



Grandmaster Kim Soo used to go to the mountains near his home to practice his kihop. He would find a place to be alone and work on the sound and power of his shout.

## **MIND: BODY: SPIRIT**

"The Natural Way"

Chayon-Ryu International Martial Arts Association  
Grandmaster Kim Soo, Founder

Chayon-Ryu ( Korean for "The Natural Way" ) was developed over many years by Grandmaster Kim Soo. Chayon-Ryu is based on the natural movements found within each of its parent styles - Chinese Chu'an Fa, Japanese Karate, Korean Taekwondo, Okinawa-Te, Judo/ Jujitsu, and Hapkido/ Aikido. Chayon -Ryu teaches natural body motion as the basis of all techniques in order to promote power, safety, health, and fitness.

Chayon-Ryu is more than just the physical practice of several martial arts. Within the practice, it incorporates an educational system of teaching:

- **Morality**
- **Purpose**
- **Humility**
- **Common Sense**
- **Persistence**
- **Patience**

From this system, one becomes self confident and through self - confidence, one gains self esteem. With these components, one is able to fight the every day enemies, which are not external ( physical attackers ) but internal such as stress, worry, insecurity, jealousy, impatience, defeat, and depression.

Chayon-Ryu is especially valuable to children. Since the focus is on training ones mind, body, and spirit and not on fighting, violence or competition, the child is able to take away a feeling of accomplishment, self-worth and a way of life through mental and physical balance.

For locations and class schedules go to the Contact Us link.