

Forms

- Ki Cho Hyung detail
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/960074337784824/>
- Warm Ups – Ab Work – Cho Geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/832932543858187/>
- Kids Class – Warm Ups, Ki Cho Hung, Cho Geup Hyung, Joong Geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/211432016975184/>
- Baek Pahl Gi Hyung and Kyuhk Pa Hyung detail
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1470069649827834/>
- Kids Class, Soo gi Johk Sool, Ki Cho Hyung, Cho Geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/202818881161797/>
- Go Geup Hyung and Dae Geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/615792612309060/>
- Gum moo hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/837733730028975/>
- Ki cho hyung (beginner form) challenge and detail, all levels
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2855970434449154/>
- Black belt form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/277377253255561/>
- Short staff basics. 3rd degree form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/872527263212868/>
- Sword and Staff form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/219142059314951/>
- Advanced. All hyung to gum moo hyung 1x, opposite side Ki Cho, jump spin kicks 1-7
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/533157090732571/>
- Intermediate. Ki cho to Go geup hyung 2x. 100 hand strikes!
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/218331319588516/>
- Black belt. Beck pahliki and kyuck pa hyung. Short staff form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/807588529765050/>
- Sword form and reverse Sword form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/661695834667373/>
- Double short staff and sword forms
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/529106827774143/>
- Ki cho to Gum moo hyung 1x, 10,10, and 10 between. Spinning hands 1-4
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1548830665284646/>
- Intermediate. Joong geup and Go geup hyung 4x, ab work between
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/232918461130021/>
- Black belts. Beck palhki hyung, the ab wheel
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/654979325080658/>
- Kyuk pa hyung and Sahm bang cho hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2566590333658387/>
- Advanced. Low kicking. Ki cho to dae geup. Gum moo hyung 4x
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/276531693472575/>

Techniques

- Beginner Techniques – Ki Bon Soo Sohn Mohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/164854311205956/>
- Beginner Techniques – Ki Bon Soo Sohn Mohk Soo Eue Bok Soo – Work out- SSKJN History Talk
 - <https://www.facebook.com/david.aue.9/videos/10221207229401140/>
- Intermediate Techniques - Joong Geup Sohn Mohk Soo & Ahp Eeu Bohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2545545042332658/>
- Ki Breathing and Meditation
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/566774790853679/>
- Di Eeu Bohk Soo, Kwan Jul Ki, Too Ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/810584696101617/>
- Sohn Pae Gi – Ki Bon Soo – Sohn Mohk Soo with Technique hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/219545486031469/>
- Eue Bohk Soo, Ahn Sohn Mohk Soo, Maek Chi Gi, Maek Cha Gi
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/140937030691039/>
- Joo Muhk Maga KBS, Ki Bon Bon, Gahk Do Bub
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/538144160450616/>
- Ki bon soo to Ahp eeu bok soo review. Mohk Joliki and Bang too ki detail
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/459718824782834/>
- Dan Do Maki knife defense
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/636917117159679/>
- Di Eeu Bohk Soo to Dahn Do Maki Review Go Geup Eeu Bohk Soo detail
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/248679302953301/>
- Advanced. Jump spin kicks 1-4. Joo muhk maga ki bon soo, joong geup sohn monk soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/260886298272189/>
- Yang sohn mohk soo, Ssang soo detail
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/211433436827814/>
- Ahp eeu bohk soo, Go geup sohn mohk soo, cane techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/230472481641460/>
- Jump kicks, sohn mohk soo and Maek Cha Ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2870124566411694/>
- Intermediate. Techniques through meak cha ki, spinning hand techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/231572121587541/>
- Advanced. Ki bon soo through Dahn do maki review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/248046292919675/>
- Ki bon bon, gahk do bub, John hwan bub
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/910213316088264/>
- Black belt. Ki bon bon, Gahk do bub, Juhn hwan bub
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/514242259454127/>
- Intermediate. Maek chi ki, maek cha ki, ju muk maga KBS
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/744652772605931/>
- Advanced. Too ki, mohk joliki, bang too ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1298012713921638/>

