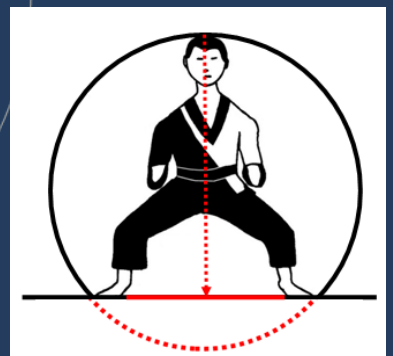
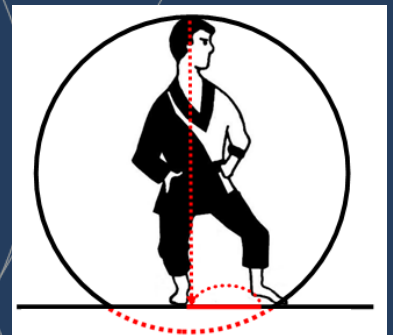
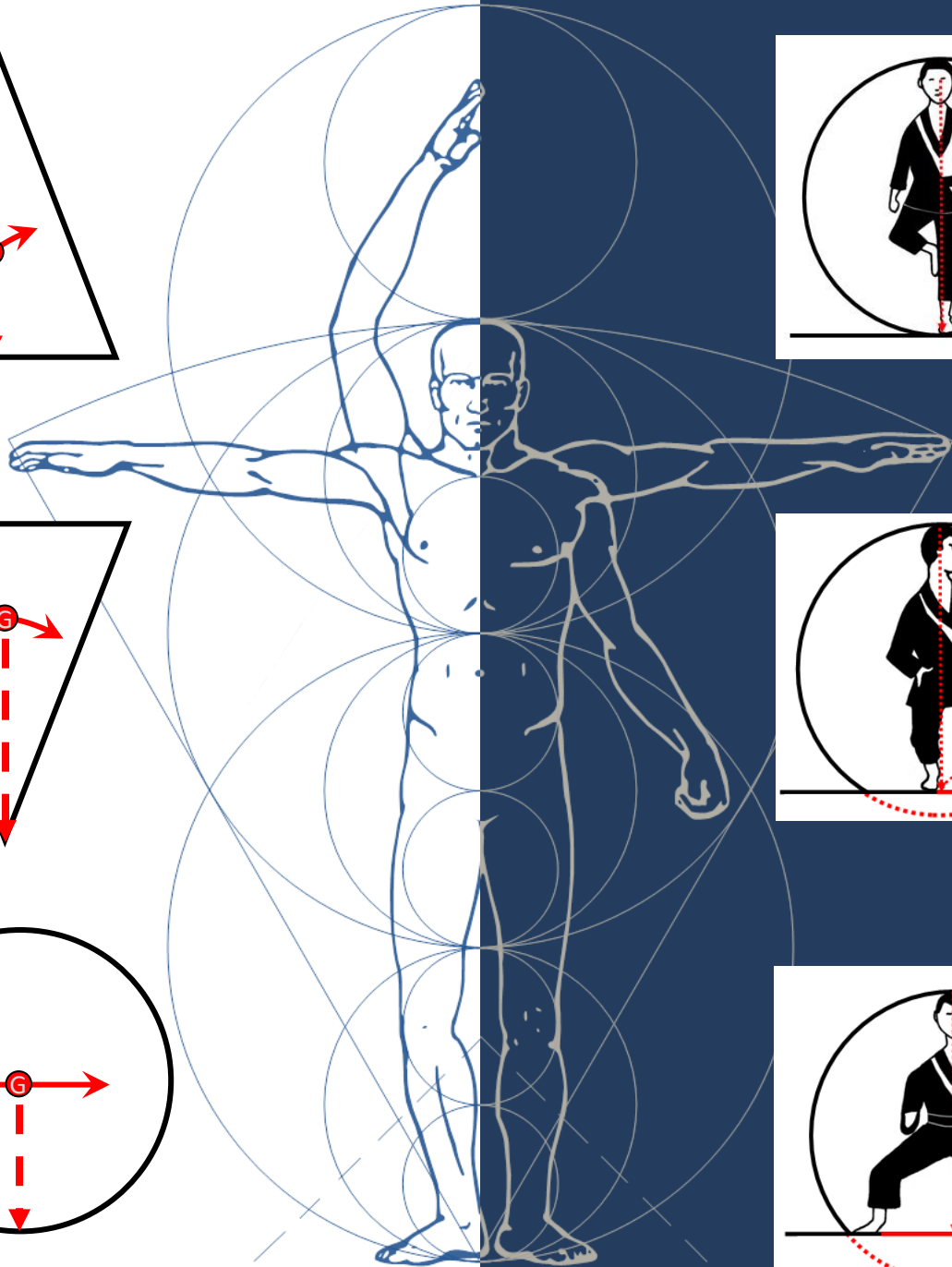
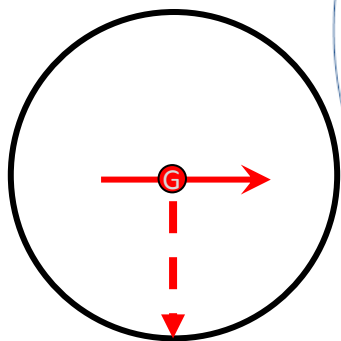
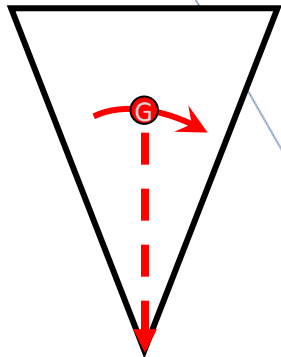
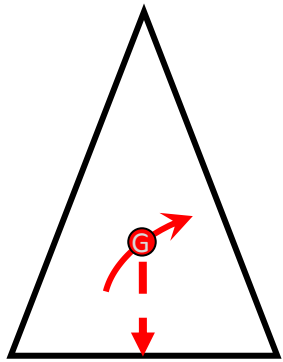


# The Secrets of the Warrior-Scholar

## The Physics of Tang Soo Do Stances 1.0



©Master Daniel R. Segarra

“The proper stance is the foundation to all martial arts movements.”

-Hwang Kee

The importance in stance is the martial arts cannot be stressed enough. Everything is dependent upon it. Most martial artists have a functional understanding of stance but fewer know the science behind this aspect of their training. It is the goal of this manual to help you understand the physics of stances, but in a way that is easily grasped by the average person. Understanding the science will help you make your stances better and thereby all your techniques better.

I hope you enjoy this and I hope this will help you become a better martial artist.

Sincerely,



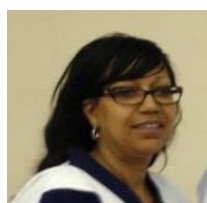
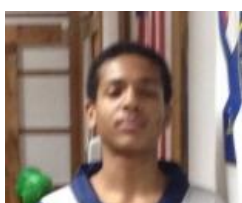
D.Segarra

President, internationally certified Master Instructor author of Secrets of the Warrior Scholar Series including: Meditation, The Warrior Breathing Exercises of Tang Soo Do, and the Untold History of Tang Soo Do



## Acknowledgements

Thank you to Master Tushima, Master Bacote, Mr Gardener and Mr McClean for assisting in the pictures and helping with the publication



This project is dedicated to all the traditional martial artists that strive to better understand their art and embody that philosophy in their daily lives.

## 拳學五字訣 (The "Five Word Song" for Learning Martial Arts)

悟透陰陽理 (To gain an insight to the workings of Yin and Yang)

須過去尊敬 (We Must Honor the Past)

創造愉未來 (To create a good future)

心意本無法 (The mind/spirit was not meant to be bound by laws)

包羅小天地 (It encompasses a universe of its own (microcosm))

要學心意功 (To learn the discipline of the Mind)

無象亦無意 (Let go of the Material and the Intentional)

視不能如能 (View the impossible as possible)

乘勢擊與顧 (Use opportunities to strike and to defend)

步步占先機 (MAKE opportunities with every step)

剛柔互參就 (Make use of both the Strong (Yang) and the Gentle (Yin))

虛靈含有物 (The Material world is surrounded by the Ethereal and the Mental)

原來自我始 (You are the source of it)

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## **What is a stance?**

A stance is whatever posture your body is in, in that moment. Over the years martial arts masters have come to realize which postures are the most effective. By observing human movement and applying natural laws ancient martial arts masters have helped develop and systemize what techniques work most effectively.

Stances can be static or dynamic. The goal of the stance is for you to maintain enough balance to either effectively defend yourself or attack your opponent.

The effectiveness of your stance will greatly impact each and every technique you do. It is your foundation. Improve your foundation and everything you do will improve, ignore your foundation and everything you do will suffer. By making even a small improvement in your stances everything you do will get better.

That's how important stances are.

## **Overview**

In this text we will focus on how to make our stances better through understanding the science behind them. How balance, alignment, tension and other factors contribute to making an effective stance.

I have purposely tried to make the science understandable for everyone, avoiding overly complicated formulas and mathematical explanations, opting instead for clear simple explanations and examples. This is done so you can work on truly understanding the stance instead of being overwhelmed with too much information.

There are drills toward the end of this text as well as a quiz to test your comprehension of the material.

## **Center of Mass vs. Center of Gravity**

The Center of mass (COM) in the human body varies from person to person depending on body type mass and the position the person is in at the time. For a person standing upright, it's usually somewhere in the vicinity of the navel.

The Earth's center of mass attracts your mass via its gravitational pull. In common usage, center of gravity and center of mass are used interchangeably, since a uniform gravitational field is assumed.

