

Kuk Sool Won™

of Edinburgh & Falkirk



TRAINING BOOKLET

STUDENT:

MY GOALS & OBJECTIVES:

1

2

3

4

5

Dear Kuk Sool Won™ student,

Kuk Sool Won™ of Edinburgh and Falkirk warmly welcomes you as a new member!

You will embark on a great journey of an amazing Martial Art that will change your life forever. Not only will you be enjoying the many benefits of our Martial Art training, but also the friendly atmosphere in class.

You will notice a progression very soon as our classes are structured from the ground up to help you become stronger both mentally and physically.



THE KUK SOOL PLEDGE

1. As a member of the Kuk Sool Won™ Association, I pledge to obey the rules of the Association and to conduct myself in accordance with the true spirit of Martial Arts.
2. I pledge to be loyal to my country and to promote the development of a better society.
3. I pledge to work together with all classes of people without regard to politics, race or religion.
4. I pledge to promote international goodwill and strive for world peace through the practice of Martial Arts.

“With great power, comes great responsibility”

USEFUL INFORMATION

RANKS IN KUK SOOL WON™

Hin Di	White Belt
Noh Rahng Di	Yellow Belt
Chuhng Di	Blue Belt
Hohng Di	Red Belt
Jah Di	Brown Belt
Dahn Boh Nim	Black Belt Candidate
Yoo Dahn Jah	Black Belt Holder
Jo Kyo Nim	1st Degree Black Belt
Kyo Sa Nim	2nd Degree Black Belt
Pu Sa Bum Nim	3rd Degree Black Belt
Sa Bum Nim	4th Degree Black Belt
Kwan Jahng Nim	5th - 8th Degree Black Belt
Chong Kwan Jahng Nim	9th Degree Black Belt (Chiefmaster)
Kuk Sa Nim	10th Degree Black Belt (literally: National Martial Arts Teacher)



The following pages include information that is necessary for all belts to learn along the way.

COUNTING IN KOREAN

1	Ha-Na
2	Dul
3	Set
4	Net
5	Da Seot
6	Yeo Seot
7	Il Gop
8	Yeo Deol
9	A-Hop
10	Yeol
20	Seu Mool
30	Seo Reun
40	Ma Heun
50	Swin

STANCES

Offensive stance	Kong Kyuk Jah Seh
Defensive stance	Bahng Uh Jah Seh
Horse stance	Ki Mah Jah Seh
Front stance	Juhn Gool Jah Seh

FIVE PRINCIPLES OF FORMS

Mind:	Clear and calm
Eyes:	Sunshine bright
Body:	Low, soft and supple
Hands:	Fast and precise
Feet:	Slow and deliberate

PUNCHES

Juhng Gwuhn	Straight Fist (Punch)
Pyung Soo	Palm Strike
Gwahn Soo	Spear Hand
Soo Doh	Knife Hand
Yuhk Soo Doh	Inverted Knife Hand
Ssahng Soo Doh	Double Knife Hand
Hweh Juhn Soo Doh	Rolling Knife Hand
Pahl Koom Chee Chi	Elbow Strike
Joong Ji Gwuhn	Middle-Knuckle Fist
Ssahng Pyung Soo	Double Palm Strike
Gahk Gwuhn	Back Fist
Sah Ji Gwuhn	4-Knuckle Fist



ALL BELTS

USEFUL INFORMATION

ALL BELTS



KICKS

Ahp Cha Ohl Li Gi	Projection Kick (using Straight Leg)
Ahn Dah Ree Cha Gi	Inside Turn Kick
Bah Gaht Dah Ree Cha Gi	Outside Turn Kick
Ahp Cha Gi	Front Kick
Yuhp Cha Gi	Side Kick
Bahl Deung Cha Gi	Round House Kick
Bahl Koom Chi Cha Gi	Hook Kick
Yuhk Bahl Deung Cha Gi	Inverted Round Kick
Moo Reup Cha Gi	Knee Kick
Do Rah Cha Gi	Spin Kick
Sahng Dahn Do Rah Cha Gi	High Spin Kick
Hah Dahn Do Rah Cha Gi	Low Spin Kick
Ahn Koom Chi Dohl Li Gi	Inside Heel Kick
Dee Do Rah Yuhp Cha Gi	Spin Side Kick

