

# Martial Arts, Fitness & Health

# TAE KWON DO

## Times

WORLDWIDE COVERAGE SINCE 1980

KUK SOOL WON  
TRADITIONAL  
WEAPONS

47965



**THE ART IN THE MARTIAL ARTS**

Masters Jack Harvey  
& Dickson Kunz

**KOREAN  
WEAPONRY**  
And The  
Martial Art  
That Still  
Practices  
The Ancient  
24 Disciplines

*PLUS...*  
Good and Bad  
Workouts

Don't Forget  
The White Belt

Patience  
and Reality

Heart To Heart  
With The  
Grandmaster

Tournament  
Coverage  
And More!

**BASIC BLOCKING**  
The Cornerstone  
of Martial Arts

**DO MARTIAL ARTS  
CAUSE CANCER?**  
This Eastern Doctor  
Says "Yes!"

**THE CENTER  
OF TAE KWON DO**  
Lies Within But Will  
Be Shown Without...

**PACKING HEAT**  
What Happens When  
You Are Injured

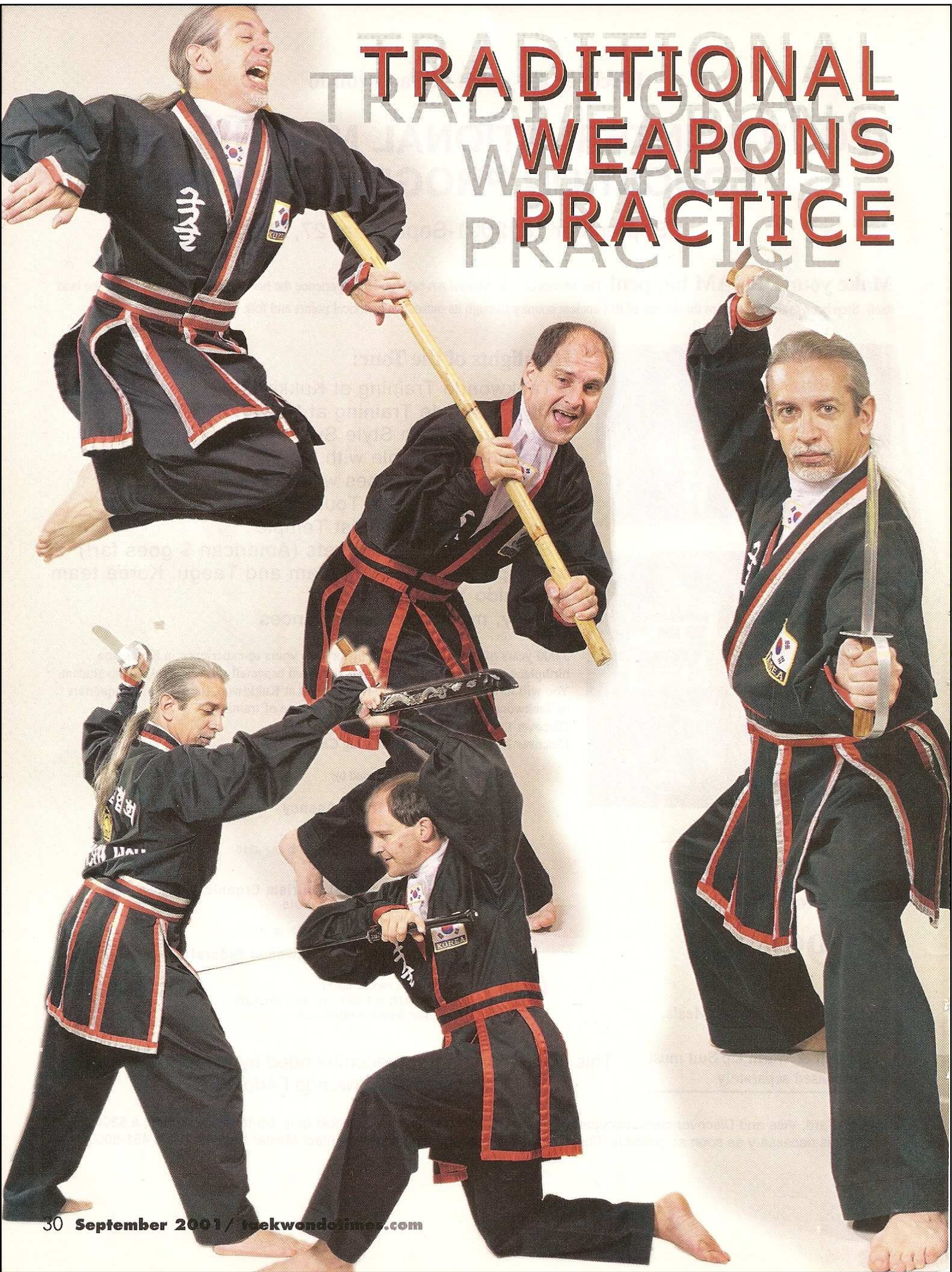
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# TRADITIONAL WEAPONS PRACTICE





