



Welcome to - Widnes Martial Arts

It's great to have you on board as a new member of our team. When you join Widnes Martial Arts, not only are you beginning an exciting journey into a comprehensive system of martial arts, you are becoming part of a community.

This booklet contains general information about our school and information about your journey in Kuk Sool Won including how you will progress, what is expected from you and how we can support you on this path. Now that you are part of our team, we ask that you (and parents of our younger students) take some time to become familiar with the information contained in this pack.

1. Our facilities and services
2. Safeguarding our members and their families
3. Instructor team, contact details, payment information & grievances
4. Schedule of classes
5. Your uniform (Doh Bohk)
6. Dojang - Rules of conduct
7. Etiquette
8. An introduction to Kuk Sool Won - A comprehensive martial arts system
9. Testing syllabus & Coloured belt testing
10. Black belt testing
11. Tournaments
12. Leadership Programme
13. Community activities, social events, fundraising & Social media
14. Korean terminology



Our facilities and services

Overview

Widnes Martial Arts has some of the best facilities in the UK; our custom built interior is spacious, safe, well equipped and provides a comfortable place to train, in any weather. The entire building both inside and out is monitored by 24 hour CCTV recording.

Toilets & Showers

Toilets are based in the main entrance hall opposite the waiting room, showers are available for private tuition clients only.

Waiting room

The waiting room is equipped with tea & coffee facilities, bottled water (50p per bottle), ample comfortable seating and a TV showing activities in the Dojang via CCTV.

Please be considerate if you are making tea or coffee and wash your cups and the surrounding area after you are done.

Wi-Fi

There is free Wi-fi in the building: Widnes Martial Arts - password: kuksoolwon

Gym

We have a fully equipped onsite gym room, this is available to any student or family member and is open whenever the building is open (see class schedule).

Gym membership is available for £10/month.



Private tuition

Private tuition is available with either SBN Karl or KSN Jake; sessions can be booked to speed up the learning process, prepare for test/tournament or just for that extra boost in your training.

SBN Karl - £35/session - Includes physical therapies and exercise therapy for injury rehabilitation and diet/nutritional advice.

KSN Jake - £25/session.

These extra lessons can be booked anytime outside of our regular class schedule.

Safeguarding our members and their families.

All external doors to the building are fitted with code locks to safeguard the children within the building and prevent unwanted access. A full colour CCTV system is operating in all areas, inside and outside the building, which monitors and records 24/7.

The code lock for student and parent access is located at the top of the main entrance, to the left of the door. The code for the door is:

1958

(1958 was the year that the World Kuk Sool Association was founded by the Grand Master - Kuk Sa Nim)

It is essential that children DO NOT respond to the doorbell. We are unable to ensure their safety or the safety of other children if they open the door. Whilst we appreciate parents and other adults doing this task, as it prevents instructors having to leave the practise area, it is imperative that we are made aware of new visitors to the Dojang and that they are not left unattended.

If any of our students or their families ever suspect a problem with the safeguarding or welfare of one or more of our members, it should be brought to the attention of a senior instructor immediately. Safeguarding matters are taken extremely seriously and we will endeavour to act in the best interests of anyone involved.

Car Parking

Our car park has a strict 5mph speed limit. Anyone found driving dangerously when arriving, leaving, or manoeuvring around the parking area will be immediately expelled from the school and your WKSA membership will be terminated. We have small children entering and leaving at all times and expect you to be vigilant and careful within the compound.

During daytime hours, parking is limited to the 5 spaces located directly beneath the waiting room windows and along the wall adjacent to the entrance gate. (Please speak to one of the instructor team if you are uncertain where these areas are).

During evening classes, whilst usage of the parking facilities is not limited, we would ask that you are considerate to other businesses in the estate and avoid blocking access to buildings or parking in their designated disabled spaces.

It is imperative that when leaving or entering the building you keep any small children close to you and do not allow them to run across the carpark alone.

Instructor team

We have full bios and lists of achievements for each instructor on the wall in the waiting room along with their current Black belt certificate of rank, please take some time to familiarise yourself with these.

SBN Karl Martindale

School owner & Principal instructor

KSN Jake Jones

Senior Instructor

KSN Sarah Martindale

Senior Instructor

JKN Luke Littler

Youth Instructor

JKN Derek Donoghue

Instructor

Assistant instructor team

Consisting of various JKN & DBN students with a high level of knowledge and skill

Contact details

Tel : 07957-222443 (Please save this number in your phone as class notifications will come via text message)

Payment information

All payments made to the office at Widnes Martial arts are to be made in cash, we do not accept cheques or card payments.

Direct debit

Collections are done by Ashbourne Management. If changes are required to your monthly payment plan or you have a change in circumstances, we can resolve this from the office.