FALLING TECHNIQUES

(BREAK FALLS)

Dee Nahp Bub	Back Fall
Yuhp Nahp Bub	Side Fall
Ahp Yuhp Nahp Bub	Front Side Fall
Ahp Nahp Bub	Front Fall
Hweh Juhn Nahp Bub	Rolling Fall
Goong Joong Nahp Bub	High Fall (in Mid-Air)
Goh Yahng Ee Nahp Bub	Cat Roll

MAEK CHI KI PRESSURE POINTS IN ENGLISH

1	Lung 7
2	Large Intestine 10
3	Lung 3
4	Heart 1
5	(Not on a Meridian)
6	Gall Bladder 3
7	(Not on a Meridian)
8	Spleen 21
9	Conception 7 or 8
10	Conception 15
11	Conception 23
12	Liver 13
13	Governing 15
14	Governing 24
15	Stomach 18 or Pericardium 1

MAEK CHA KI PRESSURE POINTS IN ENGLISH

1	Spleen 6
2	Stomach 35
3	Bladder 40
4	Spleen 10
5	Liver 13
6	Heart 1
7	Conception 8
8	Conception 15
9	Conception 23
10	Not on a Meridian
11	Stomach 18 or Pericardium 1
12	Governing 15
13	Gall Bladder 3
14	Governing 14
15	Gall Bladder 34

MAEK CHI KI PRESSURE POINTS IN KOREAN

1	Yuhl Gyuhl Hyul
2	Soo Sahm Ri Hyul
3	Chuhn Boo Hyul
4	Geuk Chuhn Hyul
5	Hohn Soo Hyul
6	Gaek Joo In
7	Hohn Soo Hyul
8	Dae Po Hyul
9	Um Kyo or Ki Hae Hyul
10	Goo Mi Hyul
11	Yuhm Chuhn Hyul
12	Jahng Moon Hyul
13	Ah Moon Hyul
14	Shin Juhng Hyul
15	Yoo Geun Hyul or Chuhn Ji Hyul

MAEK CHA KI PRESSURE POINTS IN KOREAN

1	Sahm Um Kyo Hyul
2	Dohk Bi Hyul
3	Wee Joong Hyul
4	Hyul Hae Hyul
5	Jahng Moon Hyul
6	Geuk Chuhn Hyul
7	Ki Hae Hyul
8	Goo Mi Hyul
9	Yuhm Chuhn Hyul
10	Hohn Soo Hyul
11	Yoo Geun Hyul or Chuhn Ji Hyul
12	Ah Moon Hyul
13	Gaek Joo In
14	Dae Choo Hyul
15	Yahng Neung Chuhn Hyul

FROM RED
BELT +



BELT REQUIREMENTS

YELLOW STRIPE



YEA EUE (ETIQUETTE)

Etiquette, is the first and most important principle taught in Kuk Sool Won™. Following the rules of etiquette develops self-control which is an essential prerequisite to advanced martial arts training. Proper etiquette demonstrates respect for the art, for one's instructors and for one's fellow students. In fact, etiquette is the first section of the Kuk Sool Won™ Progress Chart and is the single most important requirement to be eligible for further training in Kuk Sool.

Bowing is the most visible manifestations of martial arts etiquette. Unfortunately, is it also the concept most often misunderstood by the beginning student. Western culture, in particular, has typically had little experience with the act of bowing. Those experiences are, by and large, associated with either some form of worship, or with a subservience or an admission of inferiority. For this reason, the Western mind often reacts to the idea of bowing with a host of (at best) ambiguous or (at worst) complete negative feelings. In the East, however, the bow is not seen as a sign of subservience at all, but rather as a sign of respect and more mundanely, as a simple method of greeting. The Asian bow is, in many ways, similar to the western handshake or to the military salute.



WHAT DO I NEED TO LEARN?

Listed are the forms and techniques that you will need to know for each belt. You can tick each technique or part of the form once you have learned it.

