



Peterson's Martial Arts Mu Sa Kwan Tang Soo Do Federation

10 POINTS OF EMPHASIS ON MENTAL TRAINING

1. Reverence for nature
2. Physical concentration (*Ki-up*)
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Cultivate courage
8. Be strong inside and mild outside
9. Endurance
10. Reading ability