Your center of gravity (COG) is the point at which the entire weight of the body is concentrated so that if supported at this point the body would remain at equilibrium at any position.

## **Center of Gravity and the Dan Jun (단전)**

The center of gravity occurs in the body at a point where weight is equally distributed on all sides. The Center of gravity can also be referred to for our purposes as the center of mass. From this point on we will use the term center of gravity (COG or 'G') to represent this. From the COG, a body can pivot in any direction and remain balanced. When standing evenly over your center of gravity, you are in a state of equilibrium. Generally this is in the navel region, but slightly differs depending on body type, mass etc.

In martial arts we call the area below the navel the Dan Jun (丹田) this is not necessarily the physical center of gravity although the two can coincide depending on body structure. The Dan Jun is the area where we focus our movement because the hips are the structural power center for all martial arts movements. We want also to relax towards this point (the Dan Jun) if we have unnecessary tension this can negatively affect our balance.

## **Line of Gravity (Choong liyang Sohn 중량손)**

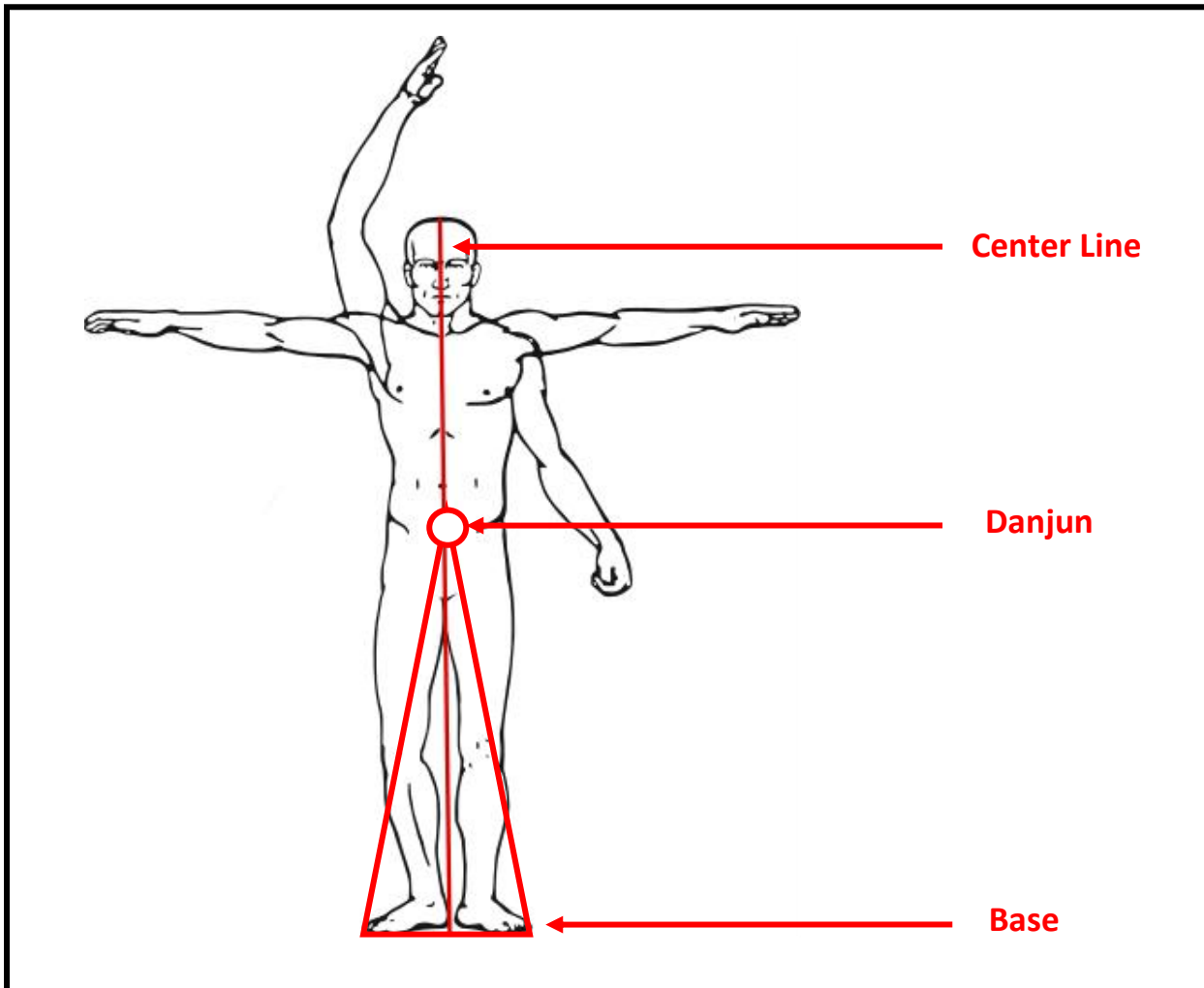
The line of gravity is an imaginary line that crosses through your center of gravity dividing the mass of the body into two equal halves. This line changes depending on the body's weight distribution. It is a vertical line running from the top of the head, usually around the ear, down to the



ground. To keep your body in balance, your posture must correspond with your line of gravity.

### **Base of Support (Baljase 발자세)**

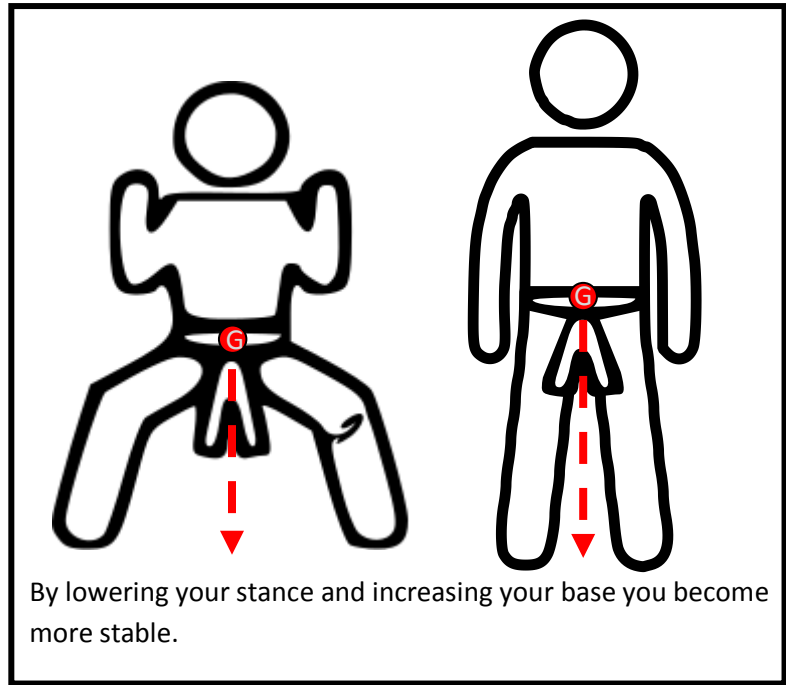
How wide you spread your feet determines your base of support. The closer your center of gravity is to the ground, the more support you will have; the farther apart you place your feet, the steadier you will feel. A good base of support is needed if you are doing heavy lifting or moving heavy objects.



The base is any part of your body touching the ground that supports your weight. If you are sitting then your hips are your base. If you are kneeling then your knee and feet are your base. If you doing a handstand then your hands are your base. Whatever touches the ground and supports your weight is your base.

## Stability

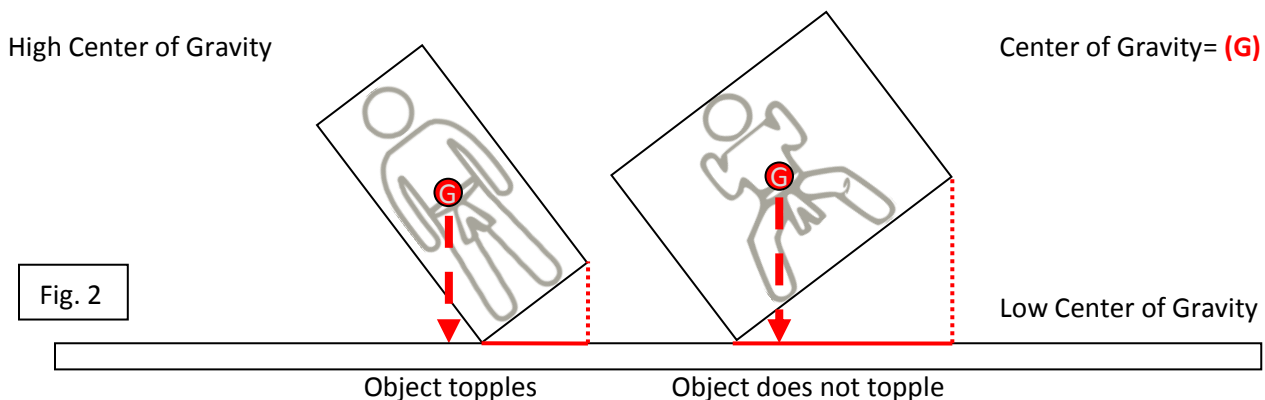
The position of the center of gravity of an object affects its stability. The lower the center of gravity (**G**) is, the more stable the object. The higher it is the more likely the object is to topple over if it is pushed. Racing cars have really low centers of gravity so that they can corner rapidly without turning over.



Increasing the area of the base will also increase the stability of an object, the bigger the area the more stable the object. Football players will stand with their feet well apart if they are standing and expect to be tackled.

