

VOLUME 21

NUMBER 6

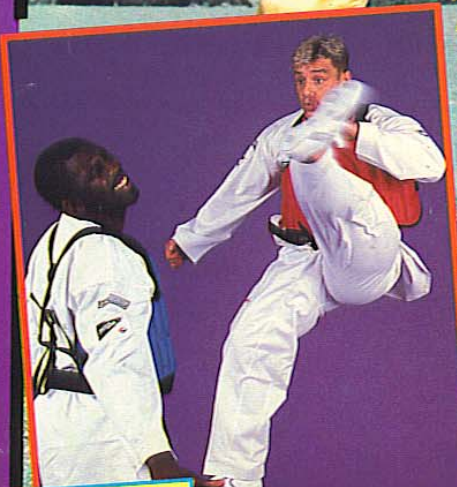
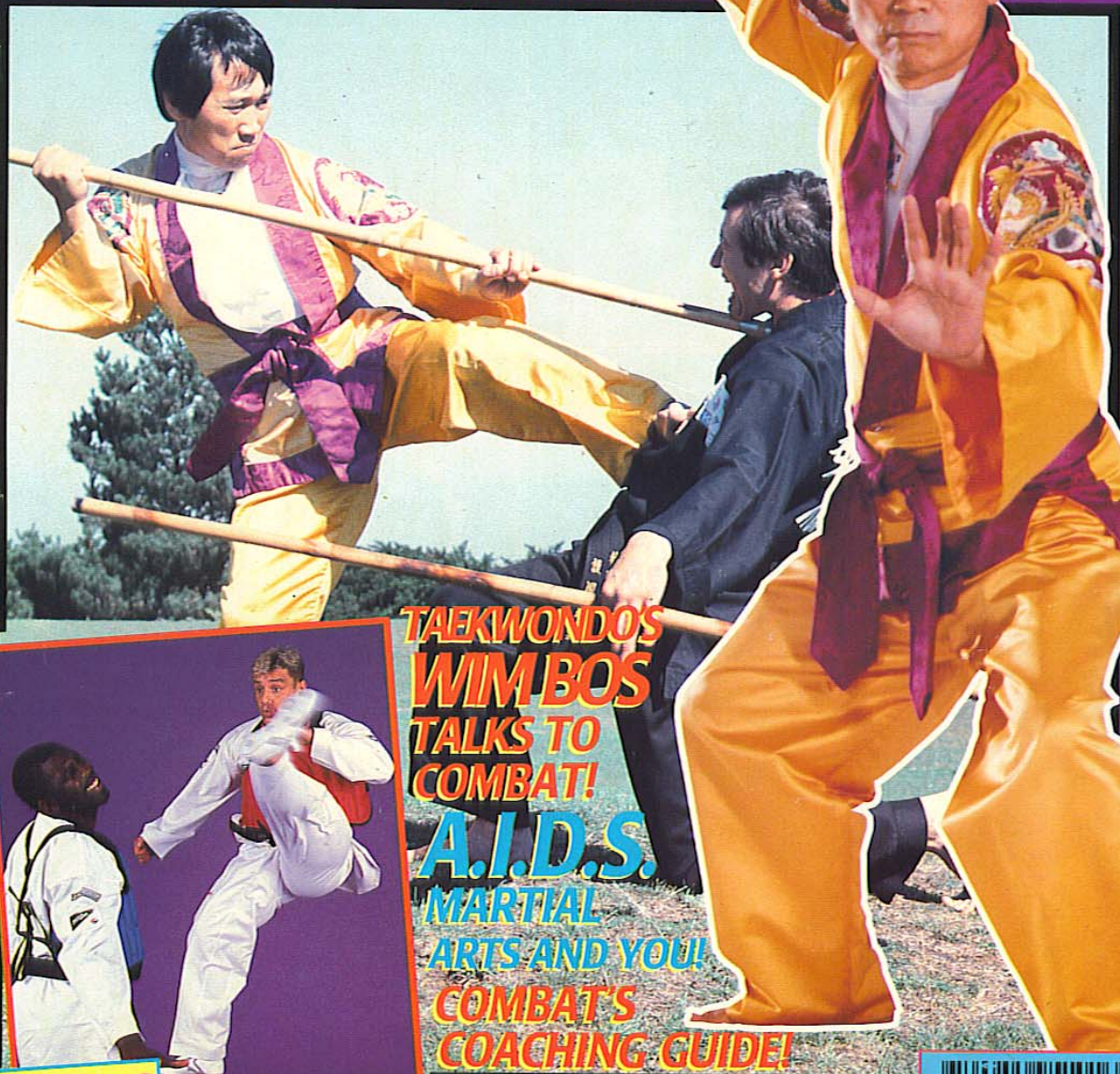
JUNE 1995