For changes in bank details, missed payments or changes to personal details, please contact Ashbourne directly .

01564 741 837 - quote school ref: GRAP6 (Widnes Martial Arts)

Grievances and complaints

Although at Widnes Martial arts we endeavour to provide our members with quality tuition alongside a friendly and caring environment, we do understand that there may occasionally be issues that arise. We have an open door policy for grievances or complaints and request that you come, first and foremost, to us. We do not like problems to persist unspoken or fester into the loss of a valuable student.

If you ever have a query or concern about our procedures, instruction, staff or a problem with another member - please come and speak to us immediately and we will attempt to resolve any issues.

Kuk Sool Won schedule of classes

Monday

10:00-11:00 Adult Beginners' class

18:00-19:00 Junior Sparring & Weapons class (aged 7-12)

19:00-20:00 Junior White belts (aged 7-12)

20:00-21:00 Young adult class (aged 13-17)

21:00-22:00 Adult Beginners' Sparring & Weapons class (aged 13+)

Tuesday

16:00-17:00 Instructor training

18:00-19:00 Little Vikings (aged 4-6)

19:00-20:00 Junior Yellow-Blue belts (aged 7-12)

20:00-21:30 Adult Beginners' class

Wednesday

10:00-11:00 Adult Beginners' class

19:00-20:00 Junior Red-Brown belt class

20:00-21:30 Adult Brown-Black belt class

Thursday

18:00-19:00 Under Adult DBN and above

19:00-20:00 Junior White belts (aged 7-12)

20:00-21:00 Young adult class (aged 12-17)

Friday

16:00-17:00 Instructor training

18:00-19:00 Little Vikings (ages 4-6)

19:00-20:00 Junior Yellow-Blue belts (aged 7-12)

