



## HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

### *Moo Hap Sool*

## **MENTAL KNOWLEDGE**

### **Shin Gong Kido**

*"Anyone can learn the physical movements of empty hand combat... but, the truly great warrior is one who is trained in the mind and spirit as well as in the body. One who knows his or her internal strengths and weakness, and then can exploit them to their fullest. One who knows as much about him or herself, their art and their opponent. One who believes in his or her technique and the cause of their usage...can never be defeated."* Grandmaster James McMurray – 1981

MENTAL POWERS is the first chapter of the House of Discipline Notebook. Whether you are Sport Taekwondo, Hapkido or Traditional Taekwondo. Knowledge is Power!... In this section record the mental enlightenments that you learn about yourself, your opponent and your technique as it relates to your path of martial greatness. Grandmaster McMurray will pass on some of the mental strengths that he has learned. These will be a guide for you to develop your own. Do not wait for him to give you insight. Learn to develop your own as you train. The mental powers will include:

Understanding The Proper Way to Breathing and When to Stop Breathing

The Relationship of Mind, Spirit and Body With the Technique

Finding the Words and Rhythm to Your Clear Understanding of Technique and Action

Finding Your Courage and Indomitable Spirit

Little Secrets that You Learn and Retain with the Right Attitude and Good Character in Becoming a "Martialist"

**“KNOWLEDGE IS POWER THAT NO ONE CAN TAKE AWAY!!!”**