

# The Complete Art of Hapkido

Hapkido is comprised of the follow areas of practice:



## Kyukpa (Breaking)



Kyukpa (breaking) is done to practice and illustrate the formidable power, precision and great mental concentration developed through Hapkido training. Different materials, but most commonly pine boards, are broken. This area of practice develops internal and external strength, derived from a confidence in one's ability to overcome normal limitations.

## Ilusushik (One Step Sparring)

Ilusushik (one step sparring) is a formal way of practicing self defense against a punch, using a pre-arranged set of defensive skills. Because ilusushik is choreographed, techniques that are not permitted in competition, can be practiced safely. Ilusushik also develops cooperation and teamwork as both partners must help one another to practice effectively.



## Gyoroogi (Sparring)

Gyoroogi (sparring) is live action spontaneous practice, with a partner. Protective gear is worn, and a strict set of rules and guidelines define acceptable methods of attack and defense. Through sparring, students improve their reflexes, speed, and understanding of how to apply each technique. As a form of sport, Hapkido sparring is part of athletic competitions around the world, including the Olympics.

## Ho Shin Sool (self defense) (Joint Locking)

Ho Shin Sool (self defense) is the practice of escapes and counter moves against an attacker's grab or holds. Self defense incorporates not only Hapkido kicks and strikes but pressure points (areas of the body that when pressed will cause pain), joint locks and throws. As with one step sparring, self defense drills require cooperation and communication between training partners to allow safe, beneficial practice.



## Mook Sahang (meditation)



Mook Sahang (meditation) is performed at the beginning of each session to allow students time to focus on their training and their personal goals for the class. Meditation also improves students' ability to visualize, and to conduct mental practice. Through visualization, Hapkidoists can practice techniques that they are still learning or refining. The ability to stay focused also helps to relieve stress and to reduce some of life's daily pressures.

## Tteol-Eojineun (Break Falling)

Tteol-Eojineun (Break Falling) Break Falls are taught to help students break their falls so they will not get injured during training. This is very important when a student is taken to the ground by a sweep or throw. Break Falls also work in the real world to protect someone who slips or loses balance and falls.



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## Bowing and Its Purpose .



Bowing is a form of body language in Asian countries. A bow can be used to say "hello", "good?-bye", "thank you", and "you're welcome". Bowing is also a way of showing courtesy and acceptance. When two people bow to each other they are showing mutual respect. Traditionally , Hapkido students demonstrate respect by bowing to the flags before entering or leaving the training floor, to the instructor, to senior belts at the beginning and the end of class, and to a partner before and after each interaction. It is a part of Hapkido to bow whenever and wherever you see each other. Over time, you will find that bowing has become a natural form of expressing the special relationship you have with your fellow Hapkidoists.

### ***How To Bow***

1. The student stands at attention, head up, shoulders down, back straight, relaxed.
2. Either both feet are together, or the heels are touching and the toes are pointing outward at a 45 degree angle, in a V-shape.
3. The hands should be held straight at the sides of the body.
4. Bend the head down to a 45 degree angle and bend deeply at the waist.
5. When bowing, one's eyes look downward.



## Kihap (The Energy Yell)

The kihap (pronounced “key yap”) is a very important part of Hapkido training. When properly practiced this special kind of yell combines sound with breathing in one explosive burst. The kihap should not come from the throat, but from deep down in the stomach, using the diaphragm to forcefully push air up and out through the mouth. The kihap is one of the most distinctive elements of Hapkido practice; no two students’ kihaps are identical. You will find that as your Hapkido skills change and grow, so will your kihap.

### The Kihap Serves Several Purposes:

- It ensures that students breathe while exerting themselves, for greater endurance and energy.
- It heightens mental focus and concentration by making students more aware of each technique.
- It helps to reduce tension.
- During drills with a partner, the kihap is often used to communicate that you are ready.
- It is an expression of confidence.
- It is a way to motivate yourself and others by sharing your intensity and spirit.
- In self defense, a loud and powerful kihap can startle an attacker giving you additional time to react or get away.

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## Tenets of Hapkido

The tenets of Hapkido deal with the fundamental elements of etiquette. They should serve as a guide for all students of the art. Hapkido aims to achieve...

