

**HWARANG WARRIOR
MARTIAL ARTS ACADEMY
TRAINING MANUAL**

TAEKWONDO

HAPKIDO

KEMPO/KARATE/JUJITSU

FILIPINO COMBATIVES/ KALI-SILAT

PACIFIC ARCHIPELAGO COMBATIVES

HWARANG WARRIOR MARTIAL ARTS ACADEMY 30 RULES

MASTER JOHNSON' S TEN RULES

- 1 EVERY DAY THANK GOD FOR YOUR BLESSINGS
- 2 MAKE YOUR BED AS SOON AS YOU GET OUT OF IT AND KEEP YOUR ROOM CLEAN
- 3 IF YOU MAKE A MESS CLEAN IT UP
- 4 NEVER TALK BACK TO YOUR PARENTS
- 5 IF YOUR PARENTS TELL YOU TO DO SOMETHING, DO IT RIGHT THEN, DON'T BE TOLD TWICE
- 6 GIVE YOUR PARENTS A HUG EVERY DAY, TELL THEM YOU LOVE THEM
- 7 DO YOUR HOMEWORK AS SOON AS YOU GET HOME FROM SCHOOL, DON'T PROCRASTINATE
- 8 FOLLOW THE GOLDEN RULE, "TREAT OTHERS LIKE YOU WANT TO BE TREATED."
- 9 DRINK LOTS OF WATER AND EAT LOTS OF FRUITS AND VEGETABLES (VERY LITTLE SWEETS)
- 10 PRACTICE YOUR MARTIAL ARTS EVERY DAY

GOD'S TEN COMMANDMENTS

- 1 THY SHALL HAVE NO OTHER GOD
- 2 THY SHALL NOT MAKE GRAVEN IMAGES (IDOLS)
- 3 THY SHALL NOT USE THE LORD'S NAME IN VAIN
- 4 REMEMBER THE SABBATH DAY AND KEEP IT HOLY
- 5 HONOR THY FATHER AND MOTHER
- 6 THY SHALL NOT KILL (MURDER)
- 7 THY SHALL NOT COMMIT ADULTRY
- 8 THY SHALL NOT STEAL
- 9 THY SHALL NOT BEAR FALSE WITNESS (LIE) ABOUT THY NEIGHBOR
- 10 THY SHALL NOT COVET (WANT WHAT SOMEONE ELSE HAS, WITH ENVY)

TEN TENENTS OF KOREAN MARTIAL ARTS

- 1 BE LOYAL TO YOUR COUNTRY
- 2 BE OBEDIENT TO YOUR PARENTS
- 3 BE LOVABLE BETWEEN HUSBAND AND WIFE
- 4 BE COOPERATIVE BETWEEN BROTHERS
- 5 BE RESPECTFUL TO YOUR ELDERS
- 6 BE FAITHFUL BETWEEN TEACHER AND STUDENT
- 7 BE FAITHFUL BETWEEN FRIENDS
- 8 BE JUST IN KILLING
- 9 NEVER RETREAT IN BATTLE
- 10 ALWAYS FINISH WHAT YOU START

CHILDREN AND ADULTS IN THE MARTIAL ARTS

Thank you for your interest in our martial arts program. There are many benefits of martial arts training for children and adults. The martial arts are famous for teaching discipline which is self-control and this is usually the initial reason that many people start martial arts classes but there is so much more that is learned. Our program is based on the Korean martial arts because through the Korean martial arts philosophy everyone has to learn and strive to follow the Creed and Tenants handed down from the ancient Hwarang Warriors of Korea. They are as follows:

Creed

- Be loyal to your country
- Be lovable between husband and wife
- Be respectful to your elders
- Be faithful between friends
- Never retreat in battle
- Be obedient to your parents
- Be cooperative between brothers
- Be faithful between teacher and student
- Be just in killing
- Always finish what you start

Tenants

- Honesty
- Indomitable Spirit
- Perseverance
- Integrity
- Courtesy
- Humility

Learning to follow the creed and tenants helps develop a person with good morals and respect for themselves, others, and all life. All students in school are required to bring in their report cards for monitoring and must have acceptable grades to advance and continue training. This helps to improve their academic success.

Our program develops the three areas of a person; mind, body, and spirit.

The mind is developed through the practice of forms which require patience and memory skills which increase the ability to concentrate and focus on a given task. Mentally they also develop social skills as they learn the proper way to treat other people and learn acceptance of themselves and others no matter what color, race, sex, creed, handicap, or disability. Self-esteem is developed as they are positively encouraged to learn challenging tasks and the idea that they can do anything they want to if they try hard enough. Through meditation they learn patience, critical thinking skills, and self-control. Physically they learn balance and co-ordination with increased muscle strength and flexibility through physical exercises such as kicking, falling, punching drills, and sparring. Spirit in the martial arts is the inner essence of a person. their driving force. Through positive thinking and pushing one's self to the limit one develops a strong indomitable spirit that allows you to overcome obstacles in life that are hard to get over or that are trying to hold you back. Our program will help you or your child be a person who is smarter, has higher grades in school, respect and discipline for others, more obedient, neater, has a longer attention span, better balance, flexibility, muscle strength and coordination, family values, has higher self-esteem, leadership qualities, modesty, and the ability to defend oneself.

HWARANG WARRIOR MARTIAL ARTS ACADEMIC & BEHAVIORAL ENCOURAGEMENT PROGRAM

IT IS OUR PURPOSE TO HELP CHILDREN DO THE BEST THEY CAN IN ACADEMICS. OUR ACADEMIC ENCOURAGEMENT PROGRAM ENCOURAGES STUDENTS TO ACHIEVE HIGHER GRADES IN SCHOOL

BY REWARDING THEM WITH TESTING PRIVILEGES FOR ACCEPTABLE GRADES AND ASSIGNING THEM PHYSICAL EXERCISES AND PROHIBITING TESTING FOR UNACCEPTABLE GRADES.

THE FOLLOWING ARE ADMINISTERED WITH THE PARENT'S DISCRETION.

GRADE REQUIREMENTS TO BE ELIGIBLE FOR RANK TESTING:

NO "C'S" OR "U'S" ON REPORT CARDS FOR THE QUARTER. EXCEPTIONS: AG CLASSES, LEARNING DISABILITIES, DIFFICULT SUBJECTS RECEIVING ASSISTANCE AND TUTORING.

ACADEMIC PENALTIES:

PENALTIES ARE USUALLY PUSH-UPS BUT MAY BE SQUATS OR LUNGES.

EACH "C" ON A REPORT CARD 100 PUSH-UPS
EACH "D" ON A REPORT CARD 300 PUSH-UPS
EACH "F" ON A REPORT CARD 500 PUSH UPS

PENALTIES FOR FIGHTING

UNJUSTIFIED: IF YOU START THE FIGHT OR FAIL TO AVOID THE FIGHT 5000 PUSH-UPS & 1000 SENTENCES
ONE RANK LEVEL DEMOTION LOSS OF TESTING
PRIVALEGE FOR ONE TEST

ACCESSORY: YOU WERE NOT FIGHTING BUT YOU ENCOURAGED THE FIGHT 2,500 PUSH-UPS & 500 SENTENCES
ONE RANK LEVEL DEMOTION

JUSTIFIED: YOU DID NOT START IT AND TRIED TO A VOID IT BUT YOU COULD NOT AND HAD TO DEFEND YOURSELF 2,000 PUSH-UPS

FAILURE TO LISTEN TO YOUR TEACHER, UNACCEPTABLE HORSEPLAY, GETTING YOU NAME ON THE BOARD AT SCHOOL, ARGUING WITH YOUR PARENTS, NOT LISTENING TO YOUR PARENTS AND ANY OTHER MINOR VIOLATIONS ARE 200 PUSH-UPS PER INCIDENT AND 200-500 SENTENCES.

HWARANG WARRIOR MARTIAL ARTS

CHILD SAFETY TIPS

NEVER TALK TO STRANGERS

NEVER APPROACH A STRANGERS CAR

DO NOT TAKE CANDY OR GIFTS FROM STRANGERS

ALWAYS TRAVEL WITH FRIENDS, AVOID BEING ALONE

YELL WHEN IN TROUBLE

DO NOT LET ANYONE TOUCH YOU WITHOUT PERMISSION

MAKE SURE YOUR PARENTS ALWAYS KNOW WHERE YOU ARE

AVOID DARK AREAS AND CORNERS IN PUBLIC, STAY WHERE YOU CAN BE SEEN

IF SOMEONE GRABS YOU FIGHT WITH ALL YOU HAVE

NOTIFY ADULTS OF SUSPICIOUS PEOPLE

DO NOT OPEN THE DOOR FOR STRANGERS

DO NOT LET ANYONE IN YOUR HOUSE, ESPECIALLY TO USE THE PHONE

WHEN IT GETS DARK IT IS TIME TO GO IN THE HOUSE

DO NOT STRAY AWAY IN STORES AND MALLS

ALWAYS BE AWARE

An introduction to Taekwondo

What is taekwondo?

Disciplines of taekwondo

Objectives of taekwondo

Taekwondo for kids

Is taekwondo dangerous?

What is taekwondo?

Taekwondo is a modern martial art, characterized by it's fast, high and spinning kicks. There are multiple interpretations of the name taekwondo. Taekwondo is often translated as 'the way of hand and foot'. My definition of the name Taekwondo is

Tae='to strike or block with the foot' or 'to kick', it also means 'jump'

K'won='Fist', 'to strike or block with hand'

Do='The way of' or 'art'.

Put this together and Taekwondo means: "The art of Kicking and Punching" or "The art of unarmed combat". The sport has been founded in Korea and is one of the popular modern martial arts.

Disciplines of taekwondo

Taekwondo has four disciplines which are explained in a seperate page/chapter of this site. The four disciplines are:

Patterns

Sparring

Self-defense

Break test

It is the combination of these four disciplines that makes the art called taekwondo.

Objectives of Taekwondo

to develop an appreciation for Taekwondo as a sport and as an art

to achieve physical fitness through positive participation

to improve mental discipline and emotional equanimity

to learn self-defense skills

to develop a sense of responsibility for one self and others.

Taekwondo for kids

Taekwondo has no age limits and is a very good sport for children. They learn fast reactions through games, learn to respect others and learn to know their abilities and disabilities. Competition rules are a bit different for children then they are for adults. Although children wear full body protection (preferably thicker than the protection for adults) only kicks and punches to the body are allowed, no kicks to the head.

Is Taekwondo dangerous?

Although WTF Taekwondo is a full contact sport where it is allowed to kick to the head (throwing punches to the head are not allowed), it is not very dangerous to practice Taekwondo. During training, there is no need to actually win. During competition, full protection is used to protect the competitors.

To avoid head injuries, a competitor is not allowed to participate in a competition for three months (this seems to vary) if one was knocked out by a kick to the head. If the same incident happens again after these

three months, you're not allowed to participate for half a year. Another K.O. to the head after this half year period results in a permanent exclusion of competitions.

ITF Taekwondo is so-called semi-contact. It is not allowed to attack the head with full force. However, it is allowed to throw punches to the head, by using the so-called "killing-blow", stop just an inch before the target. To avoid injuries, ITF uses gloves at sparring-competition.

General Taekwondo Information - History

History

A short overview of the history of Taekwondo, ethics and etiquettes.

History of Taekwondo

Korean Taekwondo Association

I.T.F. vs W.T.F.

History of Taekwondo

The earliest records of Martial Arts practice in Korea date back to about 50 B.C. These earliest forms of Korean martial arts are known as 'Taek Kyon'. Evidence that Martial Arts were being practiced at that time can be found in tombs where wall-paintings show two men in fighting-stance. Others reject this evidence and say that these men could be simply dancing.

Back then, time there were three kingdoms:

Koguryo (37 B.C. - 668 A.D.)

Paekje (18 B.C. - 600 A.D.)

Silla (57 B.C. - 936 A.D.)

Silla unified the kingdoms after winning the war against Paekje in 668 A.D. and Koguryo in 670 A.D. The Hwa Rang Do played an important role at this unification. The Hwa Rang Do was an elite group of young noble men, devoted to cultivating mind and body and serve the kingdom Silla. The best translation for HwaRang would probably be "flowering youth" (Hwa = "flower", Rang = "young man"). The HwaRang Do had an honor-code and practiced various forms of martial arts, including Taekyon and Soo Bakh Do. The old honor-code of the HwaRang is the philosophical background of modern Taekwondo.

What followed was a time of peace and the HwaRang turned from a military organization to a group specialized in poetry and music. It was in 936 A.D. when Wang Kon founded the Koryo dynasty, an abbreviation of Koguryo. The name Korea is derived from Koryo.

During the Koryo Dynasty the sport Soo Bakh Do, which was then used as a military training method, became popular. During the Yi-dynasty (1392 A.D. - 1910 A.D.) this emphasis on military training disappeared. King Taejo, founder of the Yi-dynasty, replaced Buddhism by Confucianism as the state religion. According to Confucianism, the higher class should study the poets, read poems and and play music. Martial arts was something for the common, or even inferior, man.

Modern-day Taekwondo is influenced by many other Martial Arts. The most

important of these arts is Japanese Karate. This is because Japan dominated Korea during 1910 until the end of World War II. During WWII, lots of Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influence that Japan has given to Taekwondo are the quick, linear movements, that characterize the various Japanese systems.

After World War II, when Korea became independent, several kwans arose.

These kwans were:

Chung Do Kwan

Moo Duk Kwan

Yun Moo Kwan

Chang Moo Kwan

Oh Do Kwan

Ji Do Kwan

Chi Do Kwan

Song Moo Kwan

The Kwans united in 1955 as Tae Soo Do. In the beginning of 1957, the name Taekwondo was adopted by several Korean martial arts masters, for its similarity to the name Tae Kwon.

General Choi Hong-hi required the army to train Taekwondo, so the very first Taekwondo students were Korean soldiers. The police and air force had to learn Taekwondo as well. At that time, Taekwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Taekwondo Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Taekwondo Union and in 1965 the name was changed to Korean Taekwondo Association (K.T.A.). General Choi was president of the K.T.A. at that time and was asked to start the I.T.F. as the international branch of the K.T.A. The southern government was overthrown in 1961. General Choi Hong-hi left for America and established I.T.F. (International Taekwondo Federation) Taekwondo, as a separate entity, two years later.

Demonstrations were given all over the world. It took a while before real progress was made, but eventually, in 1973, the World Taekwondo Federation (W.T.F.) was founded. In 1980, W.T.F. Taekwondo was recognized by the International Olympic Committee (I.O.C.) and became a demonstration sport at the Olympics in 1988. In the year 2000 taekwondo made its debut as an official olympic sport. There were several attempts to unify I.T.F. and W.T.F. Taekwondo, but unfortunately, these failed.

K.T.A.

In the year 2000 taekwondo made its debut as an official olympic sport.

Taken from a post in the

dojang-digest The Korea Taekwondo Association (KTA) is the National Governing Body (NGB)

for Taekwondo in the Republic of Korea (ROK), just like the United States Taekwondo Union (USTU) is the National Governing Body for Taekwondo in the United States of America. The World Taekwondo Federation (WTF) which was formed in 1973, is made up of Taekwondo NGBs. These NGBs are members of the WTF, and not individuals. Individuals may be affiliated to the WTF through their NGB, but individuals cannot join the WTF directly.

Dr. Un Yong Kim became the 5th President of the KTA in 1971. Dr. Kim subsequently became the 1st and only President of the WTF in 1973 and around 1990 he gave up the post of KTA President.

Mr. Choi, Sae-Chang became the 6th KTA President after Dr. Kim stepped down due to his expanded responsibilities in the International Sports community. Mr. Choi was a former four star general in the ROK Army and also held the post of Defense Minister. Mr. Choi was replaced by Mr. Rhee, Pil Gon in 1996.

The KTA is alive and well and probably is the largest, most active NGB for Taekwondo in the world. For more information, you can write to the KTA at the following address:

The Korea Taekwondo Association

#607, Olympic Center

88 Oryoon-dong, Songpa-ku

Seoul, Korea

Telephone: 420-4271

Fax: 420-4274

I.T.F. vs W.T.F.

