

Posture is Eve

Enter Teuk Gong Moo Sool (Part 3)

Do you remember your grandmother lecturing to stand up straight? How about a school teacher or even a sports coach? Most martial arts even go into great detail into the importance of posture.

For this article, put those preconceived notions to the side for a few moments. At first glance, one of the most striking differences between the art of TGMS (Teuk Gong Moo Sool) as compared to other arts is way the body leans forward or backward in several of the techniques. Before any precise analysis goes into striking, blocking or kicking mechanisms, the body alignment must be addressed first.

When blocking, maneuvering, or striking (unarmed or armed), the body leans over between 30 to 45 degrees. Surprisingly this doesn't result in losing one's balance. This is due to depth and stability of the stances. This works with the concept of the body exploding or snapping like an elastic band into the target. You could also think of a car wheel in motion. Yet another comparison could be a fencer who lunges with his blade. These ideas will become more

obvious in the next few installments. Suffice to say TGMS is not about points, trying to look good or being flowery. It's life or death. Every second, every motion, every intention spells the difference between you walking away from an attack or not going home.

When kicking, the body tilts backward whenever possible. To those study arts such as Savate this idea is obvious. It makes you a harder target and adds depth and power to your strike as if your leg was a spear.

In addition this tilting or slanting or even angling (whatever you call it) can be used as a mechanism to force your opponent to shadow your movement. Think of an average person. If you suddenly shoot your hand out at their face the obvious subconscious reaction is to jerk their head back. That protects the head but exposes the lower limbs,

especially the knees for an attack. To use another example if you leave yourself open to a kicker, he might lean back so he can throw a nasty side kick to your head, in which you can retaliate with a kick to their supporting leg. These particular motions are not new. The science behind them and the emphasis on the forward, backward and side to side motions are unparalleled in TGMS. The controlling of your opponent's stance or gait is one of the primary concerns in a conflict. Upright striking and defending is reserved for basic training or spaces where it isn't feasible for that kind of movement.

The photos on the following two pages depict coloured belt hyung (form) number four and the applications of it. I won't go into much detail as I will be covering strikes, kicks and blocks shortly. It is depicted for you to notice the importance of the cause and effect of tilting in TGMS.



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By Master Guy Edward Larke

The form shown is, as always, detailed on this periodical's website. Other differences will be discussed in far more detail in further issues. Anyone interested in learning more about this neoclassical military art can contact me or the association at <http://www.tgms.or.kr>.

Master Guy Edward Larke has dedicated his life from a young age to the pursuit of the martial arts, Asian culture and hopology. It led him to Korea in 2000 and has lived there since then. He lives in Seongnam city with his wife Gi-Ryung and son Alexander. He holds black belts in Taekwondo, Hapkido, Taekkyon, Bon Kuk Kumdo, Korean kickboxing, Karate-do, Wushu, Cheonji-muye-do, and various other arts. Currently he teaches Taekwondo, Karate and Cheonji-muye-do full time in addition to writing for various magazines and running Kisa-Do Muye & Marketing. He can be contacted at kisa_do_muye@yahoo.ca.





*coloured belt
hyung (form)
number four*

