

Student Handbook



Mu Sool Won of South Austin

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Welcome to Mu Sool Won of South Austin!

We are pleased that you have decided to train with us here in South Austin and will be joining the Mu Sool Won family.

Mu Sool Won currently has 9 locations, 4 of which are located here in Austin, Texas. The headquarters is located in North Austin and is run by the founder, Grandmaster Byung In Lee. Grandmaster Lee's official title is Chong Je Nim, which means Chief Instructor.

This handbook was designed to help you learn more about Mu Sool Won, the martial art, as well as the rules and traditions of the school. If you have not trained in a martial art before, don't worry, we were all new to the martial art at one point. First, a few things you will see will be foreign to you, such as bowing and tying your belt. All these topics will be explained in class and you will get used to them in time. For now, study this handbook and use it to help guide you while you become more accustomed to our traditions.

Mu Sool Won is not religiously-oriented and instead accepts all races, religions and genders. Martial arts is more than just a self defense, it is a lifestyle. You will meet life-long friends and will become part of a community that will work together to promote a safe and friendly environment for you and others in which to train and learn martial arts.

Each of us started training in martial arts for his or her own reasons, but the thing that connects us is our enjoyment of our training here at the school. Please feel free to talk to your instructors if you have any questions and remember that once we were all new students just like you.

Our School

Mu Sool Won of South Austin joined the Mu Sool Won family in August of 2010. The owners, Ricky and Meghan Garcia, had been teaching martial arts for over 5 years when they decided they were ready to start their own school. When they met Grandmaster Lee and Sa Mo Nim, they knew they had found their home in the Grandmaster's new association.

Ricky and Meghan knew that South Austin was the place for them, and found this location in August of 2010. After a couple of months of build out, with lots of help from friends and family, they opened their doors on October 11, 2010. Since that day, Mu Sool Won of South Austin has been providing quality training in one of the best family martial arts being taught today. They plan to be doing the same thing for many years to come.

"A black belt is a white belt that never quit!"

What is Mu Sool Won?

The traditional Korean martial art of Mu Sool Won is a systematic study of all of the traditional fighting arts, which together form a martial arts history of the Korean nation. As such, Mu Sool Won is an extremely well-organized system which seeks to integrate and explore all aspects of the traditional Korean martial arts. Mu Sool Won is one of the most comprehensive martial arts practiced and taught today.

Mu Sool Won covers the entire spectrum of the traditional Asian fighting arts and techniques of body conditioning, mental development, and traditional weapons training. These include (but are not limited to):

- Hand Striking
- Leg Techniques
- Throwing and Grappling
- Joint-Locking Techniques and Pressure Points
- Falling Techniques and Acrobatics
- Body Conditioning
- Ki Breathing Exercises
- Traditional Korean Weapons
- Martial Art Healing Methods

As you can see, Mu Sool Won covers an extensive variety of techniques and methods. However, it is not only concerned with the physical methods of attack and defense; Mu Sool Won includes the study of healing techniques, the development of internal power, and physical conditioning. Training in Mu Sool Won also helps to instill self-confidence and self-discipline, a calm self-assurance, and the psychological and spiritual values that are traditionally associated with the martial character. Mental and physical well-being is of primary importance in Mu Sool Won.

Although Mu Sool Won as it is practiced today is relatively new, its roots stretch far and deep to the very beginnings of Korean history. As students of Mu Sool Won, this early history and the ancient traditions upon which our art is founded should be as important as the physical techniques, themselves. It is only from our understanding and appreciation of these classical roots that we are able to grow as students and as martial artists.

“Be Attentive.”

Always pay attention in class. Listening to what your instructors are saying is the fastest way to learn. Come to class with an open mind and empty cup.

