

International Combat Martial Arts Unions Association



COMBAT MARTIAL ARTS PROGRAMMS AND MANUALS ICMAUA

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Pyon Moo Sul



Jorgen Rasmussen

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Combat Martial Arts programmms and manuals ICMAUA publishes original programmms and manuals of Martial Arts styles, organizations and schools: trainings, belts (Kyu, Dan) requirements and exams, education and phylosophy.

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Pyon Moo Sul



Theory Manual
By
Jörgen Rasmussen
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Founder of Pyon Moo Sul

KwanJangNim/Grandmaster Jörgen Rasmussen Black Belt 7 Dan

Certified Martial Art:

Instructor – Examiner – Referee

History

1995 I began to create **Pyon Moo Sul - Master Lion`s Martial System** from other styles that I studied, attempting to create a strong style & martial art system that focuses on the martial artist not on money "**This Is A Non Profit Martial Art System**", and it was recognized in 1999. We welcome all styles, instructors and practitioners of Martial Arts, young and old regardless of race or culture as a member. The art is completely a self-defence system with and without weapons from different martial arts system. We use Korean & English words in our terminology.

Philosophy

Pyon Moo Sul is a lifestyle to achieve & character for the Martial Artist, with the help of physical training, right thinking and meditation. We always do our very best when it comes to training, with clear understanding that Pyon Moo Sul is a part of our lives, by show optimism, good manners, inner strength, control of our skills, honesty and shows respect to all people regardless of race or culture. In our training we achieve strength, self-confidence, speed, balance, physical power, good friendship, physical training, discipline and respect. No matter what grade we have we must keep striving for perfection. If we don't have goals in life we will go nowhere. We never stop learning, we always learn something new. We must never try to prove who is the strongest; instead we:

1. Talking ourselves out of trouble
2. Walking away
3. Only use self-defence if it's a matter of life or death (We want to make sure nobody`s life is in danger due to misuse of the art).

Say to our self each day:

- It will be a fine day!

- I can manage more things than I think!
- Don't worry, be happy!
- I can never do more than my best!
- I am in perfect shape!
- Today I will make someone happy!
- Don't be sad, it will help no one!
- Life is fantastic!
- I can learn everything if I am are strong enough!
- Think Positive!

Note! The Pyon Moo Sul martial artist that follows these words will live in harmony with himself and other people. By being fair, honest and have an open mind. The word **SUN** is used in Pyon Moo Sul to show respect for the sun that gives us energy for our training. The sun is one of the strongest energy sources in the universe.

Our goal is to become a better Martial Artist and have an open mind, by teaching respect, disciplin, good friendship and sharring our exspertice by learning from eachothers. Critizes other system, it is only sound as an enviousness, every style have something good to learn from, it is the worst thing we can do for the martial arts, instead of critizes eachother, we should all work for the same goal as named above, and live up to them. We always encourage our members to try on other styles and learn from them and pick out techniques at fits them. By supporting and guide them in there training no matter what the reason will be to achieve success in there training. "Respect, trust and open communication are the foundations of strong organisation, and it makes a good structure between people".

"This is a goal we all shall keep striving for to make a better and more understanding world". Thats the beauty with martial arts. Don't forget that Pyon Moo Sul is a lifestyle, not a sport, but that there are competition possibilities as well. **Pyon Moo Sul's** code is: Live to Learn - Learn to Live.

Most welcome to Pyon Moo Sul.

Terminology

Korean	English
KwanJangNim	5 Dan & Higher
SahBumNim	3 Dan & Higher
BooSahBumNim	1 Dan & Higher
YuDanCha	Blackbelt Grade
YuKupCha	Colour Grade
Do Bok	Uniform
Do Jang	Martial Art School
Hyung	Form
Deta	Sparring
HoSinSul	Self-Defence
Jip Hop	Line up
Chariot	Attention
Yae	Manner

Jhun Jin	Forward
Hoo Jin	Backward
June Bee	Readystance
See Jak	Begin
Koo Cho	Finish
Cho	Relax
Ba Kwo So	Change
Ki Hop	Yell
Muk Nyum	Meditation
IL, Ee, Sahm, Sah, O, Yuk, Chil, Pahl, Koo, Ship	1, 2, 3, 4, 5, 6, 7, 8, 9, 10
Kee Maa Jah Sae	Sittingstance
Meo Boo Jah Sae	Fightingstance
Jhun Kool Jah Sae	Walkingstance
Mang Hoo Jah Sae	Tigerstance
Haa Dan Bang Auh	Lowblock
Jung Dan Bang Auh	Middleblock
Sang Dan Bang Auh	Highblock
Ap Cha Kee	Frontkick
Yop Cha Kee	Sidekick
Dol Rio Cha Kee	Roundkick
All Rio Cha Kee	Axkick
Foo Rio Cha Kee	Hookingkick
Jhun Jin Cha Kee	Stamping forwardkick
Ee Dan Cha Kee	Jumping/Flyingkick
Fae Jhun Cha Kee	Spiningkick
Jhun Kwon	Frontpunch
Hoo Kwon	Backfist
Mae Soo	Hawkhand
Soo Kum Che	Heel of hand
Hak Doo	Cranehead
Meo Boo	Cathand
Pahl Kum Chee	Elbow
Kum	Sword
Nat	Sickle
Tahn Bong	Short Stick
Jee Pang	Cane
Kal	Knife

