

As a martial arts system, Kuk Sool Won covers the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training. The following list includes some, but by no means all, of the elements of Kuk Sool Won.

HAND TECHNIQUES
Closed and open hand striking methods: including palm, fist, wrist, finger striking, and specialized hand training techniques.
Pressure point striking.
Striking with arm and shoulder.
Blocking and parrying.

LEG TECHNIQUES
Fundamental kicks.
Spinning kicks.
Jumping kicks.
Combination kicks.
Double leg kicks.
Pressure point kicking.
Specialty kicking.

THROWING and GRAPPLING
Body throws.
Projection throws.
Leg throws.
Pressure point grappling.
Grappling defense.
Wrestling techniques.
Ground fighting.

JOINT-LOCKING TECHNIQUES
Restraining methods.
Joint breaking techniques.
Combination joint locking.
Control and redirection techniques.
Arresting and pain-compliance techniques.

FALLING TECHNIQUES and ACROBATICS
Body conditioning and agility techniques.
Body protection techniques.
Acrobatics for defense and offense.

BODY CONDITIONING
Overall stretching and flexibility training.
Cardiovascular conditioning.
Muscle toning.
Ligament and tendon strengthening.
Joint flexibility and bone conditioning.

ANIMAL-STYLE TECHNIQUES
Techniques based on the movements and/or characteristics of certain martial animals such as:
Tiger
Praying Mantis
Crane
Dragon
Snake
Bear
Eagle
etc.

TRADITIONAL KOREAN WEAPONS
Sword: short & long, single or double, straight or inverted.
Staff: short, middle & long, single or double.
Jointed Staff (flail): double or triple.
Spear.
Cane.
Rope.
Fan.
Bow & Arrow.
There are 24 different traditional Korean Royal Court weapons in the curriculum of Kuk Sool Won plus Buddhist and Tribal weaponry.

MARTIAL ART HEALING METHODS
Acupressure.
Acupuncture.
Internal energy systems.
Herbal medicine.

MEDITATION and BREATHING TECHNIQUES
Various breath control techniques.
Meditation and breathing postures.
Concentration techniques.

As you can see, Kuk Sool Won covers an extensive variety of martial art techniques. But it is not merely concerned with methods of attack and defense, Kuk Sool Won also includes the study of healing techniques and the development of internal power, in addition to the physical training. Mental development is of equal importance in Kuk Sool Won and helps to instill self-confidence and self-discipline, a calm self-assurance, and the psychological and spiritual values which are traditionally associated with the character of a martial artist.

Although Kuk Sool Won as it is practiced today is relatively new, its roots stretch far and deep to the very beginnings of the Korean people. This early history and the ancient traditions upon which this art is founded should be viewed as important as the physical techniques themselves, for it is only from the understanding and appreciation of these classical roots that one is able to grow as a student of the martial arts.

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