



Kuk Sool WonTM

of Ramstein



Student Handbook

www.kswoframstein.com

Welcome to Kuk Sool Won™ of Ramstein!

Our program focuses on physical fitness, body conditioning and mental discipline which gradually guide you to improved cardiovascular fitness, muscle tone, flexibility and increased confidence while teaching you self defense techniques. You'll take great pleasure and pride in watching yourself become stronger and more agile with increased stamina and a better attitude towards everything you do.

Our goal is to help every student earn his or her Black Belt. By working towards this goal, we create an environment in which the student develops confidence through accomplishing high but realistic and attainable goals.

Instructors

Senior Instructor and School Owner

Kyo Sa Nim Mike Grimes

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Assistant Instructors

Jo Kyo Nim Marcellus Clark

Jo Kyo Nim Travis Gentry

Jo Kyo Nim Ryan Grimes



KUK SOOL WON CREED

As a member of the World Kuk Sool Association, I pledge to obey the rules of the association and to conduct myself in accordance with the true spirit of martial arts.

I pledge to be loyal to my country and to promote the development of a better society.

I pledge to work together with all classes of people without regard to politics, race or religion.

I pledge to promote international goodwill and strive for world peace through the practice of martial arts.

STUDENT CREED

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively; to help myself and others and never to be abusive or offensive.

Martial Artist Etiquette

As a new student, you will hear the word "[etiquette](#)" repeatedly. Your instructors will tell you that the first thing a martial arts student learns is etiquette. Proper etiquette accounts for a high percentage of your score on belt tests. What do they mean by etiquette? They mean the proper code of behavior for a martial artist.

The proper code of behavior for a martial artist is simply any behavior that is motivated by respect. Respect instructors and classmates who share your learning adventure and you will also earn respect as a martial arts student.

In appreciating the truth and beauty of Kuk Sool, you will naturally develop respect for the instructors who teach you. Always address instructors by their correct title. You may also say "Sir" or "Ma'am". Using the instructor's first name or saying "hey you" is not polite or respectful. It is also very disrespectful to ask the instructors to teach you anything for the first time.

Bowing

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

The bow is executed by putting your hands on your belt knot and saying "Kuk Sool" while bending forward from the waist slightly, about 45 degrees. If you are in street clothes, keep your arms at your sides. Your eyes should be lowered, but you should still be able to see all of the people to whom you are bowing.

Bow whenever you enter or leave the practice area of the Doh Jahng. Bow to your instructors as you greet them and again as you bid them farewell when leaving the Doh Jahng. The most important thing to remember is to bow anytime the instructor tells you to; usually before forms, techniques and sparring practice.

Bow "in" before practice and bow "out" after practice. These six bows are done from a kneeling position at the beginning and ending of each class. The first bow is to the American Flag; the second bow is to the World Kuk Sool Won™ Association Flag; the third bow is to the Grandmaster; the fourth bow is to the Chief or Head Instructor; the fifth is to the instructor of the class; and the sixth bow is to begin or end the class. If you are in the Doh Jahng when a class bows in or out, always bow with the class even if you are not ready for class or are not staying for class. If you are in street clothes, you may bow from a standing position.

Privileges and Responsibilities of Rank

Obey instructors and senior classmates.

Don't disturb senior classmates while they practice. Help junior classmates practice.

Never try to do something you haven't been taught and never ask to learn new techniques. Wait for your instructor to teach you. Reviewing and practicing what you already know is never a waste of time.

Never teach in or out of school if you aren't qualified and don't have permission. Only Dahn Boh Nims and higher are allowed to teach.

Never use martial arts training needlessly. Use it only to defend that which is good. Lead by example.

Let your instructor know prior to class if you have any injuries. Do your best not to affect the injury during training. Don't complain during class or you will be asked to sit out while the rest of the class continues training.

Ask permission from your Instructor first if you wish to practice at another school.

Guidelines and Information

Dues & Testing Fees 2009

Dues are \$45 per month or \$8 per class. Dues are payable at the front desk of the South Side Fitness Center.

Testing is \$35 per full belt rank. No charge for stripe promotions.