As mentioned earlier, Gen. Choi established ITF-Taekwondo (which practices a more traditional form of taekwondo) while WTF-Taekwondo (which has a strong emphasis on sparring) became an olympic sport in 2000.

A good-will trip to North-Korea in 1966 caused General Choi to fall in disgrace in the eyes of the South-Koreans. Choi resigned as president of the K.T.A. and founded the I.T.F. on March, the 22nd of that same year.

The headquarters of ITF were established in Canada.

ITF started concentrating on the forms developed by General Choi, while the KTA (which later, on May 28, 1973, became the WTF) concentrated on the Palgwe's. Later the WTF abandoned the Palgwe's and started concentrating on Taeguks. Slowly, the WTF emphasis turned to sparring. This is also the reason why a lot of people rather call (WTF) Taekwondo a martial sport than a Martial Art.

The American Taekwondo Association (ATA) is a smaller organization, and has many similarities to the ITF. The ATA has a copyright on the forms of the organization, so these forms cannot be used on competitions by non-members. There are many organizations, but the three mentioned above have the most members.

ITF practices the so-called 'semi-contact' part of Taekwondo, while WTF practices the so-called 'full-contact' part. ITF focuses more on the traditional way of taekwondo. Since the break-up, there have been many attempts to reunite WTF and ITF, so-far without success. There probably will never be a union within Taekwondo.

General Taekwondo Information - Korean Flag

T'aeGuk-Ki (the Korean Flag)

Many people have the Korean Flag on their suits, without knowing that it has a more meaningful background than most common flags. On this page you can find a short overview.

Summary

The origin of the flag

The symbols used in the flag

To the table of contents

Summary

The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called Taeguk and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag means peace.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

Origin

The oldest 'Yin/Yang'-symbol, which was described in stone, was found in Korea. At the end of the 19th century, Korea needed their own flag. It is believed that Young-Hyo Park came up with the first concept. At that time, Korea was under the influence of all sorts of colonists like the Japanese, Chinese and Russian.

The symbols

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For

example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin w.r.t. the summer and it is at the same time Yang w.r.t. the winter.

Kun Heaven

Yi Fire

Kam Water

Kon Earth

General Taekwondo Information - Patterns

Patterns

Poomse's

Tul's

Forms, or Poomses in Korean language, are a series of defending and attacking movements performed against imaginary opponents in a set pattern. Through the practice of forms, students come to learn the applications of various techniques of Taekwondo. Forms serve a multi-dimensional role, aiding in development and refinement of coordination, balance, timing, breath control and rhythm, all of which are essential skills to the Taekwondo student.

Poomse's

W.T.F. uses Poomses for patterns. Poomses originate from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the Chinese language, the unity of Yin and Yang is called 'taich'i'. In the Korean language, the unity is called T'ae-guk. This explains the term Poomse Taeguk. The eight trigrams together are called Pal-gwe as in Poomse Palgwe...

Poomse Taeguk/Palgwe Il Jang -- Heaven

(South, Father) The first Taeguk/Palgwe is the beginning of all Poomses. The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.

Poomse Taeguk/Palgwe Ee Jang -- Lake

(South East, Youngest daughter) In the depths of the lake are treasures and mysteries. The movements of this Taeguk/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

Poomse Taeguk/Palgwe Sam Jang -- Fire

(East, Second daughter) Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

Poomse Taeguk/Palgwe Sa Jang -- Thunder

(North East, Eldest son) Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taeguk/Palgwe should be performed with this in mind.

Poomse Taeguk/Palgwe Oh Jang -- Wind

(South West, Eldest daughter) Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Poomse Taeguk/Palgwe Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.

Poomse Taeguk/Palgwe Yook Jang -- Water

(West, Second son) Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.

Poomse Taeguk/Palgwe Chil Jang -- Mountain

(North West, Youngest son) Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.

Poomse Taeguk/Palgwe Pal Jang -- Earth

(North, Mother) The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taeguk/Palgwe, one should be aware that this is the last Taeguk/Palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc...

Both Palgwe's and Taeguk's are numbered from one to eight. After this point, there is no longer a difference between the patterns. The patterns below follow the Poomse Taeguks as well as the Poomse Palgwes.

Poomse Koryo

Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.

Poomse Keumgang

The definition of Keumgang is "Too strong to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as strong as Keumgang-seok (diamond).

Poomse TaeBaek

The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition

of Taebaek is "lightness". Every movement in this Poomse must not only be exact and fast, but with determination and hardness.

Poomse Pyongwon

The definition of Pyongwon is "stretch, vast plain": big, majestic.

Poomse Sipjin

Sipjin stands for decimal. This Poomse represents the orderliness of the decimal system. It also means the endless development and growth in a systematic order: stability.

Poomse Jitae Jitae is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life.

Poomse Cheonkwon Cheonkwon means 'sky'. The sky should be seen as ruler of the universe. It is both mysterious, infinite and profound. The motions of Cheonkwon are full of piety and vitality.

Poomse Hansoo This poomse is derived from the fluidity of water which easily adapts within nature.

Poomse Ilyo The state of spiritual cultivation in Buddhism is called 'Ilyo' which means more or less 'oneness'. In Ilyo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistic thoughts, obsessions and external influences behind.

Tul's

I.T.F. has 24 patterns (or Tul) representing the 24 hours of the day, or the whole of a man's life. There are 10 patterns for the first black belt, at which point the member moves from being a 'beginner' to a 'novice'.

The primary difference between I.T.F. and W.T.F. (from looking to the two) is that I.T.F. uses a 'stepping' movement for all hand techniques.

Contributed by John Browne.

This 'stepping motion' that the I.T.F. utilizes is referred to by I.T.F. practitioners as "Knee Spring" or "up/down Motion". It causes the body to move in a "sine wave" resulting in the whole body being involved at the moment of impact, blocking or attacking.

This techniques is not just used for hand-techniques. It is used in I.T.F. kicking techniques as well.

Contributed by jeja@gnn.com

Chon-Ji Tul (19 movements)

Literally means heaven and earth. It is in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

Dan-Gun Tul (21 movements)

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C..

Do-San Tul (24 movements)

Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and the Korean independence movement.

Won-Hyo Tul (28 movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Yul-Gok Tul (38 movements)

Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degree latitude and the diagram of the pattern represents scholar.

Joon-Gun Tul (32 movements)

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung in 1910.

Toi-Gye Tul (37 movements)

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, the diagram represent "scholar".

Hwa-Rang Tul (29 movements)

Hwa Rang is named after the Haw Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry Division, where Taekwondo developed into maturity.

Choong-Moo Tul (30 movements)

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.

Kwang-Gae Tul (39 movements)

Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represent the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Po-Eun Tul (36 movements)

Po-Eun is the pseudonym of a loyal subject Chong-Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represent his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek Tul (24 Movements)

Ge-Baek is named after Ge-Baek, a great general in the Baek-Je Dynasty (660AD). The diagram represents his severe and strict military discipline.

Eui-Am Tul (45 Movements)

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed his name of Dong Hak (oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang Tul (52 Movements)

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche Tul (45 Movements)

Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is that master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mount which symbolise the spirit of the Korean people. The diagram represents Baekdu Mountain.

Sam Il Tul (33 Movements)

Sam Il denotes the historical date of the independence movement of Korea which began throughout the country on march 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Yoo-Sin Tul (68 Movements)

Yoo Sin is named after General Kin Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD the year Korea was unified. The ready posture signifies a sword drawn to the right rather than the left side, symbolizing Yoo sin's mistake of following his king's orders to fight with foreign force against his own nation.

Choi Yong Tul (46 Movements)

Choi Yong is named after General Choi Yong, Premier and Commander-in Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.

Yon Gae Tul (49 Movements)

Yon Gae is named after a famous general during the Koguryo Dynasty. Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

UL-JI Tul (42 Movements)

UL-JI is named after general UL-JI Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 AD, Ul-JI employing hit and run guerilla tactics was able to decimate a large percentage of the force. The diagram represents

his surname. The 42 movements represent the author's age when he designed the pattern.

Moon-Moo Tul (61 Movements)

Moon Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 6612 AS when Moon Moo came to the throne.

So-San Tul (72 Movements)

So San is the pseudonym of the great monk Choi Hyong Ung (1520 - 1604) during the Lae Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Se Jong Tul (24 Movements)

Se-Jong is named after the greatest Korean King, Se-Jong, who invented the Korean alphabets in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Tong Il Tul

Tong Il denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolises the homogenous race.
Contributed by Kirsten Smith

General Taekwondo Information - Self defense

Hoshinsul (Self defense)

Hoshinsul is one of the four principles of taekwondo. Although taekwondo is a "self defense" sport in itself, it focuses on high and spinning kicks which are not very suitable for real life (street) application. Hoshinsul is a mixture of all kinds of techniques, including grappling/locks as well as depending against armed attackers etc.

Self defense is something that cannot be practiced alone. You will need a partner that has equal strength. You will learn how to react (and how not to react), proper freeing techniques, locks and strangling techniques. The following techniques are generally (this is not a rule, of course) practiced (where the opponent either uses his body (i.e. hands), a knife or a stick):

- Control techniques

- Freeing techniques (Paegi)

- Termination techniques

Linear vs. Circular

There are two sorts of self-defense (this is a BIG generalization): The

hard or linear way and the soft or circular way. In the linear form one uses arms and legs to block a strike of the opponent. The advantage is that there is a direct counter-threat, which results in pain for the opponent. The disadvantage is that this method requires a lot of power and it may look extremely violent for outsiders. The circular form has a different view. Here you use the power and speed of the opponent to neutralize him/her using circular movements. The advantage is that you can neutralize your opponent without hurting him and that no strength is required. The disadvantage is that it takes a lot of skill and practice to come to the necessary level. You will most likely use a combination of both.

General Taekwondo Information - Vital points

Keup Soh (Vital Points)

The front of the head

The front of the body

The back of the body

The vital points of the body are listed below. A vital point is a part of the body that, when attacked in the right way (force, angle, accuracy), can cause paralysis, unconsciousness or even death. Attacks to nerves can lead to nausea, headaches or worse.

This information should only be used to increase your knowledge of the body and of Taekwondo, it is not meant to be used without the supervision of a qualified instructor.

The impact on vital points is indicated by numbers as followed:

Moderate pain

Sharp pain

Severe pain

Unconsciousness or temporary paralysis

Fatal

The body has about 280 vital points so this list is far from complete.

The front of the head

Number	Description	Result of light impact	Result of full-power attack
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1	Top of head	2 4	
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2	Forehead	2 4	
----------	-----------------	------------	--

3	Temple	3 5	
----------	---------------	------------	--

4	Cheekbone	2 4	
----------	------------------	------------	--

5	Neck artery	3 5	
----------	--------------------	------------	--

6	Cervical trachea	3 5	
----------	-------------------------	------------	--

7	Glabella	2 4	
----------	-----------------	------------	--

8	Intra ocular pressure	2 4	
----------	------------------------------	------------	--

9	Eyeball	2/3 4/5	
----------	----------------	----------------	--

10	Philtrum	1/2 3/4	
-----------	-----------------	----------------	--

11	Jaw	2 4	
-----------	------------	------------	--

12	Chin	2 4	
-----------	-------------	------------	--

13	Adam's apple	3 5	
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The front of the body

Number	Description	Result of light impact	Result of full-power attack
1	Center of the thorax	2 4	
2	Lower end of sternum	3 5	
3	Solar plexus	3 5	
4	Center of abdomen	2 4	
5	Inner thigh	2 4	
6	Center of instep	2 4	
7	Brest	1 3	
8	Thorax flank	2 4	
9	Flank pit of waist	2 4	
10	Groin	3 5	
11	Upper knee-edge	2 4	
12	Shin	1 3	

The back of the body

Number	Description	Result of light impact	Result of full-power attack
1	Back of the neck	3 5	
2	(several parts of) backbone	3 5	
3	Outside of upper arm	1 4	
4	Outer wrist	1 3	
5	Hip nerve	2 4	
6	Achilles heel	2 4	
7	Kidneys	2 4	
8	Elbow (just below)	1 3	
9	Coccyx	2 4/5	
10	Pit of thumb and first-finger	2 4	
11	Knee pit	1 3	

General Taekwondo Information - Break test

Kyopka (Break test)

One of the four elements of taekwondo (besides sparring, style, forms, and self-defense) is the break test. It is a obligatory part of the black-belt exam and is s popular element of taekwondo demonstrations.

Why?

Breaking an object is a good way to practice concentration, power, focus, speed and precision on non-living objects, without injuring oneself or another. It is very important to realize that a proper technique is needed and a breaking technique within your limits, because without it you can easily injure yourself, sometimes even permanently!

Practicing breaking objects helps you to realize that your body itself is a very strong weapon. It also helps you to understand that during practice with a partner, you have to be very careful.

How?

The material that is most often used for breaking techniques is wood since it can be easily broken with either hand or foot. Other materials include bricks, tiles and sometimes even baseball bats!

Breaking objects can be performed with any rigid part of the body. In taekwondo, the most common are the hand or the foot, but breaking can also be done by using the elbow, the knee and even the head.

In order to break an object, it is best to start light. Use an object that is easy to break, instead of directly trying to break a thick board, and start with a technique in which you feel confident. Use your techniques as they are taught to you and try to be as relaxed as possible. When starting practicing breaking techniques, it might help you to focus a few inches behind the actual point of impact.

Physics

Dry board are more brittle than wet ones and will break more easily

If a board does not break, a large force is transmitted back to your body for a relative long time. This might hurt :

Break boards with the grain. It is much easier!

When breaking a board, make sure that the persons who hold the board have a firm grip. If the board moves during your technique, it will soften your technique.

other factors not covered: angle of strike, size of attacking tool

Impulse = force (delivered by the strength of t =your muscles) times time (delivered by the speed of your movement). Therefore, the shorter your contact with the board, the bigger the force component will be and therefore, the easier the board will break.

momentum = mass (weight) x velocity (speed in a certain direction), The change in momentum is the momentum when you hit the target minus the momentum when you come to a stop, which is determined by weight and speed (== impulse??)/ The force applied to stop a movement determines how quickly it is stopped, since we can say the mass used to create the momentum will not change.

In order to break a board (or any kind of material), you must cause a shearing moment in the board that is larger than the critical moment for that type of material. That shearing moment is When you try to break a board, the board itself is supported as both sides. If you perform your breaking technique well, you will hit the board in the center which leads to an equal distribution of force on the two parts. Both parts will supply a reverse force of half the initial force.

When the force meets the board, the top of the board will be in a state of

compression and the bottom will be in tension. This will produce a torque on an axis through the middle of the board. If the torque is great enough the board will break

Besides force other elements that are important are power and pressure. The thicker the board, the harder it is to break the board. That is why often multiple smaller boards instead of one thicker one are used.

General Taekwondo Information - Language

The Korean Language (English pronunciation)

Stances

Blocking techniques

Arm techniques

Kicking techniques

Counting

The body

Competition

Disciplines of Taekwondo

Tenets of Taekwondo

Directions

Miscellaneous

The phonetics are put here by myself, it might be the case that you would write the words a different.

Stances (Sohgi)

The following words are often used as commands. If this is the case, the name of the stance is usually followed by the command "Joonbi", which means to get ready into that stance. 'Naranhi' sohgi is the beginning of each style form. It is not common to give this stance as a command, so here only the term 'joonbi' is used.