Chief Instructor and Founder of Mu Sool Won



Grandmaster Byung In Lee (2011)

- 35 years of teaching experience
- 10th degree Black Belt in Mu Sool Won.
- World Break Champion: Kuk Sool Won
- Over 40 years of Martial Arts Experience
- Taught unarmed combat for 5 years to Korean Military Police in Pusan, Korea
- Headmaster and Owner, martial arts School in Berkley, CA (1982-92)
- Headmaster and Owner, Kuk Sool Won of Austin, now Mu Sool Won (92 - Present)
- Featured on cover of Tae Kwon Do Times, TKD and Korean Martial Arts, Inside Karate, Official Karate and Black Belt
- Feature stories in Inside Kung Fu, Combat Karate, Karate Kung Fu, and Tae Kwon Do Times among others
- Over 300 martial arts demonstrations world wide (Korea, USA, Canada, England and Mexico)

A world-class martial artist, Grandmaster Byung In Lee is highly sought after for the magazine covers of national and international martial arts magazines. Grandmaster Lee specializes in the double long swords, which he handles with great precision and speed. Grandmaster Lee is renowned for his double short staff self-defense technique. His dynamic breaking kicks are spectacular, demonstrating that tremendous power can be gathered and unleashed in seconds.

Grandmaster Lee is a gifted teacher, as well. He is an excellent motivator, and is able to guide students to their best efforts. His classes have a very high energy level, and his love for martial arts and for his students is very contagious. Grandmaster Lee is alert to the special needs of each student, and is personally involved in all of his classes at the North Austin Mu Sool Won school. His students include children, parents, grandparents, and business and community leaders.

In February of 2010 Grandmaster Lee left the Kuk Sool Won Association and created Mu Sool Won. Grandmaster Lee is the Grandmaster of Mu Sool Won and his school in North Austin is the Mu Sool Won Headquarters. Creating his own martial arts association allowed him to more easily promote the idea that martial arts is for the entire family and to promote the family values that he strives to live by in his everyday life.

Owners/Head Instructors of Mu Sool Won of South Austin

Richard "Ricky" Garcia, Sa Bum Nim Owner, Head Instructor

Ricky SBN started training at KSW in 2004. After a lot of hard work and dedication he was promoted to first degree black belt in 2007. Even before receiving his first degree black belt Ricky SBN was approved to start assistant teaching as a Dahn Bo Nim, or student testing for black belt. Ricky SBN has been teaching classes since 2006, and in 2007 chose to make teaching his full time career. Ricky SBN was promoted to the rank of second degree in 2010 and opened his own school with his wife, Meghan, later that same year.



Ricky SBN is currently training directly under Grandmaster Byung In Lee. In addition to his regular training, Ricky SBN attends a weekly school owners' class taught by Grandmaster Lee. This class allows all the school owners to train together under Grandmaster Lee, and helps keep the World Mu Sool Association a uniform group.

Ricky SBN is a strong believer in the idea that belts are earned and never given or bought. He believes that in order to be a great martial artist one must be hard working, highly dedicated, patient and humble. One must also be respectful of his instructors, fellow students, school, and, most of all, oneself. Through concentration and dedication anything is possible. Ricky SBN has successfully trained eight children and two adults all the way from white belt to black belt. All ten students are active at Mu Sool Won of South Austin to this day.



Meghan Garcia, Sa Bum Nim Owner, Instructor

Meghan SBN has been training in Kuk Sool since 1999, and has been instructing students since 2003. She is currently a fourth-degree black belt in Mu Sool. She has made it her goal to have Mu Sool Won of South Austin running smoothly, and to allow Ricky SBN to focus most of his attention on training the students.

Meghan works well with both children and adults, and enjoys running both hard workout classes and detailed technique classes. Her favorite weapon is the staff, and she enjoys high falling and kicking techniques. Her previous instructor, Dewain PKJN, encouraged her to do more than she thought she could, and not to let being a woman give her an excuse to hold back in her training. She believes strongly in this philosophy, and she and Ricky SBN encourage all students to perform to their highest potential. Martial arts is for everyone, and through concentration and hard work, you can achieve whatever goals you have set for yourself.

