

## THE KOAN OF KWAN MU II

The second effort of Kwan Mu explodes within the student's mind. He breaks away from the structured basic exercises that the beginning student faces and for the first time feels confident motion in his techniques. As he performs the initial movements in the kata, he moves trancelike as though in a dance, flying back and forth unknowingly, weaving a web which will entrap him in its simplicity.

Beginning the second effort, the round house kick is a deliberate ploy of free motion. A gutsy action is needed to skip into the kick, an action that is just done and not contemplated during the performance. Deliberately it misleads the practitioner into believing that his movement becomes his own. This exhilaration is continued throughout the kicking actions in the first part of the form, which is actually an ingenious system of flexibility exercises designed to instruct the student in kicking. The one lonely punch is a grim reminder of the seriousness of the statement, but it is overlooked in favor of the free motion.

As the student turns to demonstrate the four basic kicks in sequence, he suddenly becomes perplexed as what should be a simple matter becomes very difficult to resolve. After the last kick, the student settles down into the thrust of the form which has actually been demonstrated but overlooked.

This latter part of the kata explores pulling actions, takedowns, and blocking maneuvers against all the basic kicks. These actions pull the web of the kata together. Are they not mirror images of the initial actions. Can one really kick if he does not know how to block a kick. Similarly, how can one block a kick if he can't kick? This then presents a problem.

Normally, if you kick at someone you do not want that kick to be blocked. If you were to be attacked, you would intend that your block be effective. In the kata, blocks and attacks are mirror images of each other. To perform one is to perform the other. Which, then, is reality. (Remember, the attacker exists only in the mind of the defender.) This leads us to the koan of the Second Effort:

"If the purpose of a block is not to be attacked, and the purpose of an attack is not to be blocked, then why delude yourself?"

In attempting to do your own thing, you find that it is something else. The true kata exists but all do not find it. Why?

KWAN MU: THE REALIZATION OF THE ESSENTIAL  
SECOND EFFORT

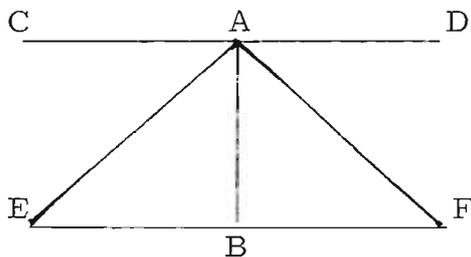
1. From Attention Stance, Bow and assume Ready Stance.
2. Assume RT FFStance to "B" by sliding LFT Foot rearward.
3. Execute RT HS Instep RDHKick skipping forward.
4. Recover and turn CCWise to "A" assuming a LFT FRTStance, executing HS OPHand XBlock.
5. Pull the Hands to the Belt and execute RT MS Snap FRTKick.
6. Lower RT Foot to LFT Foot and draw Handsto the LFT Side. LFT Fist Palm Up and RT VFist covering. Execute RT MS SKick to "D".
7. Lower RT Foot and turn CCWise and execute LFT MS BKick to "D".
8. Retract LFT Foot and form LFT BStance facing "C", executing RT MS OFArm OUT Defend followed by LFT MS RPunch.
9. Execute LFT MS FRTKick.
10. Lower LFT FT and step forward forming RT FRTStance to "C" and execute RT MS LPunch.
11. Turn CCWise to "D" and execute RT Foot MS CKick with a RT HS IN Block. Continue by circling the blocking action into a RT RT MS BOTFist Strike and same time RT MS SKick to "D".
12. Lower RT Foot to LFT Foot and turn CCWise to "C" forming RT BStance. Extend the LFT Hand straight to "C" and execute RT HS CR HPunch striking the LFT Palm as the body rotates to to form a LFT FRTStance.
13. Right away execute a FR LS RDHKick with the Heel to "C".
14. Lower RT Foot to the LFT Foot and turn CCWise forming RT FRTStance to "F", Hands are in DBL KHand GBlock postition.
15. Execute LFT HS FRTKick to "F" Form RT BStance.
16. Execute Rear Foot RT HS RDHKick to "F". Form LFT BStance.
17. Execute Rear Foot LFR HS SKick to "F". Form RT BStance.
18. Turn CWise and execute RT HS BKick to "F" parallel to "E-F". 15,16,17, and 18 are don in rapid succession. Hands to in guard position and do not Block over the Kicks.
19. Lower RT Foot to "F" and turn CCWise to "E" forming LFT BStance and executing HS OPHand XBlock to "E".

