



# Mok Sori

Volume 1, Issue 3

March 2010

*The "VOICE" of Kuk Sool Won of The Woodlands, West*

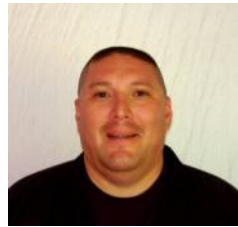
## Congratulations to Our Newly Promoted Black Belts

In February, I was proud to honor five of our dedicated students with promotions to 1st Degree Black Belt and one with the promotion to 2nd Degree Black Belt. They have all demonstrated the patience and perseverance necessary to achieve one of their important long term goals.

They were promoted in the traditional manner with Kuk Sa Nym giving them their well deserved Certificate of Rank and his congratulations on a job well done. Please be sure to shake their hand and give them your thoughts about their accomplishments.



**Carrie Johnson**  
2nd Degree



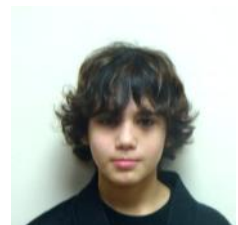
**Robert Avila**  
1st Degree



**Tim Gadus**  
1st Degree



**Jake Jacobs**  
1st Degree



**Gabriel Espindola**  
1st Degree



**Dane Nichols**  
1st Degree

### Inside this issue:

<i>Discipline</i>	2
<i>Word of the Month</i>	2
<i>Why is Korean Terminology Important</i>	3
<i>March Calendar and Events</i>	4

There is more in us than we know. If we can be made to see it, perhaps, for the rest of our lives, we will be unwilling to settle for less.

– Kurt Hahn  
Founder,  
Outward Bound

## Welcome New Students

We would like to welcome all our newest students. If you haven't met them, please introduce yourself. When you have met them, make them feel welcome.

Leo Holloway

# Discipline

To attain any goal, discipline is necessary. In Kuk Sool Won, our goal is self-development, and some self-discipline is needed to keep us working towards it. When you first start to do Kuk Sool, you may feel stiff and not be able to stretch very far. You may experience some difficulty in some of the warm-up exercises, in controlling your breath, and in clearing your mind. It is especially important at this stage to use your discipline, and to try to do some Kuk Sool exercises or stretches every day, even if its only for five or ten minutes. After you've been practicing for awhile you will probably find that you won't need as much discipline to keep up, because it will become enjoyable to do.

You might also want to make a journal where you can check off when you do your exercises. This, or any other method that works for you to acknowledge yourself, can sometimes give you that last ounce of motivation to keep on track.

With this kind of consistency, and after a short time (three or four weeks for most), you will notice a difference in your body. You will feel more limber, and may move more gracefully. As you continue, you will develop better muscle tone, and possibly lose some inches from your waist. The spine will begin to realign, improving posture and the nervous system. Circulation will improve, slowing the heartbeat and balancing blood pressure. You may start to gain new realizations about yourself. During the relaxations that follow the exercises, you may experience moments of inner tranquility. The energy channels, or meridians, of the body will increase through the practice of the full warm-up series (known as Mohm-Puhl-Ki), deep breathing (Dahn Juhn breathing) and the stimulation of the pressure points and meridians.

With all of these benefits in store for us, what are we waiting for? Lets make 2010 the year we realize these goals. Follow the Black Belt motto: **“Keep a positive attitude and never give up.”**

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Word of the Month

## Self-Discipline

Discipline and training of oneself,  
usually for improvement.

## Why is Korean Terminology So Important?

Many students, when they first begin in Kuk Sool Won, don't really understand the necessity of learning the Korean terminology for class commands and so on. Most of us, I feel sure, thought when we first began training in Kuk Sool Won that everything would be so much easier if we didn't have to learn a completely new terminology for all the techniques and forms we are learning.

After all, there is enough to remember already, right?

But, in fact, there are a number of reasons why Korean terminology is important in our training.

First of all, the use of Korean terminology serves to remind us everyday of the cultural and historical roots of Kuk Sool Won. Were it not for the rich martial arts heritage of Korea, there would not even be Kuk Sool Won. The use of Korean terminology in



class, then, can serve to remind us of this important fact so that we can be appreciative of the origin of Kuk Sool Won.

Next, it is very common for many activities to have their own (sometimes foreign) terminology. For example, in fencing, most of the terminology is in French; in music, much of the terminology is in Italian. Even when the specific terminology is in English, it is so specialized that it often *seems* like a foreign

language (if you don't believe this, try talking to a computer "hacker" sometime about what he/she does!).

Finally, and perhaps most importantly, the use of Korean terminology gives a consistency to the study of Kuk Sool Won. Because we all use the same terminology, it is possible to go to Kuk Sool Won schools anywhere in the world and understand the class commands and terminology.

An Nyong Ha Sim Ni Kka ; Hello / Hi / How Are You








An Nyong Hee Ga Sip Si Yo ; Goodbye / Go Safely

Su Go Haet Seum Ni Da ; You Worked Hard

Gam Sa Ham Ni Da ; Thank You

Cheon Man Eh Yo ; You're Welcome

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	1	2	3  Sparring 6:00pm	4	5  Black Belt Club 6:00 PM	6																																																																																																		
7	8 Daylight Savings Time Starts (Set Clocks Ahead One Hour at 2:00am)	9	10  Sparring 6:00pm	11	12  Black Belt Club 6:00 PM	13  Parents' Night Out 6:00-10:00 pm																																																																																																		
14	15	16	17  Sparring 6:00pm	18	19  Black Belt Club 6:00 PM	20  Women's Self Defense 2pm-5pm																																																																																																		
21	22	23	24  Sparring 6:00pm	25	26  Acrobatics & Falling Workshop 6:00pm	27																																																																																																		
28	29	30	31  Sparring 6:00pm	<table border="1"> <thead> <tr> <th colspan="7">Feb 2010</th> <th colspan="7">Apr 2010</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td></td><td></td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>28</td><td></td><td></td><td></td><td></td><td></td><td></td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </tbody> </table>		Feb 2010							Apr 2010							S	M	T	W	T	F	S	S	M	T	W	T	F	S		1	2	3	4	5	6			1	2	3			7	8	9	10	11	12	13	4	5	6	7	8	9	10	14	15	16	17	18	19	20	11	12	13	14	15	16	17	21	22	23	24	25	26	27	18	19	20	21	22	23	24	28							25	26	27	28	29	30		
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**Saturday, March 13<sup>th</sup>** **Parents Night Out**  
 6:00PM - 10:00PM  
 Ages 4 and up  
 Cost: \$15 per child; \$30 per family  
 Please register by Friday March 12<sup>th</sup>

**Saturday, March 20<sup>th</sup>** **Women's Self Defense Workshop**  
 Time: 2:00PM – 5:00PM  
 Location: Kuk Sool Won of The Woodlands, West  
 Cost: \$25.00

**Friday, March 26<sup>th</sup>** **Student Workshop – Acrobatics/ Falling**  
 6:00 PM  
 Please register by Wednesday, March 24<sup>th</sup>  
 Cost: \$10.00