# Why It's Important

Sometimes we forget martial arts in its full scope. Our traditional martial arts were developed with a two-fold purpose that provides both empty-hand and weapons' training. After all, while a well-placed fist or foot could disable an opponent, a weapon in hand usually meant the difference between winning and losing--or worse...

By Jane Hallander

## Of KUK SOOL

Throughout history, weapons played the most important role in martial art training. Possessing weaponry skills gave fighters a sharp cutting edge and longer reach as well as improving the martial artist's strength, balance, focus, and coordination. Actually, martial artists equipped with swords and spears won the battles and wars. Fist and kicking techniques were used as last-ditch defense when the fighter's weapon was lost or destroyed.

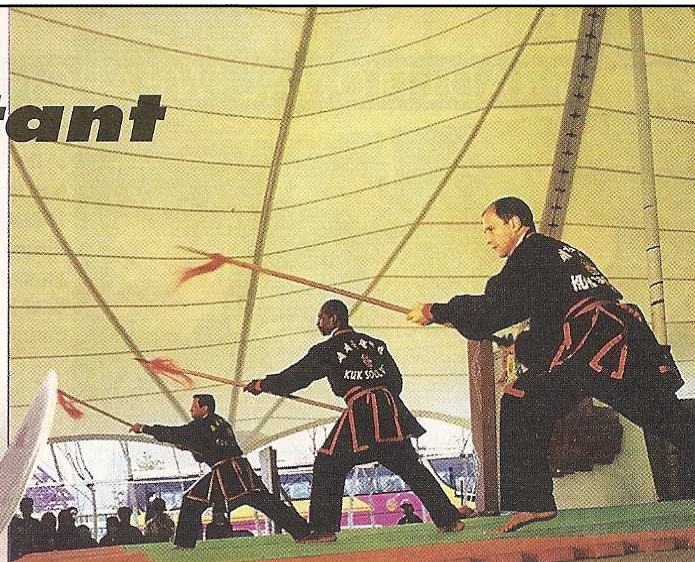
Dickson Kunz is a Kuk Sool Won master instructor. He first observed Kuk Sool Won in 1976 and, suitably impressed, trained in it for a couple of months. Kunz' official training began in 1978, and he's been active in Kuk Sool ever since. He tells of being exposed to various martial arts since 1972 but when he saw the broad scope of Kuk Sool he has never wanted to stray.

Kunz runs a Kuk Sool school in The Woodlands, Texas, just north of Houston, where he's been since 1994. He is married and his wife takes an active role in the martial arts business.

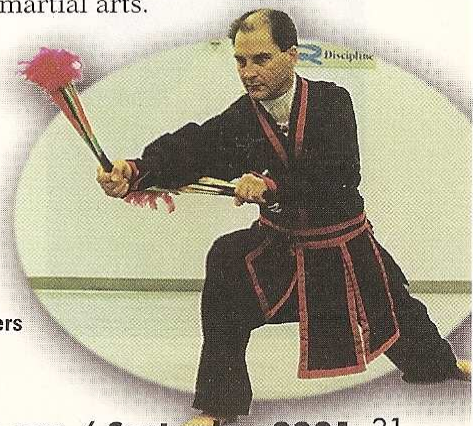
"My goal wasn't to become a master. Once students become black belts, they either continue or not; if they really love training, as I do, they will stick with it. If they keep practicing and learning, each small step gives them progress upward. That's what happened with me until I reached master level; I progressed into it."

Explains Kunz.

Kunz describes why weapons' training is important to martial arts.