Student Etiquette

1. Always say “Yes, sir” or “Yes, ma’am” to your instructors and your fellow students. Avoid disrespectful responses, such as, “What?”, “Yeah”, and “Huh?”.
2. The most important part of training in traditional martial arts is respecting your instructors and fellow students. Never be rude to other people in the school, and understand that even the lowest rank or youngest student has something to offer.
3. If an instructor asks you to do something, do it quickly and without hesitation or discussion.
4. If you are reprimanded during class, do not take it personally, but instead learn the lesson you are being taught. Your instructor has your best interest and safety, as well as the safety of others, in mind at all times.
5. You may not be more than 15 minutes late to class. To be late shows disrespect towards your instructors and fellow students.
6. Drugs, alcohol, smoking, and cursing are not allowed in the school. If you come to school under the influence of drugs or alcohol, you will be asked to leave.
7. Full uniforms must be worn to class. Once class has started, you may ask permission to remove your uniform jacket, if you are wearing a Mu Sool Won T-Shirt. Be sure to wait until there is a break in class to ask permission (do not interrupt instruction).
8. You are expected to have official Mu Sool Won patches on their uniform jackets.
9. Keep your uniform clean, fingernails cut, and come to class presentable and ready to work closely with others.
10. Shoes are never worn on the training floor, both as a sign of respect and to keep the floor clean. You leave your shoes at the door as a gesture to leave the problems and worries of the outside world behind.
11. Do not interrupt senior students while they are training or instructors while they are teaching.
12. Your instructors have years of teaching experience, and pay close attention to each student’s progress. Please do not ask to be taught additional curriculum. In addition, never try to learn ahead by copying fellow students. Your instructor is aware of your progress, and will teach you accordingly. If you have a concern about your progress, see an instructor outside of class.
13. Do not teach inside or outside of the school without permission.
14. Testing eligibility is up to the sole discretion of the instructor. You will be informed if you are up for testing in the week prior to the testing date, so please do not ask.
15. Be sure always to ask permission before using any weapons or equipment, even if you have had permission in the past.
16. Please help keep the school clean. Pick up all of your trash (paper cups, bottles, paper towels, etc.).
17. If directed to work on your own, continue training until your instructor tells you otherwise.
18. No Jewelry should be worn when training, except for a wedding ring, as long as it does not cause damage to other students.
19. All students’ belongings should be put on the shelf in the back, rather than on the chairs and benches. Please leave all seating open for parents and spectators.

School Rules

1. Students may not be more than 15 minutes late to class. To be late shows disrespect towards your instructors and fellow students.
2. If a student is attending multiple classes, the classes must be back to back. If they are not, the student must leave the school after their first class and return once their next class starts.
3. Children (under the age of 13) should not take more than three (3) classes per day. Please understand that our classes are intense and cover complex ideas. Any more than three classes is mentally strenuous on the children, so we recommend one to two classes per day. Children do not have the patience of adults, and children will become frustrated and will no longer enjoy their training like they did in the beginning.
4. Children (under the age of 13) must be picked up within 10 minutes after their last class. Three warnings will be given, after which the parents may not leave their child at the school during class, but must stay during their child's entire class time.
5. Children (under the age of 13) must let an adult black belt instructor know before leaving the school.
6. No student may stay at the school during a class they are not attending, especially a class for higher ranked students. This includes training off to the side. Exceptions may be made for demo practice, with permission.
7. Full uniforms must be worn to class by all students. This includes the uniform jacket with Mu Sool Won patches.
8. Please leave valuables locked in your car. We are not responsible for stolen or lost items.
9. The office is off limits unless you have business there. No one is allowed in the office at any time if an instructor is not present.
10. *Make-up Testing:*
 - a. *If a student will not be able to make the regularly scheduled test, please speak to an instructor and schedule a private make-up test.*
 - b. *If the student does not show up for the scheduled test without informing an instructor, he is no longer eligible to test that month, and must wait for the next month's test.*

Bowing in Mu Sool Won

In South Korea, as in many other Asian countries, bowing is the way people show respect to each other. It is the Korean version of our handshake or military salute, and does not represent worship or any other religious activity. Bowing shows respect for your instructors, fellow students in class, and for the martial art.