Naranhi Sohgi 'Parallel' stance
Pyonhi Sohgi Ready stance (i.e. "at ease")
Moa Sohgi 'Closed feet' stance
Ahp Sohgi Walking stance
Ahpkubi Sohgi Forward stance
Dwikubi Sohgi Backward stance
Juchoom Sohgi 'Horse riding' stance
Bum Sohgi 'Tiger' stance
Koa Sohgi 'Twisted' stance

Blocking techniques (Maggi)

Ahre maggi	Low block
Momtong maggi	Middle block
Eolgul maggi	High block

Geudeureo maggi	Fist of one arm supports the other arm by the elbow
Sonnal-bakat maggi	Block with knifehand, from inside to outside
Gawi maggi	"Scissor" block: With one hand ahre maggi, the other one a momtong-bakat maggi
Eotgalyo maggi	'X'-block
Hechyong maggi	'Wing'-block
Bituro maggi	Twisting block

Arm techniques

Eolgul jireugi	High punch
Momtong jireugi	'Middle' punch
Sonnal mok anchigi	With knifehand strike at neck
Pyeonsonkut jireugi	Spear fingers
Doobeon jireugi	Double punch
Kaljaebi	'Strangle' punch

Kicking techniques (Chagi)

Ahp-cha-gi	Front kick
Dolryo-cha-gi	Round kick
Naeryo-cha-gi	Axe kick/Downward kick
Yop-cha-gi	Side kick
Dwi-cha-gi	Backward kick
Hooryo-cha-gi	Hook kick
Bandae-dolryo-cha-gi	Spinning hook kick
Dwi-dolryo-cha-gi	Spinning hook kick

Counting

Hana	one
Tul	two
Set	three
Net	four
Tasot	five
Yosot	six
Ilgob	seven
Yudol	eight
Ahop	nine
Yeol	ten

11. Yeol Hanna	- eleven
12. Yeol Tul	- twelve
13. Yeol Set	- thirteen
...	- ...
20. SeuMool	- twenty
21. SeuMool hanna	- twenty one
22. SeuMool tul	- twenty two
...	- ...

30. SoReun	- thirty
40. MaHeun	- forty
50. Sheen	- fifty
60. YeSoon	- sixty
70. IlHeun	- seventy
80. Yudoon	- eighty
90. AHeun	- ninety
100. Bak	- hundred

The following words are of chinese origin and are mostly used as "1st, 2nd etc." (The first Taeguk: Poomse Taeguk Il Jang)

1. Il	- 1st
2. Ee	- 2nd
3. Sam	- 3rd
4. Sah	- 4th
5. Oh	- 5th
6. Yook	- 6th
7. Chil	- 7th
8. Pal	- 8th
9. Koo	- 9th
10. Sip	- 10th
11. Sip Il	- 11th
...	- ...
20. Ee sip	- 20th
21. Ee sip il	- 21st
...	- ...
30. Sam sip	- 30th
31. Sam sip il	- 31st
40. Sah sip	- 40th
50. Oh sip	- 50th
60. Yook sip	- 60th
70. Chil sip	- 70th
80. Pal sip	- 80th
90. Koo sip	- 90th
100. Il Bak	- 100th

The body

Mom	body
Eolgool	Upper body (i.e. head and neck)
Momtong	Middle part of body (trunk)
Ahre	Lower part of body (i.e. legs and feet)
Meo-li	Head
Mok	Neck
Myung chi	Solar plexus
Pal	Arm
Palkoop	Elbow
Palmok	Forearm
Son	Hand
SonMok	Wrist

JuMeok	Fist
Dari	Leg
Murup	Knee
Baal	Foot
Apchook	Ball of foot

Competition

Gyorugi	- sparring
HohGoo	- body protector
Charyeot	- attention stance
Kyeongre	- bow
Joonbi	- ready
Jeon	- round
Il-hoejeon	- first round
Shijak	- start fight
Kallyo	- pause
Kuman	- end fight
Kam-Jom-Hana	- penalty point
Kyeonggo-Hana	- warning
Hong	- red
Chong	- blue
Boo Sang	- injury

The disciplines of Taekwondo

Poomse	- style-forms
Hosinsul	- self-defense
Gyorugi	- sparring
Kyepka	- breaktest

Tenets of Taekwondo

Ye ui	- courtesy
Yom chi	- integrity
In nae	- perseverance
JahJeh	- self-control
Baekjool	- indomitable spirit

Directions

Ahp	- front
Dwi	- back
Bandae	- reverse
Bakat	- outer
An	- inner
Anuro	- inward
Bakuro	- outward
OhReun	- right
Wen	- left

Miscellaneous

Kibon dongjak	- fundamental practice
Poomse/ Hyong	- style figures
Daeryon	- step sparring
Sajoe daeryon	- four-direction movement
Pan ja yu	- semi contact fight
Gyorugi	- full contact fight
Hosinsool	- self-defense
Paegi	- freeing techniques
Kihap	- powerful yell, to collect and focus internal energy
Chagi	- kick
Chigi	- attack with hand
Jiroegi	- punch
Dan	- black belt degree: 1st - 10th degree
Gup	- colored belt degree: 10th (white) - 1st (red-black)
Dobok	- Taekwondo uniform
Tie	- belt
Dojang	- practice gym
Kwan	- school
Sabeom Nim	- instructor
Kam sa hamnida	- Thank you
CheonMaNeYo	- You're welcome

HISTORY OF HAPKIDO

Yong Shul Choi, a contributor to the the founding of Hapkido, was born in the town of Yong Dong, Choong Chung Province, relatively near Taegue, South Korea in 1904. In 1909 Korea came under Japanese occupation. It is believed that Japanese troops took Young Shul Choi from his homeland at the age of seven to be assigned work in Japan. It was a very common practice, at this period of history, for the Japanese occupying forces to relocate young male Korean children to Japan for various types of labor. Shul Choi, stated in an interview conducted shortly before his death in 1982 that he had been abducted by a candy store owner, Mr. Morimoto, and taken to Japan to be his son. As he did not like the man, he eventually escaped. The actual causation for his transport to Japan may never be proven. If a Mr. Morimoto had been the causation, it would have sadly been for him to be a laborer and not a son.

As fate would have it, Choi eventually came to work for, Sokaku Takeda (1860-1943), the 32nd patriarch of Daito Ryu Aikijitsu. Takeda was forty-four years old at the time Choi, a seven-year-old boy, came to his service. Choi was given the Japanese name Yoshida, Asao. The first or given name Tatjuttu that is propagated as being the name Choi used in Japan is not a valid Japanese name. Therefore, it is historically inaccurate to believe he went by this name. [Chick Here to view the Daito Ryu Aikijitsu history page on this website.](#)

Takeda and Choi

Choi, now living under the employee of Takeda, in Hokkaido, was not treated as an adopted son by Takeda, as legend has led many modern Hapkido practitioners to believe. In fact, Choi was simply an employee of Takeda.

We must place this association into historical perspective to understand the true relationship between Takeda and Choi. At this juncture of history, the Japanese viewed themselves as the "Divine race." Koreans were simply thought of as a conquered people. Takeda, perhaps came to be found of Choi, but due to his cultural programming, he would never have accepted him as a son. Certainly, there were affluent individuals, of Korean descent, who lived in Japan during this period and were more readily assimilated in Japanese martial culture. Unfortunately, Choi did not possess this status and was forced to live a life supported by labor.

It is important to note that the true relationship between Choi and Takeda was clearly known to all of Choi's early students -- including Hwa Rang Do Grandmaster and Founder Joo Bong Lee and Choi's first student, Suh, Bok Sup. It is the later generations of students who were lead to believe that Choi was the adopted son of Takeda. Where this myth was born is difficult to say. There is a translation of a later interview with Choi where he, supposedly, states that this was the case. This author has never seen or heard this original interview in Korean, however. So, it may have been a mistake in translation. In addition, this author has never seen or heard this fact stated in any other instance by Choi, Yong Shul. Again, bringing into question if Choi ever made this statement. It is essential to understand that it is doubtful that Choi would have ever made a statement such as this, due to the fact that it would have been very, "Politically Incorrect," due to Korea's previous relationship with Japan. Therefore, it is factually inaccurate to perpetuate this belief.

Takeda's own son, Tokimune Takeda, stated that he never knew Choi, Yong Shul. This may be explained by the fact that Takeda possessed two distinct households.

Only one of which housed his family. In addition, Japanese immigration records, of the late 1930's and early 1940's, list Choi, under his Japanese name, as an employee of Takeda.

Choi remained in the employ of Takeda for thirty years until 25 April 1943 when Takeda died. At that point he took his leave from the house of Takeda and shortly thereafter returned to the Taegue area of Korea.

It must be noted that there is no historic record of Choi ever being certified as a student or teacher of Daito Ryu. The myth that Choi lost his certificates while returning to Korea is a falsehood as there is in-depth records of every Daito Ryu Aikijitsu student kept in Japan. Choi, by his Korean or Japanese name, was never listed. This fact substantiates the true relationship between Choi and Takeda. Choi, however, for decades was under the direct influence of the art. He obviously mastered its techniques.

The Birth of Hapkido

As stated, Choi remained with Takeda for thirty years until Takeda's death. Relieved of his duties, Choi returned to Korea.

Choi's first student was a successful brewery manager named, Suh, Bok Sup. Prior to his study with Choi he had been awarded a 1st Dan Black Belt in Judo, under the direction of Korean Judo instructor, Choi, Yong Ho. In February of 1948, the twenty-four year old Suh witnessed Choi, who was then in his forties, get into a fight with several men. Choi rapidly devastated his opponents. So impressed with his technique, Suh summoned Choi to his office and inquired as to his style. This meeting eventually lead to Suh hiring Choi, who had previously been a poor rice cake seller and hog farmer since his return to Korea. Choi would teach Suh for several years privately, eventually also became a bodyguard for Suh's father, Suh, Dong Jin.

Suh, Bok Sup became instrumental in helping Choi open his first school of self-defense, which was established in February of 1951. He also became his first Black Belt. Due to Suh's advanced understanding of Judo, Suh lent some of this knowledge to the system that later became known as Hapkido. Many of the basic sleeve grabs, shoulder grabs, and throws, used in Hapkido, can trace their origin to Judo.

The initial name of the system of self-defense Choi taught was, Dae Dong Ryu Yu Sool. This is the Korean translation for Daito Ryu Jujitsu.

Initially, Choi taught his students a very pure form of Daito Ryu Aikijitsu. Many of the later students of Hapkido attempt to falsely date the origin of Hapkido to some ancient Korean art. This is historically inaccurate. Choi, himself, never made this claim.

As time progressed and other Korean martial art pioneers, such as General Hong Hi Choi (Taekwondo) and Hwang Kee (Tang Soo Do) were rediscovering and expanding upon the offensive nature of Tae Kyon, their discoveries influenced some of the advanced students of Choi, such as Ji, Han Jae, who slowly began to incorporate the very aggressive punching and kicking techniques into the overall understanding of Hapkido. Choi, himself, never taught kicking in association with Hapkido, however.

Hapkido's final criteria came through a slow testing period, as did the other martial art systems born on the newly independent Korean Peninsula. Even the name Hapkido went through various changes, including: Yu Kwon Sul, Yu Sool, Ho Shin Mu Do, and Bi Sool.

Today, there is no one system of Hapkido, as is the case with WTF Taekwondo, for example. As time has gone on, each teacher and ensuing organization has

integrated their own understandings and self defense realizations into this art. There are, however, two distinct types of Hapkido. The first are the schools that hold tightly to the original teachings of Yong Shul Choi. This style of Hapkido will commonly be observed when visiting or studying in the Hapkido dojangs located in the Taegue vicinity of South Korea. Here, the focus is placed primarily upon the Daito Ryu based joint locks, deflections, and throws. The second distinct style of Hapkido is those instructors, schools, and organizations that trace their lineage to Grandmaster Ji, Han Jae - whether directly or indirectly. In these schools one will observe a plethora of punching, kicking, and weapon techniques, in association with the joint locks and throws commonly associated with Hapkido. This style of Hapkido will commonly be observed at the dojangs based in Seoul, South Korea and, in fact, most of the Western world.

The continued evolution of Hapkido is a good thing. It has allowed the art to change and embrace the needs of each student in their own unique way.

Ji, Han Jae and the Evolution of Hapkido

Grandmaster Ji, Han Jae was born in Andong, Korea in 1936. He was a student of Yong Shul Choi between approximately 1949 and 1956. He opened his first school, known as An Mu Kwan, in 1956 in Andong, South Korea. Later that year, he moved his school to Seoul and shortly there after renamed it, Sung Moo Kwan. At that time he held the rank of 3rd Dan Black Belt in Hapkido, then known as Yu Kwan Sul.

Grandmaster Ji is said to have additionally studied the ancient Korean martial arts and meditation from a Taoist monk referred to only as, Taoist Lee. Ji states that he combined the techniques of his two teachers and invented the term Hapkido in 1959. Original students of Choi Dojunim say, however, that the term Hapkido was first used by Choi before Grandmaster Ji decided to use the name. Thus, this issue may never be fully resolved as to who first used the name. But, it is of little historic importance.

It must be noted that due to the fact that Grandmaster Ji relocated to Seoul, he was central to the homebase of the evolving Korean martial arts. As such, he was exposed to the advanced kicking techniques that were being integrated into these modern systems of self-defense. Thus, he was the person who integrated the advanced methods of offensive and defensive kicking into Hapkido. In addition, he was the first instructor to add such weapons to the art as the short and middle staff, known as Don Bong and Jung Bong respectively, and the Hapkido cane.

Due to his strategic location and dynamic personality, he became a very influential figure in the development and evolution of Hapkido. He was the instructor of many Hapkido practitioners who later become very famous masters of the art and spread Hapkido across the world. These students include: Grandmaster Kwon, Tae Mon (one of his first students and a man who helped introduce Hapkido to the United States), Grandmaster Myung, Jae Nam, Grandmaster Choi, Sea Oh, and Grandmaster Han, Bong Soo -- to name just a few. As such, Ji has done more to expand upon the original system of Hapkido and to promote the art around the world than any other individual. There is more direct and indirect student of Ji, Han Jae's style of Hapkido than any other Hapkido instructor in history. Several of his original students no longer wish to be associated with him, however, due to differing personal ideologies. Thus, many Korean instructors no longer reference him as the source of their knowledge. Instead, they claim they studied directly from Yong Shul Choi - though this is factually not the case.

In 1961, Kim, Yong Jin who opened the Oh Ji Kwan School of Hapkido, joined Grandmaster Ji in Seoul. Soon after that, Kim, Moo Hong established Sin Moo Kwan Hapkido.

In 1967 Grandmaster Ji initiated the use of the eagle as the logo for Hapkido. Later that same year, the first textbook on Hapkido was written by Hapkido Masters: Nyung, Kwan Shik and Kim, Jong Tek.

In 1968 another student of Ji, Myung, Kwan Shik, opened a new Hapkido Kwan in Seoul. It was called Young Moo Kwan.

In 1969, Grandmaster Ji first visited the United States and was introduced to Bruce Lee by Grandmaster Jhoon Rhee. He later appeared in Bruce Lee's film, "Game of Death."

In 1984, Grandmaster Ji officially relocated to the U.S. and formed, Sin Moo Hapkido. "Sin," referring to "Higher Mind," and "Moo," to "Warrior Ways." Historically, it can be understood that Grandmaster Ji, Han Jae was one of the most influential and instrumental proponents of the art of Hapkido -- no matter who invented the name. Though he greatly expanded upon the art, as many advanced masters have done, he was, none-the-less, a direct student of Choi Dojunim. Thus, he did not invent the art. The foundation of Hapkido must be ultimately attributed to Choi, Yong Shul.

Hapkido's Governing Bodies

By the early 1960's the various South Korean based schools of Hapkido were already fragment from the original teaching of Yong Shul Choi. Seeking an official governing body, advanced teachers the art petition the Korean government for a formalized organization. On September 2, 1963, the Korean Ministry of Education granted a charter to the Korea Kido Association. This extended this organization the right to supervise and regulate the standards of teaching, as well as promotion requirements for Hapkido and thirty additional Korean martial arts that had not congregated under the banner of Taekwondo. The first chairman of the Korea Kido Association (Ki Do Hae) was Choi, Yong Shul. Its first President was Lee, Kyu Jin, who held this position for two terms. Ji, Han Jae and other Korean Hapkido masters were additionally on its Board of Directors. In 1967, a new President, Kim, Du Young was elected. He held this position for several terms. On 26 January 1978, at the eighth Ki Do Hae election, a new president, Choi, Byung Rin, was elected. And, Choi, Byung Gu was elected the new Chairman. At the ninth Ki Do Hae election, held on 5 April 1981, Pyo, Si Chan was elected the organization's new president.