### Courtesy

- to be polite to one another
- to be humble and respectful
- to be modest and unassuming

### Integrity

- to be honest and sincere
- to be upright and have a sense of justice
- to be able to distinguish right from wrong
- to have a good conscience
- to have a sense of guilt if wrong

### Perseverance

- to be able to overcome and endure
- to be steadfast in purpose
- to be persistent regardless of obstacles
- to have the attitude of not giving up easily
- to have a deep sense of patience

### Self Control

- to have total control of oneself mentally, physically & emotionally



- to have control over one's desires and actions
- to have the ability to live and work within the panorama of the self

## Indomitable Spirit

- to have a spirit that will not die
- to not be easily discouraged

# Instruction on Tying the Belt "Dee"

Your "dee", or belt, is a symbol of your learned knowledge of Tae Kwon Do. Always keep your belt tied properly, never draped around your neck. Never let your belt touch the ground, and do not wash it.

1. Locate the center of the belt and place it on the middle of your stomach.



2. Wrap the belt around your waist, bringing both ends to the front.

3. Make sure the ends are even. Put the right end over the left end.

4. Now take that end and pull it up under both of the other layers.



5. Make sure it is neat and snug, and then lay the top end down.

6. Curve the bottom end to make a loop.

7. Now pull the top end back up through the loop.



8. Pull both ends horizontally, tightening your knot.

## **Student Responsibility Code**

At Clemmons Family Martial Arts, we are proud of our family-oriented atmosphere, and our commitment to excellence. With your help, we can ensure that all students are able to train in an environment that is safe, beneficial and fun.

The following guidelines teach the traditions and etiquette followed in Hapkido training:

### **Instructors' Professional Role**

The instructors select the material they teach in classes, and make recommendations about tips and belt testing, in accordance with the students' best interest. As a result, students should accept their instructors' decisions and guidance in these areas. In addition, students must have the permission of the instructors before competing, demonstrating or teaching others.

### **Bowing**

Bowing is the primary way to show respect between martial artists and to one's Hapkido school. Bowing should be done consistently, to greet and say farewell to instructors, and before beginning a conversation or asking a question. It is also done when entering and leaving the training floor. A sincere bow is performed from a standing position in the attention stance.

### **Proper Use of Titles**

Out of respect for their experience and rank, all instructors and assistant instructors are referred to as Mr., Mrs., and Miss. Master level instructors are called Master. When speaking with an instructor, it is also proper to use the responses of sir and ma'am.

### **Respect for Safety**

Hapkido techniques are taught as an art form, self defense, and method of self development. They are not to be treated lightly. All sparring requires safety gear at all times, as well as the permission of the instructors. Finger and toenails should be trimmed short, and jewelry should not be worn. Attending classes under the influence of drugs or alcohol is strictly prohibited. Following these guidelines helps to keep you and your training partners safe.

You should always notify the instructor of any injury or condition that may impede your ability to train safely.

### **Respect for Uniform and Belt**

The Hapkido uniform is to be worn with pride. Students should make a great effort to wear their dobok only for classes and demonstrations. Uniforms should always be clean and wrinkle free for each class. Belts are not to be washed. The only patches that should be worn on your uniform are those available at the school. The proper placement for these patches is covered in this manual.

### **Respect for Ongoing Classes**

We welcome your younger family members and guests. However, because it is our goal to provide the absolute best student service on the training floor, we ask for "library-like" conditions in the front lobby, and lowered voices when you are waiting for your class to begin. We appreciate your cooperation in helping us maintain a better learning atmosphere for students.

## Respect for School Property

A Hapkido school belongs to its members. The condition of the classrooms, locker room, training equipment and rest rooms is a representation of the pride we take in our art and our school. While our school is professionally cleaned regularly, all members are asked to avoid any unnecessary messes or damage.

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## Student Code of Conduct

- ☉ Always show Black Belts respect
- ☉ Treat your training partner with respect
- ☉ Always answer questions “Yes Sir/Ma’am” or “No Sir/Ma’am”
- ☉ Please ensure that your uniform is kept clean & tidy
- ☉ When bowing bend at the waist and look down
- ☉ Remove all jewelry before class
- ☉ Know & follow all the Dojang rules
- ☉ Focus on your training from when you bow into the Dojang
- ☉ When you are in uniform, train do not socialize
- ☉ Never use profanity in the Dojang.
- ☉ Never assume, always ask
- ☉ Focus on developing a Black Belt attitude
- ☉ When free-sparring, spar to learn, not to win
- ☉ Thank your opponent after sparring
- ☉ Grading is a time to show your focus & spirit
- ☉ Meditation is always a quiet time, use it to focus
- ☉ Be humble & respectful
- ☉ Be focused & committed
- ☉ Be understanding & willing to learn