Attendance

Steady attendance is very important for your improvement. We suggest you attend class twice a week. Students who will be absent from class for more than one week should notify the instructors in advance.

Attire

Doh Bohk is the Korean word for martial arts uniform. Come to class clean and well groomed wearing a complete uniform including pants, jacket and belt. Any t-shirt or leotard worn under the jacket should be black. Your Doh Bohk jacket is tied left over right. Always treat your Doh Bohk with respect. Fold it neatly after each class.

Class Preparation

Attend class regularly and always be on time.

Ask permission to join the class if you arrive late, and ask permission before leaving early.

Come to class clean and well groomed including trimmed finger and toe nails.

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

If your uniform needs adjusting, face away from the flags and kneel on your right knee while you fix it.

Whenever you're asked to sit down during class, sit properly with feet crossed or tucked under you. It's disrespectful to point the bottoms of your feet toward an instructor. Don't slouch or lean against the walls.

Concentrate on training. Never do anything to obstruct your own or a classmate's learning. There should be no unnecessary talking or horseplay during practice.

Practice to your full potential. Push yourself to the limit of your endurance, energy and concentration.

Keep a strong mind. Don't let doubts or fears overshadow you. Show stamina not weariness. Your enthusiasm will influence your classmates. Be realistic. Don't push yourself beyond safe limits.

Discuss any problem with your instructors immediately. Remember, it is better to get your answers from the highest possible authority. Don't ask a Brown Belt if you can ask a Black Belt.

Always persevere and have patience. Never give up!

Rules of the Doh-Jahng

Take your shoes off before entering the practice area.

Use martial arts equipment only for its designated purpose. Put away all equipment after use.

Don't wear jewelry during practice. It can cause injury to you and your classmates.

Don't eat, drink, chew gum or smoke in the Doh Jahng except in designated areas. Empty your water cups or containers before leaving class.

Don't use drugs except for medication. If you are ever found drunk or drugged in the Doh Jahng, you will be expelled.

Don't use vulgar language in the Doh Jahng.

Don't leave your Doh Bohk or other possessions in the Doh Jahng.

Weapons Rules

Ask permission from an instructor to use a weapon.

Always treat weapons with care and respect. Don't lean or rest on your weapons.

Never leave a weapon unattended. Put your weapon away promptly when you're finished practicing.

Don't touch weapons that you haven't been taught by an authorized Instructor to use.

Belt Testing

Belt testing is scheduled based on student eligibility. The testing fee is \$35 and should be paid prior to the testing day. Normal testing cycles run between three to six months for each belt promotion up to brown belt.

Testing cycles depend on class attendance as well as practice outside of class. Students should participate in a minimum of 25 classes between belt tests in order to receive adequate training and to fully understand all of the required techniques and forms. All students should verify belt testing with the instructor. Students should arrive early for each test to warm up and mentally prepare.

Students are evaluated during all classes and tests on etiquette and attitude. Instructors may fail a student during belt testing for any reason they see fit. If a belt test failure occurs, the student is not required to pay for the next testing cycle.

Promotions

Promotions occur the week following testing if all materials are received from headquarters. Promoting students will receive their new belt or stripe plus a promotion certificate. After the formal promotion, students are given guidance on their new goals and expectations. Advanced weapons training also takes place if time permits. Friends and family are always invited to attend tests and promotions.

RANK	TECHNIQUES	FORM	BREAKING
Hin Di (White Belt)	Ki Bohn Soo (15)	Ki Cho Hyung	None
Noh Rahng Di (Yellow Belt)	Sohn Mohk Soo (11) Eui Bohk Soo (13)	Cho Geup Hyung	1 Board Palm Strike
Chuhng Di (Blue Belt)	Ahn Sohn Mohk Soo (6) Maek Chi Ki (15)	Joong Geup Hyung	1 Board Spin Kick
Hohng Di (Red Belt)	Maek Cha Ki (15) Joo Muhk Maga Ki Bohn Soo (15)	Goh Geup Hyung	2 Boards Hi & Low Spin Kicks
Ja Di (Brown Belt)	Joong Geup Sohn Mohk Soo (7) Ahp Eui Bohk Soo (20)	Dae Geup Hyung	3 Boards 3 Advanced Kicks
Dahn Boh Nim (Brown-Black Belt)	Dee Eui Bohk Soo (23) Kwan Juhl Ki (13) Too Ki (13) Mohk Joh Leu Ki (5) Bahng Too Ki (10) Yahng Sohn Mohk Soo (15) Ssahng Soo (15) Dahn Doh Mahk Ki (15)	Guhm Moo Hyung	4 Boards 4 Advanced Kicks