On the first of June, 1983, at the tenth Ki Do Hae election, Suh, In Hyuk was appointed the Chairman. And, 10th Dan, Kuk Sool Won, Grandmaster, Seo, In Sun was elected its president.

Grandmaster Seo was the first non-politician and actual martial art master to hold this appointment. He has maintained this position since his election.

The Evolution of the Korea Hapkido Association

As time progressed, fragmentation of Hapkido continued. This was due to ongoing individual differences. In 1965, Ji, Han Jae left the Korea Kido Association. He formed and became President of Daehan Hapkido Hae, The Korea Hapkido Association. This association was formed with the blessing of then South Korean President Park, Chung Hee.

The reason President Park was so in favor of this new organization was, in no small part, due to the fact that Park, Jong Kyu, a student of Ji, Han Jae and head of the Presidential Protective Forces, was an instrumental element in its formation. In 1973 Ji, Han Jae resigned from this organization, with the hopes

of taking many of its members with him and bringing them to a new organization he was instrumental in creating: The Republic of Korea Hapkido Association. What is now known as the Korea Hapkido Association has gone through several incarnations. Its presidents have included, in addition to Ji, Han Jae: Kim, Woo Choong, Kim, Gye Ho, Park, Dow Soon, and Hwang, Duk Kyu.
Myung, Jae Nam

Another essential figure in the development of Hapkido is Myung, Jae Nam. Myung was born on 31 December 1938. He began his Hapkido training in 1958 under the direction of Ji, Han Jae at Ji's Joong Boo Si Jang studio in Seoul. He trained next to several other influential Hapkido Masters, including: Han, Bong Soo and Choi, Sea Ho. Myung was one of the original Masters on the board of directors of the Korea Hapkido Association and was awarded his 8th Dan by Ji, Han Jae in 1972.

Prior to this, however, it is interesting to note that in 1965, Myung, Jae Nam was the only master of Hapkido to heartily welcome a Japanese Aikido instructor, Hirata Sensei, who was touring Korea. The less than warm reception for a visiting Japanese Sensei was obviously due to the remaining Korean distaste for the Japanese due to Japanese occupation. For the next several years, Myung exchanged techniques with the man. Myung eventually formed an alliance with Japanese Aikikai. In 1969, when Grandmaster Myung formed his own organization and named it, Han Kuk Hapki Hae, the certificates he issued had the name of Aikido's founder, Uyeshiba Morihei on them in association with his own. From that point forward, until his death in 1999, Myung, Jae Nam was the Korean representative for Aikikai. In his version of Hapkido there are many Aikido based techniques.

From 1969 forward his organization continued to evolve. In 1972 he moved the location of his headquarters from Inchon to Bukchang-Dong, Chung-Ku, in Seoul and renamed his organization Han Kuk Hapki Hae, The Korea Hapki Association. In 1974 he changed the name to Kuk Jae Yong Meng Hapki Hae. This organization is more commonly known as, The International Hapkido Federation.

The Korea Hapkido Federation

The birth of the Korea Hapkido Federation can be traced to Grandmaster Ji, Han Jae. In 1973 he invited two advanced masters of Hapkido: Kim, Moo Wong, and Myung, Jae Nam, to join him. Both of which were previously his students. They untied their individual organizations. They named the newly formed association, Dae Han Min Kuk Hapkido Hyub Hae, The Republic of Korea Hapkido Federation. Ji, Han Jae was the first to leave this organization. Grandmaster Myung eventually left the organization, as well. A new organization emerged from the foundations of this association, The Korea Hapkido Federation.

Oh, Se Lim was elected the president Korea Hapkido federation. He has remained the president of this organization since its inception. Today, the Korea Hapkido Federation is the largest, wholly Hapkido, governing body for Hapkido in the world.

Prior to 1990, the Korean Hapkido Federation, and all other South Korean based non-Taekwondo martial art organizations, were required to be a part of the South Korea Amateur Athletic Association. (this was the equivalent to holding nonprofit status). Each of these associations were required to register their Black Belts with the Korea Kido Association (Ki Do Hae), if they wished their students and instructors to possess Korean certification. In 1990, governmental and organizational laws changed in South Korea, however, and the various established martial art organizations were allowed to become financial based

entities. Due to this fact, the Korean Hapkido Federation and other established Korean martial art organizations broke away from Ki Do Hae and were allowed to offer promotions without Ki Do Hae approval.

During this period of change in South Korea, in 1990, Korea Ki Do Hae expanded and instituted a new branch of operation known as, The World Ki Do Association. This branch of Ki Do Hae was formed to supply legitimate non-Korean martial artists with rank recognition from South Korea.

For additional information view The Korea Hapkido Federation page on this website.

Hapkido was formally introduced into the United States in 1964 by then twenty-eight year old, Sea Oh Choi. At that time he held the rank of 5th Dan Black Belt. Though not the first Hapkido Black Belt to immigrate to America, he was the first instructor to open a Hapkido school in the United States. The name of the school was the Hapki-Jujitsu School of Self Defense. It was located at 821 Temple Street in Los Angeles, California. He later relocated his school to 721 S. Western Ave. Master Choi retired from teaching Hapkido in the mid 1970's at the rank of 6th Dan to pursue a career in architecture and interior design.

UNDERSTANDING KI

The Korean martial art of Hapkido is most frequently associated with its extensive arsenal of deflections, joint locks, throws, and powerful kicking techniques. There is, however, an element of this martial art system which not only helps to form its name, but is essential to this arts overall process of self defense. That element is Ki.

The Basis of Ki in Hapkido.

The science of Ki is generally only taught to the advanced practitioners of Hapkido. This is because of the fact that for the martial arts student to truly comprehend the workings of the advanced science of Ki, they must first possess a mastery of the physical aspects of the human body. As such, discussion of Ki's existence within this art is limited to those practitioners who have been involved with this martial art system for many years.

The Foundation of Hapkido.

Hapkido was created in post World War II Korea by Yong Shul Choi. Choi's mastery of the martial arts was not founded in the indigenous Korean martial arts but, instead, in the Japanese understanding of self defense.

In 1909 Japanese troops took Choi from his homeland, at the age of seven, to be assigned work in Japan. The relocation of male Korean children was a very common practice by the Japanese occupying forces between 1909 and 1945. As fate would have it, Choi was assigned to Sokaku Takeda (1860-1943), the 32nd patriarch of Daito Ryu Aikijitsu. Choi was given the Japanese name Yoshida Asao.

Choi remained with Takeda until his death, working for him and mastering his advanced system of martial arts. Ueshiba Morihei, also a student of Takeda, used Daito Ryu Aikijitsu as a basis for Aikido. This is where the similarities between the two arts arise.

As Korean Hapkido can be directly linked to Japanese Daito Ryu Aikijitsu, to understand Hapkido's use of Ki as a self defense method more precisely, one must study the path Ki science took in its development. From this, one will come to understand how Ki developed into an effective martial arts tool.

The Science of Ki.

Ki or Internal Energy was first written about in the Chinese document, Huang Ti Nei Ching Su Wen, or The Yellow Emperor's Classic of Internal Medicine. This text is commonly referred to as the Nei Ching.

The Nei Ching is written in the form of a dialogue, on the subject of healing, between the Huang-ti, The Yellow Emperor, and his minister Chi-po. Huang-ti, was a mythological ruler of China, legend to have lived from 2697 to 2599 B.C.E. He is said to have invented most aspects of Chinese culture. Though Chinese folklore claims the Nei Ching was written during the life of Huang-ti, the text is historically dated at approximately 300 B.C.E. -- during the Warring States Period of Chinese history.

In the Nei Ching, Ki is described as the Universal Energy which nourishes and sustains all life. It flows through the universe and thus, through each individual. An abundant, non restricted, flow of Ki in the body allows one to remain healthy; while a diminished or impeded flow of Ki in the body lead one to illness.

The Nei Ching describes how Ki circulation in the human body is directed by invisible circulation channels, similar to veins, known as Meridians. In the

Korean language these Meridians are known as: Pu-dan-ui Kyung.

Chinese Contact with Korea.

Formalized Chinese contact with the Korean Peninsula began in approximately 200 B.C.E. during the Chinese Qui Dynasty (221-206 B.C.E.). This contact was intensified by the placement of Chinese military colonies on the Northern Korean Peninsula during the Han Dynasty (202-220 B.C.E.). From these contacts, the Korean Peninsula was led into a period of rapid advancement in agriculture, health science, (which includes the doctrine of the Nei Ching, and formalized governmental statesmanship. Confucianism, Taoism, and later Buddhism were all introduced to Korea from China.

The Transmission of Ki Knowledge from Korea to Japan.

From Korean, Chinese philosophic ideals were first transmitted to the island nation of Japan at the bequest of King Kunch-ogo (346-375 C.E.). Two Korean scholars, A-Chikki and Wang-In were sent to Japan, to instruct the Japanese Crown Prince in the Confucian doctrines. They brought with them copies of the Analects of Confucius, Chien Cha Wen, (The Thousand Character Classic). This first transmission of Confucian thought became one of the most culturally influential events in ancient Japanese history.

Korea begin to embrace Buddhism as the early centuries of the Common Era unfolded. Korean Buddhist monks were sent to Japan in the 5th century C.E., introducing Buddhism to the island nation. The Buddhist monk Kwall-uk, (Kanroku in Japanese), crossed the Sea of Japan in 602 C.E., bringing with him a large number of Buddhist sutras, historical books, medical books, works on astronomy, geography, and the occult arts. Kwall-uk was instrumental in the founding of the Sanron school of Buddhism in Japan.

As there was no evidence of Chinese medical practices in Japan until this period, it is believed this is when the knowledge of Ki, detailed in the Nei Ching, was first transmitted from Korea to Japan. Though Chinese and Korean medicine rapidly expanded throughout Japan and was practiced by monks and priests from this time period forward, the use of Ki for other than medical purposes did not evolve in Japan until the 12th century with the Samurai. From the continued contact between Korea, China, and Japan, Ki was assimilated into Japanese culture, where its practice has taken a firm hold.

Daito Ryu Aikijitsu.

Daito Ryu Aikijitsu is one of the oldest recorded forms of Japanese Aikijujitsu. Korean legend states, Aikijujitsu was developed by Prince Sadsumi, (850-880 C.E.), known as Prince Teijun in Korean -- the sixth son of Japanese Emperor Seiwa. It is said that he founded Aikijujitsu after receiving martial arts instruction from traveling Korean Buddhist monks, in the Korean martial art style of Yu Sul. The first historic documentation of Aikijujitsu's existence, however, attributes the styles development to Minamoto no Yoshimitsu (1056-1127 C.E.), the third son of Minamoto no Yoriyoshi who was the 5th generation descendant of Emperor Seiwa.

Ki science was passed down through Japanese history, not only through Daito Ryu Aikijitsu but via Japanese Buddhist monks, as well. Ki science as a source of martial defense was, however, predominately formalized and refined in Japan at the hands of the various martial arts schools or Ryu. Until it ultimately reached the point it has ascended to in the twentieth century; where it is propagated not only as a science of health but as a defense method as taught by Hapkido.

Understanding Ki Energy in the Human Body.

As described, Ki flows through the human body along invisible circulation channels known as Meridians. There are a total of twelve Primary or "Constant" Meridians in the human body. The reason these twelve Meridians are referred to as "Constant" is because Ki energy circulates through them in a constant and continual delineated path. Ten of these meridians are defined by, and govern specific organs of the human body. These Meridians are: the Gall Bladder Meridian, the Liver Meridian, the Lungs Meridian, the Large Intestine Meridian, the Stomach Meridian, the Spleen/Pancreas Meridian, the Heart Meridian, the Small Intestine Meridian, the Bladder Meridian, and the Kidney Meridian. The final two "Constant" Meridians: The Heart Constrictor Meridian and the Triple Warmer Meridian are related to the control of bodily functions. The Heart Constrictor Meridian dominates the continual flow of blood throughout the body and the Triple Warmer Meridian control the energy of respiration. Each of the "Constant" Meridians possesses a location on both the right side and the left side of the body. Ki flow along the Meridians is, therefore, exactly directed to specific regions of the body the Meridian effects. Furthermore, when an individual is experiencing a blockage of Ki flow along any of the "Constant" Meridians, exacting stimulation can be applied to reinstate proper Ki circulation.

There are two other Meridians which also aid in the control and circulation of Ki throughout the human body; they are: the Conceptual Meridian, and the Governing Vessel Meridian. As they do not possess a direct relationship to a specific body organ and are not an integral element of the body's primary Ki circulatory system, they are referred to as "Secondary" Meridians (Pu-ch-a-jok Kyung). These "Secondary" Meridians influence highly specific Ki channels and bodily activities.

Ki flow, through each of the body's Meridians, progresses in a constant and unchanging direction of either "Ascending" or "Descending." Each of the Meridians is dominated by either Um (Yin) or Yang.

Pressure Points.

Pressure Points or "Hyel" in Korean are precise access sites along a Meridian. These Hyel, when properly stimulated by Acupuncture (Chim Sul) or Accupressure (Ki-op-sul), enhances the flow of Ki along a specified Meridian. Thus, exacting pressure to points aid the body in recovering from Ki blockage or Ki deficiency.

Ki stimulation of a specific meridian is commonly understood to aid in adding Ki flow to a specific meridian of the body; additionally, if these Hyel are impacted in a precise and specific manner, they can also be accessed to hamper the flow of Ki in an individual. This is where Hapkido begins its understand of Ki self defense.

The Basis of Ki Self Defense in Hapkido.

To utilize Ki in self defense, one must possess an abundance of Ki and know how to focus its energy precisely. The ability to focalize Ki power is known in Korean as Ki Gong. The first step in obtaining the ability to consciously focusing your Ki energy for external use is initially accomplished by concentration on your Center Point or Tan Jun.

Tan Jun.

Tan Jun is the center point of the human body. The Tan Jun is located approximately four inches below the navel. This bodily location is the source point of all usable Ki in the human form. The martial arts practitioner who desires to utilize Ki energy efficiently must first define this location. This

can be accomplished by performing a Tan Jun defining exercise.

Tan Jun Defining Exercise.

Stand with your legs separated, approximately even with your shoulders. Allow your knees to be slightly bent. Your feet should be pointing forward, in a natural pattern. Bend your elbows slightly. Extend the fingers of your hand naturally straight. Do not tighten the muscles of your hand, but allow your fingers to be semi relaxed and naturally separated. Bring your two hands in front of your Tan Jun. Separate your thumbs from your forefingers, allow them to form an inverted triangle with approximately one inch of separation between both of your thumbs and forefingers.

Once you have achieved this stance, close your eyes and breathe slowly, yet deeply. Allow your breaths to go deep into your abdomen. Once you achieve a relative state of calm, after approximately ten natural breaths, begin to visualize the location of your Tan Jun.

Now, pivot your wrists, until your open palms face upward. Bring your fingers together and allow them to point towards one another. Breathe deeply in through your nose, as you visualize your breathe entering your body in a golden flow through your Tan Jun. As you perform this exercise, bring your hands slowly up your body, accompanying your breath, until they reach your chest level.

Once you have taken in a full breath, hold it in naturally for a moment. Then, as you release it, pivot your palms over to a downward facing positioning and allow the breath to naturally leave your body, as your hands travel downwards to their beginning positioning. As your breathe leaves your body, visualize it exiting through your Tan Jun in a golden flow.

From this exercise, the exact individual location of your Tan Jun will clearly come into focus and you will develop the ability to easily direct Ki throughout your body, from it. You should perform this Tan Jun breathing technique at least ten times, any time you need to refocus your body, mind, or Ki energy.

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Tan Jun and Self Defense.

Once the location of the individual's Tan Jun is firmly delineated, all Ki orientated strikes and self defense applications are accomplished by initially focusing on this Center Point. The Korean word "Ki Hap," the yell associated with all punching, kicking, and throwing techniques, signals the fact that the practitioner is pulling Ki up from this location and then releasing it as any offensive or defensive technique he is unleashing.

