

Hoi Jeon Moo Sool

Hoi Jeon Moo Sool (회전무술) is a form of Korean martial arts that was developed by Grandmaster Myung Jae Ok which uses circular motions in order to direct an opponent's power against him/her. Hoi Jeon Moo Sool means "the circular martial art."

Hoi Jeon Moo Sool is made of five categories:

- Kyeok Ki (격기)
- Tu Ki (투기)
- Mu Ki (무기)
- Hwal Ki (활기)
- Nae Ki (내기)

Kyeok Ki is an attacking technique which contains attacking hand techniques, blocking hand techniques and kicking techniques.

Tu Ki is a self-defense technique which contains throwing techniques, choking techniques and locking techniques.

Mu Ki is a weapons technique which contains Jang Kum (long sword), Jung Kum (middle sword), Dan Kum (short sword), Jang Bong (long staff), Jung Bong (middle staff), Dan Bong (short staff), Bu Chae (fan), Pyo Chang (sharp nails), Ji Pang Ei (cane), Tee (belt), Ssang Jeol Bong (short sticks connected by a chain).

Hwal Ki is the "revival" technique which teaches all the body's pressure points, physiotherapy, muscular system, bone structure, and acupuncture.

Nae Ki is a technique that teaches you how to develop your inner strength (ki), breathing techniques, mind control and develop (Ki) with a certain forms.

All these techniques following steps way of Hoi Jeon Moo Sool (Bo Beob), which make your movements smoother with any technique. Bo Beob contains, Tae Geuk Bo Beob (directions steps) and Hoi Jeon Bo Beob (Revolving steps).

Hoi Jeon Moo Sool Logo

Our logo consists of three main colors, red, blue, and white. These three colors are symbols of three phenomena. The red color resembles the sky, the blue color resembles the earth, and the white color, which separates the red and the blue colors, resembles human being. These phenomena accumulate to make a spiritual power (ki), which is written in Chinese words at the middle of the logo.

What is Hoi Jeon Moo Sool?

Hoi Jeon Moo Sool means "the revolving martial art." where (Hoi Jeon) means to revolve and (Moo Sool) means martial art. Most of the people think that fighting is synonymous with muscles. However, Hoi Jeon Moo Sool came to break this rule. This "revolving art" uses the opponent's power against him/her.

Hoi Jeon Moo Sool History:

Korea was founded over four thousand years ago by Dan Goon. Most of the people were farmers at the time, and many had problems with wild animals and foreigners who robbed them and stole their food and belongings. Somehow the people had to learn how to defend themselves and their country. They developed a Martial Art using mainly hand techniques called Soo Bahk Do (수박도), and a Martial Art that used mainly foot techniques call Tae Kyun (태권). Another art developed at the time that used farming tools as weapons was called Moo Yei Do. The people of Korea have always had many styles of dancing, games and other customs of a highly developed society. Many of their dances and games used circular motions (Won).

Origins of Hoi Jeon Soo Sool:

Hoi Jeon Moo Sool is a very old style that uses hand, foot and weapons techniques. The techniques that comprise HOI JEON MOO SOOL were developed from the ancient Martial Art of DOL GAE SOOL. DOL GAE SOOL was founded by

King Tae Jo during the Koryo Dynasty of Korea (994-1392 A.D.). King Tae Jo, inspired by the force of circular motions and movements found in nature, developed the art so that the people of his kingdom could defend themselves during the turbulent times of war in the region. The techniques used to develop DOL GAE SOOL and HOI JEON MOO SOOL date back as far as 5,000 years.

Philosophy of Hoi Jeon Soo Sool:

The reason to study any Martial Art is to train the mind and body. When you study a martial art, you will be able to recognize a bad situation and refuse to be a part of it. You will develop a true and confident mind and body through training, which enables them to function as one. Ability doesn't come easy. Ability comes from training hard with a lot of sweat. Train hard and practice your techniques every day, this in turn will help the mind and body to function as one. Every day should be a new challenge and you should try to learn something new. This philosophy will enable you to free yourself from fear of unknown events and dangerous people.