Bowing in the beginning and at the end of class:

At the beginning and end of every class, we will have a short “bowing in/out” ceremony. All students in class will line up by rank with the highest-ranking student on the far left of the flags. The instructor will then call the class to attention and bow in/out the class. The bowing follows a specific sequence:

- Bow to the National Flag
- (“Kuk Ki Deh” – National Flag Salute)
- Bow to the Association Flag
- (“Won Ki Deh” – Association Flag Salute)
- Bow to the Grandmaster
- (“Chong Je Nim Keh” – Salute to the Grandmaster)
- Bow to the rank leading the class
- (Example: 2nd degree instructor: Kyo Sa Nim Keh)
- (“Su Ryun SheJak/Geut” – Class Begin/End)

*NOTE: The highest-ranking color belt has an important responsibility during bowing in the class. They must announce the last bow to the black belts lined up at the front, in descending rank order.

Bowing during class:

Here are some examples of when you will be expected to bow during class:

- Before you start each form.
- Any time you are working with a partner. Introducing yourself and shaking hands allows you to meet your fellow students and show each other respect.
- Before picking up weapons or equipment.
- When entering and exiting the training floor and do jang.

If you are late:

If you are late for class change into your do bok (uniform) without delay and quickly bow just as you would at the beginning of class. End with a bow to the instructor, followed by 10 push ups if you are a colored belt. Dahn Bo Nims will do 50 pushups, Jo Kyo Nims will do 100, and 100 pushups will be added per rank after Jo Kyo Nim. You may then ask for permission to join the class and wait for the instructor or an assistant to recognize you and allow you to enter class. If you are more the 10 minutes late you will not be allowed to join the current class and will have to wait until the next class begins.

“Never Say ‘Can’t”

A positive attitude is the most important thing for you to bring with you. If you are dedicated to your training, you can and will accomplish goals you never thought possible.

Curriculum

Ages 13 and Over:

Testing For:	Techniques (Sool)	Forms (Hyung)
Yellow Stripe	Ki Bohn Soo (1-5)	Ki Cho Hyung (1-3)
Yellow Belt	Ki Bohn Soo (1-15)	Ki Cho Hyung (1-6)
Green Stripe	Sohn Mohk Soo (1-11)	Cho Guep Hyung (1/2)
Green Belt	Eue Bohk Soo (1-13)	Cho Guep Hyung
Blue Stripe	Ahn Sohn Mohk Soo (1-6)	Joong Guep Hyung (1/2)
Blue Belt	Maek Chee Ki (1-15)	Joong Guep Hyung
Red Stripe	Maek Cha Ki (1-15)	Dahn Bong (18 Motion, Right)
Red Belt	Joo Muhk Maga Ki Bohn Soo (1-15)	Dahn Bong (18 Motion)
Brown Stripe	Joong Guep Sohn Mohk Soo (1-7)	Goh Guep Hyung (1/2)
Brown Belt	Ahp Eue Bohk Soo (1-20)	Goh Guep Hyung
Black Stripe	Dee Eue Bohk Soo (1-23)	Dae Guep Hyung (1/2)
Brown-Black Belt	Kwanh Juhl Ki (1-13)	Dae Guep Hyung
Dahn Bo Nim Testing	Too Ki (1-13) Mohk Jou Ru Ki (1-5) Bahng Too Ki (1-10) Yahng Sohn Mokh Soo (1-15) Ssahng Soo (1-15) Dahn Doh Mahk Ki (1-15)	Guhm Moo Hyung

Ages 12 and Under:

