

To Confront or Enter Teuk Gong Moo Sool (Part 4)

When you stop and think about it, the martial arts are primarily about not getting hurt. You can be the toughest or the strongest guy in the world but you are still in the end only flesh and blood. We all bruise, cut and bleed like everyone else. You must have a strong defensive game or sooner or later it will cost you.

Teuk Gong Moo Sool may seem like a very aggressive art (perhaps in some ways it is), but it has a very strong defensive component as well.

Grandmaster Park stresses heavily the importance of seeing altercations in eight critical stages. The first four are the Unseen Stage while he classifies the other half the Seen Stages. There are as follows:

1. Intention - Seeing your potential adversary and judging if he will attack or not.
2. Knowing – Knowing he will attack and likely “how”.
3. Distancing – Deciding how to intercept the attack and deciding how and where you need to go into position.
4. Nerves – Energy goes through the areas of your body you need to react with.
5. Start – This is where you are just about to burst into action.

6. Motion – You actually begin your “journey” so to speak.
7. Trajectory – Basically the angle at which you are moving and to which point on your adversary’s body.
8. Impact – The last stage, but definitely not the last strike. There are no cinematic one touch knock outs taught.

After the eight stages are taught, analysis goes into the four main attacking methods (for the upper body). He categorizes them as follows:

- Straight line – Upwards
- Downwards
- Forwards
- Circular – Swing
- Hook
- Up to down
- Down to up
- Middle to outside (i.e. a boxing hook)
- Back fist – Upwards

- Downwards
- Sideways
- With the palm – Upwards
- Downwards
- Sideways

After you understand the psychology and the kinetics of the strikes then attention can be paid towards the actual techniques or bang-bup.

There are a wide range of blocking techniques available which can be classified into four basic varieties (foot blocks will be covered at a later date):

1. The bottom of the knife edge of your hand going down to the 1st half of the forearm. (Pic 1)
2. The elbow going up to the 2nd half of the forearm. (Pic 2)
3. The bottom of the thumb (joint) dropping down to the 1st half of that side of the forearm. (Pic 3)
4. Below the fingers to the bottom of the palm (usually for slapping type actions). (Pic 4)



Pic 1



Pic 2



Pic 3



Pic 4



Pic 5



Pic 6



Pic 7

To Evade

By Master Guy Edward Larke

The last stage in this aspect of training is body mechanics. Whereas some styles have stationary blocking techniques, Teuk Gong Moo Sool tries to avoid that kind of defence if at all feasible. The five forms of movement used in defensive techniques can be viewed as:

- 1st. The shoulder and hand moving together (basic training). This more or less serves mostly as training for the end part of the other four stages. (Pic 5)
- 2nd. Moving the upper body and having the shoulder and hand follow (for a stronger opponent). (Pic 6)
- 3rd. Stepping forward, backward, or to the side to control the distance. (Pic 7)
- 4th. Moving the back foot behind at a 45 or 90 degree angle or outward to allow simultaneous defences and attacks or to set up a throwing technique. (Pic 8 & 9)
- 5th. Moving the front foot inwards or outwards at a 45 degree angle making counter attacks with kicks very natural after a proper block or evasion. (Pic 10 & 11)



Pic 8



Pic 9



Pic 10



Pic 11





Pic 12



Pic 13



Pic 14



Pic 15



Pic 16



Pic 17



Pic 18



Pic 19



Pic 20



Pic 21



Pic 22



Pic 23



Pic 24



Pic 25



Pic 26



Pic 27



Pic 28



Pic 29



Pic 30



Pic 31



Pic 32



Pic 33



Pic 34



Pic 35



Pic 36

Also depicted is the elementary blocking form taught to coloured belts. It is done facing the front only as to emphasize the importance of having a variety of options for any one attack. Also it is done using only the two most basic stances in the style. This pattern is not meant to win trophies or get applause. It is strictly just for training the basics. (Pics 12 - 37 left)

The form shown is, as always, detailed on this periodical's website. Hand strikes will be covered next issue. Anyone interested in learning more about this neoclassical military art can contact me or the association at <http://www.tgms.or.kr>.

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Pic 37