Pressure Point Strikes.

As has been explained, there are numerous locations on the human body which will directly access Ki meridian pathways. These Hyel can be employed to interrupt the flow of Ki in an attacking opponent. In its most elemental form of Ki orientated self defense, Hapkido teaches its students to strike precisely to a Hyel. From this Ki science defensive application, you can effectively stop the Ki flow of the opponent along the specific Meridian pathway you are impacting. Thereby, Ki to the element of the body that specific Meridian effects is halted and your opponent will be hindered in his offensive abilities.

Striking to a Hyel does not necessarily immediately knock a person out or cause a body part to become instantly numb, as has been propagated by many martial art charlatans. What this type of self defense does achieve, however, is the interruption of the overall Ki force in an attacker. This type of self defense may be understood by the analogy of a body part which has fallen asleep, when

proper circulation has been cut off from it.

When applying forced pressure to specific Hyel, your goal is not to magically render your opponent lifeless. What you are planning to achieve, however, is both short term and long term interruption of your attacker's Ki energy.

In Hapkido, a focused Pressure Point strike is initially accomplished by focusing your energy in your Tan Jun. Then, as your strike travels towards its final Hyel impact point, you expel your focused Ki, with a Ki Yap, and strike your opponent to one of these precise locations. From this, his Ki will be interrupted and you can continue on with additional self defense as necessary. The Ki of an attacker is not only interrupted by forceful striking techniques. In fact, the more advanced martial artist will not focus his defense on offensive techniques, at all. Instead, he will choose to interrupt the Ki of his opponent by far less obvious methods. In many cases, this may be achieved by applying direct pressure to one of the opponent's Hyel with a holding or a grabbing technique.

Non-Forceful Ki Interruption.

When a martial artist uses Ki interruption techniques, in the midst of self defense, he does not possess the time to exactly locate a specific Hyel. The extended time frame such as an accupressurist would have when applying healing touch therapy. Equally, he does not generally have the time to hold a pressure point for more than a few seconds. It is for this reason, that a martial artist must not only possess an exact understanding of Meridian Pressure Points, to make Ki self defense effective, but also must possess the ability to strike or apply debilitating pressure to them rapidly and precisely.

To maintain the ability to effectively deal with any opponent, one must initially remain free for injury. To this end, when attacked by an aggressive opponent, the first element in all forms of Hapkido self defense is to remove your body from the intended path of an opponent's strike.

To Block or Not to Block.

In many traditional martial art systems they choose to intercept a powerful attack with a forceful block. Though this type of self defense is common, it is, in fact, one of the easiest ways to become injured in the process of defending yourself. As has been proven time and time again, by encountering a strike, bone to bone, the defender will often times injure himself, having his own bones broken due to the forceful impact of the block. In the least destructive of these encounters, the defender will become severely bruised due to the forceful blocking of the strike. This is due to the fact, by allowing your opponent to first launch his attack and then waiting for it to be fully deployed before you encounter it, you have allowed him the ability to develop full power and velocity with whatever strike technique he has unleashed upon you. Hapkido, does not follow this method of self defense. It, instead, chooses to encounter an attack before it has the potential of reaching climax or to simply move out of the path of the attack, deflecting its onslaught before it has the potential of making harmful impact.

Hapkido Deflection.

To put this Hapkido defense theory into practice, the easiest form of opponent deflection is to simply move out of the pathway of any oncoming strike. This can be easily achieved in the case of a linear technique, such as a Straight Punch or a Front Kick by side stepping the path of the offensive technique. In the case of a circular technique, such as a Roundhouse Punch or a Roundhouse Kick, the best method is to simply step back beyond its range. In either case, your

opponent's offensive technique will not strike you and you will not become injured by attempting to forcefully block it. Thus, you will maintain the ability to effectively move forward with additional self defense as necessary. Once your opponent's onslaught has not made contact with you, is the moment where you must immediately take action to debilitate him before he can launch a secondary attack. Hapkido practices "Continual Motion Theory." This is to say, that one technique immediately follows the last, be it offensive or defensive. In the case of Ki self defense, you first deflect an attack and then immediately apply pressure to one of your opponent's Hyel.

The Hyel which is most appropriate to apply pressure to is the one which is most easily accessible to your current positioning. In other words, you should never attempt to excessively relocate your body when moving forward with Ki self defense. If you attempt to awkwardly rearrange your positioning, you allow your opponent the ability to launch a secondary attack at you. Therefore, the Hyel you utilize in any Ki self defense must be readily accessible.

The Straight Punch Ki Interception.

If we view the case of Ki self defense in regards to the Straight Punch, what we see is that once your opponent's Straight Punch has been deflected, his arm is fully exposed. This allows you two primary location in which to apply appropriate Ki interrupting pressure to an accessible Hyel. These locations are: the inside of his elbow and his wrist.

The inside of the elbow possesses a Hyel for the Heart Meridian (Su So Um Shim Kyung). To interrupt Ki flow along this Meridian, you can reach in with your free hand and take a firm grip of your attacker's elbow. With your middle finger, place substantial pressure on this Hyel.

By blocking the Ki flow along the Heart Meridian, the proper beating of your opponent's heart is interrupted. Thus, blood flow to all areas of his body is hampered. As all bodily functions are highly reliant to proper blood flow, this causes your opponent to have an interruption of his overall aggressive energy. Thus, controlling his attack, becomes much easier.

Is Ki Enough?

As discussed, Ki blockage is not enough to guarantee victory in any confrontation. Therefore, once you have interrupted Ki flow along his Heart Meridian, you must follow through with additional self defense.

In the case of the deflected Straight Punch, as you now possess control over your opponent's elbow, you can continue forward with your "Continual Motion" self defense, by allowing your Pressure Point finger to remain in place, as a central force for bending, you then use your other hand to shove the upper part of his punching arm back into his body. With this, you will have created a flux point, from which you continue forward with your own directed pattern of energy and send him backwards, over an extended leg, onto the ground.

The second Hyel, easily accessible to the deflected Straight Punch, is your opponent's wrist. On the wrist there is a Hyel; on the bottom portion, approximately one inch from the wrist bone which accesses the Heart Meridian and the Lung Meridian (Su Tae Um Pay Kyung). By encountering this Hyel, you have the potential to not only disrupt your opponent's heart beat, but his breathing patterns, as well.

When defending yourself with the anticipation of accessing this Hyel, you will first deflect your opponent's Straight Punch. Once it has missed its intended

target point on your body, you will reach your hand in, and take a hold of this Pressure Point, encountering it with your middle finger. You perform this grabbing technique at the same time you place your other hand on your opponent's outer elbow. From this positioning, you will maintain control over his entire arm movements and, thus, he will not be able to easily launch another punching attack at you.

Once his wrist Hyel is accessed and his elbow is in check, you can easily force him, face first, towards the ground. This is accomplished by applying appropriate pressure to the back of his elbow while maintaining your locking control on his wrist Hyel.

Ki and the Frontal Choke Hold.

If you find yourself in a face to face confrontation and an attacker has rapidly taken you into a Frontal Choke Hold, the most accessible Hyel to perform initial Ki self defense upon is one of the many Hyel located on the neck. The most appropriate Hyel, as discussed, is defined by your actual positioning, but one of the most effective neck Hyel is one located on the side of the neck; as this Hyel has the potential to not only disrupt your opponent's Ki but will causes him temporary physical pain, as well. This Hyel can be accessed at the base of the jaw bone, just at the point where the jaw bone arches and moves downwards towards the chin, is a Hyel which accesses the Triple Warmer (Su Soo Yang Sum Cho Kyung), the Gall Bladder (Juk So Yang Dam Kyung), and the Small Intestine Meridians (Su Tae Yang So Jung Kyung). (See Photo Series Three). By applying appropriate pressure to this Hyel you will substantially disrupt the flow of Ki to two organs of your opponent's body, as well as his respiration patters, which are dominated by the Triple Warmer Meridian.

In continuing forward with Hapkido's "Continual Motion," your opponent can easily be sent to the ground by maintaining your finger in its Hyel positioning as you send him over your leg, onto his back.

Hyel Self Defense.

There are numerous Hyel throughout the human body. The Pressure Points you access in Ki self defense is only dominated by your precise knowledge of their location and your ability to effectively reach them. It is important to note that drawings of Hyel are not a good source of reference to their precise location. As most drawings are not exact pictures, they are deceptive in their depictions. Therefore, it is important to receive personal training from an individual who possess a substantial understanding of Ki Pressure Points before you attempt to make it a common form of personal self defense.

Ki self defense is based in the understanding of bringing the nonphysical world into the realms of the physical. Just as the sound waves of music being broadcast from a speaker can not be seen, they are, none-the-less, experienced. Ki, is similar. Though Ki can not be physically touched, the essence of its energy has been documented for centuries.

MEDITATION (POWER, PALM, ARM-BAR (KI))

“NG” TONE

UNIVERSE
SPIRITUAL STRENGTH
SUNSHINE

“M” TONE

GROUND
MENTAL STRENGTH
AIR

“SS” TONE

HUMANS
PHYSICAL STRENGTH
WATER

MEDITATION DIRECTION

MORNING MEDITATION – WEST
MID-DAY MEDITATION – NORTH
EVENING MEDITATION – EAST

ATTACK TONES (6) = “KIAP!”

YAT – DEFENSIVE
ATE – OFFENSIVE
MODDIT – LOW TO HIGH HITTING MOTION
PEH! – MOTION FROM HIGH TO LOW
SHEH! – SIDEWARD STRIKE
LA-HA-HA! – BLOCKING WITHDRAWING THEIR SPIRIT
DOUGH – THE DEFENSIVE SOUND LA = HIGH DEFENSE, DO = IMPACT DOWNWARD //
THROW
AHUP! – STRIKING DOWN

SOUNDS TOGETHER WITH MOTION MAKE MORE SPEED AND POWER. YOU CAN OBTAIN KI IN YOUR HANDS BY PRACTICING THE SOUND GAM-UHM! (KOM-UHM!)

GAM (COME) G IS ALMOST LIKE A K SOUND – FOR PICKING UP
UM- FOR THROWING

THE COMBINATION CREATES A FORCEFUL GA-AH-M! TO PICK UP AND THROW

5 WELFARE TONES

SS TEETH TOGETHER
SSS MOLARS BITE
HH “O” POSITION
SCHUU
SCHUO

CHANTING KI STRENGTH OF THE UNIVERSE TAKE UP

HUMM! TSCHII! TA-ULL TSCHONG – SANG – WON – GUN
HUMM LI TSCHI – JAH – DO – RAH!
HUMM LI HAMM LI SA – PAH HA!

FACE COLOR KNOWLEDGE

DO NOT STRIKE THE AREA THAT ARE REPRESENTED BY THESE FACE COLORS. TO DO SO MAY RESULT IN INADVERTENT LETHAL TECHNIQUES.

RED	HEART
WHITE	LUNGS
YELLOW	STOMACH
BLUE	LIVER
BLACK	KIDNEYS

STRENGTHS OF THE MAN (IMAGE):

- 1 SEX
- 2 BODIES
- 3 WILL POWER / MENTAL POWER

MEDITATION

- A MEDITATION = WITH LONG, CONTROLLED RESPIRATION
- B MIND MEDITATION = POWER MEDITATION
- ⇨ “MM” TONE = CALMING, STIMULATING, PEACE
- ⇨ “NG” TONE = POWER TON, POWER MEDITATION

EAGLE

LEFT DEFENSE, ON THE RIGHT – STRIKING (STRENGTH)
STRONGLY, FLEXIBLY, QUICKLY, SLOWLY
FLYING EAGLE = LIBERTY / PEACE => EVERYTHING IS POSSIBLE, WITHOUT RESTRICTION
ARROW GRABBING = 100% DEFENSE, SPEED
KING OF BIRDS = KING ALWAYS WINS (AS IN CHESS) => “THE BEST”

BRAIN

FRONT BRAIN = OPENS THE MENTAL EYE
MIDDLE BRAIN = CONTROLS ADRENALIN (3 POWERS: PHYSICAL, MENTAL, MEDICINE)
BACK BRAIN = PHYSICAL FORCE / STRENGTH

LUCK / WAY OF PASSING

- 1 WOMAN / MAN
- 2 FRIEND / FRIENDSHIP
- 3 PUPILS

CAUSES FROM REASON OF 1-3 LEAD TO EMOTIONAL AND PHYSICAL TURMOIL.
TRY TO REGARD THE SITUATION FROM ANOTHER POINT OF VIEW.
FROM A NEGATIVE EXPERIENCE POSITIVE TEACHINGS TO DRAW.

CONTROLLING ONE'S EMOTIONS

ONE MAY OBTAIN LUCK FROM SIMPLICITY AND VIRTUE FROM HUMBLENESS.
UNDERSTANDING COMES WHEN ONE IS CALM.
ANXIETY COMES FROM PASSION.
MISFORTUNE COMES FROM WORLDLINESS.
MISTAKES COME FROM RECKLESSNESS.

EYE: BE CAUTIOUS NOT TO LOOK AT ONE'S EVIL DOING.
LIPS: CHOOSE YOUR WORDS CAREFULLY, AND DO NOT SPEAK UNTRUTHFULLY.
SPEAK ONLY THE TRUTH, KINDLY AND SOFTLY.
SELF: DO NOT KEEP COMPANY WITH UNTRUE PEOPLE; RATHER, BE CLOSE TO PEOPLE WHO ARE COMPASSIONATE AND KIND.

RESPECT YOUR ELDERS.
HONOR VIRTUOUS CHARACTER.
CHOOSE WISE, INTELLIGENT MEN AS LEADERS.
FORGIVE WISELY THOSE WHO ARE IGNORANT AND UNEDUCATED.

DO NOT REFUSE THAT WHICH COMES TO YOU AND DO NOT HOLD THINGS THAT LEAVE YOU.
DO NOT EXPECT TO BE TREATED LIKE YOU ARE BETTER THAN OTHERS.
DO NOT HOLD A GRUDGE ABOUT THAT WHICH IS ALREADY DONE.
WHEN ONE HURTS ANOTHER, ONE HURTS ONESELF.

WHEN YOU DEPEND ON SOMEONE ELSE'S INFLUENCE, YOU WILL MEET WITH MISFORTUNE.
CONTROL YOUR TEMPER WITH MILD EMOTION.
EVIL IS CONQUERED BY GOOD DEEDS.
BY ALWAYS GIVING, ONE CONTROLS SELFISHNESS.
TRUTH WILL MASTER HYPOCRISY.

DEAR STUDENTS, DEEPLY UNDERSTAND THESE WORDS AND BE TRUE, WISE, AND STRONG MARTIAL ARTISTS.

CAUSES OF THE FIVE MAJOR INTERNAL ORGAN ILLNESSES

WHEN ONE'S DISPOSITION IS CONSISTENTLY CHEERFUL AND OPTIMISTIC, ONE WILL NOT SUFFER FROM ILLNESSES SUCH AS DEPRESSION, INSOMNIA, GASTRO-INTESTINAL DISORDERS, HIGH BLOOD PRESSURE, AND MYOCARDIAL INFARCTIONS. MENTAL WELL BEING MEANS PHYSICAL WELL BEING.

- 1 LIVER DISEASE IS CAUSED BY A SHORT TEMPER. PEOPLE WITH LIVER PROBLEMS ARE EASILY IDENTIFIED BY THEIR SHORT TEMPERS.
- 2 HEART PROBLEMS ARE PERPETUATED BY EXCESSIVE EXCITEMENT AND PROLONGED EMOTIONAL HIGHS.
- 3 GASTRO-INTESTINAL DISORDERS STEM FROM INTENSE EMOTIONAL AGONY.
- 4 LUNG ILLNESSES ARE BROUGHT ABOUT BY OVERT ANXIETY.
- 5 KIDNEY DISEASES ARE A RESULT OF INSECURITY AND FEARFULNESS.

BE MINDFUL OF THESE EMOTIONAL STRESSES AND YOU WILL MAINTAIN STRONG AND HEALTHY INTERNAL ORGANS.