Testing For:	Techniques (Sool)	Forms (Hyung)
Yellow Stripe	Ki Bohn Soo (1-5)	Ki Cho Hyung (1-3)
Yellow Belt	Ki Bohn Soo (1-10)	Ki Cho Hyung
Green Stripe	Ki Bohn Soo (1-15)	Cho Guep Hyung (1/2)
Green Belt	Sohn Mohk Soo (1-5)	Cho Guep Hyung
Blue Stripe	Sohn Mohk Soo (1-11)	Joong Guep Hyung (1/2)
Blue Belt	Eue Bohk Soo (1-6)	Joong Guep Hyung
Red Stripe	Eue Bohk Soo (1-13)	Dahn Bong (18 Motion, Right)
Red Belt	Ahn Sohn Mohk Soo (1-6)	Dahn Bong (18 Motion)
Brown Stripe	Maek Chee Ki (1-15)	Goh Guep Hyung (1/2)
Brown Belt	Maek Cha Ki (1-15)	Goh Guep Hyung
Black Stripe	Joo Muhk Maga Ki Bohn Soo (1-15)	Dae Guep Hyung (1/2)
Brown-Black Belt	Joong Guep Sohn Mohk Soo (1-7)	Dae Guep Hyung
Dahn Bo Nim Testing	Ahp Eue Bohk Soo (1-20) Dee Eue Bohk Soo (1-23) Kwanh Juhl Ki (1-13) Too Ki (1-13) Mohk Jou Ru Ki (1-5) Bahng Too Ki (1-10) Yahng Sohn Mokh Soo (1-15) Ssahng Soo (1-15) Dahn Doh Mahk Ki (1-15)	Guhm Moo Hyung

Testing

Eligibility

Testing eligibility is up to the sole discretion of the instructor. You will be informed if you are up for testing in the week prior to the testing date. Rest and eat well before your test. Depending on your rank, your test could run anywhere from one to two and a half hours.

Preparation

In order to maximize your advancement, attend class regularly, practice at home, and pay attention in class. Work diligently to ensure that you learn your testing curriculum well in advance of your test. The day before your test, run through your curriculum in a light workout.

Mu Sool Won testing requires a review of your entire learned curriculum on test day. This means that a yellow belt needs to demonstrate all forms and techniques for white and yellow belt curriculum; a blue belt needs to demonstrate all forms and techniques for white, yellow, green, and blue belt curriculum; etc.

Test Day

- Come to the test in a clean, presentable do bok (uniform).
- Insure that you receive proper rest the night before the test.
- Drink plenty of fluids the morning of the test.
- Come to the test early to clear your mind and stretch. There is no formal warm up before the test.

Tips for Having a Good Test:

- During the test, keep a positive attitude!
- If you make a mistake, accept it and go on.
- Come to testing with an open mind. We may ask you to do something you haven't been taught. Give it your best try! (Always act reasonably, and don't risk getting hurt.)

Promotion Ceremony

Approximately one week after the test, there will be a promotion ceremony for those students who passed the test. Students attend the promotion ceremony in uniform. Students are encouraged to invite friends and family to share this special time with them.

“Come to class regularly”

The true key to improving is consistent and regular practice. In order for you to get the most form your training, attended class regularly and with a positive attitude.

Korean Terminology

Basic Terms

Yeh Eui: Etiquette

Kyung Nyeh: Salute, Bow

Cha Ryuht: Attention

Juhng Jah: Proper Sitting (Kneeling)

Joon Bee: Ready

Shee Jahk: Begin

Geut: Finish (Completion)

Bah Roh: Return to Standing

Doh Jahng: Practice Hall

Doh Bok: Uniform

Ddee: Belt

Eue Bok: Clothing

Soo Ryuhn: Practice

Geu Mahn: Stop

Shee Uh: Rest

Ki: Internal Life Force

Ki Cho Jah Ki: Breathing exercises

Ki Hahp: Special yell utilizing "Ki" energy

Soom Shee Gi: Breathing

Mohm Pull Ki: Body Conditioning Exercises

Kuk Ki: National Flag

Won Ki: Mu Sool Won Association Flag

Names and Titles

Chong Je Nim: Grandmaster (10th degree Black Belt)

Chong Kwan Jahng Nim: Chiefmaster (9th degree Black Belt)

Kwan Jahng Nim: Master (5th, 6th, 7th, & 8th degree Black Belt)

Sa Bum Nim: Instructor (4th degree Black Belt)