20:00-21:30 Adult Beginners' class

Saturday

Private tuition or group sessions

Sunday

Private tuition or group sessions

16:30-18:00 Adult Black belt open mats

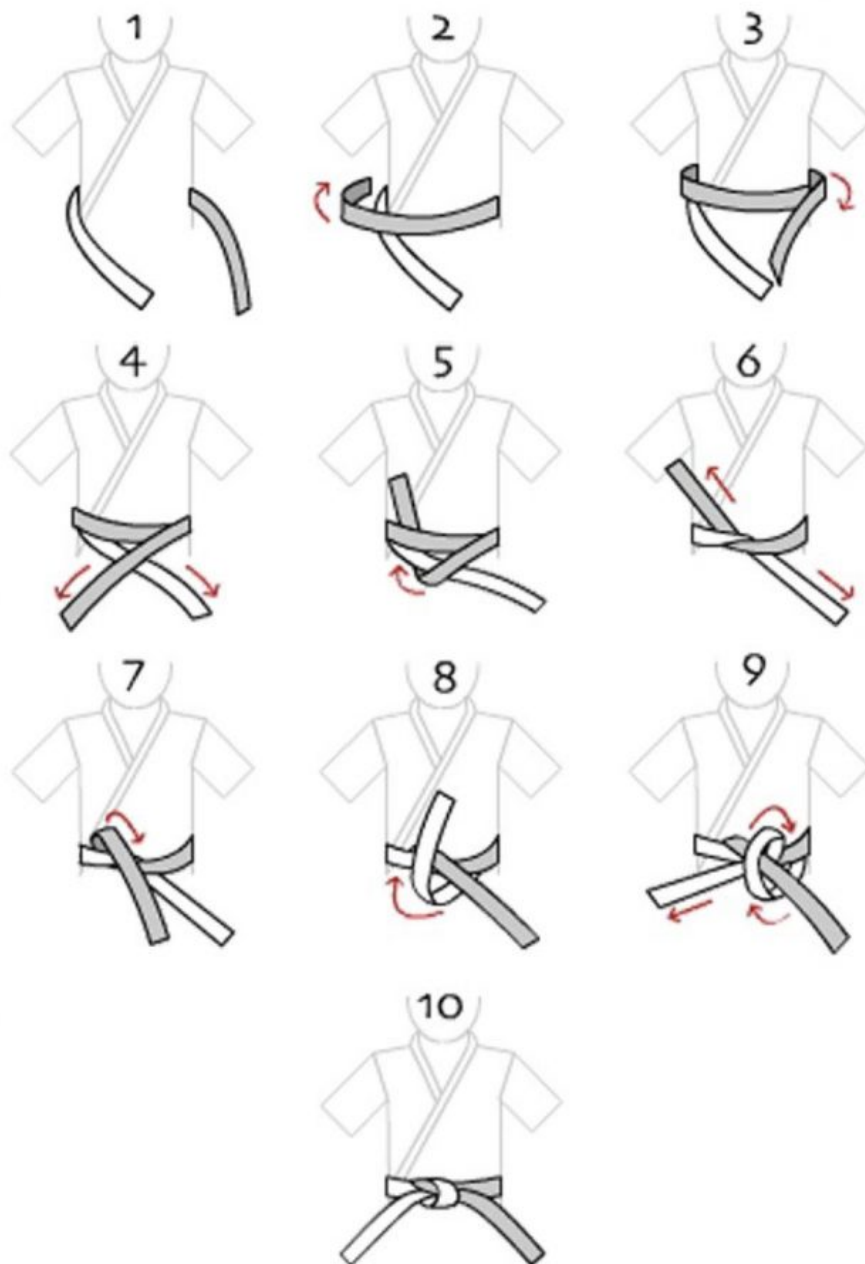
18:00-19:00 Under adult DBN and above

19:00-20:00 Junior Red-Brown belt class

Your Uniform (Doh Bohk)

Your first uniform is provided free of charge when you join. This will comprise of jacket, pants and your white belt. Please make sure your uniform is always kept clean and any damage is repaired promptly. You will often be working in close proximity to other students so regular laundering is essential, along with good personal hygiene.

HOW TO TIE YOUR BELT



Uniform Badges

Badges are the perfect way to finish your uniform and really look part of the team, as well as a requirement for tournament and testing. Our official WKSA Badge sets are all fabric and will last the duration of your time as a coloured belt.

We offer a full set of WKSA badges complete with professional machine fitting and conforming to the correct WKSA specifications on spacing and positioning. In the rare event that a badge comes off, we will repair it free of charge.

Full Set + fitting service: £35

Badges are also available to purchase without fitting. We strongly recommend that iron on adhesives are avoided as they will not last under Dojang conditions and will shorten the life of the badges.

Badge set only: £20

Please speak to one of the instructor team for further details or to purchase this offer.



Dojang - general code of conduct

Students

- Martial arts etiquette (“Yea Eue”) is our MOST important technique, and should be observed by all students and instructors at all times.
- Always bow (standing bow) when entering or leaving the Dojang, and say “KUK SOOL!”
- Only students are allowed in the Dojang.
- When on the floor PRACTISE — when not practising, do not linger in the practise area.
- Never ask to be taught a new technique or form — diligent and consistent practise of current material is the way to learn new techniques.
- Always address instructors and seniors by their title or as “Sir” or “Ma’am” — show respect to instructors and fellow students in training.
- No food or drink is allowed in the practise area — help us to keep our Dojang neat & clean.
- Make sure your uniform is clean and tidy. Shoes should never be worn in the practise area.
- Change into your uniform immediately on your arrival. Full uniform is required for bowing in and out of class. Kuk Sool Won uniform should consist of a jacket and pants, belt and KSW T-shirt. All shoes, socks & bags should be left in the storage spaces in the hallway.
- If you have a question for your instructor, never call them over to you, always go to them. When an instructor is demonstrating a form or technique, always stand in Attention Position and give them your full attention. Always thank them for instruction.
- If you need to leave the practise floor for any reason during class, always ask your instructor’s permission.
- Always show respect to those of higher rank (they have more experience) and lower rank (they should be encouraged).

Parents

1. Children are not allowed to return to the waiting room during class time.
2. Do not coach your child. This is the responsibility of the instructor.
3. Please take disruptive siblings out of the waiting room during class time out of respect for fellow spectators.
4. Always show proper respect to the school, to the students and to the instructors.

Etiquette

Understanding etiquette

In Kuk Sool Won we often refer to the term etiquette, but what exactly do we mean? Etiquette is the system of behaviour that governs everything we do, not just in the Dojang but throughout our daily lives; it is respect for those around you that goes beyond what is normally expected.

As a student of Kuk Sool, it is expected that you will be polite, considerate and helpful to our instructors, classmates and visitors to the Dojang. Your instructors also expect that you will behave in the same way when off the mats, adopting the same system of respect and good behaviour at home, in school/work or out and about in your daily lives.

How do we practise etiquette?

In Kuk Sool

1. By following the rules of the Dojang (listed on the entrance door)
2. Be polite and courteous to all students or visitors to the Dojang, always allow parents or senior rank members the right of way if they pass you in the hall
3. Always greet your instructors with a "Hello sir/ma'am" and a bow
4. Always be on time. If you are ever late, you should ask permission to join the class and explain your lateness.

At home

1. Always show respect to parents or family members
2. Help out with jobs or chores round the house, even those you were not asked to do
3. Always give 100% at school, in your studies or at work.

People outside Kuk Sool should note your manners and immediately know that you are a student of the martial arts, exuding discipline, self control and respect.

Respect and the rank system.

