



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

### **Matters That Demand Special Attention while Training in Mu Sa Kwan Tang Soo Do:**

1. Purpose of training should be enhancement of the mental and physical self
2. Sincerity is necessary
3. Effort is necessary
4. Maintain a consistent schedule during practice
5. Do your best when training
6. Train in the basic spirit of Mu Sa Kwan
7. Maintain a regularly spaced practice sessions
8. Obey without objection the word of instructors or seniors; look and learn
9. Don't be overly ambitious
10. Pay attention to every aspect of your training
11. Pay attention to the order of training
12. Get instruction step by step in new forms and techniques
13. Try to conquer feelings of idleness
14. Cleanliness is desired after practice is finished