## Rules of the Dojang

- ☉ When entering or leaving the Dojang you must bow
- ☉ When entering or leaving the main training area you must bow
- ☉ Show respect to a Black Belt in uniform on the training floor before class by bowing to them
- ☉ If you arrive late change into your Dobok, bow onto the training area, bow to the flags & wait until the Instructor bows you in
- ☉ When the class bows to the flags all students must stand up
- ☉ No drinking (except water) in the Dojang
- ☉ No eating in the Dojang
- ☉ No smoking in the Dojang
- ☉ No profanity in the Dojang
- ☉ Please treat the Dojang with respect as it is your training area
- ☉ Treat all Dojang training equipment respectfully
- ☉ No shoes on the training floor of the Dojang
- ☉ Students should always change in the change rooms
- ☉ Leave all personal belongings in the change rooms or in your bag

- ☺ Please refer to all instructors as “Sir/Ma’am” or their Korean title
- ☺ Speak to an Instructor before leaving the training area during class
- ☺ Maintain respect for all Instructors

## Korean Terminology

### Commands

English	Korean
Attention.....	Charyut
Bow.....	Kyung nyeh
Ready.....	Jun-be
Start.....	Si-jak
Stop.....	Keu-man
Continue.....	Kae sok
As You Were.....	Pa-ro
Spirit Shout or Yell.....	Ki-yap

### Counting

English	Korean
One.....	Hanna
Two.....	Dool
Three.....	Set
Four.....	Net
Five.....	Dah-Suht
Six.....	Yuh-Suht
Seven.....	Ill Gopee
Eight.....	Yoh-Duhl
Nine.....	Ah-Hope
Ten.....	Yul

### Kicks

English	Korean
Front Kick.....	Ap cha-gi
Side Kick.....	Yup cha-gi
Roundhouse Kick.....	Dol-lyeo cha-gi
Back Kick.....	Dwi cha-gi
Crescent Kick.....	Ban-dal cha-gi
Axe Kick.....	Neido cha-gi

### Blocks

English	Korean
Lower Block.....	Ha Dan Mahki
Middle Block.....	Jung Dan Mahki
Upper Block.....	Sang Dan Mahki
Inside Middle Block.....	Ahn Mahki
Outside Middle Block.....	Soo Do

### Meaning of Forms

English	Korean
Heaven & Light.....	Taeguek Il Jang
Joyfulness.....	Taeguek Ee Jang
Fire & Sun.....	Taeguek Sam Jang
Thunder & Lightning.....	Taeguek Sa Jang
Wind.....	Taeguek O Jang
Water.....	Taeguek Yuk Jang
Mountain.....	Taeguek Chill Jang
Earth.....	Taeguek Pal Jang

### Activities

English	Korean
Forms.....	Poomse
Sparring.....	Gyoroogi
Self-Defense.....	Ho-shin-sul
1-step sparring.....	Il-sushlk
3-step sparring.....	Sam-bo kyeo-ru-gi
Breaking.....	Kyukpa

### Terminology

English	Korean
Training Hall.....	Dojang
Uniform.....	Dobak
Belt.....	Dhee

### Terminology

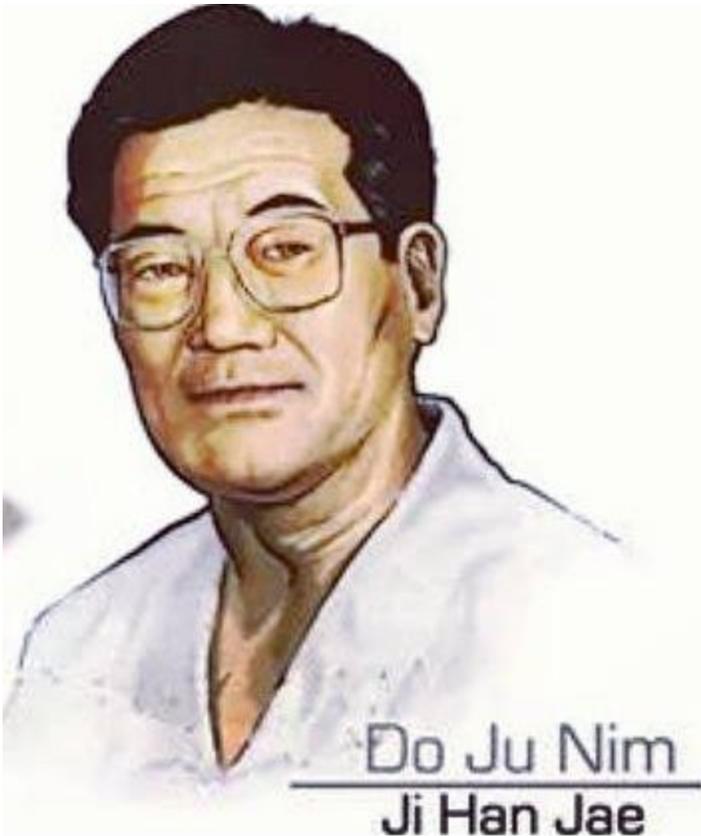
English	Korean
Instructor.....	SahbumNim
Thank you.....	Kum sa hum ni da
You're Welcome.....	Chuhn Mahn Eh O