History of Kenpo/Kempo

Kenpo is a Japanese unarmed fighting art that was brought from China to Japan about 700 years ago by the Yoshida Clan and was quickly adopted by the Komatsu Clan. The word Kenpo means literally, "Fist Law," and also refers to its Chinese origin. The Japanese adaptation of this Chinese style was well suited to defend against the various unarmed Japanese martial arts of the 12th century. Few modifications were required for Kenpo to overcome the new unarmed systems that developed over the next 7 centuries that came to be known as Karate (Japanese of "Empty Hand"). But for the Yoshida and Komatsu Clans who developed their art into a truly Japanese style, the term was simply Kenpo. During this same period the Chinese system from which Kenpo was derived underwent so many changes that, while most of the Kenpo techniques can be found scattered among the hundreds of Chinese fighting systems, there is no single system in China today that resembles Kenpo.

"Chinese Kenpo" is a term coined by Ed Parker in 1960, when he found there was no kung fu style that resembled Kenpo. But adding Chinese forms and Chinese terms did not change the nature or Japanese origin of Kenpo. It has, however, imbued the "Chinese connection" with an "ignorance is bliss" mentality. One of Ed Parkers students at the time was Jerry Meyers who went on to train with Bruce Lee and Danny Inosanto, and combined their style with Kenpo to make it a true Chinese Kenpo style.

90 years ago Kenpo was so well known as an effective fighting art in Japan that many Japanese styles that had no connection with Kenpo claimed their art was derived from Kenpo. Some even went so far as to claim their masters had training directly under Chinese Kenpo masters. Similar claims have continued to this day, even though there has never been a Chinese Kenpo master; nor has there been a master of the Chinese style that gave rise to Kenpo in centuries. What's even more ridiculous are the Korean schools that claim to teach Kenpo as part of Tai Kwon Do. This Chinese Kenpo is not to be confused with the styles developed by Kenpo students who went on to train with Bruce Lee and created their own systems of Chinese Kenpo.

PACIFIC ARCHIPELAGO COMBATIVES!

The Very Essence of Pacific Island Combatives

."Forge Your Kenpo, Your Silat, Your Karate, Your Jujitsu and Your Filipino Studies With The PAC Program!"

Japan! Hawaii! Indonesia! Philippines! Polynesia! "Some call this Pacific Archipelago Combatives 'Jungle Fighting.' "

Think of all the great systems of the Pacific and the best things inside them! Karate from Japan. Silat from Indonesia. Arnis/Kali/Escrima from the Philippines. Hawaii's conversion of Kenpo/Kempo. Kajukenbo. Warlike tactics of the Polynesian peoples who explored and settled so much of the Pacific. The Ring of Fire! This region's history of military conflicts. Each one is better than the other in different ways. It has always been this bigger Pacific collective of hand, stick and knife martial that I have loved. Never just one system. Hybrid practitioners-free thinking experts from several systems-simply produce the best fighters. The very foundation of this course is based upon that principle, to produce that type of free, hybrid warrior. " – Hock

Pacific Archipelago Combatives Consists of:

* Mano Mano/Silat/Kenpo/Jujitsu and more from the many Pacific Islands flowing systems of kicking,

hand striking, trapping, grappling/ground fighting. Hand versus hand, and empty hand vs. weapons.

* Single Cane combat. * Double Cane combat. * Cane and Knife combat. * Knife combat.

Forged in the Ring of Fire- The Pacific Archipelago systems are:

* The Arnis / Kali / Escrima of the Philippine Archipelago.

* The Silats of Indonesian and Filipino Archipelagos.

* The Karates, Jujitsu and Aiki-Jujitsu of Japanese Archipelagos.

* Kajukenbo and Hawaii's Conversions of Kenpo/Kempo to America.

* Cane and Knife Fighting from all of the Pacific Islands.

* Polynesian hand, cane and small club fighting

FILIPINO COMBATIVES

The origins of arnis are difficult to trace, primarily because there are nearly as many of Filipino stick fighting as there are islands in the Phillipine archipelago--more than 7000.

The races that settled in these islands came from India, Southwest Asia, China and Indonesia. these diverse races and cultures blended their heritages over the centuries, producing a common method of for employing sharp swords, daggers, and firehardened sticks in combat.

These highly spohisticated fighting styles have grown in popularity in the international martial arts community. One of these earlies known forms was called "tjakelele" (Indonesian fencing). "Kali" is another tem familiar to stick fighter around the world today.

When the Philippines were invaded by the spanish, the invaders required guns to subdue their fierce opponents. The deadly fighting skills of Filipino warriors nearly overwhelmed them, and they dubbed the native stick style "escrima" (skirmish).

Escrima was subsequently outlawed, but the techniques did not disappear. They were preserved in secret, sometimes under the very noses of conquistadors, in the form of dances or mock battles staged in religious plays known as "moro-moro".

In the Filipino Combatives you will learn the effective combat tactics and techniques of many Filipino/Indonesian Systems to include: Modern Arnis, Combat Arnis, Pekiti-Tirsia, Balintawak, Filipino Mano y Mano, Doce Pares, and others.

White Belt / Yellow Stripe

Stances

Hold each stance 2-30 minutes

Attention stance / Ready stance / Horse stance

Fighting stance / Front stance / Back stance / Tiger stance

Crane Stance / Cross stance / Low Dragon stance / Kneeling stance

Traditional Punching Horse Stance/Front Stance

Single punch

Double punch

Triple punch

Reverse punch

Lunge punch

Blocks (Traditional and Reflex)

Hard, Soft, impact and circular

Low

Outside

Inside

High

Kicks

Inside heel

Front snap

Front thrust

Forms

Kicho Il-Bo

Hoshinsool

Wrist releases (high, low, inside, outside)

“Meaning of Taekwondo”

“Age / History of Taekwondo”

“Meaning of Kempo”

“Age / History of Kempo”

“Meaning of Hapkido”

“Age / History of Hapkido”

“Meaning of Kali, Arnis-Eskrima and Silat”

“Age History of Kali, Arnis-Eskrima and Silat”

Etiquette

Yellow Belt

Hand Strikes

Palm heel strike

Kicks

45 degree chambered roundhouse kick

90 degree chambered roundhouse

Back Kick and Mule Kick

Forms

Kicho Ee-Bo

Kicho Sam-bo

10 Tenants of Taekwondo

9 Rules of Hapkido

Hoshinsool Overview

Joint Lock Anatomy Study

Finger locks

Wrist locks

Elbow locks

Shoulder locks

Neck locks

Knee locks

Ankle locks

Falling

Front triangle fall / Cat way fall / Backwards fall

Backwards Roll / Side fall / Shoulder roll

Turning Break fall

Throws

Outside reaping throw

Grappling

Positions

Mount, Guard, Side-laying

3 step sparring

Yellow Belt / Orange Stripe

Hand Techniques

Hammer fist
Tigermouth
Backfist
Knifehand
Ridgehand

Kicks

Side snap kick
Side thrust kick
Stepping side thrust kick
Forward knee kick
Upward knee kick
Roundhouse knee kick
Dropping knee

Hyung

Taeguk Il-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal
*Vertical

Hoshinsol

FINGER LOCKS/CRANKS

Throws

Inside reaping throw

Grappling

Defending the mount

2 Step Sparring

Fitness

10 Pushups
10 Sit-ups

Orange Belt

Defensive-Offensive Footwork

Eight directions drill

Triangle Footwork

Shuffle

Push-step

Step-drag

Cross-over

 front

 rear

“C” step

Cover and Turn

Pivot

1) Forward quick step

2) Backwards quick step

3) Forward straight step

4) Backwards straight step

5) Draw and forward rush step

6) Jumping back step

7) Forward sliding step

8) Backwards sliding step

9) Lead leg side step

10) Rear leg side step

11) Forward turning step

12) Reverse turning step

13) Forward cross turning step

14) Rear cross turning step

15) Switching step

Hyung

Taegeuk Il-Jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal

*Vertical

Hoshinsol

OUTSIDE WRIST LOCK/THROW and INSIDE WRIST LOCK/THROW

Throws

Shoulder throw (inside and outside)

Grappling

Escaping the mount

Orange Belt / Purple Stripe

Hand Techniques

Vertical punch
Middle knuckle punch
Palm hand strike
Forearm strike
Single finger strike / Flicking eye attack
Thumb knuckle strike / Side punch
Ox-jaw strike / Tiger claw strike
Spear-hand strike (snake)
Half-spear-hand strike (leopard)
Eagle beak strike

Elbows

Forward / Up / Down / Diagonal / Sideways / Backwards

Blocks

Knifehand blocks / Palm blocks / Forearm blocks

Kicks

45 degree chambered roundhouse kick
90 degree chambered roundhouse kick
Stepping roundhouse kick
Back thrust kick
Stamping kick

Hyung

Taeguk Ee-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal / *Vertical / *Downward

Trapping Hands

Block/Check/Strike to 12 angles of empty handed attack

Hoshinsol

BENT WRIST LOCK/GOOSE NECK
SIDE BY SIDE THROW

Throws

Thigh reaping throw (inside and outside)

Grappling

Passing the guard

1 Step Sparring

Purple Belt

Boxing Skills

Jab / Straight right / Hook punch / Uppercut / Cross punches / Spinning back-fist
Bobbing / Weaving / Combinations / Vertical chain punch

Empty handed counters to common blocks module

Trapping Hands

Block/Check/Strike to 12 angles of empty handed attack counter for counter
*single hand focused attack / *using left and right hands on attack
*add grabs and obstruction removal

Cadena de mano drill

Kicks

Outside crescent kick / Inside crescent kick
Outside wheel kick / Inside wheel kick
Outside axe kick / Inside axe kick / Straight axe kick

Explain Tan Jun

Explain Ki

Hyung

Taeguk Ee-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal / *Vertical / *downward

Hoshinsol

“S” OR “V” LOCK/THROW

Throws

Sitting throw (front and rear)

Grappling

Escaping the side-laying position
Rock and roll drill
*(escape mount, go to guard, pass guard, repeat)
*(add counter the guard reversal)
*(add the side-laying position and escape)

1:1 Free Sparring / **Fitness** 20 pushups / 30 sit ups

Purple Belt / Green Stripe

Blocks

Double low / Double inside spread block / Double outside spread block / Double high
Double knife-hand blocks
Two handed blocks High/Middle/Low
High cross block / Low cross block
High knife-hand cross block / Low knife-hand cross block
Single Mountain block / Mountain block

Kicks

Hook Kick
Stepping Hook kick
Slap / twist kick
Sliding Roundhouse kick
Sliding Side kick
Sliding Hook kick

Hyung

Taeguk Sam-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal / *Vertical / *Downward

Trapping Hands

Outside invasion from high reference point
*rear hand checks / *front hand checks

Hoshinsol

ARMBAR

Throws

Stomach throw
Sitting kick over throw

Grappling

Armbar/break from the mount and counter
Armbar/break from the guard and counter
Armbar/break from the side-laying position and counter

10 One step sparring / 1:1 Free Sparring

Fitness 20 pushups / 30 sit ups

Green Belt

Double Kicks

Double kicks (same leg and alternating legs)
front snap kick-side kick
inside crescent kick-side kick
inside crescent kick-outside crescent kick
low side kick-high side kick
45* kick - roundhouse kick
front kick-back kick
front kick-roundhouse kick
side kick - hook kick
hook kick-roundhouse kick
roundhouse kick-hook kick
outside crescent kick-roundhouse kick
side kick - roundhouse kick
roundhouse kick - roundhouse kick
double punch and back kick combination (3 way)

Hyung

Taeguk Sam-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal / *Vertical / *Downward

Trapping Hands

Outside invasion from low reference point
*rear hand checks

Hoshinsol

UNDERARM TAKEDOWN (HIGH SHOULDER LOCK)
FIGURE 4 TAKEDOWN (HIGH SHOULDER LOCK)
HAMMER LOCK OR REVERSE SHOULDER LOCK (LOW SHOULDER LOCK)

Throws

Double leg scoop throw (front and rear)

Grappling

Shoulder dislocation from the mount and counter
Shoulder dislocation from the guard and counter
Shoulder dislocation from the side-laying position and counter

1:1 Free Sparring

Green Belt / Blue Stripe

Hand Techniques

Double uppercut
Front u-punch
Side u-punch
Double front punch

Spinning Kicks

Spinning crescent kick
Spinning hook kick
Spinning back thrust kick
Spinning back side kick

Hyung

Taeguk Sa-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal
*Vertical
*Downward

Trapping Hands

Inside invasion from high reference point
*rear hand checks

Hoshinsol

NECK TWIST /LOCK/BREAK/THROW
CHOKES

Throws

Body drop throw

Grappling

Chokes from the mount and counter
Chokes from the guard and counter

Fitness

30 Pushups
40 Sit ups

1:1 Free Sparring

Blue Belt

Combination Kicks

Combination kicks

front kick + spin kick (back / crescent / hook)
side kick + spin kick (back / crescent / hook)
roundhouse + spin kick (back / crescent / hook)
inside crescent kick + spin kick (back / crescent / hook)

Double kicks w/ spin

front kick / roundhouse kick / spinning kick (back / crescent / hook)
roundhouse / roundhouse kick / spinning kick (back / crescent / hook)
front kick / side kick / spinning kick (back / crescent / hook)
roundhouse / side kick / spinning kick (back / crescent / hook)
side kick / roundhouse kick / spinning kick (back / crescent / hook)

Hyung

Taeguk Sa-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal
*Vertical
*Downward

Hoshinsol

BACK LOCKS
KNEE LOCKS
ANKLE LOCKS

Throws

Hip throws

Grappling

Knee and ankle breaks from the mount and counter
Knee and ankle breaks from the guard and counter

1:1 Free Sparring

Blue Belt / Red Stripe

Dragon Kicks

Dragon snap

Dragon thrust

Dragon round

Forward motion dragon kicks

Step dragon kicks

Jump off object dragon kicks

Hyung

Taeguk Oh-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal

*Vertical

*Downward

Hoshinsol

Attack with throws

Throws

Spinning throw

Red Belt

Jumping Kicks

Jumping inside crescent
Jumping front snap kick
Jumping front thrust kick
Jumping hop forward outside crescent
Jumping side kick
Jumping roundhouse
Jumping front leg hook kick

Meditation

Mundra exercise

Hyung

Taeguk Oh-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal
*Vertical
*Downward

Hoshinsol

Throws from punches

Throws

Shin press with foot traps

Fitness

40 Pushups / 50 Sit ups

Red Belt / Brown Stripe

Kicks

Jump kick combinations

jump front kick + spin kick (back / crescent / hook)

jump roundhouse kick + spin kick (back / crescent / hook)

jump inside crescent kick + spin kick (back / crescent / hook)

jump ax kick + spin kick (back / crescent / hook)

jump side kick + spin kick (back / crescent / hook)

Hyung

Taeguk Yook-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal

*Vertical

*Downward

Hoshinsol

Kicking Defense

Throws

Spooning and foot hooking throws

Brown Belt

Kicks

Fake spinning crescent
Fake spinning roundhouse
Step spinning hook kick
Step spinning crescent kick
Step spinning back kick
4 way kick

Blocking kicks

crescent kick block to punches
side kick block to kicks
front kick block to kicks
heel kick block to kicks

Hoshinsool

Defense against stick attack

Hyung

Taeguk Yook-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal
*Vertical
*Downward

2:1 Free Sparring

Brown Belt / Black Stripe

Kicks

Jump spinning back thrust

Jump spinning crescent

Jump spinning hook

Leg Kicks

Falling kicks

hook kick

back kick

side kick

Hyung

Taeguk Chil-jang

Block/Pass/Pin (Hubad) drill applications

*Horizontal

*Vertical

*Downward

Hoshinsol

Defense against knife attack

Dynamic Tension Breathing

Boulder Push

Punching

Fitness

40 Pushups

50 Sit ups

2:1 Free Sparring

Probationary/Deputy Black Belt

Kicks

Jump spinning kick combinations

- front kick + jump spinning kick (back / crescent / hook)
- inside crescent kick + jump spinning kick (back / crescent / hook)
- ax kick + jump spinning kick (back / crescent / hook)
- roundhouse kick + spinning kick (back / crescent / hook)
- side kick + jump spinning kick (back / crescent / hook)

