



HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

Moo Hap Sool

EXPECTED SELF DEFENSE SCIENCE

Il Bo Daeryun Kido

“The House of Discipline’s definition of Self Defense is short and to the point, it simply means: “The justified act of protecting oneself from physical and mental abuse.” The most effective self defense technique would be of course Avoidance and Prevention.”

Korea's ancient warriors had to master many forms of empty handed combat, wrestling, disarming and defending as well as attacking with the hands, feet, head, elbows etc. From Korea's large scale military campaigns to interpersonal conflict, these rules of survival, strategies and philosophy, which the Soo Bahk Do's one step sparring and combat methods are based, have consistently lead to victory, to ignore them would invite future defeat. In order to practice these dangerously effective techniques safely, the warriors designed pre-arranged forms of combat, which have evolved into today's modern one-step sparring techniques.

One-step sparring was designed to learn the what, where, when, how and why of combat confrontation. The House of Discipline's One-Step Sparring is called "Expected Self Defense". Both modern one-steps and ancient two person sparring sets are practiced by the advance student practitioners today. What makes House of Discipline Expected Self Defense unique is it's modularity and its philosophy that is based on the system of Soo Bahk Do Moo Duk Kwan, Hwarangdo and Kuk Sool. Modern one step sparring method of training was designed by Soo Bahk Do Moo Duk Kwan founder Hwang Kee not to teach a number of techniques but to teach an adaptable system of responses. In this way the practitioner learns to deal with both inner and outer conflict correctly through conditioned repetition.

Technically, the one-steps are modular meaning if you are performing one way and the opponent changes you then would respond with another, adapting to your opponent. House of Discipline students must practice on both the inside and outside positions as well as both right and left sides naturally. The variety of techniques are also unique, the standard nine (9) one steps (Fruits) contain not just punches and kicks but sweeps, various unique hand and foot strikes, close and long distance fighting also. The House of Discipline student learns much more than just combinations when practicing the one steps, is a demonstration of strategic, philosophical and physical skill combined.

The first action performed in all one-steps is a bow, demonstrating proper respect toward your training partner.

Distance is gauged. Ready positions are then taken.

The attacker will step back with a Kihap (Shout) to help train his/her partner to keep a calm spirit and not to be startled by an aggressive attack.

The defender then vocally signals they are ready by returning the Kihap, showing courage in the face of a challenge, and the one step commences.

The first principle in one step sparring is to remove the body from danger, so the student learns to move the body on the 4 cardinal points of the compass (North, South, East, and West), forward, backward, left and right, learning to avoid the physical conflict by removing their body from the

danger. As the student progresses, he or she learns to use the image of a clock to formulate defensive and offensive movements.

All one-steps are done full speed and power, stopping the attacks fractions of an inch away from their targets. This requires and develops a high degree of concentration, accuracy and skill. After the one step is performed the participants then reverse roles the defender now attacking and the attacker now defending, this is not just to take turns in fairness but to also see and think from the attackers point of view, so when you are defending you know what your opponents options are and can be prepared to defend against them. After a basic mastery of the required one step is achieved then the student must apply it into free-sparring, If it cannot be used in a free-style manner then it has little usefulness for self defense. Using movements from each one step against an uncooperative partner successfully in sparring is the goal of the practitioner. Many of the techniques in the Expected Self Defense must be modified for free-sparring because they are too dangerous. Most of the one steps attack vital points on the body some of which are also used in acupressure and acupuncture.

One must remember when practicing one step sparring he or she must avoid simply memorizing numerous one steps with out trying to properly understand and perform each one. Accumulation of useless knowledge may boost the ego but won't help you defend yourself.

There is an old story... *"Once upon a time a fox had been traveling through the forest trying to avoid capture by the hunters hounds, when he came upon a squirrel at the base of a tree.*

"Good day fox" said the squirrel. "Good day to you" said the fox.

"I've come this way in order to avoid the hunters hounds" he said to the squirrel. "Yes, I have to keep an eye out for them too" replied the squirrel.

The fox then said, "Well I have mastered 100 escapes from the hounds". "Hmm..." said the squirrel, "I have only one technique I use, but it works well for me!".

"Only one!" exclaimed the fox, "my style has 99 more ways to escape the hounds, if you like I'll share them with you". "Thank you but my one technique works well for me" humbly said the squirrel.

"Suit yourself" said the fox, disappointed that the squirrel was not impressed.

Suddenly over the hill bounded the hunters' hounds. The squirrel did his only technique and ran up the tree escaping safely, the fox taking too long deciding which one of his 100 techniques to use was captured by the hounds.

So one must beware of accumulating techniques without thoroughly understanding the use of them as well as making them habitual through repetition.

- Grand Master James McMurray, House of Discipline