KWAN MU: SECOND EFFORT ( Continued )

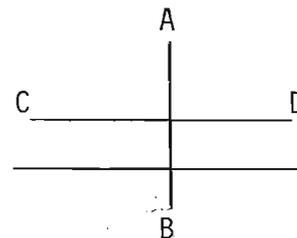
20. Step forward to form RT FRTStance and execute DBL MS Upset Punch with Closed Fist Palms Up.
21. Step forward to form a Modified RT BStance and execute LFT MS HFist Strike to "E".
22. Step forward to "E" and execute RT KHand Downward Strike across the body to the LFT Side with a Pulling Action along the "E-F" Line.
23. Pivot rapidly CCWise and execute LFT Hand MS KHand Strike Pulling back the Hand CWise in a Circular motion along the "E-F" Line while forming LFT FRTStance .
24. Continue stepping forward and execute RT MS LPunch to "E".  
# 22, # 23, # 24 are to be done in rapid order with no pause in between.
25. Extend LFT Hand to the rear toward "F" and turn CCWise to "F" and step forward forming LFT BStance . At the same time execute RT HS KHand Strike and LFT HW KHand Block.  
Motions are done without pause.
26. Cross Step with LFR Foot toward "F" executing LFT LS Pulling Block (RT to LFT in FRT of the Body along "E-F" Line.
27. Continue stepping forward with the RT Foot and forming LFT BStance and executing DBL KHand Block to "F".  
# 26 & # 27 are done with one action.
28. Extend LFT Hand to the rear toward "E" and pivot to "E" forming a L XStance and executing RT HS KHand Strike with same time LFT KHand Block.
29. Step out to "E" with RT Foot and CR Step behind RT Foot executing RT OUTFArm Reinforced IN Block in FRT of Groin ( LFT Finger-tips will touch BFist and LFT Palm will rest on RT FArm).
30. Without hesitation step out to "E" forming LFT BStance and executing RT MS DBL CLFist GBlock.
31. Turn CWise to "A" forming RT BStance and execute MS DBL KHand GBlock.
32. CR Step to "A" by stepping behind with RT Foot and execute LFT HS KHand Strike to "A".
33. Pivot CWise to "A" forming LFT Modified BStance and executing RT HS KHand Strike to "A".

KWAN MU : SECOND EFFORT (Continued )

34. Immediately execute RT DBL Jump FRTKick to "A" and form LFT BStance upon landing.
35. Execute RT LS ( Knee level ) Palm Up BFist PBlock to the RT Side, turning and standing up, facing "B" and assuming Ready Stance.
36. This is the beginning of the Third Effort.  
End Second Effort, BOW.



KWAN MU THIRD EFFORT



1. Step RT Foot out to "D" forming RT BStance, execute LFT HS OFArm JMBlock to "D".
2. Leaving LFT Hand in place execute RT HS OFArm JMBlock toward "D".
3. Leaving both RT and LFT Hands High execute RT HS JABPunch followed right away by LFT HS STPunch.
4. Turn to face "C" forming LFT BStance. Execute same technique as in #1.
5. Execute same techniques as in #2.
6. Execute same techniques as in #3. (1, 2, 3 & 4, 5, 6 should be performed in rapid sequence with no pause in between.)
7. With LFT Foot step out to "B" forming Modified LFT FRTStance and execute RT HS CArm PRBlock.
8. Step forward forming RT FRTStance and execute RT HS DWD KHand Strike. LFT Hand simultaneously executes MS OPHand PRBlock under RT Elbow.
9. Slide slightly backward forming RFT BStance and pull RT Hand sharply back to LFT Side of body. Right away execute RT MS CIR DWD BFist Strike to "B".
10. Move RT Foot to "C" forming RT FRTStance and execute LFT HS CArm PRBlock.
11. Shifting slightly to modified LFT BStance execute RT HS 2FSPHand Thrust to "C" while at the same time executing Arm Grab and Pull to HS (in front of forehead) with LFT Hand.
12. Execute RT HS Skip SKick to "C".
13. Turn rapidly to "A" stepping out with LFT Foot forming RT BStance and execute LFT MS DBL KHand Guarding Block.
14. Turn quickly Cwise and step out to "B" forming LFT BStance and execute RT DBL KHand Guarding Block to "B".
15. Leap into the air, turning CCwise and execute fake DBL Jumping TKick to "B", landing and forming RT BStance and executing RT MS RVPunch (#14 & #15 should be done in rapid order with no pause in between.)
16. Execute LFT HS XBlock, turning LFT Hand over to palm up (grasping) position, pull hands to abdomen and right away execute LFT MS STPunch.
17. Step forward to "B" forming RT FRTStance and execute RT MS LGPunch.  
KIAI !!!

KWAN MU 3 (continued)