In Kuk Sool Won the order of rank is very important and should be shown the greatest level of respect. Each rank takes time, commitment and effort to achieve; some students at this school have studied and trained 4 times a week for over 10 years, and Instructors here for more than 17 years. With this in mind, the order of rank should always be considered.

- Always say "thank you" when helped by a senior rank. You must then practise what they helped you with until it is correct.
- When a senior rank is practising near you during training, you must step aside and allow them the right of way.
- All visitors to the Dojang - both students and parents - should address a higher rank student or instructor by their rank title. If you have forgotten their title call them "Sir or Ma'am", you should then ask for their correct title.

Parents.

We ask that you support us in enforcing rules of etiquette in the Dojang. Respect in Kuk Sool Won will benefit students outside the Dojang and stay with them throughout their lives. Children will often follow the lead set by their parents and a simple "Hello, Sir" on entering will set a nice example.

Introduction to Kuk Sool Won

Kuk Sool Won™ is a systematic study of all traditional fighting arts, which together comprise the martial arts history of Korea. As a martial arts system, Kuk Sool Won™ is extremely well-organised and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training. The following list includes some, but by no means all, of the elements of Kuk Sool Won™:

Hand Techniques

- Closed and open hand striking methods, including: palm, fist, wrist, finger, and specialised hand training techniques
- Pressure point striking
- Striking with arm and shoulder
- Blocking and parrying

Leg Techniques

- Fundamental kicks, including: front, inside, outside, & more
- Advanced kicks, including: jumping, spinning, combination and double leg
- Pressure point kicking
- Specialty kicking

Throwing & Grappling

- Throws include: body throws, projection throws, hip throws, leg throws
- Pressure point grappling
- Grappling defence
- Wrestling techniques
- Ground fighting

Joint Lock Techniques

- Restraining methods
- Joint breaking techniques
- Combination joint locking
- Control and redirection techniques
- Arresting and pain-compliance techniques

Falling & Acrobatics

- Body conditioning and agility techniques
- Body protection techniques
- Acrobatics for defence and offence

Body Conditioning

- Overall stretching and flexibility training
- Cardiovascular conditioning
- Muscle toning
- Ligament and tendon strengthening
- Joint flexibility and bone conditioning

Animal Style Techniques

- Techniques based on the movements and/or characteristics of certain “martial” animals such as:
 - Tiger
 - Praying Mantis
 - Crane
 - Dragon
 - Snake
 - Bear
 - Eagle

Traditional Korean Weapons

- Sword: short & long, single or double, straight or inverted
- Staff: short, middle & long, single or double
- Jointed Staff (flail): double or triple
- Spear
- Cane
- Rope
- Fan
- Bow & Arrow

Martial Art Healing Methods

- Acupressure
- Acupuncture
- Internal energy systems
- Herbal medicine

Meditation & Breathing

- Various breath control techniques
- Meditation and breathing postures
- Concentration techniques

Kuk Sool Won™ covers an extensive variety of martial art techniques but it is not only concerned with methods of attack and defence. Kuk Sool Won™ also includes the study of healing techniques and the development of internal power, in addition to the physical training. Mental development is of equal importance in Kuk Sool Won™ and helps to instil self-confidence and self-discipline, a calm self-assurance, and the psychological and spiritual values which are traditionally associated with the character of a martial artist.

Whilst Kuk Sool Won™, as it is practised today, is relatively new, its roots stretch far and deep into the very beginnings of the Korean people. This early history and the ancient traditions upon which this art is founded should be considered as equally important to the physical techniques themselves, for it is only from the understanding and appreciation of these classical roots that one is able to grow as a student of the martial arts.

Testing and Syllabus

Kuk Sool Won has an extensive syllabus; in order to progress, a thorough and confident understanding of the relevant syllabus for each rank is required. However, to be considered for promotion students must also meet the school testing criteria as shown below. Copies of the official WKSA syllabus are located in the main entrance hallway opposite the trophy cabinet. Students should familiarise themselves with the syllabus so as to track their own progress.

Coloured Belt Testing

There are 13 ranks in Kuk Sool Won leading up to Black belt. School tests run 3 or 4 times a year and the list of testing candidates is published 2-3 weeks prior to the date of test. Information about test day and what will be expected of you is provided before test, if you are uncertain make sure you speak to an instructor.

In order to qualify for your first test, you will need to meet the following criteria:

- Have attended a minimum of 48 lessons
- Have rank appropriate knowledge of Korean terminology
- Be able to perform all hand strikes & kicks at the required level
- Understand and demonstrate proficiency in your Forms, Techniques, Weapons and Break-falls
- Be familiar with the Rules of the DoJang and the Kuk Sool Won creed (available online, in the student text book and on the wall opposite the display cabinet)
- Have attended at least 1 WKSA tournament
- Be fit/strong enough to test (Youth & Adult tests can be upward of 5 hours and can be held outside)
- Be prepared to push yourself past your normal limits
- Feel that you are ready for the next level of training and responsibility

To qualify for subsequent tests, in addition to the official Kuk Sool Won syllabus, various levels of technical skill and proficiency will be required - your instructor will discuss this with you in class. Whilst you will have the opportunity to practise this on the mats, some of these skills will require additional training time outside of class hours.

