

Choi Kwang Do is known as a 'Holistic Martial Art', meaning that it caters for the complete development of the individual, i.e. the mental, physical and spiritual aspects of a human being.

At the beginning of each class we have a Korean practice known as "Mook Yum" which literally means 'Meditate'. The word 'meditate' can infer a number of different practices depending on the context in which it is used. In a Choi Kwang Do class, "Mook Yum" means to sit silently and focus your attention.

Students often ask, "Why do we have to sit silently? and what is the benefit in doing so?"



SILENT SITTING

WHY DO WE PRACTICE THIS IN CHOI KWANG DO?

By Master Keith Banfield