Pu Sa Bum Nim: Deputy Instructor (3rd degree Black Belt)

Kyo Sa Nim: Assistant Instructor (2nd degree Black Belt)

Jo Kyo Nim: Instructor-in-Training (1st degree Black Belt)

Jeh Jah: Martial Arts Apprentice, Disciple

Dahn Boh Nim: Black Belt Candidate (Brown-Black Belt)

Counting

Hah Nah: One

Dool: Two

Set: Three

Net: Four

Dah Suht: Five

Yuh Suht: Six

Il Gohp: Seven

Yuhl Duhl: Eight

Ah Hohp: Nine

Yuhl: Ten

Il: First

Ee: Second

Sahm: Third

Sah: Fourth

Oh: Fifth

Seu Mool: Twenty

Suh Reun: Thirty

Mah Heun: Forty

Shwin: Fifty

Parts of the Body

Sohn: Hand

Bahl: Foot

Dah Ree: Leg

Moo Reup: Knee

Sohn Mohk: Wrist

Bahl Koom Chi: Heel

Pahl Koom Chi: Elbow

Ahn Sohn Mohk: Inside of Wrist

Bahl Deung: Ridge on Top of Foot

Maek: Vital Point

Directions and Movements

Ahp: Front

Ahn: Inside

Yahng: Both

Yuhk: Reverse, Inverted

Sahng: High

Yuhp: Side

Ddui Uh: Jumping

Ssahng: Double, Twin

Dor Ah: Spinning, Turning

Joong: Middle

Dee, Dwee: Back, Rear

Hah: Low

Hweh Juhn: Rolling, Rotating

Bahn Deh Roh: The Other
Way, Other Side

Dee Roh Dor Ah: Turn
Around

Jah She (Stances)

Kong Kyuk Jah Seh: Offensive Position

Bahn Uh Jah Seh: Defensive Position

Ki Mah Jah She (Pyung Jah Seh): Horse Stance

Juhn Gool Jah Seh: Long Stance

Soo Gi (Hand Techniques)

Juhng Gwuhn: Straight Fist (Punch)

Yuhk Gwuhn: Inverted Fist (Uppercut)

Gahk Gwuhn: Back Fist

Il Ji Gwuhn: 1- Knuckle Fist

Sah Ji Gwuhn: 4-Knuckle Fist

Joong Ji Gwuhn: Middle-Knuckle Fist

Sah Mah Gwi Gwuhn: Praying Mantis Fist

Sah Mah Gwi Mahk Ki: Praying Mantis Block

Ship Ja Mahk Ki: Four-Direction Block

Kahm Ah Makh Ki: Entangling Block

Ahp Dee Soo Doh: Punching/Knife Hand Drill

Soo Doh: Knife Hand

Yuhk Soo Doh: Inverted Knife Hand

Ssahn Soo Doh: Double Knife Hand

Hweh Juhn Soo Doh: Rolling Knife Hand

Pyung Soo: Palm Strike

Ssahng Pyung Soo: Double Palm Strike

Sohn Deung Pyung Soo: Backhand Strike

Gwahn Soo: Spear Hand

Pahl Koom Chee: Elbow Strike

Hoh Gwuhn: Tiger Claw Strike

Hoh Goo Gwuhn: Tiger's Mouth Grip

Johk Sool (Leg Techniques, Kicking)

Ahp Cha Gi: Front Kick

Yuhp Cha Gi: Side Kick

Dee Cha Gi: Back Kick

Ahn Dah Ree Cha Gi: Inner Leg Kick

Bah Gaht Dah Ree Cha Gi: Outer Leg Kick

Dor Ah Cha Gi: Spin Kick

Sahng Dahn Dor Ah Cha Gi: High Spin Kick

Hah Dahn Dor Ah Cha Gi: Low Spin Kick

Moo Reup Cha Gi: Knee Kick

Ahp Cha Oh Li Gi: Projection Kick

Hoo Li Gi: Foot Sweep

Johk Doh Noh Li Gi: Axe Kick

Bahl Deung Cha Gi: Round House Kick

Bahl Koom Chi Cha Gi: Hook Kick

Dor Ah Dee Cha Gi: Turning Back Kick

Yuhk Bahl Deung Cha Gi: Inverted Round
House Kick

Ahn Koom Chi Dohl Li Gi: Inside Heel Kick

Dee Uh Cha Gi: Jumping Kick

Nak Bub (Falling Principles)