## HISTORY OF HAPKIDO

Hapkido owes its vast range of techniques to influences from many different styles, most notably, the Japanese Daito Ryu Aikijujutsu and the Korean Tae Gyun. Other aspects were added from the differing martial art styles of native Korea, including aspects from Taoist monks. By having such a rich heritage,

Hapkido has benefited by having aspects that cover all ranges of techniques found in most martial arts.

**DO JU NIM JI HAN JAE**  
(Hapkido - Founder)



Do Ju Nim Ji Han Jae was born in Andong in Korea in 1936. He initially began his training under Choi Yang Sul learning Japanese Yawara (Yu Kwon Sul). Do Ju Nim Ji is considered to be one of Choi's top students. Do Ju Nim Ji began his mental training under a man known as Taoist Lee. From Lee he learnt the use of the Ba, the short stick, Korean Tae Gyun kicking methods and meditation. A lady monk known only to Do Ju Nim Ji as "Grandma" taught him spiritual power. From these skills, Do Ju Nim Ji created "Hapkido". Do Ju Nim Ji is also a healer proficient in acupressure & chiropractic medicines, as well as being a spiritual teacher adept at various forms of meditation. Do Ju Nim Ji was the chief bodyguard to Korean President Park Chung Hee, during this time he was the chief martial arts trainer for the 300 Korean secret service bodyguards, the Korean police and the Korean Special Forces. He was an instructor to President Richard Nixon's Secret service bodyguards, as well as instructing

the FBI & OSI. Do Ju Nim Ji received awards from

Korean President Park and American President Nixon for his outstanding excellence in training specialist personnel.

Do Ju Nim Ji was the instructor to most of the top Hapkido masters of the world today, such as Kwang Sik Myung, Tae Man Kwon, Bong Sao Han (Billy Jack movies), He Young Kim, Myung Jae Nam, Oh Se Lim, and Jin Pal Kim (Jackie Chan's Instructor).

Do Ju Nim Ji has also been involved in the movie industry with appearances in a number of movies including the Game of Death (with Bruce Lee). During his time in Hong Kong, Do Ju Nim Ji was a trainer and choreographer and personally instructed many martial arts stars. Among these were

Bruce Lee, Samo Hung (Jackie Chan's partner), Angela Mao and Carter Wang (Big Trouble in Little China).

In 1984 Do Ju Nim Ji moved to the United States. At that time he added more mental and philosophical aspects to the technical aspects of Hapkido, and added the words Sin Moo to Hapkido - "Sin" meaning the higher mind" and "Moo" meaning the fighting or martial art. Therefore Sin Moo Hapkido means the "Harmony & Coordination between Mind Body & Spirit".

## **HAE JANG NIM - GRANDMASTER GEOFF J. BOOTH**



Having committed over 30 years of his life to the study of and refinement of the martial arts, Grandmaster Geoff Booth has achieved the rank of 8th Degree Black Belt in Hapkido, as well as recognition as one of the foremost practitioners of Hapkido in Australia. Grandmaster Geoff Booth is the highest ranked non-Korean Hapkidoist in Australia and is the Founder and Chief Instructor of the International Hapkido Alliance (IHA) and the Australian Hapkido Group (AHG).

Grandmaster Geoff has set a personal mission to pass on the traditional teachings of Hapkido with its emphasis on the overall development of each student's mind, body and spirit. It is Grandmaster Geoff's teaching method and structure of training that separate the International Hapkido Alliance from other Martial Arts Organizations.