Double kicks w/ jump

- front kick / roundhouse kick / jump spinning kick (back / crescent / hook)
- roundhouse / roundhouse kick / jump spinning kick (back / crescent / hook)
- front kick / side kick / jump spinning kick (back / crescent / hook)
- roundhouse / side kick / jump spinning kick (back / crescent / hook)
- side kick / roundhouse kick / jump spinning kick (back / crescent / hook)

Kicking left and right

- front kick left / jump side kick right
- outside crescent kick left / jump side kick right
- side kick left / jump side kick right
- front kick left / jump round kick right
- side kick left / hook kick right
- hook kick left / hook kick right

Hyung

Taegeuk Pal-jang

Block/Pass/Pin (Hubad) drill applications

- *Horizontal
- *Vertical
- *Downward

Hoshinsol

Gun Defense

Written Paper

“What Taekwondo has done for me in my life.” 5 pages

Fitness

50 Pushups / 60 Sit ups

1:1 Sparring

1st Degree Black Belt Test
1st Dan Taekwondo/Hapkido/Kempo Instructor Trainee

All Previous Striking and Kicking Techniques

Hyung

Koryo

Hoshinsol

10 3 STEP SPARRING AGAINST PUNCHES

10 2 STEP SPARRING AGAINST PUNCHES

10 1 STEP SPARRING AGAINST PUNCHES

10 1 STEP SPARRING AGAINST KICKS

10 TAKEDOWNS AGAINST PUNCHES

10 DEFENSE AGAINST GRABS

10 DEFENSE AGAINST KICKS

10 DEFENSE AGAINST STICK ATTACKS

10 DEFENSE AGAINST KNIFE ATTACKS

2 DEFENSE AGAINST GUN POINT

10 DEFENSE ON THE GROUND

Vital Points

Fitness

1 Mile Run / 100 Pushups / 100 Sit ups

3:1 Free Sparring

Written Paper

“History and philosophy of Taekwondo“ 5 pages

Book Report “Art of War” by Sun Tzu

10 Hours of Community Service Work

1st Degree Black Belt Level 1

Koryo

Taegeuk Il Change

Palgwe Il Chang

Single Weapon Fighting Level 1

Single Handed Stick / Short Sword

4 clock strikes and 12 angles of attack forward grip

Control

Rebound

Follow through

Reverse

4 single and two handed clock blocks

Umbrella blocks

Wing blocks

Blocking the 12 angle of attack (single and double handed)

Diamond pattern

64 Attacks Form and Drills

1-12 Abecedario

Tapi-Tapi

Single sinawalli

Knife

4 clock slashes in saber grip

12 angles of attack in saber grip

4 clock blocks in saber grip

Blocking the 12 angles of attack

Hoshinsool

FROM STRAIGHT GRAB (SAME SIDE WRIST GRAB)

8 STRAIGHT WRIST TECHNIQUES (EACH AS DEFENSE TO GRAB, OFFENSIVE USE, DEFENSE TO PUNCH)

1st Degree Black Belt Level 2

Koryo

Taegeuk Ee Chang

Palgwe Ee Chang

Single Weapon Fighting Level 2

Single Handed Stick / Short Sword

4 clock strikes and 12 angles of attack reverse grip

Control

Rebound

Follow through

Reverse

4 single and two handed clock blocks

Umbrella blocks

Wing blocks

Blocking the 12 angle of reverse grip attack (single and double handed)

Diamond pattern reverse grip

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

Tapi-Tapi

R vs. R

Sweep entry to 1,2,5,12 and break out

Thrust entry

L vs., R

Sweep entry to parry-backfist

Thrust entry

Knife

4 clock slashes in reverse saber grip

12 angles of attack in reverse saber grip

4 clock blocks in reverse saber grip

Blocking the 12 angles of attack in reverse grip

Hoshinsool

8 CROSS WRIST GRAB

8 SIDE WRIST GRAB

1st Degree Black Belt Level 3

Koryo

Taegeuk Sam Chang

Palgwe Sam Chang

Single Weapon Fighting Level 3

Single Handed Stick / Short Sword

4 clock strikes and 12 angles of attack hacking and stabbing forward and reverse grips

Control

Rebound

Follow through

Reverse

Blocking the 12 angles of attack (single and double handed)

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

23-25 Umbrella

Tapi-Tapi

R vs. R

Thrust to the outside after blocking #1

Punyo to the outside after blocking #1

L vs., L

Sweep entry to block/grab outside feed

Knife

4 clock hacks and stabs in saber and reverse grips

12 angles of attack in saber grip hacking and stabbing

4 clock blocks in saber grip

Blocking the 12 angles of attack

Hoshinsool

4 LOW SLEEVE

8 MIDDLE SLEEVE GRAB

4 SHOULDER GRAB FROM FRONT

4 BACK OF NECK CLOTHING GRAB FROM FRONT

1st Degree Black Belt Level 4

Koryo

Taegeuk Sa Chang

Palgwe Sa Chang

Single Weapon Fighting Level 4

Single Handed Stick / Short Sword

12 angle Saber and Reverse grip pommel strikes
(thrusting and hooking)

Combination cutting and striking

Mixed slashes

X's

Slash and stab

Stab and slash

Pommel and slash

Countering the combinations

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

23-25 Umbrella

26-31 Dakup Y Punyo

Tapi-Tapi

R vs. R / Lock to lock drill / Leg strike

L vs. L / Sweep entry to block/grab inside feed

Thrust entry

Knife

12 angle Saber and Reverse grip pommel strikes
(thrusting and hooking)

Combination cutting and striking

Mixed slashes, X's,

Slash and stab, Stab and slash

Pommel and slash, Countering the combinations

Hoshinsool

5 LAPEL GRAB

5 LAPEL GRAB PULLING CLOSE IN

5 THUMB DOWN LAPEL GRAB

3 TWO HAND PUSH TO CHEST

1st Degree Black Belt Level 5

Koryo

Taegeuk Oh Chang

Palgwe Oh Chang

Single Weapon Fighting Level 5

Single Handed Stick / Short Sword

Striking/Cutting Styles

Figure 8

Side to side (striking and cutting)

Up and down (striking and cutting)

Fan strikes (vertical and horizontal, long and short)

Circles (Large and small)

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

23-25 Umbrella

26-31 Dakup Y Punyo

32-36 Five Attacks

Tapi-Tapi

R vs. R

Figure 8

Side to Side

Rompida

Abinico corto series

L vs. L

Sweep entry to stick snake

Knife

Striking/Cutting Styles

Figure 8

Side to side (striking and cutting)

Up and down (striking and cutting)

Fan strikes (vertical and horizontal, long and short)

Circles (Large and small)

Hoshinsool

KNIFE DEFENSE (12)

1st Degree Black Belt Level 6

Koryo

Taegeuk Yook Chang

Palgwe Yook Chang

Single Weapon Fighting Level 6

Single Handed Stick / Short Sword

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

Combining drills with Single vs. Double grip

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

23-25 Umbrella

26-31 Dakup Y Punyo

32-36 Five Attacks

37-43 Break in/Break out

Tapi-Tapi

R vs. R

Passing #1 (Palis-Palis)

Strike One:

Poke and Disarm, Poke and Backward Throw, Poke to Tie Wrist Lock, Poke to Side by Side Throw, Poke to Rolling Arm Bar, Poke to Tie to Bait and Trap.

Knife

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

Hoshinsool

4 SIDE CLOTHING GRAB AT RIBS

4 BELT GRAB PALM DOWN

4 BELT GRAB PALM UP

3 DEFENSE AGAINST CHOKES

2 HAIR HOLD FROM FRONT

5 HOLD BY COLLAR FROM BACK

1st Degree Black Belt Level 7

Koryo

Taegeuk Chil Chang

Palgwe Chil Chang

Single Weapon Fighting Level 7

Single Handed Stick / Short Sword

Six count and Ten count Sumbrada

Disarms

Impact

Hand Snake/Circle (inside and outside)

Stick Snake/Circle (inside and outside)

Strips (strip and send, strip and keep)

64 Attacks Form and Drills

1-12 Abecedario

13-22 Four Walls

23-25 Umbrella

26-31 Dakup Y Punyo

32-36 Five Attacks

37-43 Break in/Break out

44-50 Seven Attacks Long Range

Tapi-Tapi

R vs. R

Passing #2 (Palis-Palis)

Strike Two:

Poke and Disarm, Poke to Carry Over Arm Bar, Poke to Snake Wind Wrist Lock, Poke and Pass to Elbow Compress; Poke and Carry Over to Slap, Bait, Disarm and Lock; Poke to Snake Wind to Bait and Trap.

Knife

Disarms (Impact, Strips)

Hoshinsool

4 DOUBLE SHOULDER HOLD FROM BACK

5 MIDDLE SLEEVE FROM BACK

5 DOUBLE WRIST GRAB FROM BACK

5 DOUBLE WRIST GRAB FROM FRONT

1st Degree Black Belt Level 8

Koryo
Taegeuk Pal Chang
Palgwe Pal Chang

Single Weapon Fighting Level 8

Single Handed Stick / Short Sword

Pushing and pulling techniques
Stick chokes
Empty hand against the stick 12 angles
Chain of the stick

64 Attacks Form and Drills

1-12 Abecedario
13-22 Four Walls
23-25 Umbrella
26-31 Dakup Y Punyo
32-36 Five Attacks
37-43 Break in/Break out
44-50 Seven Attacks Long Range
51-62 Clock System, Witiks and Thrusts
63-64 Broadsword

Knife

Empty hand against the knife 12 angles Grabbing/Passing
Knife point, robbery defense
Chain of the knife
In the Clutches, both grabbing
Knife vs. knife combat scenarios
Knife tapping module

Hoshinsool

7 REAR BEAR HUG WITH ARMS INSIDE
7 REAR BEAR HUG WITH ARMS OUTSIDE
7 FRONT BEAR HUG WITH ARMS INSIDE
7 FRONT BEAR HUG WITH ARMS OUTSIDE
HEADLOCK FROM FRONT AND REAR
HOLD BY NAPE OF NECK FROM FRONT WHILE VICTIM IS ON THE GROUND

2nd Degree Black Belt Test
2nd Degree Black Belt Taekwondo/ YMK Hapkido/Kempo
(1ST Dan) Shin Moo Hapkido
(1st Dan) Level 1 Guro/Guru Filipino Combatives/Kali-Silat
(1st Dan) Level 1 Guro/Guru Filipino Combatives/ Kali-Silat Mano Mano
Assistant Instructor Level Test

Kicks

Sitting side kick

Sitting front kick

Sitting roundhouse kick

Low roundhouse kick

Low spin hook kick

Low side kick

Low double side kick

Low scissors kick

Low roundhouse + low spinning hook

Jump forward low spinning hook

High and low spinning hook kick

High, middle, low spinning hook kick

4 way spinning hook kick

540 degree spinning hook kick

Low double front thrust kick / Medium double front thrust kick / High double front thrust

Jump Flying Kicks

side kick

front thrust kick

spinning back kick

20 Hours Community Service Work

Hyung -

Taegeuk Form

Palgwe Form

Koryo

Geumgang

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Hoshinsool

8 ADVANCED CROSS WRIST GRAB
30 JOINT LOCK AGAINST PUNCH
TWO HAND CHOKE FROM BEHIND
CHOKE WITH ARM FROM BEHIND
CHOKE WITH ARM FROM SIDE
CHOKE WHILE LAYING ON THE GROUND
AGAINST PUNCH (20 THROWS)
AGAINST PUNCH (HIT AND KICK, 15)
AGAINST FRONT KICK
AGAINST SIDE KICK
AGAINST ROUNDHOUSE KICK
AGAINST STEP BEHIND HOOK KICK
AGAINST INSIDE CRESCENT KICK
AGAINST OUTSIDE CRESCENT KICK
AGAINST AX KICK
THROWING WITHOUT GRABBING
8 ADVANCED WRIST GRAB DEFENSE
HIP THROWS TO GRABS AND PUNCHES
DEFENSE SITTING IN CHAIR, ALL GRABS AND STRIKES
DEFENSE KNEELING ON FLOOR, ALL GRABS AND STRIKES
JUDO THROW BLOCKING TECHNIQUES
STRAIGHT WRIST GRAB SITTING ON GROUND AND IN CHAIR
SITTING POSITION CHOKING, PUNCHING

10 3 STEP SPARRING AGAINST PUNCHES
10 2 STEP SPARRING AGAINST PUNCHES
10 1 STEP SPARRING AGAINST PUNCHES
10 1 STEP SPARRING AGAINST KICKS
10 TAKEDOWNS AGAINST PUNCHES
10 DEFENSE AGAINST RANDOM GRABS
10 DEFENSE AGAINST RANDOM KICKS
10 DEFENSE AGAINST STICK ATTACKS
10 DEFENSE AGAINST KNIFE ATTACKS
2 DEFENSE AGAINST GUN POINT
10 DEFENSE ON THE GROUND

Weapons Forms

Bo-Shodan / Jung Il-jang

sparring 3:1

Written Paper

“History and philosophy of Hapkido“ 5 pages
Book Report “Book of Five Rings” by Mushashi

2nd Degree Black Belt Level 1

Double Weapon Fighting Level 1

Double Weapons (two sticks, short swords, knives, mixed weapons)

Kob Kob

Diamond pattern (single sinawalli) Forward and Reverse Grips

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

12 Seguidas

#1

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

2nd Degree Black Belt Level 2

Double Weapon Fighting Level 2

Double Weapons (two sticks, short swords, knives, mixed weapons)

Advanced Diamond pattern saber and reverse grip (advanced single sinawalli)

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

12 Seguidas

#1-2

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

2nd Degree Black Belt Level 3

Double Weapon Fighting Level 3

Double Weapons (two sticks, short swords, knives, mixed weapons)

Double stick 14 count attack and counter module

Reverse Diamond pattern (reverse single sinawalli) forward and reverse grips

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

12 Seguidas

#1-3

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

2nd Degree Black Belt Level 4

Double Weapon Fighting Level 4

Double Weapons (two sticks, short swords, knives, mixed weapons)

X pattern striking

High/high/high/high

Low/low/low/low

High/high/low/low

Empty hand applications

12 Seguidas

#1-4

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

2nd Degree Black Belt Level 5

Double Weapon Fighting Level 5

Double Weapons (two sticks, short swords, knives, mixed weapons)

Double sinawalli

*heaven six (high)

*heaven and earth six (high/low)

*earth six (low)

*reverse earth six (low reverse)

*fanning/abinico six

Double weapon 12 angle striking

Increasing 12's drill

Crossada/Cross blocking

X-blocking/supported blocking

Double weapon passing

12 Seguidas

#1-5

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

2nd Degree Black Belt Level 6

Double Weapon Fighting Level 6

Double Weapons (two sticks, short swords, knives, mixed weapons)

Circle patterns/Redondo

Vertical

Horizontal (peripheral)

12 Seguidas

#1-6

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

2nd Degree Black Belt Level 7

Double Weapon Fighting Level 7

Double Weapons (two sticks, short swords, knives, mixed weapons)

Turning and rowing applications

Disarms

Impact

Hand Snake/Circle (inside and outside)

Stick Snake/Circle (inside and outside)

Strips (strip and send, strip and keep)

Six count and Ten count Sumbrada

12 Seguidas

#1-7

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

2nd Degree Black Belt Level 8

Double Weapon Fighting Level 8

Double Weapons (two sticks, short swords, knives, mixed weapons)