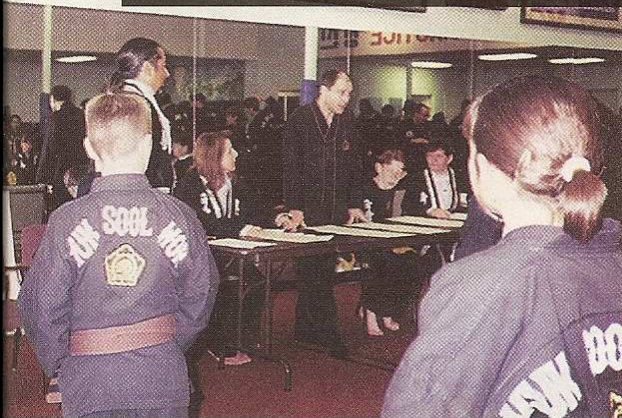


TOP: Kuk Sool Master Instructor Dickson Kunz of Texas performs a spear form at the 2000 Kyongju World Culture Expo with fellow masters Barry Harmon (far left) and Marlin Sims (center). OPPOSITE PAGE: Master Instructor Jack Harvey of Missouri

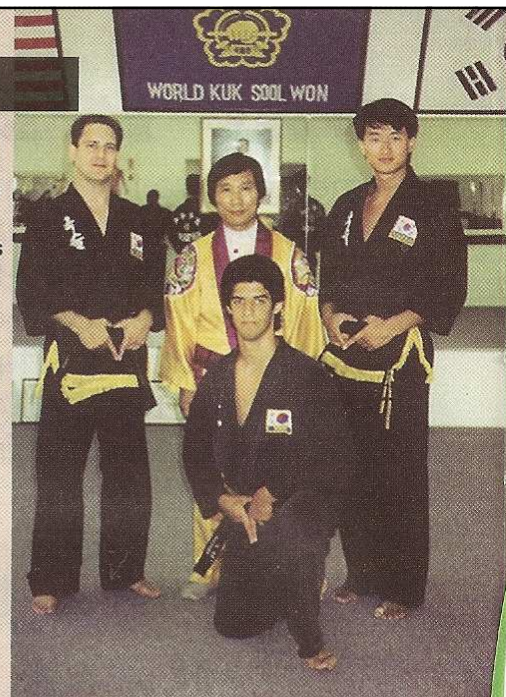




# TRADITIONAL WEAPONS PRACTICE



**LEFT:** Master Kunz oversees a Black Belt Test at the World Kuk Sool Association headquarters in Houston, spring 2000. **RIGHT:** On tour in 1989 with Kuk Sa Nym Suh in Tampa, Florida. During the promotion exam, Master Kunz was promoted to third dan. Also pictured are Yong Chol Song and Lee Martin who also tested during that seminar-promotion tour.



"In Kuk Sool Won there is a focus on weapon training during early, basic training that is centered around the pole (staff) and blade (sword). There is some type of bladed weapon or some type of basic stick training available to all students. It's a while before those two come together

as with the three pointed spear (trident), which is a more advanced weapon using a combination of blade and stick. The way Kuk Sool is structured, you more fully understand each basic weapon principle before getting into advanced weapons' training. Traditionally, that



**BELOW:** With wife, Irene, at Venice Beach in California, 1992.



was realistic martial art training."

Jack Harvey is also a Kuk Sool Won master instructor who has studied and affiliated with Kuk Sool for 26 years. He and his wife, Alesia, teach in their two Missouri Kuk Sool schools in St. Louis and in St. Peters. He has operated his own schools for the past ten years.

Like Dickson Kunz, Harvey considers weapons

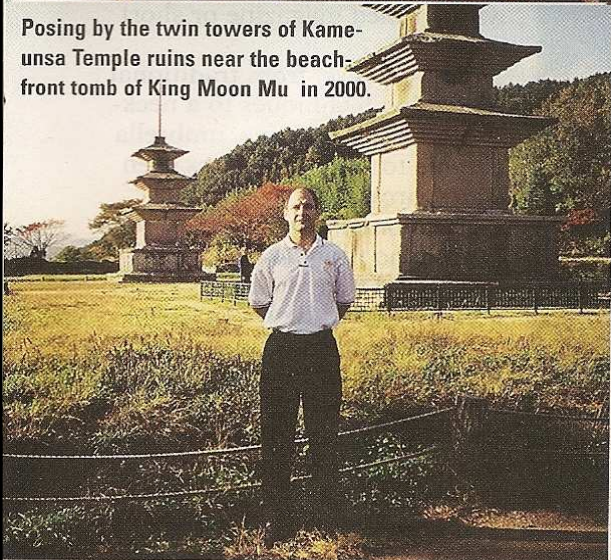
**BELOW:** When Master Kunz reached his current rank in 1996, he was given an inlaid plaque and a 24-carat gold pin to honor him and to commemorate the event. **BELOW LEFT:** With Senior Master Park Kang-gu at a tournament in Korea in 2000.