Grandmaster Geoff teaches and trains at his Dojang in Moorebank, NSW, Australia. Over the years Grandmaster Geoff Booth has been recognized for his many achievements, some of these are listed below:

## **UNIVERSAL THEORIES OF HAPKIDO**

The 3 Universal Theories of Hapkido are:

- ☯ **The Water Principle (Yu)**
- ☯ **The Circular Motion Principle (Won)**
- ☯ **The Nonresistance (or Harmony) Principle (Hwa)**

**Water Theory** can be broken down into several different aspects.

The first is the ability to flow around obstacles, like a stream around a rock; this is reflected in the Hapkidoist moving around an attack. Water dripping onto a rock can find weak points and through constant pressure flow into and through the rock, this shows how a Hapkidoist can attack an opponent and through a weak point enter the opponent's defense to take control, or to damage.

Like the power of a wave crashing onto a beach, so too can a Hapkidoist focus their attack.

This is also shown through the power of water when pushed through a pressure hose, this concentration can be focused into doing more damage to your opponent.

**Circular Motion** is one of the easier principles to explain. Basically when you are attacked in a straight line, instead of stopping the attack, you redirect it in a circular direction. When applied to self-defense, using a circular release makes it impossible for your opponent to resist.

Circular motion also assists in both strikes and throws: with throws, it enables you to throw someone much larger with far smaller force. With strikes (e.g. a spinning kick) it increases the power through the greater distance the strike travels and the circular wind up or whipping motion.

**Non-Resistance** is a major characteristic in Hapkido. For example, in defending against a powerfully thrown punch the Hapkidoist would never step inside an opponent's area of greatest momentum and use a hard block. Instead, the Hapkidoist would avoid a direct confrontation by parrying the punch with a soft circular block; this would divert the opponent's power and allow you to counter-attack.

Another example is when an opponent grabs your wrist and pulls, instead of resisting by pulling away, a Hapkidoist would go with the opponent's pull and use this added momentum with a circular release to escape. This also applies if an opponent rushes you, with a move you can divert their energy into a throw.

## KWAN NYOM HAPKIDO

# 합 기 도

Kwan Nyom is the name given to the style or family of Hapkido taught by the International Hapkido Alliance. The name translates from Korean as the School of Concepts and was created by Grandmaster Geoff in June 1999. Kwan Nyom reflects the way we teach Hapkido - the core techniques are the same as most other traditional Hapkido schools, but it is the way in which we teach them that is different.

Traditionally Hapkido is taught as set responses to set grabs i.e. 10 releases from wrist grab, then 10 from cross wrist grab, etc. This means that the student will see a wide variety of techniques repeated throughout the process of learning a defense from each of the major grabs and attacks.

Kwan Nyom Hapkido teaches students concepts and formula on how to apply a defensive technique through the application of the lock to a number of different grabs or attacks. From there the student learns the concept and can then apply that technique regardless of where the attack or grab is.

The idea is similar to learning mathematics at school, once you know how addition works the 2 numbers become irrelevant, this is true with the concepts taught in Kwan Nyom. It becomes important to understand that certain techniques can be applied in certain situations because of their formula and once you truly understand this, the attack and where your opponent attacks you becomes irrelevant.

This then helps in real life self-defense as you need to react in a situation that is not controlled or expected. Having an understanding of the concepts of self-defense taught in the Kwan Nyom style of Hapkido means that you can apply whichever formula suits the situation, rather than trying to think what the self-defense should be against that particular type of attack.

Kwan Nyom Hapkido is simply one way to interpret and practice Hapkido, it is the culmination of Grandmaster Geoff's desire to create a better way for students to learn Hapkido. The process is simple with the focus pre-Black Belt being on the very practical use of Hapkido for self-defense - this is shown through the concepts, strikes, and falling that are taught.

At Black Belt students continue to study a set curriculum but also get the opportunity to study the different variation aspects of Hapkido in depth. Each Black Belt degree (level) has as a requirement miscellaneous variation techniques which are added to the Black Belt's studies, this continues the Kwan Nyom path whilst preserving some of the more traditional aspects

## **TECHNICAL PRINCIPLES OF HAPKIDO**

### ***1. REDIRECTION OF FORCE***

In Hapkido, an attack is not met straight on. Power against power, preferred in "hard styles" is discouraged as it increases the risk of injury. In Hapkido an attacker's power is used against them, by manipulating the attacker's balance or redirecting their energy (external and internal) you increase the efficiency of your own technique.