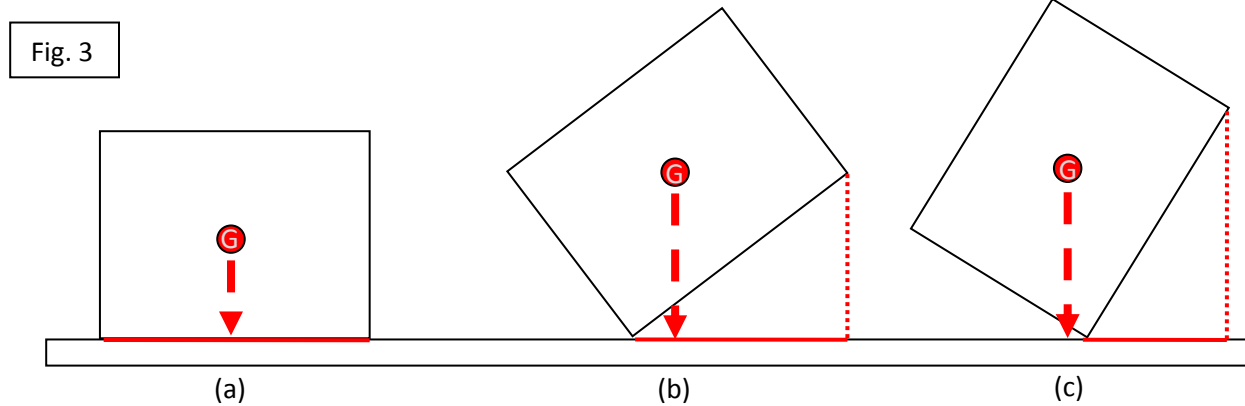
If an object is tilted it will topple over if a vertical line from its centre of gravity falls outside its base.

The following diagrams show that the position of the centre of gravity is important in toppling. The higher the centre of gravity the more likely an object is to topple over if it is tilted.



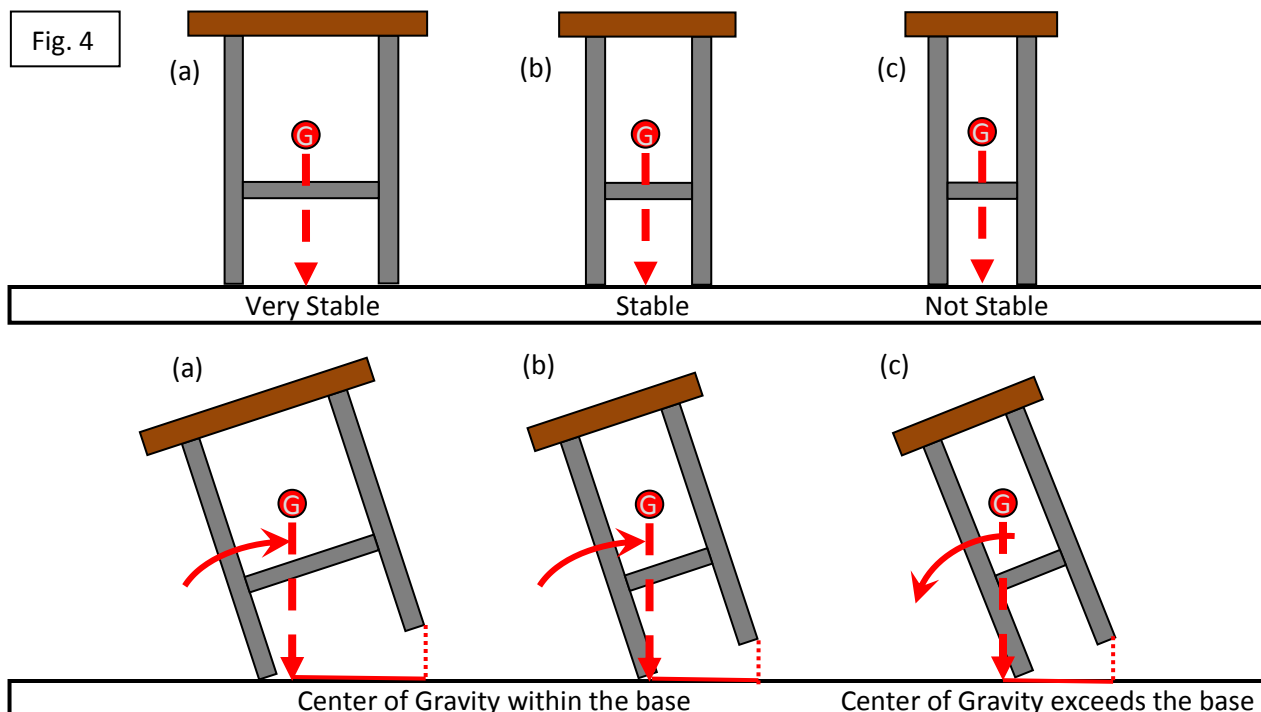
When the vertical line from the center of gravity falls outside the base an object will topple over.

The next set of diagrams (Figure 3) shows an object tilting at ever increasing angles until eventually it will topple!



In Figure 3(a) the object is flat on the ground. In Figure 3(b) the object is tilted but because the vertical line through the centre of gravity is inside the base of the object and so the object falls back to the level again. But in Figure 3(c) the vertical line from the center of gravity falls outside the base and so the object topples over.

The effect of size of the base is shown by the three stools in Figure 4. The centers of gravity of all the stools are the same height above the ground but because stool (c) has a much smaller base it topples over if they are all tilted to the same angle while the other two stools return to a level position. Notice that the centre of gravity is not inside the material of the stool.

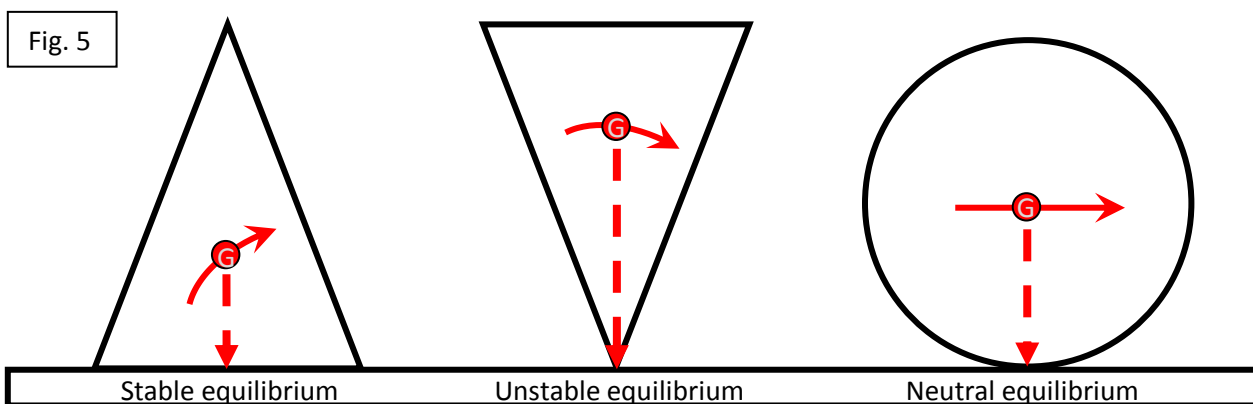


## Balancing and equilibrium (Pyong)

If an object is in equilibrium, i.e., if it is balanced, then if a force is applied to the object it will either tilt, tip over or roll.

These three conditions are known as:

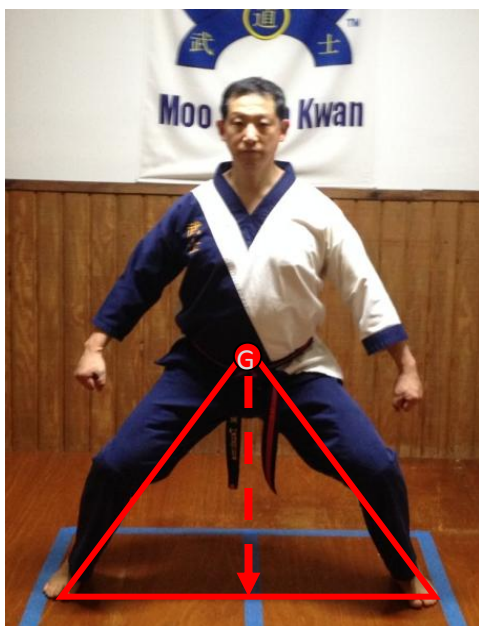
- (a) stable equilibrium (it tilts and then falls back to the original position)
- (b) unstable equilibrium (it tilts and then falls over)
- (c) neutral equilibrium (it rolls)



**Stable** – the centre of gravity is raised as it is tilted

**Unstable** – the centre of gravity is lowered as it is tilted

**Neutral** - the centre of gravity stays at the same level if it is pushed



Stable equilibrium



Unstable equilibrium

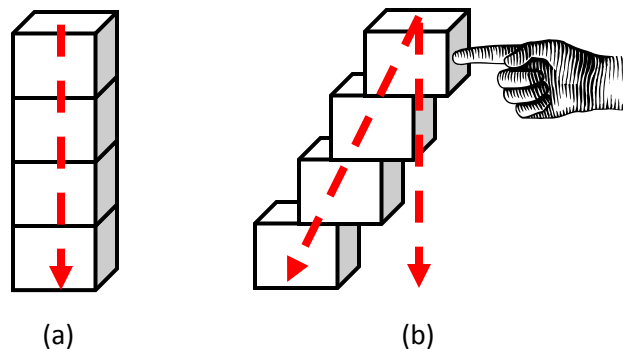
## Maintaining balance

The core of the Earth is about 3,900 miles beneath you. Everything on the Earth is pulled toward this center.