£1.50

THE WORLD'S GREATEST MARTIAL ARTS MAGAZINE

COMBAT

GRANDMASTER IN HYUK SUH
CUSTODIAN OF KOREA'S COMBATIVE ARTS!



TAEKWONDO'S
WIM BOS
TALKS TO
COMBAT!
A.I.D.S.
MARTIAL
ARTS AND YOU!
COMBAT'S
COACHING GUIDE!

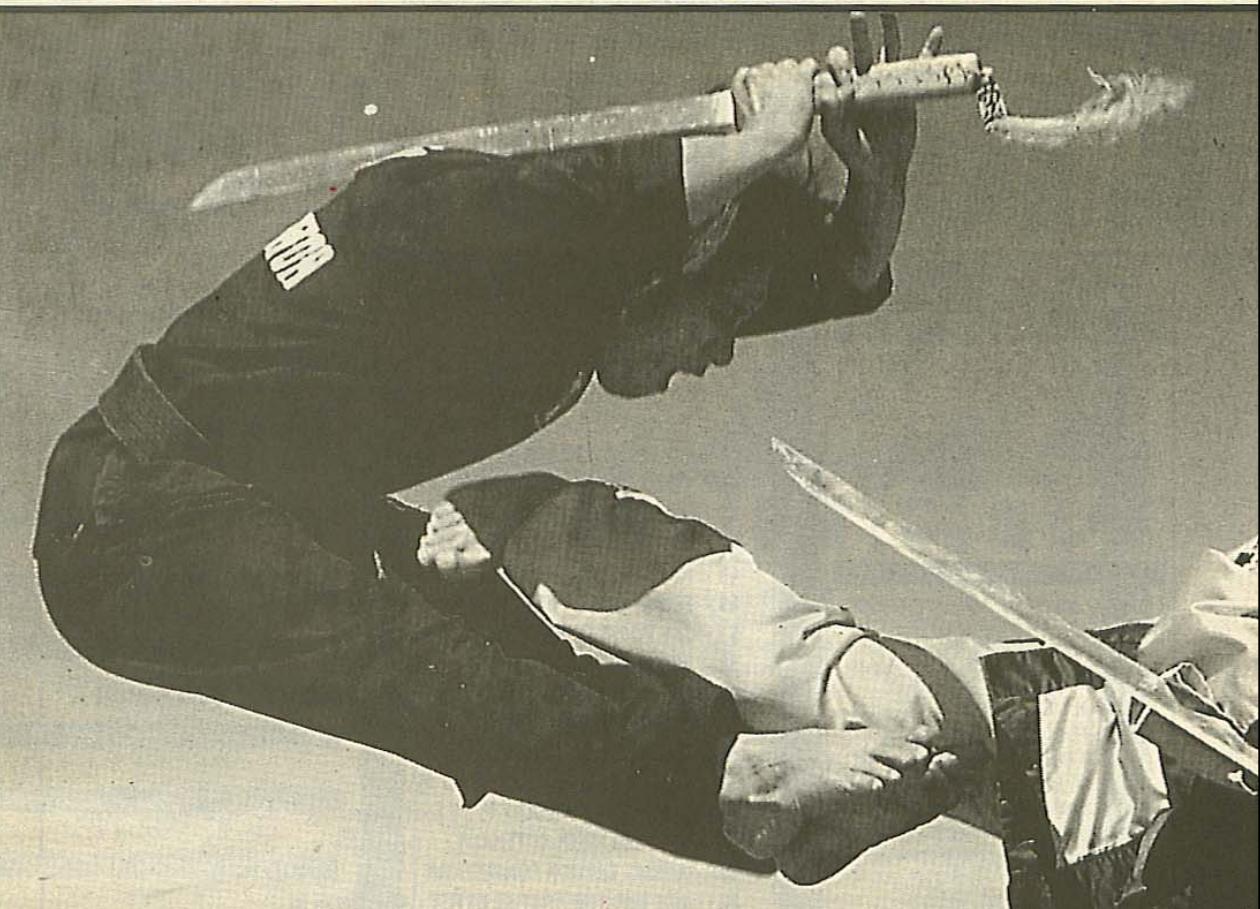
PLUS

WINNING AT SPARRING!



06

9 770955 951016



IN HYUK SUH

A Man Of Vision

By John Cookaday



I first met Grandmaster In Hyuk Suh at Gatwick Int. UK in 1988. I was indeed a lowly belt in Kuk Sool Won but possessed a video camera and it was important that this first visit was captured for later dissertation. Kuk Sa Nim (Grandmaster) is the personification of his teachings - fitness, good health and at peace with himself and the world in general. I had considered myself a man of the world at that time -been everywhere and done most things - so this gentleman's visit wasn't going to throw me off course. No sir! Don't believe it! I had gone on automatic focus so as not to screw up the shoot, waved aside the two porters pushing a heavily laden trolley, and caught the Grandmaster and his beautiful wife, SaMoNim, full face on. There IS an air of presence and majesty about the man yet at the same time a most welcoming smile and aura of humility. I really did LIKE him at first sight and WAS impressed with his style which is unusual for me as it takes a little while for this reserved Brit to accept anybody that quickly who is not from North of Watford! However I did a double take when I suddenly realised



that the two porters I had impatiently waved aside were accomplished Masters in civvies, escorting KSN, and yet they had not blinked an eye lid at my erratic behaviour. That speaks volumes about their etiquette AND MINE!

In Hyuk Suh is, of course, the founder, Grand Master and President of the World Kuk Sool Association. He has studied martial arts for more than 50 years and now boasts 250 schools world wide and over one million members.