TECHNIQUES

Adults **Ki Bohn Soo
(Fundamental
Techniques)**

1	2	3	4	5

Youth
(Age 13-17) **Ki Bohn Soo
(Fundamental
Techniques)**

1	2	3	4	5

Junior
(Age 12
and under) **Ki Bohn Soo
(Fundamental
Techniques)**

1	2	3	4	5

FORMS

Adults **Ki Cho Hyung
(Foundation
Form)**

1	2	3

Youth
(Age 13-17) **Ki Cho Hyung
(Foundation
Form)**

1	2	3

Junior
(Age 12
and under) **Ki Cho Hyung
(Foundation
Form)**

1	2	3

“
*Winners never quit
and quitters never win*
- unknown
”



YELLOW BELT

TECHNIQUES

Adults

Ki Bohn Soo
(Fundamental Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓		
8	9	10	11	12	13	14

Youth

(Age 13-17)

Ki Bohn Soo
(Fundamental Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓		
8	9	10	11	12	13	14

Junior

(Age 12 and under)

Ki Bohn Soo
(Fundamental Techniques)

1	2	3	4	5
✓	✓	✓	✓	✓
6	7	8	9	10

FORMS

Adults

Ki Cho Hyung
(Foundation Form)

1	2	3	4	5	6
✓	✓	✓			

Youth

(Age 13-17)

Ki Cho Hyung
(Foundation Form)

1	2	3	4	5	6
✓	✓	✓			

Junior

(Age 12 and under)

Ki Cho Hyung
(Foundation Form)

1	2	3	4	5	6
✓	✓	✓			

CONGRATULATIONS!

Your first coloured belt; a major stepping stone in your Kuk Sool journey.

The syllabus starts to get more advanced.



BLUE STRIPE

TECHNIQUES

Adults

Sohn Mohk Soo
(Fundamental Wrist Techniques)

1	2	3	4	5	6	7
8	9	10	11			

Youth

(Age 13-17)

Sohn Mohk Soo
(Fundamental Wrist Techniques)

1	2	3	4	5	6	7
8	9	10	11			

Junior

(Age 12 and under)

Ki Bohn Soo
(Fundamental Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
✓	✓	✓				

FORMS

Adults

Cho Geup Hyung
(Elementary Level Form)

1

Youth

(Age 13-17)

Cho Geup Hyung
(Elementary Level Form)

1

Junior

(Age 12 and under)

Cho Geup Hyung
(Elementary Level Form)

1

“
I am not teaching you anything.
I just help you to explore yourself.
- Bruce Lee

“Ability is what you are capable of doing.
Motivation determines what you do.
Attitude determines how well you do it.”
- Lou Holtz



BLUE BELT

TECHNIQUES

Adults **Eue Bohk Soo**
(Clothing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Youth
(Age 13-17) **Eue Bohk Soo**
(Clothing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Junior
(Age 12 and under) **Sohn Mohk Soo**
(Fundamental Wrist Techniques)

1	2	3	4	5

FORMS

Adults **Cho Geup Hyung**
(Elementary Level Form)

1	2
✓	

Youth
(Age 13-17) **Cho Geup Hyung**
(Elementary Level Form)

1	2
✓	

Junior
(Age 12 and under) **Cho Geup Hyung**
(Elementary Level Form)

1	2
✓	

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision."

- Muhammed Ali



RED STRIPE

TECHNIQUES

Adults **Ahn Sohn Mohk Soo**
(Inside Wrist Techniques)

1	2	3	4	5	6

Youth
(Age 13-17) **Ahn Sohn Mohk Soo**
(Inside Wrist Techniques)

1	2	3	4	5	6

Junior
(Age 12 and under) **Sohn Mohk Soo**
(Fundamental Wrist Techniques)

1	2	3	4	5	6	7
8	9	10	11			

FORMS

Adults **Joong Geup Hyung**
(Intermediate Level Form)

1

Youth
(Age 13-17) **Joong Geup Hyung**
(Intermediate Level Form)

1

Junior
(Age 12 and under) **Joong Geup Hyung**
(Intermediate Level Form)

1

"Live as if you were to die tomorrow. Learn as if you were to live forever."