Take downs

Disarms

Throws

Chokes

12 Seguidas

#1-8

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST

2nd Degree Black Belt Level 9

Palm Stick

History

Method of Attack

Defense against empty hand

Defense against other weapons

12 Seguidas

#1-9

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY

2nd Degree Black Belt Level 10

Nunchucka

History

Method of Attack

Defense against empty hand

Defense against other weapons

12 Seguidas

#1-10

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY, 8 PUNCH,

2nd Degree Black Belt Level 11

Tonfa

History

Method of Attack

Defense against empty hand

Defense against other weapons

12 Seguidas

#1-11

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY, 8 PUNCH, 16 KICKS

2nd Degree Black Belt Level 12

Sai

History

Method of Attack

Defense against empty hand

Defense against other weapons

12 Seguidas

#1-12

Hoshinsool

Hoshinsool Held By Two People Repeat set no change

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY, 8 PUNCH, 16 KICKS

3rd Degree Black Belt - Assistant Instructor
3rd Degree Black Belt Taekwondo/Hapkido/Kempo
(^{2nd} Dan) Level 1 Guro/Guru Filipino Combatives/Kali-Silat
(^{2nd} Dan) Level 1 Guro/Guru Filipino Combatives/ Kali-Silat Mano Mano

Kicking

Left then right double front kick / Cross left then right double front kick
Spread double front kick / High double side kick
High double roundhouse kick
Scissors kick / Jump double kick same leg
Jump triple kick same leg / Jumping off wall kick
Attack and Defense with 2 and 3 people
Training in age specific teaching methods
30 Hours community service work

Hyung -

Taegeuk Form
Palgwe Form
Black Belt Form
Taebek

Hoshinsool

Hoshinsool Held By Two People

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY, 8 PUNCH, 16 KICKS

10 3 STEP SPARRING AGAINST PUNCHES

10 2 STEP SPARRING AGAINST PUNCHES

10 1 STEP SPARRING AGAINST PUNCHES

10 1 STEP SPARRING AGAINST KICKS

10 TAKEDOWNS AGAINST PUNCHES

10 DEFENSE AGAINST GRABS

10 DEFENSE AGAINST KICKS

10 DEFENSE AGAINST STICK ATTACKS

10 DEFENSE AGAINST KNIFE ATTACKS

2 DEFENSE AGAINST GUN POINT

10 DEFENSE ON THE GROUND

REVIVAL TECHNIQUES

PUNCH OR KICK TO SOLAR PLEXUS

PUNCH OR KICK TO GROIN

(WRIST, ARM BARS, JOINT LOCKS, AND TAKE DOWNS)

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

COUNTERS TO HAPKIDO TECHNIQUES / 8 WRIST, 16 BODY, 8 PUNCH, 16 KICKS

Weapon

Kama Techniques

Method of Attack

Defense against empty hand

Defense against other weapons

Written Paper

“How to develop flexibility, speed, and power” 10 pages

Book Summary Muye Dobo Tongji 10 pages

3rd Degree Black Belt Level 1

Dos Manos Medium/Long Weapon Fighting Level 1

Two handed Stick / Spear / Sword / Staff

15 angles of attack in staff and spear grip

Blocking the 15 angles

12 angles of attack long spear/staff

Blocking the 12 angles

12 angles of attack long sword

Blocking the 12 angles

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR

3rd Degree Black Belt Level 2

Dos Manos Medium/Long Weapon Fighting Level 2

Two handed Stick / Spear / Sword / Staff

15 angles of attack in staff and spear grip

Blocking the 15 angles

12 angles of attack long spear/staff

Blocking the 12 angles

12 angles of attack reverse grip long sword

Blocking the 12 angles reverse grip

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW

3rd Degree Black Belt Level 3

Dos Manos Medium/Long Weapon Fighting Level 3

Two handed Stick / Spear / Sword / Staff

Surrounded Thrust

Heaven and Earth Strikes

Feed the pommel

Four ends strike

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW

3rd Degree Black Belt Level 4

Dos Manos Medium/Long Weapon Fighting Level 4

Two handed Stick / Spear / Sword / Staff

Combination cutting and striking

Mixed slashes

X's

Slash and stab

Stab and slash

Pommel and slash

Countering the combinations

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR

3rd Degree Black Belt Level 5

Dos Manos Medium/Long Weapon Fighting Level 5

Two handed Stick / Spear / Sword / Staff

Sliding attacks to the feet

Ring thrusting

Large circle sweeps

Leg hooks

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW

3rd Degree Black Belt Level 6

Dos Manos Medium/Long Weapon Fighting Level 6

Two handed Stick / Spear / Sword / Staff

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

Combining drills with Single vs. Double grip

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW

3rd Degree Black Belt Level 7

Dos Manos Medium/Long Weapon Fighting Level 7

Two handed Stick / Spear / Sword / Staff

Six count and Ten count Sumbrada

Disarms

Impact

Hand Snake/Circle (inside and outside)

Stick Snake/Circle (inside and outside)

Strips (strip and send, strip and keep)

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK

3rd Degree Black Belt Level 8

Dos Manos Medium/Long Weapon Fighting Level 8

Two handed Stick / Spear / Sword / Staff

Pushing and pulling techniques

Chokes

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW

3rd Degree Black Belt Level 9

Knife Throwing Techniques

Sand Throwing

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY

3rd Degree Black Belt Level 10

Stone Throwing Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW

3rd Degree Black Belt Level 11

Needle and Plate Throwing Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN

3rd Degree Black Belt Level 12

Ax Throwing

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR

3rd Degree Black Belt Level 13

Screwdriver Throwing

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP

3rd Degree Black Belt Level 14

Spear Throwing

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW

3rd Degree Black Belt Level 15

Short Weighted Chain and Bola Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW

3rd Degree Black Belt Level 16

Handkerchief Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)

3rd Degree Black Belt Level 17

Rope Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)
- 17) HIP THROW WITH 1 ARM

3rd Degree Black Belt Level 18

Whip Techniques

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES

- 1) **ARM BAR**
- 2) **SHOULDER THROW**
- 3) **REVERSE WRIST THROW**
- 4) **LOW ARM BAR**
- 5) **FORWARD WRIST THROW**
- 6) **HAPKIDO HIP THROW**
- 7) **FINGER LOCK**
- 8) **FINGER LOCK HIGH + THROW**
- 9) **FINGER HIGH + TO THE REAR DEEPLY**
- 10) **WRIST LOCK – FRONT THROW**
- 11) **WRIST LOCK – TAKE DOWN**
- 12) **5 STEP FRONT ARM BAR**
- 13) **WRIST DOUBLE GRAB + ELBOW STRAIGHT UP**
- 14) **WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW**
- 15) **WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW**
- 16) **WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)**
- 17) **HIP THROW WITH 1 ARM**
- 18) **1 HAND GRIP + TRICK LEVERS + PUSH**

4th Degree Black Belt Master Test
4th Degree Black Belt Taekwondo/Hapkido/Kempo
(^{3rd} Dan) Level 1 Guro/Guru Filipino Combatives/Kali-Silat
(^{3rd} Dan) Level 1 Guro/Guru Filipino Combatives/ Kali-Silat Mano Mano
Special Training in Dojang Operations

Hoshinsool

AGAINST THREE PEOPLE, TWO PEOPLE GRABBING WRISTS FROM SIDES
AGAINST THREE PEOPLE, TWO PEOPLE GRABBING WRISTS FROM SIDES TWO HANDED
AGAINST CHOKING BY ONE PERSON AND ATTACKING BY TWO OTHERS
AGAINST ONE PERSON HOLDING ANY METHOD AND TWO ATTACKING

30 ADVANCED ATTACK TECHNIQUES

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP ACROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)
- 17) HIP THROW WITH 1 ARM
- 18) 1 HAND GRIP + TRICK LEVERS + PUSH
- 19) 1 HAND GRAB + SWING (HAND + SHOULDER) WINDMILL THROW

10 3 STEP SPARRING AGAINST PUNCHES
10 2 STEP SPARRING AGAINST PUNCHES
10 1 STEP SPARRING AGAINST PUNCHES
10 1 STEP SPARRING AGAINST KICKS
10 TAKEDOWNS AGAINST PUNCHES
10 DEFENSE AGAINST GRABS
10 DEFENSE AGAINST KICKS
10 DEFENSE AGAINST STICK ATTACKS
10 DEFENSE AGAINST KNIFE ATTACKS
2 DEFENSE AGAINST GUN POINT
10 DEFENSE ON THE GROUND

40 Hours Community Service

Hyung -

Taegeuk Form

Palgwe Form

Black Belt Form

Pyongwon

Weapons

Cane Attack and Defense

Sword Attack and Defense

Written Papers

“What is means to be a master.” 5 pages

Thesis on the “I Ching, book of changes”

Study and testing on instructor and management manuals.

CPR and First Aid Certification

4th Degree Black Belt Levels 1-20

Must present a lecture topic every 12 weeks

Total 20 Tests

4th Degree Black Belt Level 1

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES 1-20

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)
- 17) HIP THROW WITH 1 ARM
- 18) 1 HAND GRIP + TRICK LEVERS + PUSH
- 19) 1 HAND GRAB + SWING (HAND + SHOULDER) WINDMILL THROW
- 20) #1 ATTACKING TECH – DOUBLE GRASP + TURNING TILTING HAND LEVERS (WRIST + FINGER)

4th Degree Black Belt Level 4

**Advanced Anatomy and Physiology Study
Course to be completed end of 1st 12 months**

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES 1-24

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)
- 17) HIP THROW WITH 1 ARM
- 18) 1 HAND GRIP + TRICK LEVERS + PUSH
- 19) 1 HAND GRAB + SWING (HAND + SHOULDER) WINDMILL THROW
- 20) #1 ATTACKING TECH – DOUBLE GRASP + TURNING TILTING HAND LEVERS (WRIST + FINGER)
- 21) #1 ATTACKING TECH- A HANDLE + DIAGONAL STEP (ELBOW TO FACE)
- 22) #5 ATTACKING TECH – ONE HAND WRIST LOCK DOWNWARD + SWEEP
- 23) CROSS GRAB #3. ARM BAR OVER ARM JUDO TECH
- 24) THUMB GRAB FIREMAN’S THROW, FOOT BETWEEN LEGS

4th Degree Black Belt Level 8

Accupressure Points

Course to be completed end of 24 months

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES 1-28

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)

- 17) HIP THROW WITH 1 ARM
- 18) 1 HAND GRIP + TRICK LEVERS + PUSH
- 19) 1 HAND GRAB + SWING (HAND + SHOULDER) WINDMILL THROW
- 20) #1 ATTACKING TECH – DOUBLE GRASP + TURNING TILTING HAND LEVERS (WRIST + FINGER)
- 21) #1 ATTACKING TECH- A HANDLE + DIAGONAL STEP (ELBOW TO FACE)
- 22) #5 ATTACKING TECH – ONE HAND WRIST LOCK DOWNWARD + SWEEP
- 23) CROSS GRAB #3. ARM BAR OVER ARM JUDO TECH
- 24) THUMB GRAB FIREMAN’S THROW, FOOT BETWEEN LEGS
- 25) ELBOW + WRIST GRAP + SPIN TO THE REAR => THROW
- 26) SLEEVE GRASP –2 FINGER-OVER SHOULDER- THROW
- 27) CROSS GRAB & X-LOCK BONE TO BONE TAKE DOWN
- 28) OUTSIDE WRIST TWIST + KNEE PRESSURE

4th Degree Black Belt Level 10

Hoshinsool

30 ADVANCED ATTACK TECHNIQUES 1-30

- 1) ARM BAR
- 2) SHOULDER THROW
- 3) REVERSE WRIST THROW
- 4) LOW ARM BAR
- 5) FORWARD WRIST THROW
- 6) HAPKIDO HIP THROW
- 7) FINGER LOCK
- 8) FINGER LOCK HIGH + THROW
- 9) FINGER HIGH + TO THE REAR DEEPLY
- 10) WRIST LOCK – FRONT THROW
- 11) WRIST LOCK – TAKE DOWN
- 12) 5 STEP FRONT ARM BAR
- 13) WRIST DOUBLE GRAB + ELBOW STRAIGHT UP
- 14) WRIST DOUBLE GRAB + SPIN INSIDE (STEP AROSS BODY) WRIST THROW
- 15) WRIST DOUBLE GRAB + SPIN OUTSIDE (STEP BEHIND BODY) WRIST THROW
- 16) WRIST DOUBLE GRAB + DOUBLE WRIST RUSHERS (LOCK IN/OUT & BRING DOWN)
- 17) HIP THROW WITH 1 ARM
- 18) 1 HAND GRIP + TRICK LEVERS + PUSH
- 19) 1 HAND GRAB + SWING (HAND + SHOULDER) WINDMILL THROW
- 20) #1 ATTACKING TECH – DOUBLE GRASP + TURNING TILTING HAND LEVERS (WRIST + FINGER)
- 21) #1 ATTACKING TECH- A HANDLE + DIAGONAL STEP (ELBOW TO FACE)
- 22) #5 ATTACKING TECH – ONE HAND WRIST LOCK DOWNWARD + SWEEP
- 23) CROSS GRAB #3. ARM BAR OVER ARM JUDO TECH
- 24) THUMB GRAB FIREMAN’S THROW, FOOT BETWEEN LEGS
- 25) ELBOW + WRIST GRAP + SPIN TO THE REAR => THROW
- 26) SLEEVE GRASP –2 FINGER-OVER SHOULDER- THROW
- 27) CROSS GRAB & X-LOCK BONE TO BONE TAKE DOWN
- 28) OUTSIDE WRIST TWIST + KNEE PRESSURE
- 29) OUTSIDE WRIST TWIST + OUTSIDE CRESCENT KICK & LOCK WRIST
- 30) DOUBLE RISING PALM PUSH (STRIKE) TO CHEST, FOOT BETWEEN LEG SWEEP

4th Degree Black Belt Level 12

Advanced Ki Study

Course to be completed end of 36 months

4th Degree Black Belt Level 16

Bone Setting

Course to be completed end of 48 months

4th Degree Black Belt Level 20

Reflexology Study

Course to be completed end of 60 months

5th Degree Black Belt Master Test
5th Degree Black Belt Taekwondo/Hapkido/Kempo
(^{4th} Dan) Level 1 Guro/Guru Filipino Combatives/Kali-Silat
(^{4th} Dan) Level 1 Guro/Guru Filipino Combaties/ Kali-Silat Mano Mano

50 Hours Community Service Work

Hyung -

Kicho 1-3
Taegeuk 1-8
Palgwe 1-8
Koryo
Keumgang
Taebek
Pyongwon
Sipjin

Mass Mixed Weapons 3,2,1, Step Sparring
Mass Mixed Weapons 3,2,1, Counter for Counter
Mass Mixed Weapons Sparring Full Contact

Empty hand sparring against 5 people

Breaking 5 bricks

Breaking 10 boards

Hoshinsool

30 Spontaneous Grabs and holds

Disertation on Assigned Subject

10 ONE STEP

To High Right Lunge Punch

- 1) Stepping back with right foot, high block with left hand then reverse punch with right hand.
- 2) Stepping to the right with right foot, outside block with left hand, then triple punch low, middle, high.
- 3) Stepping to the left with left foot, outside block with right hand, the punch with left hand to ribs then right hand to face..
- 4) Stepping back with left foot, inside block with right hand and grab with left hand as you elbow to face with right elbow.

To Right Middle Lunge Punch

- 5) Stepping to the right with right foot, low block with left hand then palm strike to face with right hand.

To High Right Lunge Punch

- 6) Side kick to solar plexus as opponent steps forward.
- 7) Stepping back with right foot, high block with left hand then front snap kick to groin with right foot.
- 8) Leap to right avoiding punch then side kick to solar plexus with left foot.
- 9) Leap to left avoiding punch then side kick to ribs with right foot.

To Right Middle Lunge Punch

- 10) Step forward with right foot and inside block with right arm then spin back kick to solar plexus.

Advanced one steps: double kicks, falling kicks, scissors kick, sweeping kicks

BLACK BELT
MINIMUM TIME REQUIRED FOR
PROMOTION TO NEXT BLACK
BELT LEVEL

1ST to 2ND DAN 2 YEARS

2ND to 3RD DAN 3 YEARS

3RD to 4TH DAN 4 YEARS

4TH to 5TH DAN 5 YEARS

5TH to 6TH DAN 6 YEARS

6TH to 7TH DAN 7 YEARS

7TH to 8TH DAN 8 YEARS