- Test places are not guaranteed by progression through the syllabus, they are earned.
- Regardless of syllabus knowledge, students are required to show continuous improvement; we do not promote students who have made no progress since the last testing interval.
- Regular attendance at WKSA tournaments is required to be considered for testing.
- Regular conversations with your instructor will ensure that you understand what is required for the next level of test.

Tests are always held on Sunday to avoid disruption to the regular class schedule. Junior tests will be at the Dojang and are 2-3 hours. Adult tests can be held at any location chosen by the instructors, in the Dojang, or outside; these will normally be 4-6 hours. Club Test fee is normally £25.

Black Belt Testing

There is a different syllabus for students of each age category in Kuk Sool Won - Junior, Youth and Adult, each specifying a different number of empty hand forms, weapons and self-defence techniques. There are six empty hand forms that students must be able to remember and demonstrate, however, It is said that a Black Belt should be able to perform all of their forms in four directions without confusion and without becoming out of breath. A Junior student must remember and perform 122 different self-defence techniques, a youth student 171 techniques, and an adult 186 techniques. Full knowledge of the complete, relevant syllabus is required to promote to Black Belt. For a student to be considered for Black belt testing, they cannot be cross training in any other martial art.

Criteria for promotion

In order to promote to Black Belt a student must spend a minimum of 18 months at Dahn Bo Nim level, earning black tags at every school testing. Black Belt candidates must complete their first and final gradings at a national testing - these take place during tournament weekends, in front of the Grandmaster and with hundreds of students from other clubs around the UK. If promoting within the standard 18 month period, at least 3 WKSA tournaments need to be attended and 1 school seminar.

Under certain conditions we can allow students to promote after 12 months of DBN Testing but they need have met the following criteria, over and above the standard requirements:

- Regular class attendance (at least twice per week)
- Competed at 3 tournaments within the DBN testing year
- Have attended at least 2 seminars since starting.

What does it cost?

At the first national test there is a one off fee to WKSA of \$400 U.S. payable in cash to Kuk Sa Nim. Between national tests, students will participate in school tests, the usual £25 fee will apply.

At the time of promotion, there are fees for the new uniforms required to be a Black belt student:

- Black Belt training uniform £80 (minimum requirement)
- Generals uniform £180 (optional but required for tournament, demonstrations and official events).

Black belt is not the end of the journey, it is the beginning and along with the new rank and status of Jyo Kyo Nim comes exciting new material such as sword and long staff forms, new techniques and the option of becoming a full time instructor at the school, judging at national and school tests and even becoming a tournament judge. Black belt also brings the opportunity to compete for Grand Champion at tournament, the ultimate prize for the skilled practitioner and dedicated student.

Tournaments

Kuk Sool Won of Widnes are a major team on the world tournament scene and one of the most successful WKSA schools in Kuk Sool history. As a school, we attend at least 3 tournaments each year and in most years, we manage 4.

We currently hold the titles of:

Uk Championship winning team - 6 years consecutively

Scottish Championship winning team - 4 years consecutively

European Championship winning team 2018

Spanish Championship winning team 2017

Correct at time of print - January 2019

Attendance at tournament is a crucial part of your journey in Kuk Sool and will determine whether you can test to the next rank. The level of focus needed to stand and compete against fellow practitioners is the same level of focus needed to attain the next rank; for this reason they must go hand in hand.

Tournament is a friendly, family orientated event where students of the same rank, age and experience compete together in up to 6 events in front of Black belt judges. Each event is optional but we always advise that students enter as many events as they have available and we will prepare them accordingly.

The events are as follows:

White belt - Red belt

Traditional forms - as taught in every class

Self defence techniques - 3 techniques will be chosen for the competitor and a falling partner assigned

Sparring - Little/No contact points sparring with no face shots or low kicks

Brown belt & DBN Levels have the addition of Staff Spinning

Black belts have the additional events of Sword form, Staff form and Board breaking

The 3 main domestic competitions are:

Scottish Championships - Last weekend in May

European Championships - First weekend in June

UK Championships - Last weekend in November

Special tournament training classes begin around 6 weeks prior to each event and run every Saturday morning at the Dojang.

Please speak to one of the instructor team should you wish to know more about tournaments.

