!

To be an effective board holder, you need to provide a stable support. Hold the board in long stance where your front foot is on the same side as the striking hand or foot. Grip the board as close to one edge as possible. Have the proper side facing the strike. Grip with your finger tips and support with your palms. Lock your elbows at your sides. *Kiap* at the moment of impact.

STRIKING: HIGH, MIDDLE AND LOW BLOCKS

These blocking techniques are adapted from Tae Kwon Do and are appropriate for training purposes. You will learn the more effective Tukong striking and blocking techniques later in your training.

High: Begin all blocks in horse stance. For a left high block, cross the left hand to right hip, raise the arm at the shoulder, and rotate the forearm so that the block ends with the palm up. The forearm, wrist and hand should form a straight line at a slight angle to so that the blow can slide down toward the elbow. The hand should be over the right ear and slightly forward and in front of the head.

Low: Bring your left hand up to your right cheek, palm facing inward. Extend the arm through the elbow and rotate the forearm so that the muscle takes the blow, rather than the bone. Hand should be at about the level of the navel.

Inside: Bring the left hand up to the left cheek with elbow out to the side and the palm facing outwards, as if saluting. Bring the elbow down the side while rotating the forearm inward so that the palm ends up facing inward and the tips of the fingers at about nose level. The elbow should be bent at about a 90° angle.

Outside: Bring your left hand up to your right cheek, palm facing inward, just as with the low block. Extend the arm outward to the left, keeping the fingers at about nose level and rotating the forearm so that the palm faces away from you. The shoulder joint should be at about a 45° angle and the elbow should be bent at about a 90° angle.

KICKING: GROUND KICKING BASICS

Position: At the white belt level, students should focus on the foot positions first. Therefore, kicks are practiced on the ground and the target is the knee.

Front: Sit with your legs bent in front of you with your soles on the ground. Cross your arms at the wrists with your hands open. Upon command, bring your hands down to the ground on either side, go up on the ball of the supporting foot to raise yourself from the ground, extend the kicking leg forward, and “kiap” loudly. For a regular front kick, extend the foot and pull the toes back, as if on tip-toes. The striking surface is the ball of the foot. For a front snap kick, extend the foot with the toes pointed. The striking surface is the top of the foot or instep. For a front Tukong kick, the ankle is at about a right angle with the toes forward. The striking surface is the toe of the shoe or boot.

Back: Start on all fours. Look over your left shoulder, bring your left knee up to your chest, then extend your left leg straight back with the foot pointing straight down, and “kiap” loudly. The striking area is the heel.

Side: Start again on all fours. Look over your left shoulder, bring your left knee up to your chest, then extend your left leg straight back with the foot parallel to the floor and the toes curled back, and “kiap.” The striking area is the outer side, or blade, of the foot.

Round / Roundhouse: Start in a "hurdler's stretch" position with the right leg straight out in front of you and the left leg bent to the side. Cross your arms at the wrists with your hands open. Upon command, lean both forearms on the ground on the right side, extend the left leg to the front with the foot and toes extended, and "kiap" loudly. As with a front snap kick, the striking surface is the top of the foot or instep.

RELEASES: BASIC RELEASE THEORY

In theory, any wrist grip can be broken with three steps: (1) *expand* the wrist by opening the hand as wide as possible; (2) *turn* the wrist so that the narrow part of the wrist (either the thumb side or pinky side) is positioned at the weakest part of the grip or the "gate" (often between the thumb and forefinger of the assailant); and (3) *pull* the wrist through the "gate."

RELEASES: ONE-HAND RELEASES 1 – 6

- (1) *Back:* pull your wrist straight back to your chest
- (2) *Forward:* push your elbow forward to leverage your wrist out of the grip
- (3) *Out:* Make a small circle with your hand down, in, up, and out (as if cleaning a wall, or popularly known from the *Karate Kid* as "wax out.")
- (4) *In:* Make a small circle with your hand down, out, up and in (popularly known as "wax in.")
- (5) *Up:* Position your thumb and forefinger on either side of the assailant's wrist and bring your hand straight up, using the area between the thumb and forefinger as a fulcrum to lever off the grip.
- (6) *Down:* Bring your hand straight down between your legs, leveraging the grip off using the outside (pinky-side) of your hand.)

