



KOREA/USA SIMMUDO ASSOCIATION

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FALL NEWS - 2008



CHANGE THE ROUTINE PART 2

Last time we started to look at taking a skill set, kicking technique, and working on it in simple drills, 1-steps or on a target. The next week we would move into applying the technique in combinations with a partner.

Once students are comfortable doing these controlled drills the next step is to try and apply the combinations and techniques that work for them in free sparring.

As individuals we will all have different techniques that “work” for us. We need to try and help each student find the techniques that “work” for them and apply them in their combinations. This does not mean that we should neglect the techniques that do not come as easily. Our goal should be to competent at all the techniques but take the ones that “work” for us and our students and excel at them.

When it’s time to move away from the above example I may focus in more on forms (overall technique and application) or self-defense techniques for a few weeks. I will try to have my focus shift between the three broad categories of forms, sparring and self-defense. By doing this my goal is to help the students refine techniques in the hopes that they will take the information and work on applying it in future classes and their own private workouts.

Sometimes instructors will try to cover too much in one class. This does not allow the students to retain the finer details of whatever is being worked on if they are constantly changing to different activities throughout the class. By shifting the focus of the workouts from one area to another every few weeks we as instructors can work on building good foundations in forms, sparring and self-defense techniques.

*Take care,
Kirby Strissel
Administrator - Korea/USA Simmudo Association*

THE SIGNIFICANCE OF FORMS TRAINING PART 2

Sources: *Classical Kata of Okinawan Karate*, Pat McCarthy
Living the Martial Way, Forrest E. Morgan

Attention to technical detail is nearly as important as concentrated focus. One of the hallmarks of a traditional school is the instructor’s uncompromising demand for technical perfection. A traditional student learns to discipline every bodily detail from the direction of his gaze to the angle of his toes. It’s this kind of discipline that makes the superior martial artist. And it’s this kind of discipline that leads to mastery.

As one approaches black belt, there is one last kind of forms training that provides a crucial element in a martial artist’s preparation. That is learning the form in yongdo or application. To be effective, forms training must employ sound practical techniques and combinations, and students must understand exactly what they are doing in every move. Only then will they really learn to defend themselves using the com-

binations taught in form.

Make forms a central feature of your martial art training. Practice often, executing your forms with total concentration, proper focus, and application. By learning form, students of the martial arts walk in the footsteps of the great masters of the past.

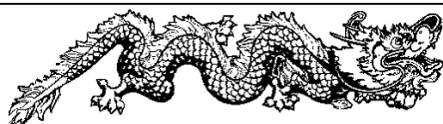
A NOTE REGARDING KIDS AND FORM

According to experts it takes the average child until about age 7 to begin comprehending depth, distance, and angles. For this reason children find the practice of forms and similar activities to be quite challenging.

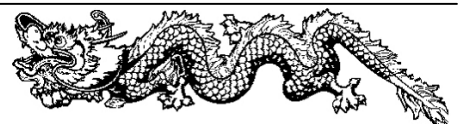
So instructors, if you find your kids struggling with forms, please be patient. While waiting for children to mature we use many other training methods to teach them discipline, respect, and confidence along with physical fitness, self-defense, and lots of fun.



*Fred Gommels
Director - Korea/USA Simmudo Association*



KOREAN MARTIAL ART TERMINOLOGY



<u>English</u>	<u>Korean</u>	<u>English</u>	<u>Korean</u>
Palm	Pyuhng Soo 평수	Knee Kick	MooReup ChaKi 무릎차기
Praying Mantis Fist	SahMahGwi Gwuhn 사마귀권	Hook Kick	BahlKoomChi ChaKi 발꿈차기
Kicking Techniques	Johk Sool 족술		
Front Kick	Ahp ChaKi 앞 차기		

Taken from: *Kuk Sool Won: Traditional Korean Martial Art Textbook Volume 1* by Suh, In Hyuk