18. Turn Cwise to "A" forming RT FRTStance to "A" and execute LFT HS CArm PRBlock.
19. Almost in the same motion execute RT DBL Jump SKick to "A".
20. After landing turn CCwise to "B" forming LFT FRTStance and execute RT HS CArm PRBlock to "B". (LFT Hand should be positioned in front of the body and just under the RT Elbow.)
21. Execute LFT MS INFArm OPHand OUT SWBlock, Palm up.
22. Execute RT HS RHand Strike.
23. With 2 hand grabbing action, pull downwards and execute RT MS Knee Smash.
24. Lower foot and leap into the air, pulling legs up and turning CCwise landing in low XStance facing "A" and executing LS DBL BFist XBlock.
25. Reach out to "A" with RT Hand and step out with RT Foot. Right away jump in with LFT Foot forming RT XStance and executing LFT CArm Pull to RT shoulder and simultaneous RT LS STPunch.
26. Step back with LFT Foot forming LFT BStance and executing RT LS OFArm DBlock.
27. Execute LFT MS FRT Snap Kick, KIAI !!!!
28. Turn 270<sup>0</sup> CCwise, lifting LFT Foot, and forming RT BStance to "D". Execute LFT MS INFArm OUT GBlock (palm up).
29. Shifting to LFT FRTStance execute RT MS HCOVBlock to "D".
30. Indicate slight pull with both hands and execute RT Foot LS (to knee) Heel RDHKick to "D", recovering leg to behind RT Knee notch, and extending LFT Open Hand to HS and executing RT HS HKPunch striking the Open Palm. (When the leg is recovering, the strike is executed. These two actions are to be done as one movement.)
31. Withdraw RT Hand to body and push out to MS with LFT Palm, Fingers up (while remaining on LFT Leg only.) Jump FWD to "D" forming RT XStance and execute RT MS STPunch, (torso should now face toward "A".) (Sit very LOW).
32. Move LFT Foot to "C" forming HStance facing "A" and extend LFT Arm OPHand Thumb Up to "C".
33. Execute RT HS CKick to "C" striking LFT Palm and putting RT Foot down to "C", forming HStance facing "B" and striking LFT OPHand with RT Elbow.
34. Execute RT HS KHand OFArm RBlock in front of forehead at the same time executing LFT MS Open Palm PBlock in front of Groin.

KWAN MU 3 (continued)

35. Remaining standing facing "B", execute RT HS CArm JMBlock (fingers up) bring LFT Hand up and in guarding position under the RT ELbow.
36. Step RT Foot out to "B" forming RT FRTStance, retrieve RT Hand and execute RT Hand HS PHPunch, retaining LFT Hand under RT Elbow.
- 37... From same position, twist body Cwise and execute LFT HS BFist Strike to "B".
38. Step forward with LFT Foot forming modified LFT FRTStance, and execute RT MS UCPunch, with LFT Hand in grabbing position directly in front of RT shoulder.
39. From this position, twist body Cwise and execute LFT HS BFist strike.
40. With the LFT Hand grabbing and pulling to the lower RT side, step out to "B" forming RT FRTStance and executing RT HS STPunch. KIAII !!!!!
41. Move slightly back toward "A" forming LFT BStance facing "B". Execute RT MS BFArm IN CIR SWBlock. Continue circling arm and execute RT MS OFArm KHand PBlock. Continue arm circle and execute RT HS BFist Strike to "B". (All these actions should be done with feeling and no pause in between.)
42. With RT Foot step backwards to "A" forming RT BStance facing "B". Execute same series as in #41 in reverse.
43. With LFT Foot step backwards to "A" forming LFT BStance facing "B". Execute same series as in #41.
44. Turning 270<sup>0</sup>, picking up RT Foot and pivoting on LFT Foot, form RT BStance to "C". Execute LFT MS OFArm CR DBlock, continue circle and recover to execute RT MS CR DBlock, press, and then execute LFT HS BFist Strike. (All these defends and strike should be done with a fluid continued motion.)
45. Step back with RT Foot forming RT BStance. Repeat actions of #44.
46. Step back with RT Foot forming RT BStance. Repeat actions of #44.
47. In same position execute RT HS HFist Strike (to ear) followed right away by LFT KHand Strike (to other ear).
48. Skip forward and execute LFT Skipping FRTKick to "C" keeping LFT Hand in same position.
49. Lower LFT Foot to floor and step out with RT Foot to "C" bringing up rear foot and forming RT XStance to "C". At same time execute RT MS KHand Strike and LFT LS OFArm PPHand SWBlock.
50. Form low XStance with PHands extended out and away from body. Stance should be very low with knee almost to the ground. RT Arm should decline downward and LFT Arm slightly upwards. HOLD THIS POSITION FOR APPROXIMATELY 5 SECONDS.
51. Move LFT Foot backward to "D" forming LFT Rear Fixed Stance and pull RT Arm with OPHand Downward to in front of the HARA. This should be done with a strong deliberate action.

KWAN MU 3 (continued)

51. Move LFT Foot backward to "D" forming LFT Rear Fixed Stance and pull RT Arm with OPHand Downward to in front of the HARA. This should be done with a strong deliberate action.
52. Drop into deep FRTStance facing "C". Turn body toward "B" and with LFT Arm enscribe slowly and deliberately a large Outer Wrist Circular Block. End with a LFT MS Palm-up PRBlock to the center of the circle.
53. Shifting the body into deep HStance to "B" execute RT STPunch to center of circle.
54. Drop into deep FRTStance facing "D", turn body to "B" and repeat #52 sequence in reverse.
55. Repeat #53 in reverse (execute punch in center of circle).
56. Stand up to "B" forming Natural Stance, place both hands over the eyes (RT over LFT) and with a tearing action move them directly out for the face and recover into Closed Fist Ready Posture.
57. BOW !