Terminology

Titles

Kuk Sa Nim	Founder and Grand Master: Suh, In Hyuk
Chohng Kwahn Jahng Nim	Chief Master
Suhn Im Kwahn Jahng Nim	Instructor (8th Degree)
Ji Do Kwahn Jahng Nim	Instructor (7th Degree)
Joo Im Kwahn Jahng Nim	Instructor (6th Degree)
Pyung Kwahn Jahng Nim	Instructor (5th Degree)
Sa Bum Nim	Instructor (4th Degree)
Pu Sa Bum Nim	Instructor (3rd Degree)
Kyo Sa Nim	Instructor (2nd Degree)
Jo Kyo Nim	Instructor (1st Degree)
Yoo Dahn Jah	Black Belt Holder
Dahn Boh Nim	Brown-Black Belt
Ja Di	Brown Belt
Hohng Di	Red Belt
Chuhng Di	Blue Belt
Noh Rahng Di	Yellow Belt
Hin Di	White Belt
Je Ja	Martial Arts Apprentice
Kuk Ki	National Flag
Won Ki	Kuk Sool Association Flag

Basics

Soo Ryuhn Practice

Cha Ryuht Attention

Juhng Jah Kneel

Kyuhg Neh Bow

Joon Bee Ready

She Jahk Begin

Geu Mahn Stop

Ahp Front

Yuhp Side

Dee, Dwee Back

Ahn Inside

Bahk Ahn Outside

Sahng High

Joohg Middle

Hah Low

Dee Uh Jumping

Doh Rah Spin

Hweh Juhn Circle

Yahng Both/Two

Yuhk Reverse

Ssahng Double

Bah Roh At Ease

Geut Finish

She Uh Rest

Mon Puhl Ki Body Conditioning

Ki Internal Energy

Ki Cho Jah Ki Breathing Exercises

Ki Hahp Martial Arts Yell

Cha Ki Kick

Jah Seh Stance

Kong Kyuk Attack

Bahng Uh Defense

Soo Techniques

Soo Ki Hand Techniques

Bub Law

Nak Bub Break Falling

Maek Pressure Points

Doh Bohk Uniform

Di Belt

Eui Bohk Clothes

Doh Jahng Facility

Counting

Hah Nah	One	Yuh Suht	Six
Dul	Two	Il Gohp	Seven
Set	Three	Yuh Duhl	Eight
Net	Four	Ah Hohp	Nine
Dah Suht	Five	Yuhl	Ten

Soo Ki (Hand Techniques)

Juhng Gwuhn	Straight Punch
Pyuhng Soo	Palm Strike
Gwahn Soo	Spear Hand - Horizontal
Jihk Gwahn Soo	Spear Hand - Vertical
Soo Doh	Knife Hand
Yuhk Soo Doh	Reverse Knife Hand
Hweh Juhn Soo Doh	Circle Knife Hand
Gahk Gwuhn	Back Fist
Pahl Kum Chi	Elbow Strike
Sah Mah Gwi Gwuhn	Praying Mantis Fist
Sohn Deung Pyuhng	Back Hand
Yuhk Pyuhng Soo	Reverse Palm
Ssang Pyuhng Soo	Double Palm
Ssang Soo Doh	Double Knife Hand
Hoh Goo Gwuhn	Tiger's Mouth Fist
Hoh Gwuhn	Tiger's Claw

Baek Pahl Ki Gwuhn	Little Finger Hammer Fist
li Ji Gwuhn	One Finger Fist
Joong Chi Gwuhn	Middle Knuckle Fist
Uhm Ji	Thumb Strike
Sah Ji Gwuhn	Four Finger Knuckle Fist
li Ji	One Finger Strike
Ee Ji	Two Finger Strike
Oh Ji	Five Finger Strike

