

# HOLJEON MOO SOOL

## Warriors of Bahrain



# Self Defense

## Defense against side chock

1. Grab his hair from behind.
2. Pull it back and open his chest.
3. Strike his chest using elbow.



## Upgrade Ceremony (31st March)

Bahrain Hoi Jeon Moo Sool school made an upgrade ceremony on the 31st March.

The members were happy and proud because of passing exam, and the parents showed their appreciation for the effort. After that a demonstration were performed by a team of children and teens, the demo was nicely done.

Thanks to all the members who did their best effort and congratulations for passing the exam. Although more difficult techniques are waiting for you.. keep practicing hard and always challenge yourself, and together we can reach the top ;)



## Warriors Game - Neomgi-gi (31 January 2016)

The warrior's game was held in Bahrain Mall (HJMS school) on the 31st of January 2016. The game was comprised of throwing match and self-defense locks (Neomgi-gi), the match goes on for two minutes and the winner who perform proper throws or self defense twice.

Thanks to everyone for their support in organizing the game and keeping order on the day of the event.

The results and winners are as follows:

### Children (1)

1. Moh'd Hameed
2. Neil Coetsee
3. Ali Bukannan



### Children (2)

1. A. Aziz S. Abdulla
2. Chang Xu
3. Yusuf Ahmed



### Children (3)

1. Yousif Faisal
2. Mujtaba A. Jabbar
3. Moh'd Al Jawad



### Children (4)

1. Nooh Hesham
2. Yousif Hasan
3. Sameul Bonnot



### Girls

1. Sara Faisal
2. Noof Salman
3. Vivien Langley



### Teen (1)

1. Ahmed Fadhul
2. Jean Coetsee
3. Saahil Manjunath



### Teen (2)

2. Mahmood Ali
3. Al Moqdad Ebrahim



### Teen (3)

1. Ahmed Ali
2. Kaif Jhangeer
3. Ali Fadhul



### Adult (1)

1. Hussain Hussain
2. Hashim Al Qassab
3. Alaa Al Bahrani



### Adult (2)

1. Ali Al Saei
2. Hasan Al Alawi
3. A. Jabbar Al Qassab



### Adult (3)

1. Sadiq Al Gherbal
2. Udaid Shabbir
3. Samir Maki



## Warriors Game - Nak Beop & Special Kicks (20 April 2016)

The warrior's game was held in Bahrain Mall (HJMS school) on the 20th of April 2016. The game was comprised of Falling techniques (Nak Beop) and Special Kicks, The two matches divided to Children (Nak Beop), and Special Kicks (Teen & Adult). Both matches point calculated following to the height and accuracy of the techniques.

Thanks to everyone for their support in organizing the game and keeping order on the day of the event.

The results and winners are as follows:

### Children (1)

1. Hadi Al Qumaish
2. Neil Coetsee
3. Qiu Junren



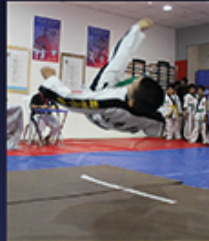
### Children (2)

1. Chang Xu
2. Salman Al Basri
3. Warith Al Taraifi



### Children (3)

1. Hussain Ali
2. Bashayer Ebrahim
3. Yousif Faisal



### Children (4)

1. Jean Coetsee
2. Saahil Manjunath
3. Sara Faisal



### Teen (1)

1. Ahmed Ali
2. Yousif Moh'd
3. Atif Al Loqmani



### Teen (2)

1. Ahmed Abdulla
2. Ali Moh'd
3. Yusuf Al Tattan



### Adult (1)

1. Hashim Al Qassab
2. Hussain Hussain
3. Ali Khalil



### Adult (2)

1. A. Jabbar Al Qassab
2. Hasan Al Alawi
3. Ali Al Saei



### Adult (3)

1. A. Rahman Al Hajiri
2. Moh'd Saad
3. Ali Al Haddad



## Color belts Upgrading Test

The period of Hoi Jeon Moo Sool test is every three months, in which the players learn and train the basics of every movement in each level.

In the first month the player recognizes the requirements of the next level movements. In the next two months he focuses his training on improving and perfecting the techniques.

### 23rd March 2016

48 Participants were examined for the next level.



### 15th December 2015

49 players were examined for the next level.



Everyone did their best effort to show a good result of the hard work of the last few months. Good job everyone!!

## Weekend Special (Sword Technique)

KUM SOOL DO Basic – Course [A] was opened on the 19 – 20 February  
17 members participated in the course.



## Weekend Special (Staff Technique)

BONG SOOL DO Basic – Course [A] was opened on the 20 – 21 May  
12 members participated in the course.



It was a great opportunity for everyone  
to learn some of the advance techniques.

# Health and Fitness

## When should you eat before workout, 90 mins vs 30 mins? Does it matter?

On some scale everything matters, yes even that 1 Oreo. Depending on your goals, can depend on when you should eat before workout. 90 mins gives the body plenty of time to digest the food. When you're digesting food your organs need blood. By taking blood out of the muscles you can lose strength and limit your pump. Also if you are eating 30 mins or closer to your workout, you can't focus on drinking the right amount of water that you need.



If you are extremely depleted and are on very low carbs (energy) try eating 45 mins prior to workout to avoid "running out of gas"

## How much cardio is too much cardio?

Cardio is great fat burner tool, but when is enough is enough? When performing cardio, make sure you stay in the target heart rate zone (60% of your max heart rate). Beginners start with 30 mins 3 days a week. Intermediate can do 30 mins 6 - 7 days a week. Advance can do 60 mins 5 - 7 days a week.



The only reason anyone should be doing more than 60 mins or 2 sessions a day is if you are an athlete or a competitor.

Source: Instagram/shredzwomen

## Find Us!!



hjms\_bh



Hoi Jeon Moo Sool - Bahrain



[www.hjmsbh.com](http://www.hjmsbh.com)



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