- M.K Gandhi



RED BELT

TECHNIQUES

Adults **Maek Chi Ki**
(Hand Strike to Pressure Points)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17) **Maek Chi Ki**
(Hand Strike to Pressure Points)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Junior
(Age 12 and under) **Eue Bohk Soo**
(Clothing Techniques)

1	2	3	4	5	6

FORMS

Adults **Joong Geup Hyung**
(Intermediate Level Form)

1	2
✓	

Youth
(Age 13-17) **Joong Geup Hyung**
(Intermediate Level Form)

1	2
✓	

Junior
(Age 12 and under) **Joong Geup Hyung**
(Intermediate Level Form)

1	2
✓	

“
Success isn't how far you got,
but the distance you travelled
from where you started.”
- Unknown



BROWN STRIPE

TECHNIQUES

Adults **Maek Cha Ki**
(Foot Strike to Pressure Points)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17) **Maek Cha Ki**
(Foot Strike to Pressure Points)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Junior
(Age 12 and under) **Eue Bohk Soo**
(Clothing Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓		
8	9	10	11	12	13	

FORMS

Adults **Goh Geup Hyung**
(Intermediate Level Form)

1

Youth
(Age 13-17) **Goh Geup Hyung**
(Intermediate Level Form)

1

Junior
(Age 12 and under) **Goh Geup Hyung**
(Intermediate Level Form)

1

“Don't bother just to be better than
your contemporaries or predecessors.
Try to be better than yourself.”
- William Falkner



BROWN BELT

TECHNIQUES

Adults
Joo Muhk Maga Ki Bohn Soo
(Intermediate Techniques with blocking)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17)
Joo Muhk Maga Ki Bohn Soo
(Intermediate Techniques with blocking)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Junior
(Age 12 and under)
Ahn Sohn Mohk Soo
(Inside Wrist Techniques)

1	2	3	4	5	6

FORMS

Adults
Goh Geup Hyung
(Intermediate Level Form)

1	2
✓	

Youth
(Age 13-17)
Goh Geup Hyung
(Intermediate Level Form)

1	2
✓	

Junior
(Age 12 and under)
Goh Geup Hyung
(Intermediate Level Form)

1	2
✓	

*"Shoot for the moon.
Even if you miss it you will land
among the stars."*

- Les Brown



BLACK STRIPE

TECHNIQUES

Adults
Joong Geup Sohn Mohk Soo
(Intermediate Level Wrist Techniques)

1	2	3	4	5	6	7

Youth
(Age 13-17)
Joong Geup Sohn Mohk Soo
(Intermediate Level Wrist Techniques)

1	2	3	4	5	6	7

Junior
(Age 12 and under)
Maek Chi Ki
(Hand Strike to Pressure Points)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

FORMS

Adults
Dae Geup Hyung
(Advanced Level Form)

1

Youth
(Age 13-17)
Dae Geup Hyung
(Advanced Level Form)

1

Junior
(Age 12 and under)
Dae Geup Hyung
(Advanced Level Form)

1

*"No one ever drowned in sweat."
- Unknown*



BLACK BELT CANDIDATE

TECHNIQUES

Adults

Ahp Eue Bohk Soo
(Front Clothing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	

Youth

(Age 13-17)

Ahp Eue Bohk Soo
(Front Clothing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	

Junior

(Age 12 and under)

Maek Cha Ki
(Foot Strike to Pressure Points)

1	2	3	4	5	6	7
8	9	10	11	12	13	14

FORMS

Adults

Dae Geup Hyung
(Advanced Level Form)

1	2
✓	

Youth

(Age 13-17)

Dae Geup Hyung
(Advanced Level Form)

1	2
✓	

Junior

(Age 12 and under)

Dae Geup Hyung
(Advanced Level Form)

1	2
✓	

CONGRATULATIONS DBN!

Your training should have been advancing over the past months, so now you have a much higher level of fitness and flexibility.

This will show itself in demonstrating your forms and techniques to a much higher degree of precision, though hard work and good training all the principles of Kuk Sool Won™ should be showing throughout.

3 BLACK STRIPES



TECHNIQUES

Adults

Dee Eue Bohk Soo
(Reverse Clothing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23					

Youth

(Age 13-17)

Dee Eue Bohk Soo
(Reverse Clothing Techniques)

1	2	3	4	5	6	7

Junior

(Age 12 and under)

Joo Muhk Maga Ki
Bohn Soo

1	2	3	4	5

FORMS

Adults

Guhm Moo Hyung
(Sword Dance Form)

1

Youth

(Age 13-17)

Guhm Moo Hyung
(Sword Dance Form)

1

Junior

(Age 12 and under)

Guhm Moo Hyung
(Sword Dance Form)

1

THIS FORM NOW CONTINUES UNTIL
BLACK BELT.