THROWS: FRONT ROLL FROM KNEELING

Kneel down on one knee with the other leg bent. Place the hand corresponding to the leg you are kneeling on palm down with the fingers pointing toward the foot of the other leg. Place the other hand palm down, inside the first hand with the fingers pointing toward the knee of the leg you are kneeling on.

The roll will be over the shoulder of the bent leg (vs. the kneeling leg). The line of the roll will be from the shoulder, across the spine to the opposite hip. The most important element is not hitting your head on the ground. To avoid this, turn your head to face the shoulder that you are rolling over. Kiap as your spine strikes the ground to close your pressure points.

WEAPONS: LONG STAFF BASIC POSITIONS

Passing: To pass the long staff to another person, place one end of the staff on the ground and let the staff fall toward you. Do not let it fall toward the other person in case he/she is distracted. You should be close enough to the person for them to grab it when they are ready.

Ready Stance: Grip the staff in both hands at 1/3 from both ends. Stand in ready stance with the staff directly in front at arms distance in a vertical position. The left hand should be on top and at eye level.

Attention Stance: The bottom tip of the staff should be against the outside of your left foot. Grip the staff with the thumb and forefinger about two-thirds of the way down with the palm pointed back and fingers straight and pointed down the staff. The staff should be against the back of the hand rather than the palm.

At-Ease: From the attention stance, slide the left foot out to at-ease stance position while sliding the bottom tip of the staff along as well. The left hand should slide up and grip the staff 1/3 from the top and lean the staff directly out to the side at arms length. The right hand should be behind the back in at-ease position.

WEAPONS: LONG STAFF TECHNIQUES 1 – 5

(1) *Alternating grip:* Grasp the staff in thirds at a 45° angle. Upper hand should be palm up and the lower hand palm down. Slide your hands together to the center of gravity and back, rotating the staff 90° to the opposite. Alternate back and forth, keeping the final position at 45°. (*Judo principle:* finding center of gravity)

(2) *Full rotation over back of hand:* Hold the staff vertical and grasp it just above the center of gravity. Rotate the bottom of the staff up and over the back of the hand, allowing it to roll back into your palm. Rotate the staff an extra half turn and grasp the staff with your other hand, again just above the center of gravity. Repeat in the opposite direction with the opposite hand. (*Judo principle:* leverage center of gravity of your opponent over your body)

(3) *Half rotation with both hands:* Hold the staff horizontal, with one hand palm up and the other palm down, about a fist-length apart. Push the staff with the hand that is palm up over the back of the other hand and catch it with the hand that is palm down. Continue the rotation by twisting the hand with the staff palm up as the other hand grabs the staff with the palm down. Bring staff back to horizontal position. Repeat in the opposite direction with the opposite hand. (*Judo principle:* lower your opponent's center of gravity and raise your own)

(4) *Spinning down strike:* Grasp the staff just above the center of gravity with the thumb side up. Step forward with the same foot as the hand that holds the staff. Strike down with the longer section and across the body. Rotate the staff with the wrist with a figure "8" motion and strike down and back across the body. (*Judo principle:* getting opponent off-balance by pushing back)

(5) *Spinning up strike:* Grasp the staff just BELOW the center of gravity with the thumb side up. Step forward with the same foot as the hand that holds the staff. Strike up with the longer section and across the body, like a tennis forehand. Rotate the staff with the wrist with a figure "8" motion and strike up and back across the body, like a tennis backhand. (*Judo principle:* getting opponent off-balance by sweeping legs out.)

FORMS: TUKONG FORM #1

Begin in ready stance. For each turn, look first.