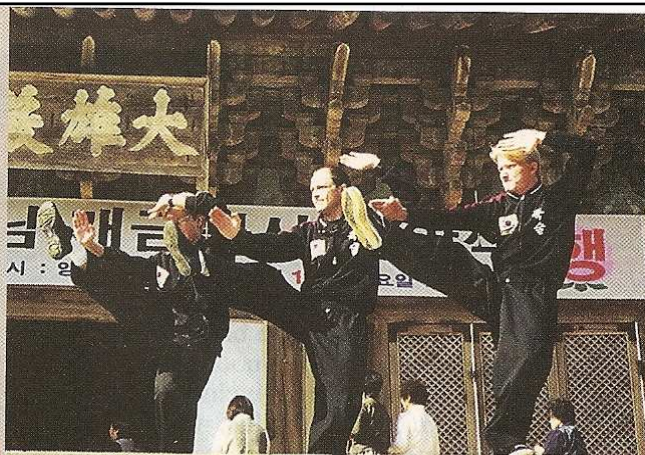




Master Kunz with Kuk Sool instructors during a promotion ceremony in 1999 at his school in The Woodlands, Texas.



Posing by the twin towers of Kame-unsu Temple ruins near the beach-front tomb of King Moon Mu in 2000.



Leading a black belt training session at Haeinsa Temple during the 2000 tour of Korea. Kunz reports that the Temple is a repository for one of the largest libraries of Buddhist scripture in the world.

training an integral part of the martial arts experience. "Initially, I was only interested in weapons training for the history and tradition of martial arts. I had always wanted to learn about the sword. When I found Kuk Sool Won had a sword form, that sealed it for

**BELOW:** Kuk Sool family portrait: Master Harvey (center) with wife, Alesia, who is holding their son, Sean, father-in-law William Brooks (seated) and brother-in-law William Brooks, Jr.

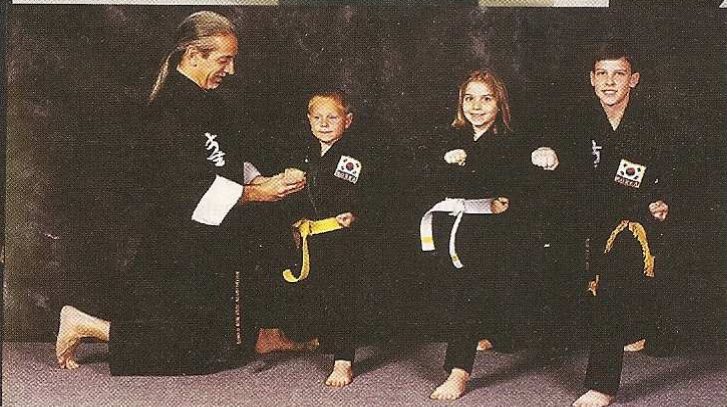


me. I soon learned that weapons training is part of the art of martial arts and that made it even more important to me.

"Beyond that, weapons training conditions your body through weight training and it also changes the balance of your form as weapons add weight to whichever hand carries it."

Says Harvey.

Kuk Sool weapons



Master Harvey with some of his students (L to R): Perry McDaniel, Crystal Hanks and Matt Faulkner.



## TRADITIONAL WEAPONS PRACTICE

training is rigorous and consistent. Like empty-hand training you must train for a long time before you fully understand how everything fits together and how your empty-hand techniques are the blueprint for weapons use. The smooth connection of movements, including falling and acrobatic skills, must come together before you can really understand weapons and their usage. However, when you do understand traditional weapons you easily advance to free style movements.

According to Kunz, weapons help to improve empty hand techniques because a traditional weapon is an extension of yourself, and not just in a metaphysical manner. Traditional weapons often serve as weight-training devices. For instance, staff training strengthens the wrists, forearms and shoulders. Staff training also improves waist and back flexibility. By adding weight to just one hand, as with Kuk Sool sword techniques, better overall balance is attained. It is difficult to remain balanced and fast while moving through a complicated form with the weight of a steel sword in one hand and nothing in the other hand. The hand holding the sword must compensate for the weight of the sword and its relatively long blade, while the empty hand makes its own adjustments.