Leadership programme

Future instructor course

Our ethos at Widnes Martial Arts is, and always has been, to produce the highest standard of martial artist. We do not pump out Black belts in large numbers because we feel the Black belt should be earned through dedication and held in highest esteem. Black belt is the beginning of your journey and a solid foundation at coloured belt level will set you on the right course for a lifetime of learning and progression.

The highest standard of Black belt cannot be so without the highest levels of instruction...

Our instructor programme is open to any student from DBN level who wants to share their knowledge and experience with others. The student would need to commit to attending one extra class per week and to helping lower grade students develop. During these classes they would receive free instructor tuition and taught how to take drill at the front of class.

Any interested student should be fully capable and confident in their skills and have a good understanding of the syllabus.

You do not truly know Kuk Sool until you can teach it; this programme and the experience gained from it will develop your understanding of the art, challenge your way of thinking and give a new sense of reward as you help to develop the next generation of students.

Instructor experience is optional at DBN levels but is an essential part of JKN training and without regular instructor time, progression to KSN will not be allowed.

Black belts in the instructor programme will also gain access to additional Black belt training sessions and instructor training, these extra sessions are provided free of charge.

Becoming a full time instructor.

We are always looking for full time instructors - this role comes with many benefits including free private tuition, no class fees and even fully paid positions within the team; turn your favourite hobby into your career.

Community activities, Social events, Fundraising & Social media

Public Demonstration team

Every year we take a display team to perform at public events. These range from large stadium events in front of thousands to smaller community fund raisers, fun days and school fairs. We invite interested students of all ages and ranks to become part of our display team and post upcoming performances in the weeks leading up to the event. Speak to one of the instructor team if you would like to become part of our display team.

Social events

We often hold several social events throughout the year, these include: garden parties, baking competitions, fun days, our famous Christmas party, free taster session days and even a mini camping festival which is organised by our parents and families. All members are welcome to join in with our activities, here you will meet new friends, laugh, enjoy new experiences and truly become part of the Widnes Martial Arts family.

Fundraising & Charity work

We are always happy to support charity events, fund-raising efforts and anything that is for a good cause; please come and speak to SBN Karl if you are organising an event.

Social media

Please follow our social media accounts



@kuksoolwidnes



@kuksoolwidnes



@kuksoolwidnes

As a member or parent, you also get access to our closed facebook group

Widnes martial arts: Parents & Students chat group

You need to answer the question asked to gain entry

Korean Terminology

This section provides the Korean (Hangul) terminology used in class. It's recommended that you begin to familiarise yourself with the terms for the commonly used hand-strikes, kicks and directional movements.

Knowledge of basic terminology is required not only for test but to give a better understanding of your instructor during lessons.

When learning Kuk Sool Won, you not only learn the Martial art but also about traditional healing techniques, Korean culture, Korean history and even traditional Korean cooking, music and clothing.

Basic Terms

<ul style="list-style-type: none">• 예의• 경례• 차려• 정좌• 준비• 시작• 끝• 바로• 도장• 도복• 띠	<ul style="list-style-type: none">• Ye Ui ; Etiquette• Kyeong Rye ; Bow• Cha Ryeo ; Attention• Jeong Jwa ; Proper Sitting (Kneeling)• Junbi ; Ready• Shi Jak ; Begin• Kkeut ; Finish (Completion)• Baro : Return upright• Dojang ; Practice Hall• Do Bok ; Uniform• Tti ; Belt
<ul style="list-style-type: none">• 의복• 수련• 그만• 쉬어• 기• 기추짜기• 기합• 숨쉬기• 몸풀기• 국기• 원기	<ul style="list-style-type: none">• Ui Bok ; Clothing• Su Ryeon ; Practice• Geuman ; Stop• Swi-eo ; Rest• Ki ; Internal Life Force• Ki Cho Jja Ki ; Breathing Exercises• Kihap ; Special Yell utilizing "Ki"• Sumswigi ; Breathing• Mompulgi ; Body Conditioning• Kuk Gi ; National Flag• Won Gi ; Association Flag