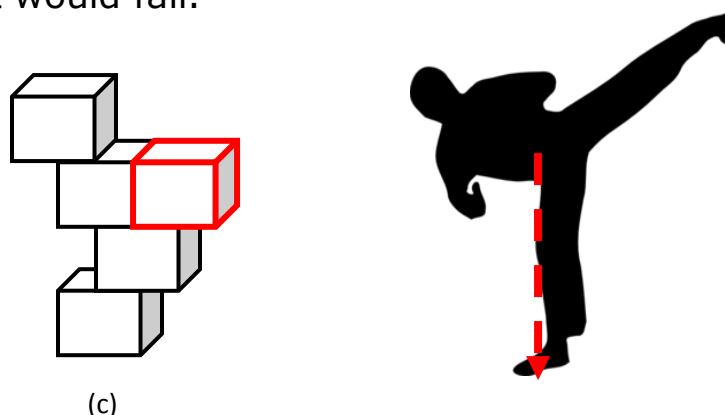
If one wants to maintain balance while expending as little energy as possible then one needs to understand alignment.

Proper alignment is when the body areas are stacked in such a way that the centerline of gravity goes straight through. If the center of gravity is outside the base one needs to counterbalance expending energy to do so.

Imagine two stacks of blocks one perfectly aligned (a) and one skewed to the side (b)

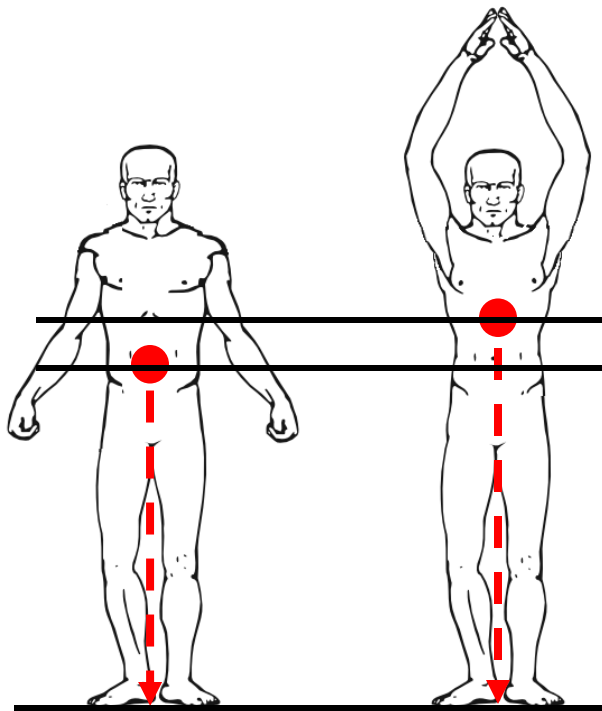


Object (a) has gravity pulling straight through to the base whereas object (b) has its center of Gravity far past the base making it unstable. One would have to use energy to maintain this alignment. Take away that support and it would fall.



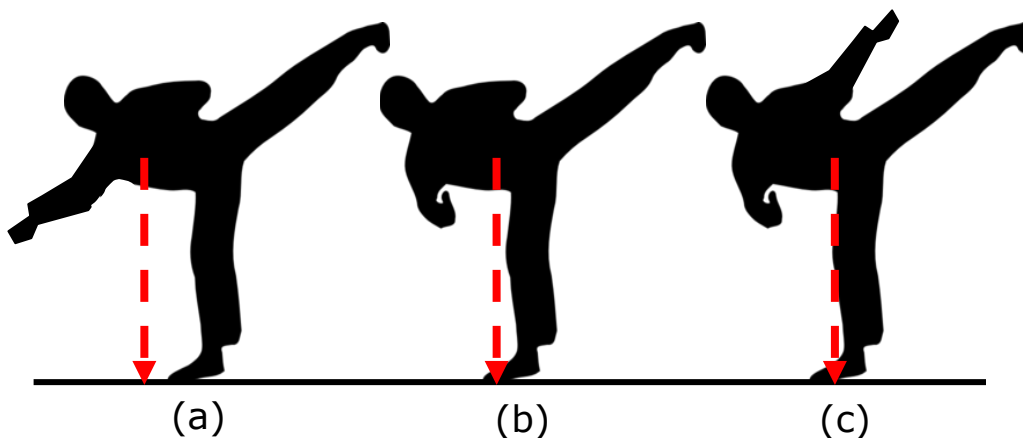
In this example the blocks (c) are skewed but counterbalanced by the weight of the red block. Similarly when kicking we counterbalance the leg with the upper body or vice versa. But if one leans too far then the center of gravity goes too far outside the base and you become

unstable. Remember the center of gravity is roughly around the level of the navel but this can change due to body position. For example if you lift your arms over your head your center of gravity changes.



As you can see in figure (a) and figure (b) the center of gravity can change with arm position.

This is why limb position is very important to overall balance. For example when kicking, if you stick out your arms you will shift your center of gravity making you even less stable. Keeping them closer to the body often provides more stability. However if one kicks too high and forces their upper body to shift the center of gravity past the base then extending the corresponding arm can slightly shift the



center of gravity back towards the base. (See figure a-b-c). You can experiment with this yourself. Keep in mind the height of the kick corresponds with the arm motion for example when kicking low one can extend the opposite arm



## Experiments to demonstrate body mechanics and the importance of awareness of you center of gravity.

In martial arts the more self awareness you have when practicing a technique the better you become at improving your performance. These following examples will demonstrate how you shift your weight constantly to maintain a balanced center of gravity.



### Exercise #1

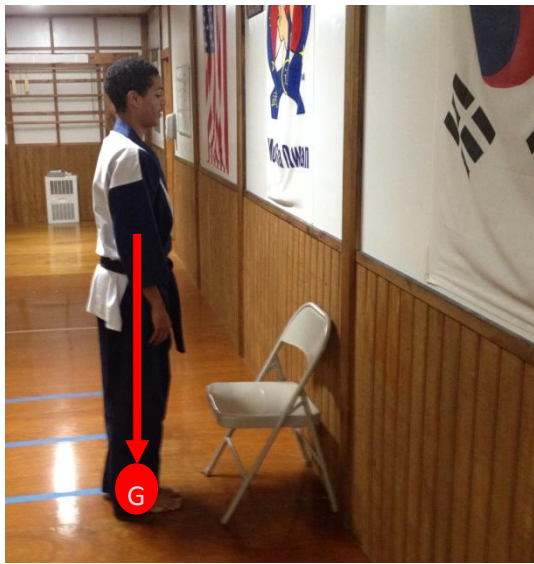
Stand with your right shoulder and right foot against a wall. Now try and lift your left foot up. You will find you cannot because in order for you to balance on your foot you need to move your center of gravity over that foot. By placing you hip against the wall you cannot shift your center of gravity and therefore can't raise your opposite leg.



### Exercise #2

Place your hips and heels against a wall and then try and pick up an object placed on the floor two feet in front of you. A variation is to place

a light chair in front of you and bend at the hips then try and pick it up. You will find it impossible because in order to bend forward without falling we need to counterbalance by moving our hips in the opposite direction (in this case backward). By placing your hips against a wall you prevent them from counterbalancing you and keeping your center of gravity between your feet as you lean forward. This moves your center of gravity forward and outside your base making you fall. In the chair variation the chair actually keeps you from falling forward and as soon as you start and try to pick it up you will fall so you can't.



### Exercise #3

This exercise you will face a wall and take three heel toe steps back. Place a chair you could normally lift in front of you and then bend and place your head on the wall. Lift the chair then try to stand. Males will find they can't but females can this is due to women having a wider hip area (for childbirth) and men having naturally wider shoulders. This shifts the center of gravity higher for men and lower for women allowing women to lift the chair.

### Exercise #4

Find a volunteer you can easily pick up. Face each other and pick them up under the arms and lift them up off the ground as a control. Now have the volunteer place their hands under your outstretched elbows. The volunteer should keep you from bending your elbows and you will find you cannot lift them up.

What is happening is when a person lifts an object they have to pull that object into their base so it does not affect the location of their center of



gravity. By placing your hands on their elbows and not allowing them to bend their arms you stop them from bringing the volunteer into their base and therefore they can't lift them because as soon as they try their center of gravity moves outside their base and they will fall.