This first visit to the UK was a continuation of his philosophy of visiting each school in the Association, at least once each year, whether it be in Canada, South America, Korea or Europe. It is symptomatic of the man that he tours each year from about April to August, travelling many thousands of miles, to appear at teaching seminars and perhaps even fitting in a demonstration. No pampered passage, as you may think, for this hands on martial artist. I have spoken to members of his travelling entourage and without exception they all confess that whilst exciting, it is a gruelling, tiring journey especially on the American long haul. In the US alone I do believe he calls in at about 50 schools appearing fresh and smart despite having taken a turn at the wheel for big mileage. In this way he is able to maintain strict control of quality and very high standards amongst his own instructors.

KSN is very much a family man and as such his family are heavily involved in Kuk Sool Won. Three of his four brothers are Masters with their own schools - the other

brother is a pharmacist. - and his four sons are all high level practising martial artists. SaMoNim, KSN's wife, is the administrator and general factotum in the HQ office in Houston Texas. If you need to know anything whilst KSN is not around, ask SaMoNim. With a world wide organisation to operate, a sophisticated control system is required to administer the day to day smooth working. SaMoNim has her fingers on all the right buttons. Whilst she efficiently controls the paperwork in Houston she also turns a friendly face to the incoming new student, and happily handles all the multi problems which can occur. I have seen the machinery in action whilst the World Championships were being held at the nearby Astroarena. A mega headache in waiting for anybody involved in organisation on such a scale. No problem! SaMoNim continually dispensed brisk instructions covering a whole scene of activities and guided us all through a most regular weekend without even an aspirin! The whole complex operation is now fully computerised and ensures a smooth work flow.