- Ahp Eeu Bohk Soo and Di Eeu Bohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/232142427863020/>
- Intermediate. Eeu bohl soo, Ahn sohn mohk soo, meak chi ki, meak cha ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/478566349526649/>
- Beginner level Sohn Pae Ki, Ki Bon Soo, Sohn Mohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/249581742919888/>
- Black belts. Jah ki, Wah ki, Ee In Jahp Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/186543452374637/>
- Intermediate. 600 kicks, sohn mohk soo, eeu Bohk soo, joo muhk maga ki bon soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/569036500664633/>
- Advanced. Ahp Eeu Bohk soo, Di Eeu Bohk soo, Kwan Juliki, jump spin kicks 1-7
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/910104109430723/>
- Jahpi ki (wrestling) Johlk Banga Soo (kicking defense)
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/256934462156841/>
- Advanced. Joong geup sohn mohk soo, Ahp Eeu Bohk soo, Too ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/565275774401411/>
- Intermediate. Eeu bohk soo, ahn sohn mohk soo, ship-ja soo ki and jolk soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/174370000446804/>
- Black belts. Ki bon bon ,Gahk do bub, Yuhn Hayne Soo, Poh bohk soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/909332162911041/>
- Intermediate. Sohn mohk soo to Meak cha ki. Ki bon soo with follow ups
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2685850245077816/>
- Advanced. Joong geup sohn mohk soo to Too-ki review. Sohn mohk soo with falling
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/611946372728435/>
- Yang Sohn Mohk Soo and Ssang Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1130975410591603/>
- Joo Maek Maga KBS and Joong Geup Sohn Mohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/374501880148302/>
- Sohn Mohk Soo and Eue Bohk Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/897101524047495/>
- Black Belts. 2nd degree syllabus review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/545556726154470/>
- Intermediate. Full warmups. Techniques ki bon soo to Joong geup sohn mohk soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1442424175945608/> cut off, continued stream:
<https://www.facebook.com/kuksoolwonofclearlake/videos/645079259381605/>
- Advanced. Joong geup sohn mohk soo to Dahn do maki review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1143509466001694/>
- SSKJN on pressure points
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1529624020537863/>
- Dahn Do Maki and Ssang Soo
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/664063741041969/>
- Maek Chi Gi and Maek Cha Gi
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/706560480104760/>

- Ki Bon Soo, Sohn Mohk Soo, Eue Bohk Soo, commonly used pressure points
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/714103029366446/>

Weapons

- Jool Bong (poor video quality)
 - <https://www.facebook.com/david.aue.9/videos/10221242505323016/>
- Sword Meditation and Sword Form (Poor video quality)
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/964116384003861/>
- Sword Form and Yuhk Gum Sword mediation
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/207134927227816/>
- Staff Spinning 1-15
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/150308436288356/>
- Joong Bong Hyung, Dahn Sang Bong Hyung, Yuhk Gum Hyung, Yuhk Gum Meditation
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/262486661424054/>
- Double short sword and spear form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3007385675948930/>
- Double short sword and spear form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3007385675948930/>
- Jool bongs 1-3 staff 1-5
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/255002978862183/>
- Staff 1 to 10 Jool Bong 1-5
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/883133445471671/>
- Staff 1 to 15 Jool bong 1 to 7
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/244234416719377/>
- Sword techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/794564441070442/>
- Advanced. Gum moo hyung 4 directions and sword meditation 1-7
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3051608158287689/>
- May the 4th be with you
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3230914347133634/>
- Advanced. De geup 4x, staff spinning 1-15
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/841702446310970/>
- Black Belts. Staff, short staff, double short staff form
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/942225266232747/>
- Jool bong sets 5 6 7 and 8
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/699761430565938/>

Workouts

- Stance Isolation, piece of paper 😞
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/279059839749972/>
- Mohm Pulgi
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/204959897432495/>