Names & Titles

<ul style="list-style-type: none"> • 국사님 • 총관장님 • 수속관장님 • 순임관장님 • 지도관장님 • 주임관장님 • 풍관장님 	<ul style="list-style-type: none"> • Kuk Sa Nym ; Grandmaster (10th Degree) {literally: National Teacher} • Chong Kwan Jang Nym ; Chiefmaster • Su Suhk Kwahn Jang Nym : 9th Degree Master • Suhm Im kwahn Jang Nym: 8th Degree Master • Ji do kwahn Jang Nym: 7th Degree Master • Joo im kwahn Jang Nym: 6th Degree Master • Pyung Kwan Jang Nym ; 5th Degree Master
<ul style="list-style-type: none"> • 사범님 • 부사범님 • 교사님 • 조교님 • 유단자 • 제자 • 단보님 • 자띠 • 홍띠 • 청띠 • 노란띠 • 흰띠 	<ul style="list-style-type: none"> • Sa Beom Nym ; Instructor • Bu Sa Beom Nym ; Deputy Instructor • Kyo Sa Nym ; Assistant Instructor • Jo Gyo Nim ; Instructor-in-Training • Yu Dan Ja ; Black Belt Holder • Je Ja ; Martial Arts Apprentice, • Dan Bo Nim ; Black Belt Candidate • Ja Tti ; Brown Belt • Hong Tti ; Red Belt • Cheong Tti ; Blue Belt • No-Ran Tti ; Yellow Belt • Huin Tti ; White Belt

Counting

<ul style="list-style-type: none"> • 하나 • 둘 • 셋 • 넷 • 다섯여섯 • 일곱 • 여덟 • 아홉 • 열 • 스물 • 서른 • 마흔 • 쉰 • 여순 • 일흔 • 여든 • 아흔 • 백 	<ul style="list-style-type: none"> • Ha-Na ; One • Dul ; Two • Set ; Three • Net ; Four • Da Seot ; Five • Yeo Seot ; Six • Il Gop ; Seven • Yeo Deol ; Eight • A-Hop ; Nine • Yeol ; Ten • Seu Mul: Twenty • Seo Reun ; Thirty • Ma Heun ; Forty • Swin ; Fifty • Ye Soon ; Sixty • Il Heun ; Seventy • Yue Deun ; Eighty • A-Heun ; Ninety • Baek ; One Hundred
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Parts of the Body

<ul style="list-style-type: none"> • 손 • 발 • 다리 • 무릎 • 손목 • 발꿈치 • 팔꿈치 • 어깨 • 안손목 • 발등 • 맥 • 혈 	<ul style="list-style-type: none"> • Son ; Hand • Bal ; Foot • Da-Ri ; Leg • Mu-Reup ; Knee • Son Mok ; Wrist (Hand's Neck) • Bal Kum Chi ; Heel • Pal Kum Chi ; Elbow • Eo Kkae ; Shoulder • An Son Mok ; Inside of Wrist • Bal Deung ; Top of Foot • Maek ; Vital Point • Hyeol ; Acupuncture/Acupressure Point
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Historical Martial Arts

<ul style="list-style-type: none"> • 사도무술 • 불교무술 • 궁중무술 	<ul style="list-style-type: none"> • Sa Do Mu Sool ; Tribal or Family Martial Art • Bul Gyo Mu Sool ; Martial Art practiced in the Buddhist Temples • Gung Jung Mu Sool ; Martial Art of the Royal Court
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Stances

<ul style="list-style-type: none"> • 공격자세 • 방어자세 • 굴국자세 • 기마자세 • 전굴자세 	<ul style="list-style-type: none"> • Kong Kyeok Ja Se ; Offensive Position • Bang Eo Ja Se ; Defensive Position • Gul Gok Ja Se ; Cat stance • Ki Ma Ja Se ; Horse-Riding Stance • Jeon Gul Ja Se ; Long Stance
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Directions and Movements

<ul style="list-style-type: none"> • 앞 • 옆 • 뒤 • 안 • 뛰어 • 회전 • 양 • 쌍 • 반대로 • 역 • 돌아 • 뒤로돌다 • 상 • 장 • 하 	<ul style="list-style-type: none"> • Ap ; Front • Yeop ; Side • Dwi ; Back, Rear • Ahn ; Inside • Ttwi-Eo ; Jumping • Hoe Jeon ; Rolling, Rotating • Yang ; Both • Ssang ; Double, Twin • Ban-Dae-Ro ; The Other Way • Yeok ; Reverse, Inverted • Dol Ah ; Spinning, Turning • Dwi Ro Dol Ah ; Turn Around, "About Face" • Sang ; High • Jung ; Middle • Ha ; Low
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Nak Bub – Falling Techniques

<ul style="list-style-type: none"> • 앞낙법 • 뒤낙법 • 옆낙법 • 아옆낙법 • 풍차 	<ul style="list-style-type: none"> • Ap Nak Bub ; Front Fall • Dee Nak Bub ; Back Fall • Yeop Nak Bub ; Side Fall • Ahp Yeop Nak Bub ; Front side fall • Poong Cha ; Cartwheel
<ul style="list-style-type: none"> • 회전낙법 • 고양이낙법 • 두송풍차 • 한송풍차 • 팔꿈치풍차 • 공중풍차 	<ul style="list-style-type: none"> • Hwe Jeon Nak Beop ; Rolling Fall • Go Yang I Nak Beop ; Cat Roll • Du Son Pung Cha ; 2-Hand Cartwheel • Han Son Poong Cha ; 1-Hand Cartwheel • Pal Kum Chi Poong Cha ; Elbow Cartwheel • Gong Jung Poong Cha ; Aerial Cartwheel