After progressing to twin or double swords, the Kuk Sool Won student learns the value of coordination between both hands and both swords; something not always realized with empty-hand training alone. With two weapons you must learn not only to coordinate the weapons of each hand but to use each hand separately.

A primary purpose of weapons training is to learn to place the weapon at exactly the point to which it is directed. In other words, with weapons it is difficult to develop focus without a target, also important to empty-hand training. When using a weapon there is always a target although it might be imaginary in the weapons' form. The result of weapons' training is good focus and intention.



### TRADITIONAL WEAPON TO MODERN ITEM

Master Harvey, left, is attacked with a club; he blocks the strike with an umbrella; kneels and circles the umbrella for a side strike. He finishes by pivoting to the right and jabbing his opponent's midsection.

Kunz is a believer in the importance of practical, effective self-defense. From the basic knowledge of Kuk Sool traditional fan techniques, a martial artist can use those techniques with a rolled magazine or short umbrella.

"Self-defense, from traditional rope-tying techniques to a necktie, fan to a magazine, umbrella or cane to a short staff, or even stone throwing to throwing pocket contents such as keys or coins is no more than applying traditional weapons concepts to modern tools." Explains Kunz.

Jack Harvey is a believer in the importance of practical, effective self-defense. He explains, for example, that from the basic knowledge of Kuk Sool traditional fan techniques, a martial artist can use those techniques with a rolled magazine or short umbrella.

"Self-defense from traditional rope-tying techniques to a necktie; fan to a magazine; umbrella or cane to a short staff; or even stone throwing to throwing pocket contents, such as keys or coins is no more than applying traditional weapons' concepts to modern day tools." Says Harvey.

Harvey further explains that partner training with weapons helps people work well with a partner. As Harvey says, "You have to interact with your partner or get hit."

For Harvey, Kuk Sool teachings are very strict about how weapons are treated, and relate to modern weapons usage in that students learn the importance of keeping guns locked up and away from children.

### Jwa Sae

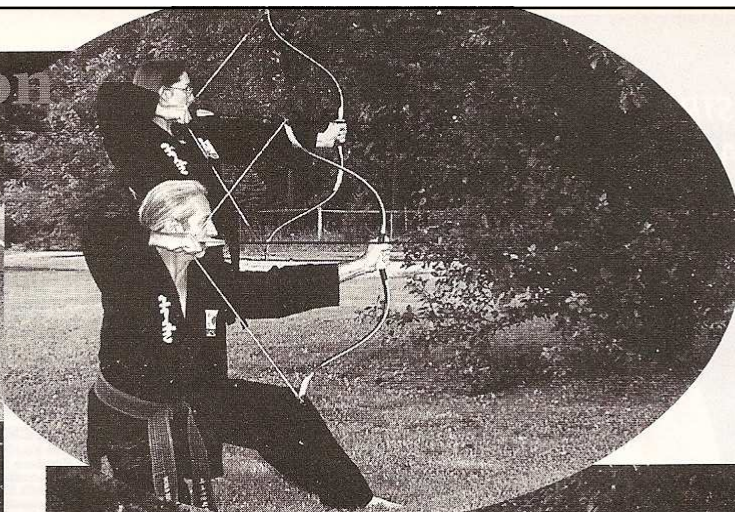
Jwa sae (translates in position) describes the foundation training of Kuk Sool Won. It is, literally, the martial artist's position with the situation around him. It is the foundation of control, calmness and effectiveness. A martial artist without jwa sae is not a true martial artist. Weapons' training is one of the best ways to develop jwa sae. Weapons' training also relies upon jwa sae for success of any technique.