(a)



(b)



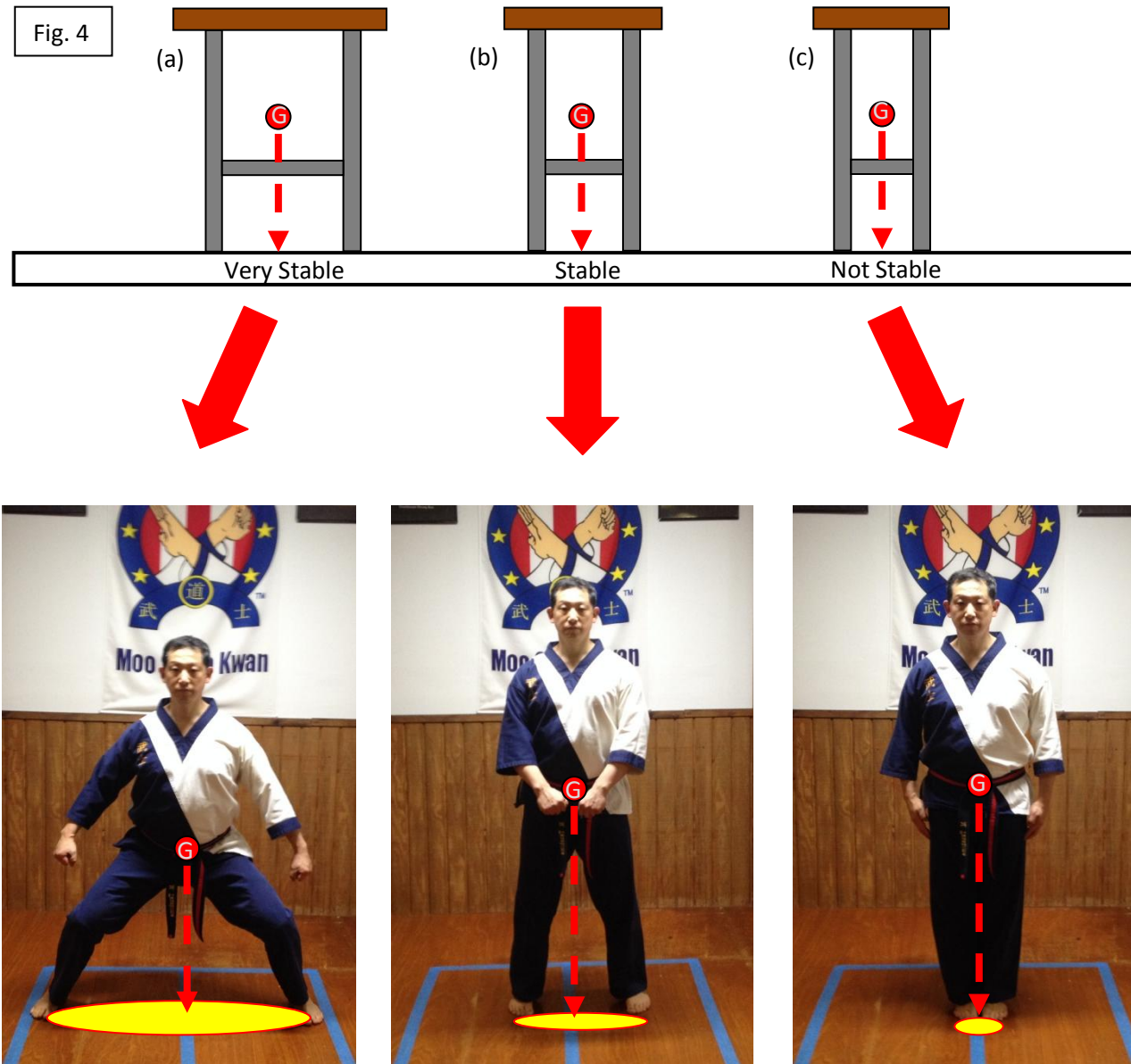
(c)

### Exercise #5

Find a volunteer to sit in a chair which is placed against a wall. Have them interlace their fingers and place their hands in their laps. Have them sit back in the chair then place your palm on their forehead and have them try and stand up. They will not be able to (a). This is because when they sit the center of gravity (G) is under the seat of the chair. In order to get up they have to rock forward to move their center of gravity between their feet to stand (b & c). Placing your palm on their forehead stops them from moving their center of gravity (COG) over their feet, immobilizing them.

## Base

Using the previous example of base increasing stability lets apply this to some basic stances:

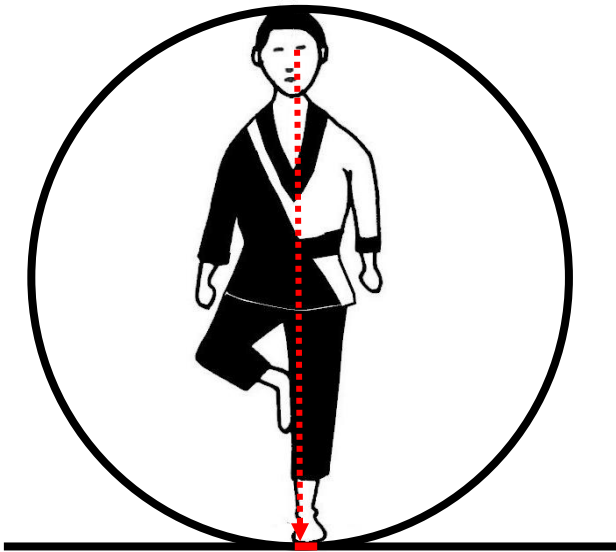


As you can see when the base increases so too does the overall stability. Notice the horse stances center of gravity is also lower increasing the stability even more.

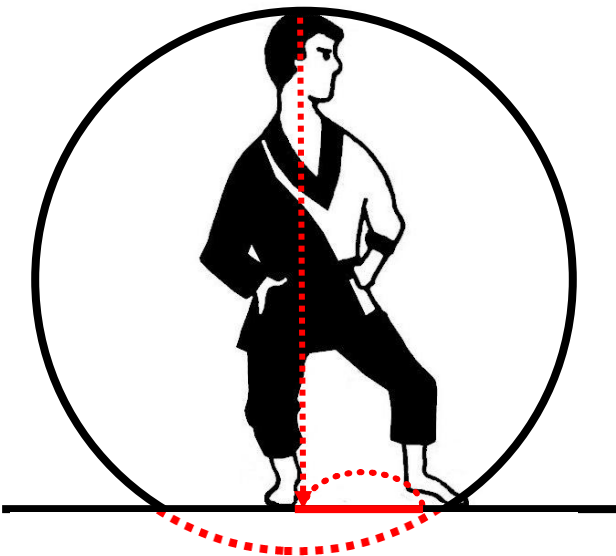


Notice the center of Gravity (G) shifts with each posture change.

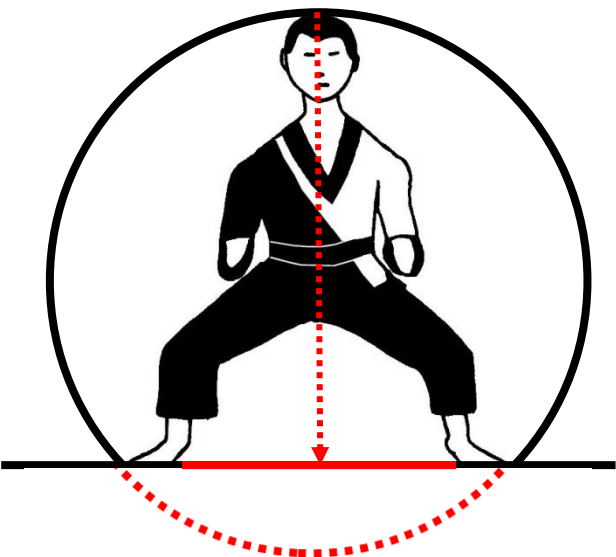




Example 1. This is Han Bal Jaseh (One Foot Stance) occupies the least space on the ground. This is the least stable of the stances due to the small base. Imagine a ball on the ground. That ball has a small contact area/base and therefore is easy to move. (That's why balls roll better than square blocks). Now imagine if we slice a section off that ball lowering its center of gravity and increasing its base as we will do in the next example #2



Example 2. This is Hu Gul Jaseh (Back Stance). The base occupies more space than the previous example therefore balance is stronger. Now imagine we slice off even more off this ball and further lower its center of gravity and increase its base as demonstrated in example #3



Example 3. This is Kee Ma Jaseh (Horse Stance). The base occupies more space than the previous example therefore balance is stronger. So out of these three stances this is the most stable due to the lower center of gravity and size of its base.

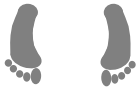
## Weight Shifting

If a 200lb person places each foot on a separate scale then the weight would be equally divided as long as the stance was symmetrical. Each scale would share the load 100 lbs on the left and 100 lbs on the right.

If one shifts their center of gravity over to one side then that side would then bear more weight.



Weight 50/50



Weight 50/50



Weight 40/60



Weight 95/05



Weight 100/00



Weight 05/95



## Stability vs. Speed

Certain stances will require more stability, others more speed. For example if someone is trying to grapple, hold or lift you, then you need stability to not be thrown to the ground. When striking you need speed. If your stance is too wide when striking for example it will slow down your movement making the chances of you successfully landing a strike less.

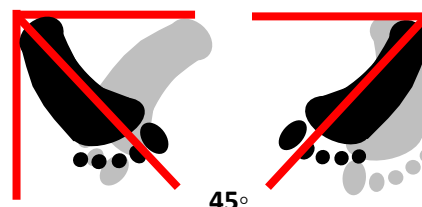
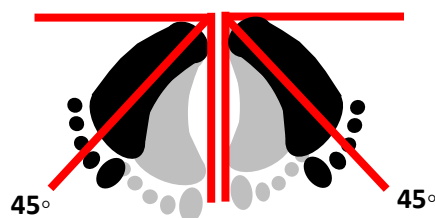
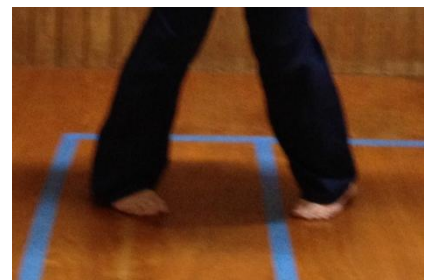
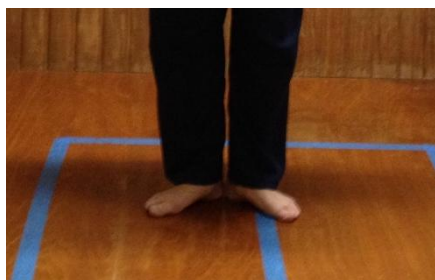
Stances can be both static (still) and dynamic (moving). Never make the mistake of thinking stances are just static postures. Stances can be static but also can flow like running steps. Initially stances have to be taught in a static format to impart the correct technique but do not let that limit you thinking that is the only way.

