



Forms vs. Freesparring

By Karma Yoakem as told by **Grandmaster Kim Soo**

Forms consist of prescribed, unchanging moves. A form may have taken a Master fifty years to develop. Forms are for training purposes and train the student through repetitive movements and the practice of basic principles of movement. Though some differences of personal styles will be evident, forms are always performed with the same sequence of moves.

Freesparring is practical application of the basic moves and principles learned in forms. There is not a set sequence of moves, and each individual will develop their own unique style of freesparring based on how their own body works best. Even

though freesparring allows choice of movement, Chayon-Ryu principles must be maintained to spar successfully.