- 1: turn 90° left, moving left foot out into a left long stance and execute a left arm low block.
- 2: step forward with right foot into a right long stance and punch with right fist to middle section.
- 3: turn 180° right, step with right foot into a right long stance and execute a right arm low block.
- 4: step forward with left foot into a left long stance and punch with left fist to middle section.
- 5: step 90° left with left foot into a left long stance and execute a left arm low block.
- 6: step forward with right foot into a right long stance and punch with right fist to middle section.
- 7: step forward with left foot into a left long stance and punch with left fist to middle section.
- 8: step forward with right foot into a right long stance and punch with right fist to middle section, and KIAP!
- 9: turn 270° (three-quarters) to the left, crossing your left leg behind and then ahead of your right leg, turn on the balls of your feet into a left long stance and execute a left arm low block.
- 10: step forward with right foot into a right long stance and punch with right fist to middle section.
- 11: turn 180° right, step with right foot into a right long stance and execute a right arm low block.
- 12: step forward with left foot into a left long stance and punch with left fist to middle section.
- 13: step 90° left with left foot into a left long stance and execute a left arm low block.
- 14: step forward with right foot into a right long stance and punch with right fist to middle section.
- 15: step forward with left foot into a left long stance and punch with left fist to middle section.
- 16: step forward with right foot into a right long stance and punch with right fist to middle section, and KIAP!
- 17: turn 270° (three-quarters) to the left, crossing your left leg behind and then ahead of your right leg, turn on the balls of our feet into a left long stance and execute a left arm low block.
- 18: step forward with right foot into a right long stance and punch with right fist to middle section.
- 19: turn 180° right, step with right foot into a right long stance and execute a right arm low block.
- 20: step forward with left foot into a left long stance and punch with left fist to middle section, and KIAP!

When told to return to ready position ("Baro"), finish form by turning 90° left, pivoting on the ball of the right foot to end in a ready stance.

FORMS: BREATHING EXERCISE #1

There are five levels of fighting awareness which correspond to the breathing exercises. This is the basic level when you are only aware of yourself and accept what happens to you. This is symbolized by the fact that your palms always face each other.

Begin in Horse Stance with hands in knife hand position, palms facing each other at the groin level. On command, breathe all air out through your mouth while shooting hands down toward the ground and then in an arc out in front. By the time your hands are out in front, all air should be out of your lungs. Attempt to kiap while cocking your hands up at the wrists. Then do not breathe while your hands move slowly toward your chest. When your thumbs touch your chest, inhale deeply through your nose, then exhale slowly through your mouth as your hands return to your hips to the initial pose.

During the exhale process, all the muscles of the body should be tensed. During the no breathing and inhale process, all the muscles should be relaxed. This exercise simulates being hit and having the wind knocked out of you. You must learn not to panic when you have no air. Tensing your muscles helps to generate ki. The cocked wrists help to lock in the ki in your hands.

FORMS: BLOCKING FORM #1

All in punching (or riding-horse) stance:

- 1: Inside block with knife hand, left hand
- 2: High block with knife hand, right hand
- 3: Outside block with knife hand, left hand
- 4: Down block with knife hand, right hand
- 5: Spear hand middle strike, left hand, and loud KIAP!
- 6: Inside block with knife hand, right hand
- 7: High block with knife hand, left hand
- 8: Outside block with knife hand, right hand
- 9: Down block with knife hand, left hand
- 10: Spear hand middle strike, right hand, and loud KIAP!
- 11: Inside block with hammer fist, left hand
- 12: High block with hammer fist, right hand
- 13: Outside block with hammer fist, left hand
- 14: Down block with hammer fist, right hand
- 15: Middle punch, left hand, and loud KIAP!
- 16: Inside block with hammer fist, right hand
- 17: High block with hammer fist, left hand
- 18: Outside block with hammer fist, right hand
- 19: Down block with hammer fist, left hand
- 20: Middle punch, right hand, and loud KIAP!