## Measurements

In Tang Soo Do Volume one Grandmaster Hwang Kee used actual measurements in the form of metrics to give examples of distances in stances. The challenge with that is everyone is of differing sizes and shapes so unless you are the same exact size as the model for which he based these measurements on you would need to recalculate the distances for yourself.

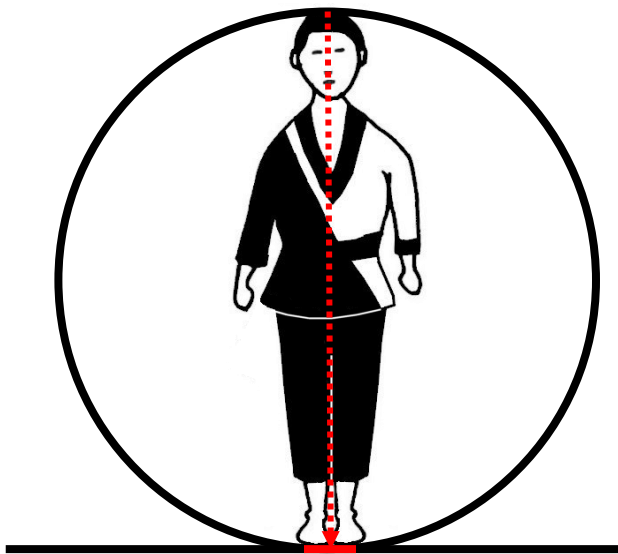
In this volume we will be using our own foot measurements for the exact distances for each stance. Since your own feet are your own base this is both practical and customized to your individual needs. Note the measurements are to teach you the distance. This is NOT how you regularly enter the stances.

For our needs we will break the pivots down to a) toes out (one pivot), b) toes in (one pivot), and c) toes straight (1/2 pivot). Each pivot the feet will move 45 degrees and on the half pivot turn straight ahead.



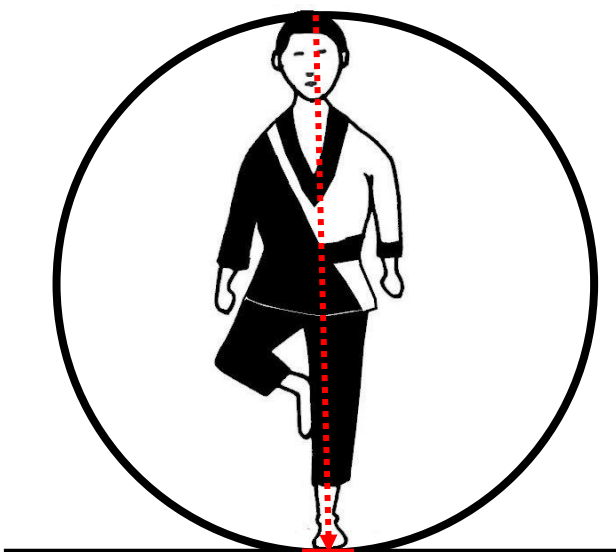
## Single Balance Point Stances

These two particular stances require no distance between the feet because they are single balance point stances, so we do not have to discuss measurements concerning foot placement here. The stances on the following page however require both an understanding of proper distancing and weight shifting. Any stance where the both feet are on the ground and separate will require an understanding of the aforementioned topics of weight shifting/management, distance, alignment, tension and relaxation and balance.



### Bal Moa Seo Kee Jaseh – Feet together Stance

Bal Moa Seo Kee Jaseh is the feet together stance. This next to Han Bal Jaseh is one of the least stable stances. The spine should be straight and the hips tucked under naturally to keep the centerline over the middle of the base. Your energy should be focused in your Dan Jun (center) as upper body tension will cause you to be top heavy and unstable, so relax the shoulders. The eyes should be focused straight. Feel the entire area of the feet contacting the floor. Often when standing practitioners roll the feet and less area contacts the floor.

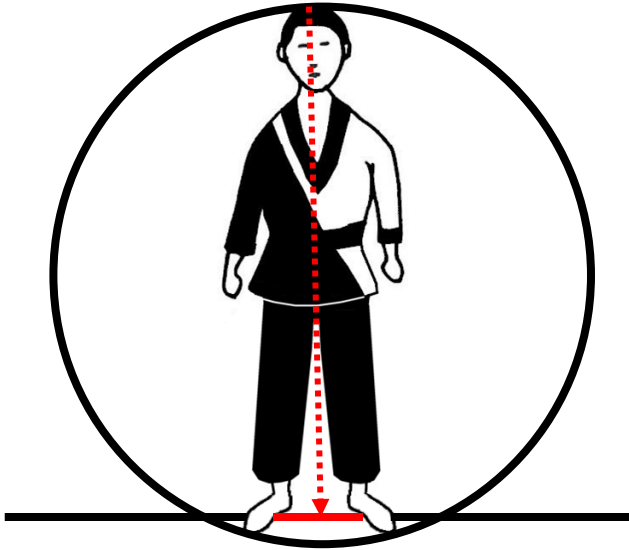


### Han Bal Jaseh – One foot (crane) Stance

Han Bal Jaseh is the least stable of the stances due to the minimal base contacting the floor. However it is necessary for all kicking techniques so the posture should be studied. The key to balance with this stance is remembering to stack the body straight over the base. If there is any deviation from a straight line then one must counterbalance the moving of the center of gravity.



## Pyong Rip Jaseh – Natural Stance



Pyong Rip Jaseh is one and a half foot pivots from the attention stance equaling one shoulder widths. This is your everyday standing stance.

The spine should be straight and the hips tucked under naturally to keep the centerline over the middle of the base. Your energy should be focused in your Dan Jun (center) as upper body tension will cause you to be top heavy and unstable.



Bal Moa Seo Kee Jaseh

0



Bal Bul Ri Go Moa Seo Kee Jaseh

1



Pyong Rip Jaseh

2

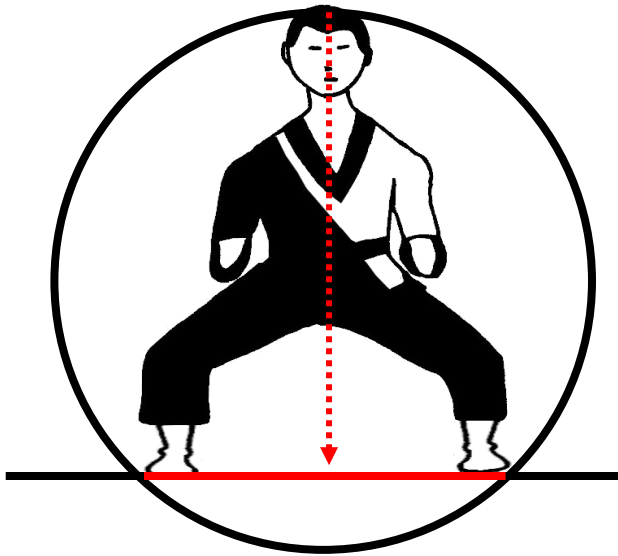


Pyong Rip Jaseh is the same foot position for both the Choon Bee (ready position) and Pa Ro (return position). The Choon Bee/Pa Ro Jaseh (ready/return stance) can also be two and one half foot pivots for more stability. Although traditionally the Choon Bee/Pa Ro Jaseh is one and one half pivots, the difference is minimal and two and one half pivots widens your base slightly therefore giving more stability, so it is the recommended width.

Remember you do not do a series of foot pivots to enter into these stances. You simply move your foot that amount of space. You learn to do this after learning the proper distance.



## Ke Ma Jaseh – Horse Riding Stance



Ke Ma Jaseh is 3 ½ foot pivots from the attention stance equaling two shoulder widths. The knees should be bent so when looking down you do not see your toes. The spine should be straight and the hips tucked under naturally to keep the centerline over the middle of the base. Your energy should be focused in your Dan Jun (center) as upper body tension will cause you to be top heavy and unstable. Think as if you are sitting in a horse's saddle so your weight is constantly pushing down verse holding a static posture like a cardboard cutout.



Bal Moa Seo Kee Jaseh

0



Bal Bul Ri Go Moa Seo Kee Jaseh

1



Pal Ja Rip Jaseh

2



Sa Ko Rip Jaseh

3

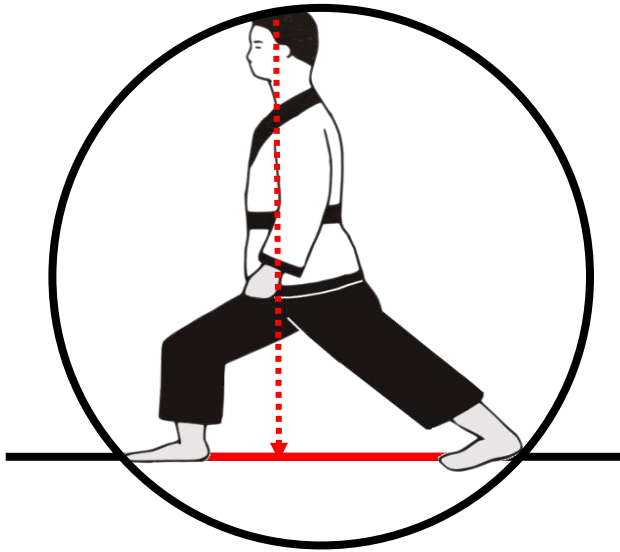


Ke Ma Jaseh

1/2



## Chun Gul Jaseh – Forward Stance



From the Kee Ma Jaseh (horse stance) pivot on the balls of the feet 45°. Shift the weight forward towards the front leg until if looking down you cannot see your toes. The rear leg will then naturally straighten. The spine should be straight and the hips tucked under naturally to keep the centerline over the base. Your energy should be focused in your Dan Jun (center) as upper body tension will cause you to be top heavy and unstable. Think as if you were pushing something forward with your hips.