As well as being a pragmatic martial artist In Hyuk Suh is also an expert exponent in treating illness with alternative techniques. Pressure points are extensively used in striking and grabbing in this art, and so a great knowledge of these areas is accumulated and put to good use in a healing manner. Once he was asked to examine an injured back. For 5 minutes (that's a LONG time) he just looked at the injured area whilst we all in the room sat & watched him. Then suddenly he sat up, used his



thumbs swiftly to stimulate the required meridians (I guess) and then motioned for Barry Harmon, a qualified acupuncturist and distinguished KSW Master, to do his thing. KSN explained later that he was "seeing" through the flesh to the skeletal malfunction and making a diagnosis. Alternative medicine is becoming more prevalent these days and can sometimes succeed where Western options fail. At advanced stages of training in Kuk Sool, instructors are expected to have a good working knowledge of acupressure, meditation and ki breathing techniques.

During his lecture tours and seminars, KSN can keep an audience completely absorbed for hours. Talking without use of notes, he illustrates his major points on black boards. An important aspect of martial arts which he continually emphasises is

the study of developing ki energy via deep breathing exercises, to

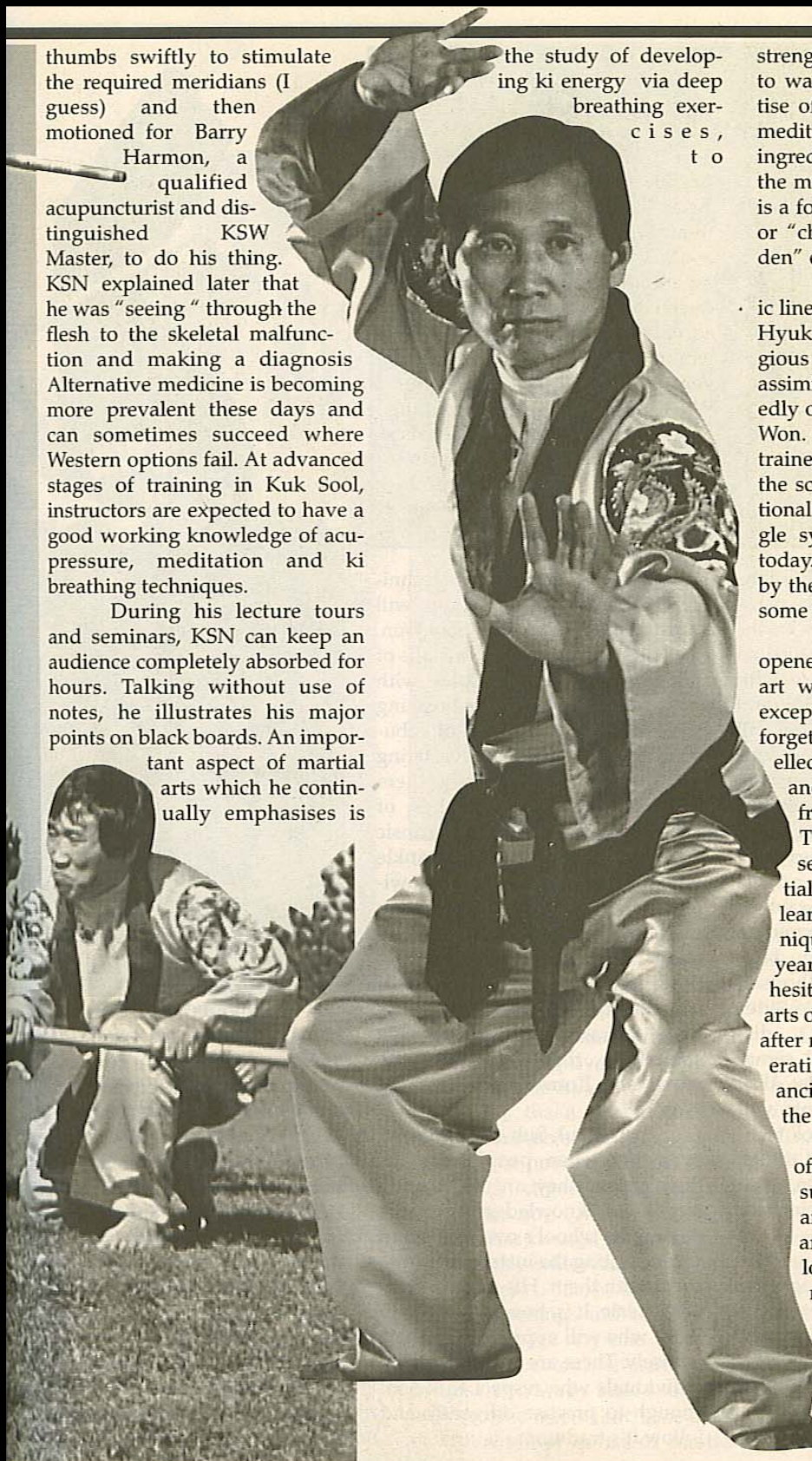
strengthen the body internally and to ward off illness. Regular practise of ki breathing together with meditation has been a consistent ingredient on his menu. Observing the man will convince one that he is a follower of his own advice. Ki or "chi" is the life force or "hidden" energy within all our bodies.

