

KUK SOOL WON™

SYSTEMATIC STUDY OF KOREAN MARTIAL ARTS



**KICKING, PUNCHING, PRESSURE POINTS, JOINT LOCKS,
THROWING, GRAPPLING, FALLING TECHNIQUES,
ACROBATICS, SELF-DEFENCE, WEAPONS, MEDITATION
& HEALING TECHNIQUES**

KUK SOOL WON™



LIVINGSTON

A Comprehensive Martial Arts System Kuk Sool Won™ is a systematic study of all of the traditional fighting arts, which together comprise the martial arts history of Korea. As such, Kuk Sool Won™ is extremely well organized and seeks to integrate and explore all aspects of the traditional Korean martial arts.

As a martial arts system, Kuk Sool Won™ covers the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training.

Kuk Sool Won™ is beneficial in many ways including: Weight loss, improved physique, increased fitness, maximise flexibility and boost self confidence.



PSBN John Edmiston, 3rd Degree Black Belt

Scottish, British, Netherlands and European Grand Champion
Fully qualified with BSc Sport & Exercise Science

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