Soo Gi – Hand Strikes

<ul style="list-style-type: none"> • 정권 • 역권 • 각권 • 일지권 • 사지권 • 중지권 • 사마귀권 • 사마귀기 • 십자막기 • 감마막기 • 앞뒤수기 • 수도 	<ul style="list-style-type: none"> • Jeong Gwon ; Straight Fist (Punch) • Yeok Gwon ; Inverted Fist (Uppercut) • Gak Gwon ; Back Fist • Il Ji Gwon ; 1-Finger (i.e. Knuckle) Fist • Sa Ji Gwon ; 4-Knuckle Fist • Jung Ji Gwon ; Middle-Knuckle Fist • Sa Ma Gwi Gwon ; Praying Mantis Fist • Sa Ma Gwi Mak-Gi ; Praying Mantis Block • Sip Ja Mak-Gi ; Four-Direction Block • Gam-A Mak-Gi ; Entangling Block • Ap Dwi Soo Gi ; Front & Rear Punching Drill • Soo Do ; Knife Hand
<ul style="list-style-type: none"> • 역수도 • 쌍수도 • 회전수도 • 평수 • 쌍평수 • 손등평수 • 관수 • 팔꿈치치기 • 호권 • 호구권 	<ul style="list-style-type: none"> • Yeok Soo Do ; Inverted Knife Hand • Ssang Soo Do ; Double Knife Hand • Hwe Jeon Soo Do ; Rolling Knife Hand • Pyeong Soo ; Palm Strike • Ssang Pyeong Soo ; Double Palm • Son Deung Pyeong Soo ; Backhand Strike • Gwan Soo ; Spear Hand • Pal Kkum Chi Chi-Gi ; Elbow Strike • Ho Gwon ; Tiger Claw Strike • Ho Gu Gwon ; Tiger's Mouth Grip

Jok Sool – Kicks

<ul style="list-style-type: none"> • 앞차기 • 옆차기 • 뒤차기 • 안다리차기 • 바깥다리차기 • 돌아차기 • 상단돌아차기 • 하단돌아차기 • 무릎차기 • 앞차올리기 • 후리기 • 짚어차기 • 발등차기 • 발꿈치차기 • 뒤돌아엮차기 • 역발등차기 • 안꿈치돌리기 • 뛰어차기 	<ul style="list-style-type: none"> • Ap Cha Gi ; Front Kick • Yeop Cha Gi ; Side Kick • Dee Cha Gi ; Back Kick • An Da Ri Cha Gi ; Inside Kick • Ba Ka Da Ri Cha Gi ; Outside Kick • Dor-A Cha Gi ; Spin Kick • Sang Dan Dor-A Cha Gi ; High Spin Kick • Ha Dan Dor-A Cha Gi ; Low Spin Kick • Mu Reup Cha Gi ; Knee Kick • Ap Cha Ol Li Gi ; Projection Kick • Hoo Ri Gi ; Foot Sweep • Jik Eo Cha Gi ; Axe Kick • Bal Deung Cha Gi ; Round Kick • Bal Kum Chi Cha Gi ; Hook Kick • De Dor-A Yeop Cha Gi ; Back Turning Side Kick • Yeok Bal Deung Cha Gi ; Inverted Round Kick • An Kum Chi Do Li Gi ; Inside Heel Kick • Te Eo Cha Gi: Jumping Kicks
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Weapons

<ul style="list-style-type: none"> • 창 • 도끼 • 궁술 • 줄봉 • 삼줄봉 • 단봉 • 중봉 • 장봉 • 국술궁 	<ul style="list-style-type: none"> • Chang ; Spear • Do Kki ; Battle Axe • Gung Sool ; Archery • Jul Bong ; Chain staff (Jointed Staff) • Sam Jul Bong ; Three Sectioned Staff • Dan Bong ; Short Staff • Joong Bong ; Middle Staff • Jang Bong ; Long Staff • Kuk (Sool) Gung ; Traditional Korean Archery (utilizing a “thumb” draw)
<ul style="list-style-type: none"> • 검 • 단검 • 칼검 • 단도 • 월도 • 궁시 • 부채 • 지팡이 • 포박 	<ul style="list-style-type: none"> • Gum ; Sword • Dan Gum ; Short Sword • Kal Gum ; Knife • Dan Do ; Knife or Short Sword • Wol Do ; Halberd (Moon Knife) • Gung Si ; Bow & Arrow • Bu Chae ; Fan • Ji Pang I ; Walking Cane • Po Bak ; Rope