Coming from an aristocratic line of the Royal Court Army, In Hyuk Suh has exhibited prodigious powers of concentration and assimilation, having single handedly organised the art of Kuk Sool Won. From the age of 5 years he trained, learned and systemised the scattered martial arts of traditional Korean arts into the one single system which is so popular today. Indeed it is best described by the man himself when writing some years ago:

"When I was young, I opened my eyes into the martial art world. Forgetting everything except training, even sometimes forgetting to sleep and eat, I travelled from province to province and village to village to learn from over a hundred masters. They taught me the hidden secrets of generations of martial arts one by one, sometimes learning only one special technique from a master, and after years of learning and research, I hesitated to keep all the priceless arts of my ancestors to myself. But after much meditation and consideration I decided to teach the ancient martial arts of Korea to the public."

The overwhelming success of the art in the US has bred a surge of copycat tactics to such an extent that fringe schools are even using the name and logo. KSN immediately recognised that this had the capability of discrediting legitimate and authorised schools.

Arrangements were then put into effect to legalise the name Kuk Sool Won





and protect it's logo. Now both the name and logo are officially registered trademarks throughout the Western world. It will now be an offence to use either of these without authorisation from KSN, and in this way the art of Kuk Sool will be protected from unscrupulous instructors and schools passing themselves off as legitimate organisations. Many of today's so called arts are mere diluted copies from all sorts of other styles and the unwitting pupil may not be able to distinguish between the genuine and fake arts. "Mixed up chop-suey" says KSN. All authorised KSW schools have an official letter of appointment from HQ displayed with KSN's actual signature appended. In this way, also, all Instructors and students will only learn pure Kuk Sool techniques and style "the real thing" and not a weak imitation. Kuk Sool is up front and legitimately protected from here on in so beware those who wish to practice KSW trot off to a recognised school; examine the letter of appointment, look at the picture of Kuk Sa Nim displayed and read the banner which says "You need more practice"

A lyrical description I once

read sums up for me in non technical language the style you will learn if you take up Kuk Sool Won. "If you could combine the skills of aikido throwing principles with jiu-jitsu locking and joint breaking techniques, add the skills of kobudo weaponry plus the devastating kicks of taekwondo, mix them together with the punches of karate, then inject the intrinsic energy of ki and liberally sprinkle with the techniques and knowledge of an alternative medicine/acupuncturist, spend about two lifetimes co-relating them into a workable system of self defence and a pattern for living, you would have perhaps something that resembles the remarkable Korean art of Kuk Sool Won"

In Hyuk Suh will say however that when people pay for their classes they are not buying martial art knowledge. They are paying the school's overheads and compensating the instructor's time spent with them. His martial art is not for sale. It is, however, given to those who will appreciate and use it wisely. These are self-disciplined individuals who respect Kuk Sool enough to practise diligently and follow it's traditions.