Training

The oath

Respect the flag - Respect the instructor - Respect each other - Respect the art

Warm up

Kickbox/Aerobic - Light Sparring - Grappling

Gymnastics

High - Middle - Low Section Exercise

Stretching

Pair - Single Stretching

Basic Movements

Students learn different techniques with power & speed as:

Stances - Blocks - Punches - Kicks

Form

In Kata students learn to fight opponents from different angles & co-ordination and get good balance, speed, control with power & correct technique and memorize many things at one time

Self-Defence

Students learn to use different techniques with power & correct technique as:

Punching/Striking - Blocking - Kicking

Pressure points - Falling techniques

Ground fighting - Joint locks - Arm/Leg bars

Throws - Take downs

Combat Techniques

Students learn how to combine techniques punch & kicks on different dynapads, board breaking, even against each other with power & correct technique

Sparring

Students use all kicks, blocks and punches in free sparring with control, even ground fighting as grappling, also the student gets a very good condition

Note! It is very important that these disciplines will be repeated many times so the student gets as much training time as possible for each discipline, so the student develops perfection for each discipline

Tournament & Sparring equipment for (Semicontact - Sparring)



Footprotection Shinprotection Groinprotection Headprotection Handprotection

Note! Grappling & Boxing gloves is also allowed to use, mouthguard is required
Chestprotection for girls/women is recommended.

Note! It is very important that these techniques be repeated many times with control and eye-contact so students won't be hurt. It is not difficult to hit hard, but to hit with control is true art, here the students build up their own techniques. Even old masters repeat these basics continuously, so therefore to be a master it is important to practice all disciplines mentioned above as.

We also practice Basics - Kata - Self Defence with following weapons as:



Sword Sickle Short Stick Cane Knife

Note! To master a technique with speed, you must first master it in slow motion. (Techniques & Power are very important in all kinds of martial art styles)

(And it is very important to be creative as well). After training we do meditation.

Remember!

Have always short nails - Clean & good looking uniform - **Do** not use bad words in the training hall - **Don't** be late for your training - Always listen to the Instructor.

Karate Uniform

Black or White (Can also use Black jacket & white trousers or White jacket & black trousers)

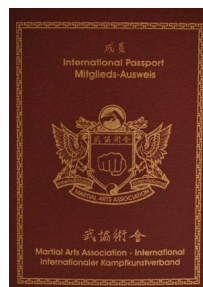
Promotion

Promotion is a way for the student to show what they have learnt and get good self-confidence, handle pressure, and get good balance with body and mind. A good way for a student to develop good character. To get a promotion students must have good morals, attitude, physical condition and knowledge about the techniques.

All promotions must be registered by the founder of Pyon Moo Sul for a worldwide:



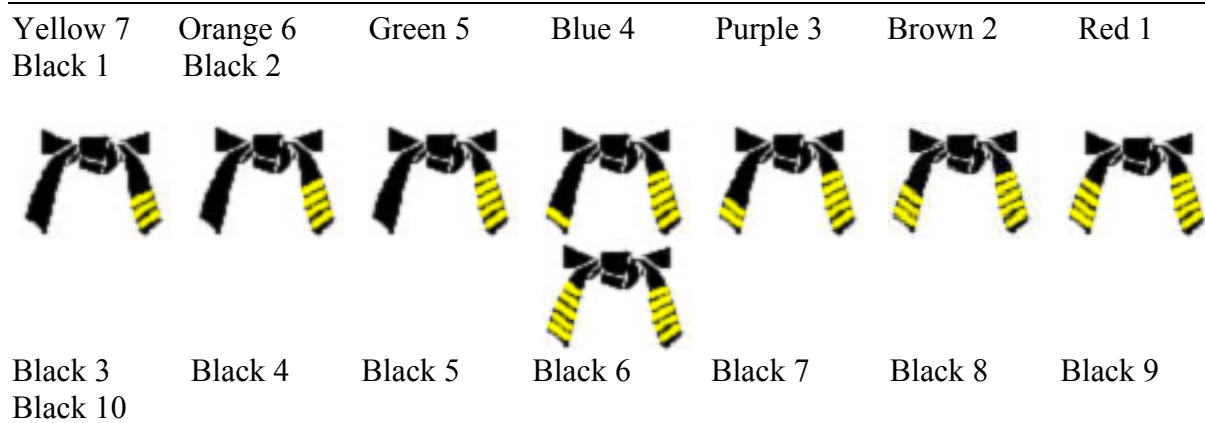
A3 Rank - Instructor & Examiner - Referee & Judge - Technical Adviser certificate



budo-passport

All Pyon Moo Sul examiners are certified to promote one grade below their own included. The martial artist must contact a certified Pyon Moo Sul examiner via email or phone for a date, time and place. For the promotion-test the student must follow the compendium for each grade. If the student does not pass the test then he must wait for 2-6 weeks for a new test can be made, grades will be given from 1-5 in power, technique and beauty. Note! Videotests can only be made if the distance is far away from a certified Pyon Moo Sul examiner. It will take a week before the student receives a message if he passed the test.





Instructor & Examiner

I hope you have enjoyed the manual of Pyon Moo Sul.

NOTES FOR AUTHORS

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