Ahp Nak Bub: Front Fall

Dee Nak Bub: Back Fall

Yuhp Nak Bub: Side Fall

Ahp Yuhp Nak Bub: Front-Side Fall

Mu Li Bong Ah: Cartwheel

Hweh Juhn Nak Bub: Rolling Fall

Gong Joong Hweh Juhn: High Fall (Mid-Air)

Goh Yahng Ee Nak Bub: Cat Roll

Doo Sohn Mu Li Bong Ah: 2-Hand Cartwheel

Hahn Sohn Mu Li Bong Ah: 1-Hand Cartwheel

Pahl Koom Chi Mu Li Bong Ah: Elbow Cartwheel

Gong Joong Mu Li Bong Ah: Aerial Cartwheel

Frequently Asked Questions

What is Black Belt Club?

Black Belt Club is not only for black belts. Instead, it is for students who have decided to commit to a higher level in their training. Because these students have shown this commitment through exceptional etiquette and by keeping up to date on their curriculum, they will learn advanced techniques and weapons earlier than regular students. There are special class times reserved for members of BBC. ***Black Belt Club membership is by invitation only.***

I have an injury, what should I do?

If you are seriously ill or injured, you should avoid anything strenuous which could make your conditions worse. However, minor injuries can usually be accommodated during your regular training. Check with your doctor first to make sure you understand exactly the activities in which you may participate. Be sure that your instructor and fellow students are aware of your limitations.

My child sometimes complains about coming to class. What should I do?

In most cases the children do not have a problem once they are in class and tend to leave the class happy and excited. Understand that children are still very young and focus more on the current and not the future. Children tend to focus on routines and do not like getting interrupted when they are currently engaged in an activity such as playing with their toys or if they're entranced in a video game. To get the best results, set a routine for when they are to come to class and they will learn to see it as part of their regular routine, like school or recess. Remind them that the dojang is a fun place where they can see their friends and do fun activities.

I am supposed to break a board; how should I prepare?

We do not train to break boards. Breaking a board is the result of hard work, continued training and concentration. Focus on your technique. Speed and power is the result of good technique.

What do I do if I'm late for class?

See the section of the Student Handbook called "Bowling".

What do I do if I forget my belt or other parts of my uniform?

Come to the office and see if we have something you can borrow. You will be given what we have. If it is not your exact size, please keep in mind that you are borrowing a uniform because you forgot your own. You will also be expected to do push-ups for forgetting your uniform. Please be aware that if you forget your belt you will receive a white belt to borrow, and you must line up in class with the rest of the white belt students.

What do I do if I cannot make it to my test?

See the section of the Student Handbook called "School Rules".

I'm really sore from training. Is this normal?

Yes. Even if you currently go to a gym, run, or play sports, understand the martial arts is a very different style of training. While training martial arts, you will start to use different muscles that are not commonly used in different sport-related activities. Soreness is a good sign that you are training hard and your muscles are becoming stronger. As you progress, your body will become more accustomed to the training and you will be able to endure more; the soreness will fade and will start to occur only after intense work outs.

How long does it take to get to black belt?

Earning your black belt depends on your attendance, commitment, etiquette, drive, and how hard you train. On average, getting your black belt will take 4 to 4 ½ years for children and 3 to 4 years for an adult. Understand that Mu Sool Won has a very comprehensive curriculum which encompasses many techniques, forms, falling, kicking, punching, and weapons. This is why receiving your black belt in Mu Sool Won is very highly respected.

How do I tie my Belt?

See the website (www.msouthaustin.com) for an instructional video on tying your belt, as well as other helpful videos.



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