### ***2. FLOW OF MOVEMENT***

Hapkido techniques are distinguished by a constant flow of strikes, blocks, locks, chokes and throws. Movement is constant and may incorporate circular and spinning actions. By constantly varying body movement you become more difficult to target and are much more likely to disorient and frustrate your opponent.

### ***3. CIRCULAR MOVEMENT***

Many Hapkido techniques are made up of circular movements. Large or small circles can be seen in the motions of strikes, blocks, joint locks, chokes, takedowns and throws. Circles can also be seen in footwork, grappling and general body movements

### ***4. KI POWER & VITAL POINT ATTACKS***

Ki-Power is referred to using internal energy (Ki). In essence Ki is adrenaline used to assist in the application of a technique. When fighting an overpowering opponent, the addition of Ki may be the difference between a technique that will work and one that fails. When adrenaline is released from the adrenal glands (located just above the kidneys), it produces cardiac stimulation, constriction of blood and bronchial relaxation ultimately elevating your performance. In Hapkido this is done through a visualization of energy from the core (two inches below the navel) upward through the body and projected outward with a Ki-Yap (shout/yell).

## **5. LIVE HAND**

The term "Live Hand" (spreading out of bone structure in your hand keeping it spread) refers to the specific hand formations which are used to increase the flow of Ki into the arms. This will increase arm strength and power when required, such as during a wrist escape or application of a joint lock. Live Hands assist in many strikes, blocks, locks and throws; they are also used in breathing exercises. A typical live hand formation is an open hand spreading the fingers wide and slightly bending the finger tips inwards.

## **6. LEVERAGE (Push/Pull)**

One can use the mass of the body (or part of it) as a strength to perform an action by pressure, push-pull or twist. Keep your attacks in your strength zone (shoulders to hips and outward, elbow to the tips of fingers). However, the ideal would be to make use of leverage to reduce the effort. A point of support must be found, which allows strength to be multiplied during the execution of a submission, sweep, throw or takedown.

### ***Principles of Leverage:***

"Leverage is the act of using a small amount of effort to move a large load".

A lever has three components:

Fulcrum: The point at which the lever pivots;

Load: The force applied by the lever system;

Effort: The force applied by the user of the lever system

## **5 Step Self-Defense Plan**

The following 5 step formula comprises the ideas behind our self-defense training. This is only listed as a guide and is used as required in various orders, for example, the threat may end after step 3, therefore steps 4 and 5 are not required. To comprehend the formula, it is best to train for the situation and awareness during class.

### ***Step 1 Gage the situation***

- How serious is the threat to you? You must evaluate the threat in a split second.
- Who and what is around? (how many attackers? any helpers? escape routes?)
- Any weapons at my disposal, what objects can I use to defend or help attack?
- Be in a state of readiness (hands up to shoulder height, palms out).

### ***Step 2 Manage the distance***

- If you manage the distance, you manage the damage
- Three-foot rule (the distance where harm can be done) so try to stay 3 feet away
- You can move faster forward than they can move back, be on the ball of your front foot.

### ***Step 3 Attitude***

- Start from a non-threatening manner ((hands up to shoulder height, palms out))
- Be humble, "I don't want any trouble", "I have a family", etc.
- Maintain eye contact, do not look away

#### ***Step 4 Negotiate or Neutralize***

- In NC, if you have not been touched, you have a duty to retreat. You cannot strike first lest you legally become that attacker.
- Can you escape the situation by running away? If so, run away. This is the best option.
- Can you talk yourself out of the situation? If so, this is the second best option.
- You do not have a duty to retreat if you have been touched, grabbed or punched.
- If they do try to punch you, you want to step into them and strike first. By stepping into them, it's harder for them to throw a punch because you're in so close.
- Strike with the element of surprise (at an offbeat moment)
- Be in a state of explosion
- Never throw just one punch or execute just one technique
- Strike vital areas: Eyes, Ears, Nose, Throat, Solar Plexus, Groin, Knees.

#### ***Step 5 Submission***

- Continue attacking until you can safely get away or your attacker seeks to withdraw or can't continue.
- Pin the attacker with a joint lock or choke and request pain compliance
- In NC, if your opponent submits or seeks to withdraw you must let him.

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“Always remember your Hapkido Skills are never to be misused and are only to be applied in a Self-Defense situation when there are absolutely no other means of Escape.” Grandmaster Han, Bong Soo