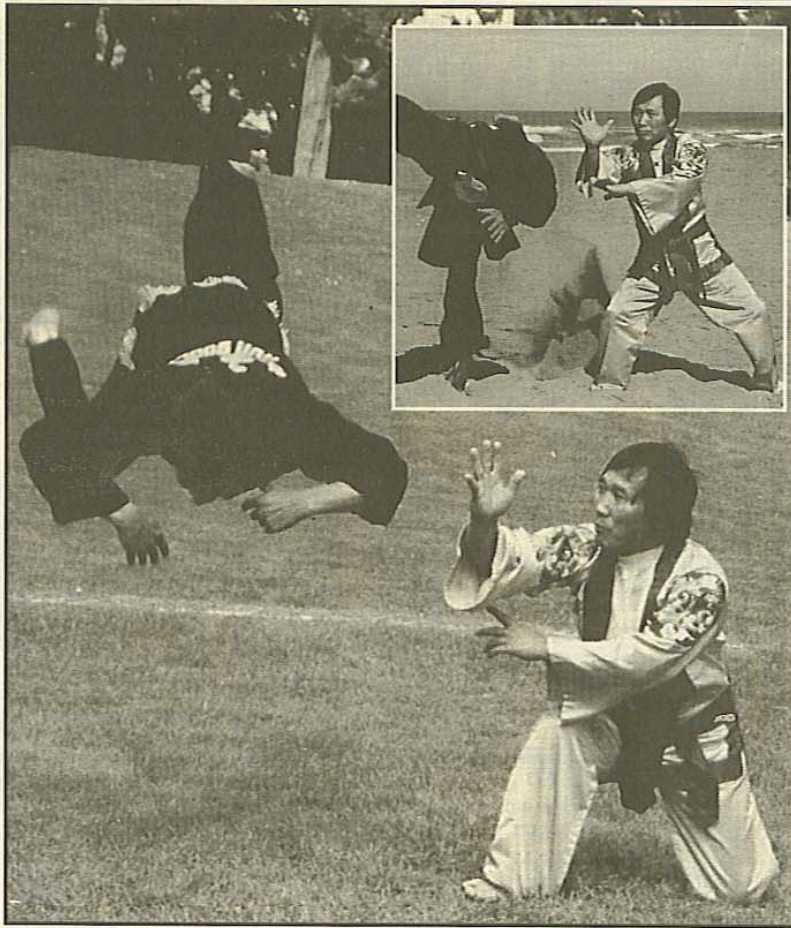


Attendance at either a school, seminar, or exhibition of Kuk Sool will soon convince a newcomer of the protective family atmosphere encircling the activities, despite the fact it is an arena of martial arts. Part of the Art's history emanates from the ancient Korean tradition of Sado Moo Soo or the family martial arts. This dates back to the time when villages and families were protected from wild life and enemy tribes and the defence depended upon a close knit family community. These family bonds are extended spiritually to the modern counterpart in today's warriors and will be



exhibited where ever KSW is practised.

A recent prestigious accolade to this remarkable man and his martial Art. A few years back the military academy at West Point requested a Kuk Sool Instructor to appoint to their staff for the purpose of unarmed combat and martial art tuition. Master Marlin Sims, and his assistant Cheryl Matula were seconded to West Point by Kuk Sa Nim for this purpose. Zillions of Brownie points earned here as this establishment is top of the pile in US society-speak and is an indication of the esteem in which In Hyuk Suh is held by the



US authorities.

No stranger to the front colour covers of many International publications, and holder of the freedom of countless cities stateside, Kuk Sa Nim has undoubtedly won the hearts of the American public and is intent on attaining the equivalent status on this side of the Atlantic.

So, that's a brief look at one gentleman's life. A supreme example of how to conduct one's self with dignity and mutual respect for one's fellow man. Kuk Sa Nim has created a Way of Life for anybody who wishes to follow his example. He is living proof that his teachings and beliefs really do work for any one who has the diligence and endeavour to practise and study Kuk Sool Won and become one of the elite band of brothers and sisters of Martial

Arts.

At this stage I will say "Ahn Young Hee Kah Ship Shee Yo" and hand over to your esteemed editor Paul.

Editors Note:

As you may have seen in a recent issue of Combat, I had the priviledge of spending several very enjoyable days in the company of Kuk Sa Nim and his lovely family. Which is why I chose not to write this article. The main reason being I found myself in total awe of this truely great man, the second reason being I could not find enough superlatives to describe my admiration for this very special human being. I(Paul Clifton - Editor)