

Kuk Sa Nim's Lecture on Martial Arts

All Asian martial arts are categorized in *yu-sool*, *kwon-sool*, and *yu-kwon-sool*: *yu-sool* is a martial art based on twisting and throwing techniques (i.e., judo, hapkido, etc), *kwon-sool* is a martial art based on kicking and punching techniques (i.e., taekwondo, karate, etc), and *yu-kwon-sool* is a martial art based on complete and comprehensive techniques of both and beyond (i.e., Kuk Sool Won).

The main principle in all martial art training, regardless of type or style of martial arts, is in good harmony and understanding of body (technique), brain (focus), and mind (control). In short, a "true" martial artist must be strong, smart, and have a good heart.

1.Body - there are 670 pressure points, 164 joints, and over 84000 skin pores in a body; and one must train to stimulate those pressure points, move every joint, and sweat through those pores. In Kuk Sool Won, all forms and techniques are designed to do exactly that. This is how one can achieve a strong body that leads to a healthful and revitalizing life of a martial artist.

2.Brain - if a physical practice is what makes you strong, it is through mental exercises that make you a smart martial artist. All Kuk Sool Won practitioners are recommended to "memorize" all their forms (empty-handed and if applicable, weapons) and techniques in their head. These "memory-enhancing" exercises not only keep you sharp mentally, but also prepare your body to a quicker reaction and reflex. After all, body can only be as quick as your mind is.

3.Mind - In Kuk Sool Won, it is not enough to be a strong and smart martial artist, because there are many people in the world who promote martial arts with much aggression and brutality. A true martial artist knows how to control one's emotions, thoughts, and ultimately, the surroundings and circumstances. It is easier to be angry than be calm, it is easier to be aggressive than be gentle, it is easier to argue back than just listen, it is easier to blame someone else than to self examine, etc. Your ability to "control" whatever you are facing - your emotions, opponent, situations, etc - is what allows you to step further into a mastery of martial art training. All Kuk Sool Won practitioners are advised to spend at least 30 minutes of "meditation" /*Ki* breathing time to allow your body to rest and recuperate and your mind to organize and prepare.