- 500 Kick Routine
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/195712035060097/>
- Kids class – Mohm pulgi – soo gi johk sool – Ki Bohn Soo intro techn. Hyung – Ki Cho Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1326655151057074/>
- Stance Isolation
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1509922869161215/>
- Kids Class – Warm Ups, Soo gi Johk Soo, Work out, Ki Bon Soo, Ki Cho Hyung Techn. Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/494042304811320/>
- Family Workout
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/518677188839395/>
- Mohm Pulgi and 500 Kicks
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/561839944687437/>
- Family Work out with Mohm Pulgi
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2562913233956667/>
- Kids class, warm up, bully awareness and throwing application
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/543025539982276/>
- Family Workout – Mohm Pul gi, Soo gi Johk sool, Isolation
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/523587688585181/>
- Kids warm up, difference in self defense and fighting, technique review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1385393864973425/>
- Family workout, warm ups, push up challenge and techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/535543287339886/>
- 450 combo kicks
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/522095218474498/>
- Brown belt form, Just 10 challenge, jump spin kicks set 1 to 4
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/574243630106414/>
- Joong Geup hyung, climb the mountain, low spin kick
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1142197099467011/>
- Full warm ups, basics, white and yellow belt forms
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/245637729814801/>
- Beginners dynamic kick drills, etiquette talk, basic throws and basic wrist techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/261714424844839/>
- Intermediate. 4 directional kicks, ab workout, techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/273692976962312/>
- Warm ups, leg conditioning, blocking practice, technique review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/562210651071798/>
- Beginners kick drills white and yellow belt forms (Screen is Sideways whole time)
 - <https://www.facebook.com/david.aue.9/videos/10221544257706637/>
- Beginners Ki Cho Hyung and Kicking work out
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/897132590726682/>
- Intermediate blue belt form red belt form and 500 KICKS
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/4026821734024568/>
- Advanced. Dae geup and Gum moo hyung. Jump spin kicks 5, 6, 7

- <https://www.facebook.com/kuksoolwonofclearlake/videos/250791899436941/>
- Beginners. Close quarter strikes, white belt form 4x, ab challenge!
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/234898387891460/> and then got cut off the rest of the clip is here: <https://www.facebook.com/kuksoolwonofclearlake/videos/235297827783123/>
- Beginners. Warm ups, techniques and blocking
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/549800679003651/>
- Advanced. Air techniques through Ahp Eeu Bohk Soo. 200 squats, 100 sit ups, 50 push ups!
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/241995110243128/>
- Intermediate. Short warm up, 500 kicks, air techniques!
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/222519578841176/>
- Beginners. Full warmups, all beginning hand strikes and kicks, technique review
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2571507393115885/>
- Intermediate. White belt to red belt forms. 450 combo kick routine
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/226281498596891/>
- Advanced. Dae geup hyung and Gum moo hyung. Low kicking set 1-4
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/246114740090855/>
- Advanced. All hyung 2x and AB workout!
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/687691502034142/>
- Intermediate. Cho geup and Joong Geup challenge. 4 directional hand and kicking sets
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/881255512297728/>
- Beginners. Full warm ups, Ki cho hyung #4&5 10x, skipping and stepping kicks
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/245860370132319/>
- Intermediate. 600 kicks, joong geup hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/232716571159305/>
- Advanced. Low kicking 1-4. Staff spinning 1-15. Gum moo hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/848527495625396/>
- Beginner: warm ups, soo gi, johk sool, Ki cho hyung, Cho geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/278240939862865/>
- Beginner. Sohn pae ki, ki bohn soo, knee kicks, low inside kick, ship-ja soo ki
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1447157712124568/>
- Intermediate. 700 kicks, Go Geup Hyung
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/288419175656615/>
- Intermediate. Ki cho hyung to Go geup hyung 2x. 100 push up, sparring combos
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/319349985714241/>
- Beginners. Full warm up, block and attack drills, white and yellow belt forms
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/639284973468007/>
- Intermediate. Short warm ups. 800 kicks! Just 10 sit ups between
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/720162805457716/>
- Ship jah, Dorah, Ha dahn techniques
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/246414893240109/>
- Intermediate. Ki cho to Go geup 2x. Kicking drills using a chair
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/281235866237064/>
- Beginners. Warmup, white belt form, kicking drills with a chair
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/619641948896145/>

Mat Chats

- The Iron Butterfly
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3188115064746435/>
- YKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/218443886031784/>
- Emerald PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1121653628172729/>
- SSKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/561839944687437/>
- Drumming
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/206729123922179/>
- David PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/509874143038541/>
- SSKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/586363842233103/>
- Donna
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/254027902418160/>
- CJ Farley PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1738955516256602/>
- Scot Wilke PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/517395945594598/>
- Craig Cole PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2789203921148956/>
- Neil Woodbury PKJN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/3166584603359708/>
- Jada KSN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/2932115423575371/>
- Jennifer KSN
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/703817803724834/> and then it got cut off, here is the next clip:
<https://www.facebook.com/kuksoolwonofclearlake/videos/358305751800919/>
- SSKJN Iron Palm
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/1742645005873432/>
- SSKJN Personal Weapons
 - <https://www.facebook.com/kuksoolwonofclearlake/videos/560960524819467/>