*"Gold medals aren't really made of gold.
They're made of sweat, determination
and a hard-to-find alloy called guts"*

- Dan Gable



4-5 BLACK STRIPES

4 BLACK STRIPES

TECHNIQUES

Adults **Kwahn Juhl Ki**
(Joint Locking Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Youth
(Age 13-17) **Dee Eue Bohk Soo**
(Reverse Clothing Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
15						

Junior
(Age 12 and under) **Joo Muhk Maga Ki**
Bohn Soo

1	2	3	4	5	6	7
✓	✓	✓	✓	✓		
8	9	10				

5 BLACK STRIPES

TECHNIQUES

Adults **Too Ki**
(Throwing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Youth
(Age 13-17) **Dee Eue Bohk Soo**
(Reverse Clothing Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
✓	✓	✓	✓	✓	✓	✓
15	16	17	18	19	20	21
✓						
22	23					

Junior
(Age 12 and under) **Joo Muhk Maga Ki**
Bohn Soo

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
✓	✓	✓				

6-7 BLACK STRIPES



6 BLACK STRIPES

TECHNIQUES

Adults **Mohk Johl Li Ki**
(Neck Choke Techniques)

1	2	3	4	5

Youth
(Age 13-17) **Kwahn Juhl Ki**
(Joint Locking Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Junior
(Age 12 and under) **Joong Geup Sohn**
Mohk Soo
(Intermediate Level Wrist Techniques)

1	2	3	4	5	6	7

7 BLACK STRIPES

TECHNIQUES

Adults **Bahng Too Ki**
(Defence Against Throws)

1	2	3	4	5	6	7
8	9	10				

Youth
(Age 13-17) **Too Ki**
(Throwing Techniques)

1	2	3	4	5	6	7
8	9	10	11	12	13	

Junior
(Age 12 and under) **Ahp Eue Bohk Soo**
(Front Clothing Techniques)

1	2	3	4	5	6	7
8	9	10				



8-9 BLACK STRIPES

8 BLACK STRIPES

TECHNIQUES

Adults **Yahng Sohn Mohk Soo**
(Double Wrist Techniques)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17) **Mohk Johl Li Ki**
(Neck Choke Techniques)

1	2	3	4	5

Junior
(Age 12 and under) **Ahp Eue Bohk Soo**
(Front Clothing Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
✓	✓	✓				
15						
✓						

9 BLACK STRIPES

TECHNIQUES

Adults **Ssahng Soo**
(Two Handed Techniques)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17) **Bahng Too Ki**
(Defence Against Throws)

1	2	3	4	5	6	7
8	9	10				

Junior
(Age 12 and under) **Ahp Eue Bohk Soo**
(Front Clothing Techniques)

1	2	3	4	5	6	7
✓	✓	✓	✓	✓	✓	✓
8	9	10	11	12	13	14
✓	✓	✓	✓	✓	✓	✓
15	16	17	18	19	20	
✓						

10 BLACK STRIPES



10 BLACK STRIPES

TECHNIQUES

Adults **Dahn Doh Mahk Ki**
(Defence Against Knife Techniques)

1	2	3	4	5	6	7	
8	9	10	11	12	13	14	15

Youth
(Age 13-17)

Junior
(Age 12 and under)

SUMMARY (ADULTS)

BELT	STRIPE	TECHNIQUES	FORM
		Ki Bohn Soo (15)	Ki Cho Hyung
		Sohn Mohk Soo (11) Eue Bohk Soo (13)	Cho Geup Hyung
		Ahn Sohn Mohk Soo (6) Maek Chi Ki (15)	Joong Geup Hyung
		Maek Cha Ki (15) Joo Muhk Maga Ki Bon Soo (15)	Goh Geup Hyung
 +		1 Joong Geup Sohn Mohk Soo (7) 2 Ahp Eue Bohk Soo (23) 3 Dee Eue Bohk Soo (23) 4 Kwahn Juhl Ki (13) 5 Too Ki (13) 6 Mohk Joul Li Ki (5) 7 Bahng Too Ki (10) 8 Yahng Sohn Mohk Soo (15) 9 Ssahng Soo (15) 10 Dahn Doh Mahk Ki (15)	Guhm Moo Hyung

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