

## HYUNG AND ITS PHILOSOPHY

Basic to all martial arts is this: After the basic movements are learned they are applied to and transformed into forms. The elements which make up the character or personality of a form may be understood as follows:

1. Form Sequence – The proper and correct sequence of moves in a particular form.
2. Power Control (Him Cho Chung) – Command of the release, restraint and relaxation of explosive energy of focused power.
3. Tension and Relaxation (Shin Chook) – Mastery of breathing and timing in the accumulation and release of energy or power.
4. Speed and Rhythm Control (Wan Gup) – Coordination and patterning of moves at rates appropriate to the sub-sequences within the form.
5. Direction of Movements – Certainty of balance and confidence of step in changing direction.
6. Spirit or Attitude (Moo Do Shim Gung) – Evidence of a sense of calm and humility based on self-knowledge and dedication to the perfect form.
7. Power of Technique (Intent) – Rigor and strength of moves especially in equal power of attack and defense.
8. Understanding Form Technique (Intent) – Demonstration in the form that the sequence of moves has been internalized and flows with the naturalness and ease of reflex responses, that is, without the obvious intervention of conscious thought.
9. Distinctive Features of the Form – Evocation in the observer of a vivid awareness of the specific kinds of attack and of the number and direction of attackers for which a particular form is designated.
10. Perfect Finish – As additional evidence of concentration and control. The last move of the form ends at the starting point and then remains frozen or fixed there until signaled by the referee, judge or teachers.
11. Precision of Movements – Such accuracy in the execution of a move as reflects the finest logical coordination of balance, distance, power, ability and control.
12. Intentness – Direction and concentration of the entire attention upon points of power. The intent eyes communicate both a determination to defend against attack and a predetermined plan or deliberate design for defense. Further, the eyes anticipate the intended direction of moves by quick shifts and then concentration of focus upon the point of power.

These twelve elements may be used as a basis for evaluating a form and for the study of its improved performance.