

Our Philosophy

Kun Gek Do is the development and unification of three basic elements - body, mind and spirit. Our effectiveness as martial artists as well as our success in life comes from a deep understanding of each of these three aspects of our nature as human beings. Through serious, dedicated and honest training we come to recognize our strengths and weaknesses, learn to face our fears and eliminate the limiting obstacles from our lives. More important, we discover how to isolate and harness the limitless power of "Qi" or "Chi" that resides and flows within each of us. The actual processes that take place in us during training to effect these changes is complex, but here is an overly-simplified view of how martial arts affects the three basic human elements.

BODY

First, the body is trained to execute a variety of physical techniques such as correct stances, stepping, punching and kicking, with the complexity of each increasing over time. Techniques are then practiced as pre-set routines to develop good form, and as drills to develop speed, power, balance, and timing. As a result, the body begins to experience profound changes in flexibility, circulation, endurance, coordination and strength. Technical competence and increased physical health are gained at this level.

MIND

As the body acclimates to the physical movements, the mind is trained through increased mental focus for the proper execution and refinement of the techniques. Beginning students will notice improved concentration and awareness, while more advanced practitioners begin to channel this heightened awareness on controlling the body's metabolism and energy flow, particularly through proper breathing. The mind-set of proper training habits also becomes more apparent. Discipline and self-control are indicative of this level.

SPIRIT

The third element, development of the spirit, is perhaps the most difficult to quantify as it deals with more abstract personal qualities. It usually develops in later stages as the body and mind begin to exhibit greater unity. At this level, students display an increased sense of calm and mental balance characterized by self-confidence, self-respect, courage, humility and even compassion. Students become more aware of who they are, their accomplishments and the potential for continued growth and self-cultivation.

- [Five Codes To Live By](#)
- [Student Creed](#)
- [Seven Tenets of Kun Gek Do](#)
- [Korean Terminology](#)

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