



KOREA/USA SIMMUDO ASSOCIATION

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SUMMER NEWS - 2008



THE SIGNIFICANCE OF FORMS TRAINING

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

Form is a memorized series of blocks and strikes against imaginary opponents. In times past, form was the core of martial training, particularly in the striking arts. Controlled sparring is a definite improvement in modern martial arts training, but it will never replace proper training in form.

By practicing forms you can learn to execute effective combinations with the speed, power, and balance essential to combat. Proper forms training will also condition and harden your body and instill in you that steely discipline that separates the warrior from the brawler. But the key word is "proper."

Simply walking through a form without applying power, focus, and the necessary attention to detail will not advance your efforts toward being an effective martial artist. For forms training to be effective, it must include essential elements.

First, you must execute each technique as if your life depends on it. That means that you will pump all the

power you can generate into every strike and kick in the form. Those students who concentrate on executing the techniques properly can actually feel the energy move through their bodies as they practice.

The word focus takes on special meaning in the martial arts. Not only does it refer to the ability to hit a target with precise aim and range, it also implies concentrating all of one's strength, internal or external, on the point of impact or leverage at a precise time. Concentration is the keynote here, for without absolute concentration, proper focus is impossible.

Next time we will continue with the significance of forms training.



Regards,
Fred Gommels
Director - Korea/USA Simmudo Association

CHANGE THE ROUTINE

If you talk to a personal trainer about exercise routines they will suggest changing the routines as often as every three to six weeks to keep the body from hitting a plateau. The same is true with a martial arts routine. If you instruct using the same routine every class your students will hit a plateau. The same is also true with your own workouts.

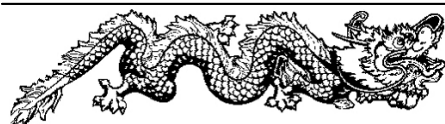
In addition to hitting a physical plateau with the same routine each class boredom will also set in. Some ways of changing the routine could be as simple as running the class backwards from the normal order. Personally I prefer to focus on certain techniques or skills, beyond just doing them as an element of each class, for a few weeks then move onto a different set of techniques or skills. For example, if we were to drill on kicking techniques one week may be dedicated toward fine tuning proper technique and applying the kick in simple drills,

1-steps or kicking a target.

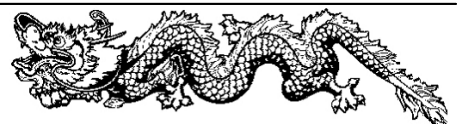
The following week we may try to build on the drills by taking the technique and building combinations that use it. By combinations I mean at least three or more techniques chained together. Too often during free sparring people will trade one or two techniques back and forth. Our goal with this drill is to make the students become comfortable with combinations that can be applied during free sparring. This serves the purpose of teaching the students how to use the technique offensively as well as defensively in learning to avoid or block the techniques being thrown.

Next time we will look at other ways of changing the routine of your classes.

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



KOREAN MARTIAL ART TERMINOLOGY



English

National Martial Arts Association

Attention

Horse-Riding Stance

Korean

Kuk Sool Won 국술원

ChaRyuht 차렷

KiMah JahSe 기마자세

English

Long/Front Stance

Hand Techniques

Straight Punch

Korean

JuhnGool JahSe 전굴자세

SooKi 수기

Juhng Gwuhn 정권

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