Jah Se (Stances)

Ki Mah Jah Seh	Horse Riding Stance
Kong Kyuk Jah Seh	Attack Stance (Body Facing Right)
Bahng Uh Jah Seh	Defense Stance (Body Facing Left)
Juhn Gool Jah Seh	Long Stance (Bent Front Leg Stance)
Ship Cha Mah Ki	Four Directional Blocking

Johk Sool (Kicking Techniques)

Ahp Cha Ohl Li Ki	Straight Leg Kick
Ahp Cha Ki	Front Kick
Moo Reup Cha Gi	Knee Kick
Ahn Dah Ree Cha Ki	Inside Crescent Kick
Bah Gaht Dah Ree Cha Ki	Outside Crescent Kick
Bahl Deung Cha Ki	Roundhouse Kick
Yuhp Cha Ki	Side Kick

Dee Cha Ki	Back Kick
Bahl Koom Chi Cha Ki	Hook Kick
Jik Uh Cha Ki	Axe Kick
Yuhk Bahl Deung Cha Ki	Reverse Roundhouse Kick
Ahn Koom Chi Dohl Li Ki	Turning Inside Heel Kick
Yuhp Jik Ki	Side Front Kick
Dee Doh Rah Yuhp Cha Ki	Turning Back Side Kick
Sahng Dahn Doh Rah Cha Ki	High Spin Kick
Joohg Dahn Doh Rah Cha Ki	Middle Spin Kick
Hah Dahn Doh Rah Cha Ki	Low Spin Kick

Nak Bub (Falling Principles)

Ahp Nak Bub	Front Fall
Yuhp Nak Bub	Side Fall
Dee Nak Bub	Back Fall
Ahp Yuhp Nak Bub	Turning Side Fall
Hweh Juhn Nak Bub	Front Roll
Doo Sohn Poong Cha	Two-Handed Cartwheel
Hahn Sohn Poong Cha	One-Handed Cartwheel
Pahl Kum Chi Poong Cha	Elbow Cartwheel
Gong Joohg Poong Cha	Aerial Cartwheel
Doo Sohn Ahp Poong Cha	Hand Spring
Goh Yahng Ee Nak Bub	Cat Roll
Goh Joong Hweh Juhn Nak Bub	High Fall

Ahp Gong Joong Hweh Juhn Nak Bub Front Flip

Dee Gong Joong Hweh Juhn Nak Bub Back Flip

Hyung (Forms)

Ki Cho Hyung	Foundation Form	(White Belt)
Cho Geup Hyung	Beginning Level Form	(Yellow Belt)
Joong Geup Hyung	Middle Level Form	(Blue Belt)
Goh Geup Hyung	High Level Form	(Red Belt)
Dae Geup Hyung	Advanced Level Form	(Brown Belt)
Guhm Moo Hyung	Advanced Level Form	(Brown Black Belt)

Kuk Sool Won Merchandise

KSW T-Shirt	\$15 or \$18 (XI)
Student Doh Bohk (Patches & White Belt)	\$65 (Kids \$60)
Warm Up Suit	\$85
Dragon Jacket	\$125
Hand Books (1-5)	\$12 each
Text Book (1-2)	\$55/\$60
KSW DVD's (1-6)	\$35 each / \$180 Set
Kuk Sool Gym Bag (Black)	\$40
Kuk Sool Backpack (Black)	\$25

Equipment

Bong (Middle Staff)	\$20
Sparring Gear: Silver, Red, Black, Yellow, Blue	Head: \$15 (S,M,L) Hands: \$15 (S,M,L) Feet: \$15 (Foot size) Shin: \$10 (Optional, 1 size fits all) Used gear sets for kids: \$25
Double Sided Focus Pads	Leather: \$20 Vinyl: \$15
Focus Mitts	Leather: \$20 Vinyl: \$15
Kicking Shields	Normal: \$35 Super: \$40
Leg Stretcher	\$20