



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

10 POINTS OF EMPHASIS ON PHYSICAL DEVELOPMENT

1. Vocal exhalation, for thoracic strength (*Ki-up*)
2. Focus of sight
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed techniques
7. Exactness of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning hands and feet