Bal Moa Seo Kee Jaseh

0



Bal Bul Ri Go Moa Seo Kee Jaseh

1



Pal Ja Rip Jaseh

2



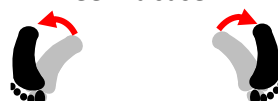
Sa Ko Rip Jaseh

3



Kee Ma Jaseh

1/2



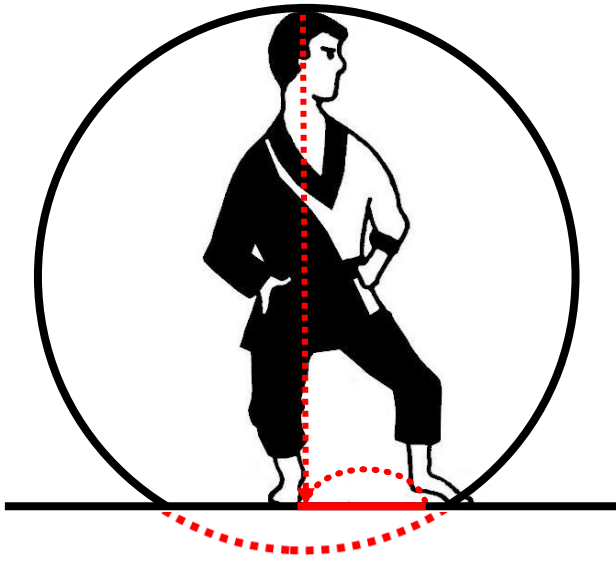
Chun Gul Jaseh





## Hu Gul Jaseh – Cat (Back) Stance

Hu Gul Jaseh is one and a half foot pivots from the attention stance equaling one shoulder width. Then the heel is pivoted with the majority of the weight shifted to one leg while the ball of the opposite foot lightly rests on the ground. The knees should be bent so when looking down you do not see your toes. The spine should be straight and the hips tucked under naturally to keep the centerline over the middle of the base (in this case the balancing leg). Your energy should be focused in your Dan Jun (center).



0



1



2



3



4



## Neh Gong & Stance Energetics

The study of the stances cannot be fully addressed without discussing the energetics of the stances. Unnecessary tension or misplaced tension in the body can throw one off balance. Grandmaster Hwang Kee was fond of quoting this line from the song of the thirteen energies. "Imagine the head as if suspended by a string." This simple statement is a profound one and if fully understood can dramatically improve your training, health and life. Think of a weight held by a string, a pendulum if you will. The string will be naturally straight and in harmony with the forces of gravity because of the downward pulling force. Applying this concept to our posture will naturally straighten the spine and correct poor postural habits.

Mental focus should also be on the Dan Jun (abdomen) when training as to not allow tension/energy to rise and make one top heavy or stiff. Imagine throwing a ball. You transfer your weight, the arm is relaxed, the ball is released, and the arm is still relaxed. Relaxation is key to throwing correctly. Now when executing a punch if you are too tense it will slow down the motion. If you are tense after you waste energy. So we need to understand when to tense and when to relax to maximize our power and use of our energy properly.

Also emotional energy can affect your stance. This we refer to as your internal state or Neh Gong 'inner work/power':



### Mastering your internal state/energy

Instead of allowing the events of the day environment etc, determine our energy level. In Tang Soo Do Moo Sa Do Kwan™ We choose to be the master of our energy. For example when angered our energy rises this is easily seen in the reddening, tense shoulders and bulging veins in the face of an angry person, conversely when someone is frightened their face drains of

color, their knees get wobbly as their energy sinks. Instead of allowing external events manage our energy we control it through mental training and breathing.

Two very basic aspects of this is Choon Bee and Pa Ro. All forms begin with the choon bee (ready posture) and end with the Pa ro (returning posture). These two postures function like a switch to regulate and center your energy. They can tap into or turn on this energy at will. Choon bee (ready posture) is the activation of this energy for combat readiness, that does not mean you need to assume a particular posture or stance, but more so a mental frame of mind. The practice of mastering ones internal energy is not just important for combat but is vital for experiencing the life improving aspects of Tang Soo Do Moo Sa Do Kwan™ training. Summoning up ones energy is actually a simple process. It's so simple that most people already know the secret but overlook it because of its simplicity. The secret is; "**where your mind goes your energy flows**". The mind can easily be tricked into creating massive amounts of energy. For example imagine someone rang your door bell with a camera crew and stated you just won the mega million dollar sweepstakes. Your energy level would of course sky rocket, now imagine they realized it was the wrong house and they made a mistake, you probably would be ready to use them as sparring partners. In one instant your energy can skyrocket and another plummet or transform into anger. All of those states were controlled by your mind and imagination.

So practice using your imagination in empowering ways not self defeating ways. Program your body when it goes into choon be that it does so with an intense power. Use your power of imagination. This may seem silly or contradictory to you, but these silly tricks help jumpstart the process for anyone whom has not developed this ability yet. Primitive human nature is motivated by pain and pleasure. Knowing this we can jumpstart our energy using these principles. Don't underestimate this simple universal truth.

Whatever mental technique you need to do to tap into your body's energy, do it! It is very easy to change your mental state once you realize YOU are in control of it and you lessen your Ego's grip on your mind. Once you learn how to tap into

that energy you don't need a particular mental 'trick' anymore, you become the master of your mind not a slave to your Ego.

## **Basic Stance Drills**

These basic stance drills allow the students to isolate the stances and practice proper mechanics. The final drill will have a link to a video where you can observe an example of how it is done.

### **White Belts:**

1. Choon bee
2. Horse stance double block
3. Pivot right front stance high block
4. Pivot left front stance high block
5. Pivot right front stance outside inside block
6. Pivot left front stance outside inside block
7. Pivot right front stance low block
8. Pivot left front stance low block
9. Return

### **Orange Belts:**

1. Choon bee
2. Horse stance double block
3. Pivot right front stance high block
4. Pivot left front stance high block
5. Pivot right front stance outside inside block
6. Pivot left front stance outside inside block
7. Pivot right front stance low block
8. Pivot left front stance low block
9. Pivot right front stance high block
10. Pivot left cat stance high block

11. Pivot right cat stance outside inside block
12. Pivot left cat stance outside inside block
13. Pivot right cat stance low block
14. Pivot left cat stance low block
15. Return

### **Green Belts**

1. Choon bee
2. Horse Stance double low block
3. Pivot right Front Stance High block
4. Pivot left Front stance High block
5. Pivot right Cat stance inside outside block
6. Pivot left Cat stance inside outside block
7. Pivot right low block one leg (crane) stance
8. Pivot left low block one leg (crane) stance
9. Return

### **Green Belts**

1. Choon bee
2. Horse Stance double low block
3. Pivot right Front Stance High block
4. Pivot left Front stance High block
5. Pivot right Cat stance inside outside block
6. Pivot left Cat stance inside outside block
7. Pivot right low block one leg (crane) stance
8. Pivot left low block one leg (crane) stance
9. Pivot right outside inside block cross foot (Kyo Ja Rip) stance
10. Pivot left outside inside block cross foot (Kyo Ja Rip) stance
11. Return

## Basic stance Drill video



### Shim Gong Jaseh

Stances should also be an expression of your mental attitude. If you assume a choon bee (ready stance) then it should reflect your confidence and readiness. If you assume a pa ro jaseh (returning stance) it should reflect you are relaxed and centered but are still ready. Each stance should reflect your mental attitude.

We have a basic stance & attitude drill we teach our members to encourage this. It involves seven common stances we use in class and when assuming each one the students should recite the mental attitude this stance represents.

1. Attention (Cha re yut) "I am focused and ready to learn"
2. Bow (Kyung Yet) "I show respect, I get respect"
3. Ready (Choon bee) "I am confident and ready for any challenge"
4. Action stance (Moo Do Jaseh) "I don't want to fight but if I have to I will protect myself"
5. Return stance (Pa ro) "Good Start, Good finish"
6. Resting stance (shio) "I show respect, I get respect"
7. Salute (Kuk gi bay ray) "Honor the past, create the future."



# Shim Gong Jaseh Drill



## Terminology

natural stance

attention stance

ready stance

front stance

back stance

horse stance

side stance

pigeon-toed stance

low stance

Cross footed stance

one-leg crane stance

pyung rip chasesh

bal mao seo ki chasesh

Choon Bee Jaseh

Chon Gul Jaseh

Hu Gul Jaseh

Ki Ma Jaseh

Sa Ko Rip Jaseh

Pal Ja rip Jaseh

Cha Ha Dan Su Do Jaseh

Kyo Cha Rip Jaseh

Han Bal So Kee Jaseh

평립자세

발모아서기자세

준비자세

전굴자세

후굴자세

기마자세

사고립자세

팔자립자세

최하단수도자세

교차립자세

한발서기자세

## What is Tang Soo Do 2.0

I trained many years in Tang Soo Do and Soo Bahk Do Moo Duk Kwan directly under the founder Hwang Kee's son, Master H.C Hwang. I was one of his top students and I assisted him in clinics, seminars, camps and classes internationally for many years. I've assisted his father Grandmaster Hwang Kee with almost all of his English publication. Including his final book the "Moo Do Chul Hahk"

Helping translate and edit the Moo Do Chul Hahk was a turning point for me as it laid out what Grandmaster Hwang Kee's vision for Tang Soo Do was.

