

October 9, 2013

Suryon

Suryon is thought of by many as simply intense physical training, like boot camp, like military training to push your physical limits, and to some extent it is. However it is much more. It should be done with a sincere attitude, a calm focused mind and moving meditation. True Suryon is taught without lectures and classroom discussion. It is mental and physical training with a calm, meditative mind. Without involving your mind, just training physically, you are not practicing true Suryon. For example Buddha did not obtain his knowledge through a classroom or a University, he gained it through sweat and hardship traveling through many countries and much discomfort. It is through practice of true Suryon that our Principles, our fundamentals become part of us.

Like many products develop technologically over time, the telephone, DVR, the iPhone, it all starts with an idea and grows and is built upon until the product is complete. Even then, the products are continually being modified and improved. This is true for you also when practicing Suryon.

Your fundamentals and Principles are not learned in one session of training or one Suryon. When practiced correctly, with the right mental and physical focus, corrections, techniques and correct movements will be revealed to you. Continue to practice, to grow and to better your physical and mental abilities.

Sincerely,



Grandmaster Kim Soo

Founder Chayon-Ryu International Martial Arts Association



