

Red Belt (2nd Kub) Study Guide

Basic Principles of Kee Energy

Kee (energy) exists in the Universe. The whole Universe is composed of Kee (energy). The whole process of its creation, growth and decay is manipulated by the harmony and principle of the Um & Yang.

In order to have a healthy body and mind, people need to gather vital Kee (energy) through effective methods of breathing. Using the nose for inhaling and exhaling is best recommended. The most beneficial way to breath is deeper, longer, gentler, quieter and smoother. Avoid chest breathing and practice abdominal breathing, which is the natural resting breath for human beings (like a newborn baby).

Abdominal conditioning is a necessary training regime in Korean Martial Arts. The lower abdomen, the life and energy source of the human body, is conditioned and strengthened by the combined effort of both external muscle exercise and the internal exercise of effective breathing.

Kee (energy) must be directed to the striking point and focused in the abdomen, while totally relaxing the rest of the body. This is the way that power is generated. Kee (energy) will flow more actively in a completely relaxed state and will ultimately contribute to greater flexibility, speed, quick reaction, increased endurance and power.

True happiness and better health begins by loving one's self, taking care of one's body through physical exercise, like Tae Kwon-Do, proper nutrition and Kee (energy) training. When a person has achieved happiness, he or she will positively influence harmony in one's family and society and contribute to national and international peace.

Tae Geuk 7-Jhang

Represents **KAN**, it means clean cut or stopping action. 25 pooms)