He wanted martial artists to not just be good technically but to also understand philosophy, mental technologies and health practices to become true Masters of life not just kicking and punching. He wanted students to study the I ching (book of changes), Tao Te Ching (book of virtue) and many other classics. He wanted students to study not just Eastern wisdom but Western wisdom and technology as well.

I delved into and studied these materials and was disappointed to see that no one, not even the leadership of my former organization was ready to implement what their founder envisioned. It was too big a change, too great a task, a hot potato if you will.

My relationship with the Hwang family combined with decades of hard work and study have given me a unique understanding of the art Tang Soo Do.

I left my instructors organization over ten years ago due to the politics and direction I saw the organization heading. I feel it was moving away from Grandmaster Hwang Kee's original vision and more worried about the organization than the individual members.

Disillusioned by the negativity of my former organization and its impact on myself and my students. I asked myself a very simple and powerful question:

'If Grandmaster Hwang Kee had to do it all over again in today's modern times. What would he change?'

And Tang Soo Do Moo Sa Do Kwan was born.

We feel in TSDMSDK that one must be a warrior and a scholar. We feel you should not be traditional for traditions sake but seek to understand the 'why' because then everything you do will be better.

It is my goal to fulfill Grandmaster Hwang Kee's vision and take Tang Soo Do to the next level. Tang Soo Do 2.0

Publications I have written to date:

- [The untold history of Tang Soo Do Moo Duk Kwan](#)
- [The eight brocade the Tang Soo Do warrior health exercises](#)
- Mediation the secret to being peaceful and confident anytime, anywhere
  - (Currently being updated for reprint)
- [The 13 Universal Martial Art Principles of Tang Soo Do\(Ship Sam Seh\)](#)
- [Martial arts leadership.](#)
- [The origin of the Tang Soo Do Belt ranking system](#)
- [Tang Soo Do Gun Defense \(Tang Soo Do Kwan Chung Ho Sin Sool 권총호신술\)](#)
- [Tang Soo Do Vital Point Striking](#)

### **Future publications:**

- The Tang Soo Do Scholar health Exercises
- The Physics of Tang Soo Do volume 2 movement and power
- The physics of Tang Soo Do volume 3 locks and levers
- Shim gong training the mental technologies of Tang Soo Do

If you are interested in Tang Soo Do 2.0, clinics, seminars or any of our educational materials please contact: [mastersegarra@aim.com](mailto:mastersegarra@aim.com)

### **Conclusion**

I sincerely hope this work has helped you in some small way and hope you consider us to help you further your knowledge in Tang Soo Do and help you on your path.

Thank you and good luck with your journey.



D.Segarra

## Quiz

- 1.What is the Center of Gravity?
- 2.Where is the COG located?
- 3.What is the Dan Jun?
- 4.What is the Line of Gravity?
- 5.What is a Base?
- 6.How does the height of the COG effect its stability?
- 7.Why does an object topple over?
- 8.What are the three ways to increase stability?
- 9.What is Pyong?
- 10.What are the three equilibrium conditions?
- 11.How far is the core of the earth?
- 12.What is alignment?
- 13.What happens to the center of gravity when the arms are raised above your head?
- 14.Exercise #1 Why can't you lift your foot if the opposite foot and hip are placed against a wall?
- 15.Exercise #2 Why do you fall forward when bending over in exercise two with your hips back against a wall?
- 16.Exercise #3 Why can't men lift the chair and most women can?
- 17.Exercise #4 Why can't you pick up your partner when they hold your arms straight?

18.Exercise #5 Why can't you get out of a chair if someone presses your forehead against a wall?

19.Which stance is more stable?

A)Attention (Feet together)

B)Choon Bee (feet shoulder width apart)

C)Horse stance (feet double shoulder width apart)

20.Why?

21.If a 200lb person stands with each foot on a separate scale equal distance apart how much would each scale read?

22.What is the weight distribution in:

A)Horse stance?

B)Front Stance?

C)Cat Stance?

D)One Leg stance?

For example choon bee ready stance (feet equal distance apart) weight is 50/50 (fifty percent each leg)

23.Which stance offers more stability?

1)Horse

2)Front stance

3)Cat Stance

24. Which one more speed?

1) Horse

2) Front stance

3) Cat Stance

25. What do we use to measure stances and why?

26. How many foot pivots is:

1) Horse

2) Front stance

3) Cat Stance

27. What is Neh Gong?

28. What is Choon Bee used for?

29. What is Pa Ro used for?

30. What is Jaseh?

## Answer Key

- 1) The point at which the entire weight of the body is concentrated so that if supported at this point the body would remain at equilibrium at any position.
- 2) The point where the weight is equally distributed on all sides.
- 3) The area where we focus our movement.
- 4) An imaginary line that crosses through your center of gravity dividing the mass of the body into two equal halves.
- 5) The base is any part of your body touching the ground that supports your weight.
- 6) The lower the center of gravity (G) is, the more stable the object. The higher it is the more likely the object is to topple over if it is pushed.
- 7) When the vertical line from the center of gravity falls outside the base an object will topple over.
- 8) 1) Lower center of gravity 2) Increase Base 3) Both 1 & 2 together
- 9) Equilibrium/balance
- 10) 1) stable equilibrium 2) Unstable equilibrium 3) Neutral equilibrium
- 11) Approximately 3,900 miles down
- 12) Alignment is when an objects parts form a line where balance is achieved.
- 13) It rises
- 14) Because the weight can't shift.
- 15) Because to bend over you need to shift your hips back to move your center of gravity nearer to your base.
- 16) Men typically have broader shoulders and a higher center of gravity and women because of child bearing anatomy (wider hips) a lower center of gravity. The person with the higher center of gravity will not be able to lift the chair because the very act

of grabbing it moves their center of gravity too far beyond their base to regain balance.

17) Because in order to lift a heavy object you must bring it toward you so it falls within your base. By holding your arms out you cannot bring the person into your base and will fall as you try to lift.

18) Because you cannot shift your weight (COG) to your base (feet).

19) C) Horse Stance

20) Because the base is wider and the center of gravity lower.

21) 100lb

22) 1) 50/50 2) 60/40 3) 95/5 4) 100

23) Horse

24) Cat

25) Foot pivots because it is customized to our body.

26) 1) Horse 3 1/2 - 2) Front stance 3 1/2 - 3) Cat Stance 1 1/2

27) Internal Power

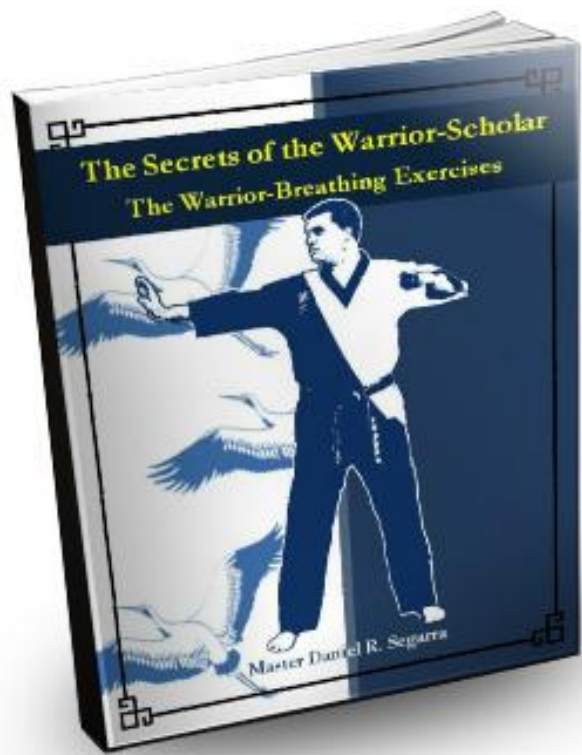
28) Ready stance activate energy

29) Return stance calm energy

30) Stance



## The Eight Brocade - Warrior Breathing Exercises for Health and Longevity (Secrets of the Warrior-Scholar)



“Being a long time practitioner of both hard and soft martial art. This book contains much of what I had wanted to know when I was learning back many years ago. To that end, as a peer of Master Segarra, I recommend this book without hesitation and plan on making it required reading for my students. Well done Master Segarra.”

**Master Frank Clay**

“Dan's book is an absolute GEM! Every instructor should have one in their library no matter what style they teach. The attention to the subject matter's detail is incredible and his research and

commentary are spot on. It's an absolute page turner for anyone wishing to enrich their martial arts knowledge in the area of Ki and breath control.”

**Master Bill Diaz**

“Master Daniel Segarra brings to light these Ki Gong exercises to a new level of understanding. His knowledge and depth come to the front of this Ki Gong set. A book that can be used for not only martial artist but all those wishing to improve their longevity. His back ground in Martial arts history is vast, and it shows in the works of this book. Very well written and easy to follow.”

**Master Steven Lemner**

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- Physics and how they apply to stances
- The most fundamental stances of TSD.
- Distances, alignment, weight shifting
- Drills for various ranks
- Instructional videos.
- And so much more.

#### About the Author

Master Daniel R Segarra is a 7<sup>th</sup> Degree black belt in the art of Tang Soo Do. He was promoted to Master Instructor by no other than Tang Soo Do's Grandmaster Hwang Kee himself. Master Segarra has authored numerous Books on Tang Soo Do and is considered one of the foremost authorities On Tang Soo Do in the world.

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