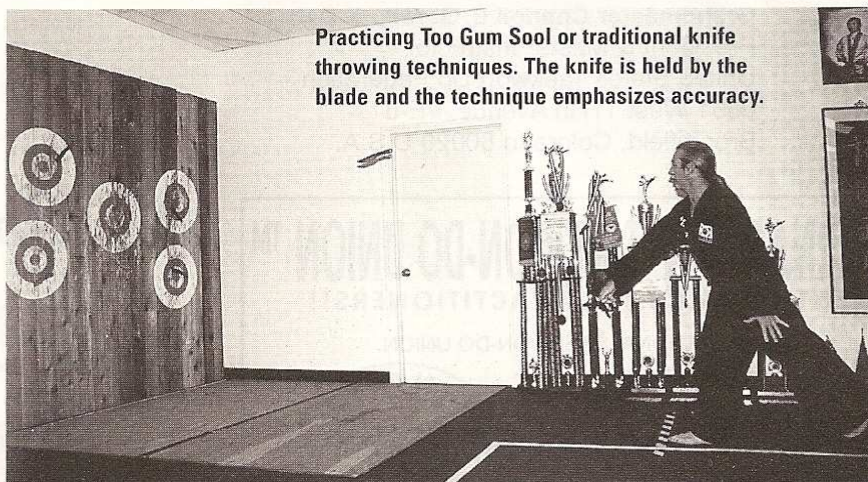
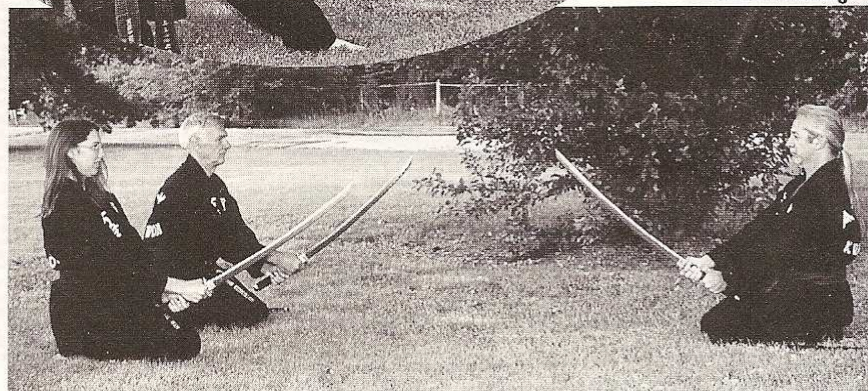
# Kuk Sool Won



Master Harvey, left, uses traditional sword techniques to protect himself from a staff attack. The downward strike is parried with a block and then countered with a side strike and a jab.



Korean archery is practiced with a horn bow and an unusual thumb draw. Students practice the draw for months before notching an arrow. **BELOW:** Moving sword meditation techniques provide live sword cutting.



Practicing Too Gum Sool or traditional knife throwing techniques. The knife is held by the blade and the technique emphasizes accuracy.

There are five principles of jwa sae which are also essential principles of both weapons and empty-hand martial techniques. Kunz uses the jwa sae of weapons' training to perfect all of his other Kuk Sool techniques.

The five jwa sae principles are:

- 1) Eyes--The spirit extends through the eyes. The eyes illustrate the spirit
- 2) Spirit--Spirit and attitude are the result of calmness and quietness. Each movement is performed with thought and purpose.
- 3) Body--The body should be low, smooth and supple. (Low because it develops strength in the legs for a strong foundation and stamina.) It also promotes speed and agility when using a higher stance for self-defense.

4) Feet--Jwa sae instructs that footwork be slow and precise; not slow-motion, but rhythmic and balanced. A strong foundation begins with strong footwork.

5) Hands--Hand techniques, including those holding a weapon, should be swift, agile and precise. This is especially important since weapons, such as the sword, are extensions of the hand.

Jwa sae is important because, by correctly developing it, the martial artist learns control of both his body and his weapon as well as physical reflexes and mental attitude.

