



HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

Moo Hap Sool

UNEXPECTED SELF DEFENSE SCIENCE

Hosin 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.”

This can come in the form of grabs, stabs, pull, pushes etc. Now it is important to point out that the Moo Hap Sool's Ho Sin Sool (Self Defense) is not just a subsystem nor a collection of wrist-locks, escapes and throws but a philosophy! ...And that "philosophy in action" contains a series of responses to various simple and unique combat situations. This can range anywhere from a simple shove to a grabbed kick during sparring.

These responses basically fall into 3 categories of energy as taught by Grandmaster In Sun Seo of the Hanminjok Association; **PUSH** (giving), **PULL** (taking), **NEUTRAL** (holding firm). There are of course variations of these techniques, but they must fall into one of the 3 categories.

Before we discuss the technical aspects of Ho Sin Sool first lets explore its philosophy. "The spirit behind Ho Sin Sool", explains GM In Sun Seo "can be compared to this situation: As you approach your home you are faced with two different paths or ways of get there. One is a short cut through a open dark field, but it is dangerous to cross. However another block away is perfectly safe lighted street. If you take a little longer and use a little bit more energy to step the few extra feet, you will reach your home safely and your journey will be peaceful." This is the true concept behind Moo Hap Sool's Ho Sin Sool. It is better to avoid danger, but in our lives unexpected things can occur. In this case we need to prepare for the unexpected. It gives us peace of mind to be capable to protect ourselves. Of course, our daily training in Moo Hap Sool can be effectively used to protect ourselves. However, Ho Sin Sool training has specific applications to be used in unfavorable situations, for example, when someone grasps you. Hapkido and Jujitsu was designed for these situations; to enrich our knowledge of self defense as well as the human body."

Like that of Hwarangdo, Moo Hap Sool's philosophy can also be broken down into 3 basic levels to better understand it; **Awareness** = Shin Gong; **Assessment** = Nei Gong; **Action** = Wei Gong

Through application of the philosophy and mental training (Shin Gong) we can possibly see potential trouble and avoid it, If unavoidable we use our experience (Assess = Nei Gong) to plan a successful strategy and implement it (Action = Wei Gong).

Strategic planning will help uncover your available options, set priorities for them, define and implement methods to achieve them.

Potential Conflict (Awareness) Avoidable / **Unavoidable Assessment** (Options) / **Action** (Techniques)

The responses to these energies stated above; Push, Pull and Neutral are found in the laws of nature and it's forces called Um and Yang (in Korean). Um/Yang are the forces of plus and minus. Ho Sin Sool is the application of these forces and their relationship with one another. The practitioner trained with the understanding of these forces, will be using the laws and forces of nature, for example when

pushed (Yang) the complementing response is to pull or yield (Um) absorbing and or redirecting the opponent's force against him, conversely when being pulled, push or advance. Now in theory this sounds simple enough but an unwilling partner and the multitude of variations that can plague you can complicate the equation. Um/Yang is always in a state of flux, continually changing from one extreme to the other, therefore the practitioner of Ho Sin Sool must be adaptable when these changes in energy (attack or pressure) happen he/she must be prepared for it. This is why House of Discipline's self defense is modular. When the student of Moo Hap Sool learns a series of responses to a wrist grab for example, he or she is not learning a bunch of technical tricks, but responses to the opponent's energy. If they pull, push or hold tight we respond appropriately. If they change, we adapt using the opponents energy against them resulting in anything from escapes, wrist-lock's to throws and/or strikes to vital points.

The actual techniques are vast ranging from joint manipulation and escaping to control, injure, throw or allow strikes to vital or non-vital area's including but not limited to points also used in Korean medicine (acupuncture). Now this may seem challenging enough, but the real challenge begins applying this philosophy in your daily endeavors and technically in a safe free-sparring situation, where it is now spontaneous and random. Meticulous planning, training and implementation, will enable everything the practitioner does to appear and ultimately be spontaneous.

Problems and Stumbling Blocks. One pitfall that must be avoided if any success is to be achieved in learning the martial arts is the trap of false security. Just because you've memorized a few escapes and manipulations doesn't mean you can defend yourself in a real conflict. Remember the old maxim "A little knowledge can be a dangerous thing". Experience gained through diligent, consistent training and application of that wisdom powered by the proper philosophy, would prepare you. "Courage alone will not prepare you, you must have a learned technique and skill!" Don't be fooled into thinking one or two defenses against this or that grab will save you. To do that is to invite misfortune. "Philosophy in action is the ability to "Walk the talk" in your daily endeavors will lead you to success. This is what the "Do" in Ki Do means. Application of natures laws and Moo Hap Sool's philosophy in daily conduct, decision making and living will help you avoid personal and interpersonal conflict, and when conflict is unavoidable, House of Discipline techniques will empower you to restore peace with effective self defense.