## Jung Shin

The next step in comprehensive weapons training for Kuk Sool practi-

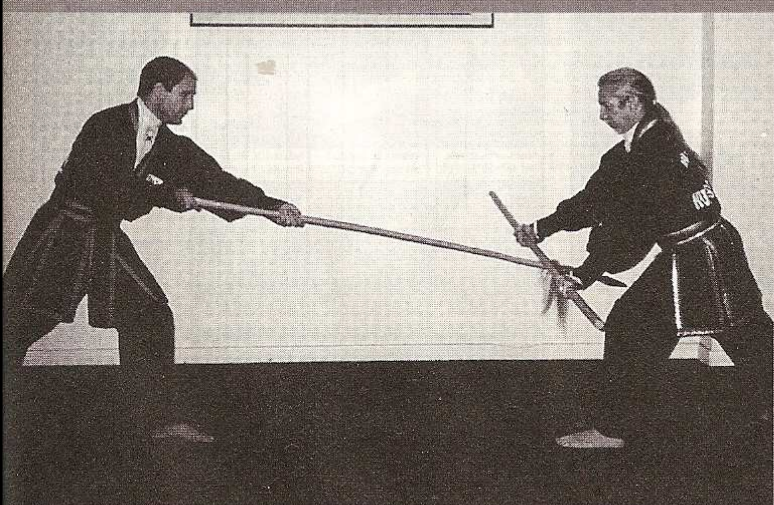


## TRADITIONAL WEAPONS PRACTICE

tioners, like Kunz and Harvey, is jung shin, which translates to mind and spirit concentration. Jung shin starts as basic martial arts etiquette, such as bowing to the teacher, national flag and school. It starts by teaching martial arts students respect for their instructors and for what they teach. Jung shin develops loyalty, self-discipline, self-motivation, self-confidence and a sense of purpose. All of these combined attributes produce a never-give-up attitude that is essential to martial art and life.

### Kuk Sool Won's Weapons

The weapon that comes to mind first in Kuk Sool's list of weaponry is the sword (gum). Kuk Sool and Korean swords are described not by shape but by purpose. Jun gum is the description of straight, linear techniques. Yuk gum means inverted with the cutting edge positioned upward rather than down, and is characterized by many reverse or backward directed techniques. Jang san gum are both straight and circular techniques, performed with double or twin swords.





# Kuk Sool Won

The staff (bong) is one of Kuk Sool Won's primary weapons and is divided into three categories: dan bong (short sticks, ten to twelve inches); joong bong (mid-length staff, approximately three to five feet; and jang bong (common long staff, approximately six to eight feet).

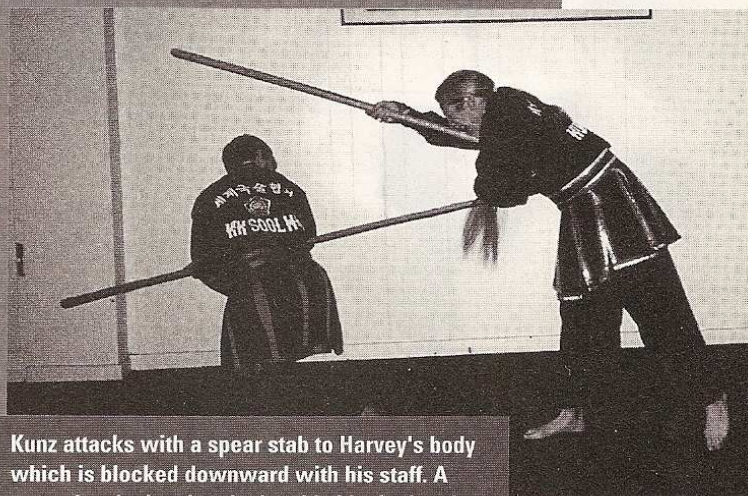
Kuk Sool Won cane techniques (ji pang-ee sool) came from ancient Buddhist martial arts (Bulkyo mu sool), while more exotic weapons, such as the fan and rope (rope tying) originated in Korea's

ancient royal court (koong joong mu sool). Women in Korea's royal court had their own weapons such as the twin short sword called dan bong.

Jack Harvey and Dickson Kunz both emphasize the value of weapons' training for the well-rounded martial artist. They agree that a knowledge of traditional martial arts weapons is what makes a martial arts practitioner well-rounded and able to understand the fighting principles of all martial arts. ●



Jack Harvey attacks with a downward sword cut, blocked by Dickson Kunz using handle of spear. Harvey pulls back the sword and executes a straight thrust that Kunz pushes aside by spinning the spear point clockwise. As Harvey attempts another attack, Kunz extends the longer weapon to cut the hamstring of his right leg.



Kunz attacks with a spear stab to Harvey's body which is blocked downward with his staff. A second stab aimed at the head is blocked to the side with a continuous spinning movement that results in a strike to Kunz's head, who blocks in a similar fashion to Harvey. Kunz controls the spin by twisting his body low, ending with a lethal stab to the body.



Harvey is confident his spear will prevail over the shorter hooked-end cane held by Kunz. First a stab to the head is blocked by the cane's shaft. Next, a leg-cutting technique is thwarted by Kunz using the cane's hook to throw the spear's point upward, allowing time to roll under it and in striking range of his shorter weapon.