

Carter's Martial Arts Academy

Hapkido



Student Handbook

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Hapkido

Psalms 44:6-8

I put no trust in my bow, my sword does not bring me victory; but you give us victory over our enemies, you put our adversaries to shame. In God we make our boast all day long, and will praise your name forever.

WELCOME TO YOUR CLUB

The goal of the Carter's Martial Arts Academy is to help all students achieve their fullest potential and develop physical, mental and spiritual strength. Only through harmony of mind and body can students truly learn the skills of self defense. It's "Your Association" and it will challenge you to excel and learn the highest quality and accuracy of Martial Arts training in the world. Through diligent practice, you will gain knowledge, discipline and confidence to insure that you will be a successful individual. Everyone can join, everyone can learn and benefit. Students progress at a different pace, each according to their desire, ability and the effort put forward. The harder you practice, the greater the rewards. Congratulations again for becoming a member of Carter's Martial Arts Academy, Good luck in your new journey.

WHAT IS HAPKIDO?

The term "Hapkido" is an amalgam of three syllables. "hap" suggests a coordination among parts, while "ki" is a term universally recognized as referring to power or energy. The syllable "-do" is used almost universal in Asian culture to identify a "way" or a choice of lifestyle. Putting these three syllables together produces the term "hapkido" or "Way of Coordinated Energy".

Thought by some to be a contraction of the longer "hapkiyukwonsul" or "coordinated pliant hand techniques" there is also a line of thought that "hapkido" was as much a political or social effort to keep the adherents of the "Kido" arts separate and distinct from the "Hapkido arts". In most cases though, this latter is a distinction without a real difference.

While originally held by many to identify a single specific tradition, with time, the term "hapkido" has come to be a more general term to identify a family of arts which have been accepted from other cultures but structured in such a way as to reflect the culture and purpose of the Korean people. Hapkido is much more than kicking and punching. It is action philosophy designed as a complete non-violent discipline of entire body training and character building. By practicing Hapkido, one will benefit in these ways:

PHYSICALLY

Good coordination; toning, reduction of weight, improved flexibility, cardiovascular conditioning, increased strength and, general fitness.

MENTALLY

Self confidence, self discipline, better judgment, self control, stress reduction, better self image and, positive attitude.

PHILOSOPHICALLY

Hapkido stands for and promotes the principles of honesty, courtesy, humility, respect, courage, generosity, loyalty and, perseverance.

Integrating these three aspects into one's daily life will result in harmony, health and happiness for the individual and will build freedom, justice and peace in our society.

Hapkido incorporates kicking, punching, footwork, joint locks, throws, chokes, pressure point manipulation, weapons, and, numerous other aspects.

HAPKIDO: A WAY OF LIFE

Hapkido is a continuous learning and growing process. One may learn to do techniques in a few months, but one spends a lifetime learning the Way of Hapkido. The student of Hapkido must strive to develop the virtue of patience. One does not get strong overnight. The moment one begins to train, he knows more than he did before, however, only with patience and perseverance will the student achieve his goal. With every practice session, the student learns a little more about Hapkido and more about himself.

Another virtue essential to the development of the Martial Artist is humility. Great strength is achieved through humility; the greater the humility, the greater the strength. For example, if one refrains from a show of strength when it is not needed, he will find that he has more of it when it is needed. At the same time, he will be a better person because of his restraint and humility. Hapkido demands of its practitioners that they learn respect. Respect the good in life and make the good a way of life. To develop respect, one must first learn to respect his own body; the body will stay healthy and grow strong, and so will the mind. There are many kinds of respect that one needs to express in his daily life. There is the respect that exists between husband and wife, the respect of a citizen for his Country, the respect that must be shown to teachers by their pupils and the loving respect one must always have for his parents. It is important also to have respect of nature, the substance of our being and the mother of all living things that, just like us, have a right to be here.

Finally, one must respect work, for it is work that inspires and leads to the acceptance of challenge. Challenge leads to growth, and with growth comes confidence and courage. Courage can perhaps be best understood through the simple definition given by the Samurai: Courage is simply seeing what needs to be done and doing it. To achieve proficiency in Hapkido is to achieve proficiency in life, they cannot be separated. Life is the Way of Hapkido and Hapkido is the Way of Life.

THREE PILLARS OF HAPKIDO

Hapkido consists of Basic philosophies.

- A. **Non-resistance** Never oppose an opponent's strength directly. Move with him along the path of least resistance, or in the same direction he moves, thereby using his weight or momentum against him.
- B. **Circular Motion** Control your opponent by leading his attack in a circular pattern, thereby adding his power to your own.
- C. **Water** Total penetration of an opponent's defenses.

Hapkido consists of Basic philosophies, concepts and ideals.

- Develop accuracy first, speed second.
- Be constantly alert to the teachings of your superiors. Endeavor to master the “Way” of Hapkido.
- Develop physically, mentally, and spiritually.
- Do not use excessive strength into techniques in order to prevent injuries to your partner.
- Keep your eyes on your attacker at all times.
- Never underestimate your attacker. Assume they know as much about self-defense as you do.
- Respect human life and all other living things. It is better to hurt than to maim; to maim rather than kill.
- Punish only what the situation calls for. Do not stop until your personal safety from further aggression is assured.
- Meet all obstacles with fortitude when the obstacles hamper attainment of your goals.
- Avoid unnecessary incidents.
- Use this art for self-defense purposes only after all other means of self-preservation have failed.

KOREA -- THE LAND OF MORNING CALM

The Korean peninsula is approximately 1,000 km in total north-south length, and 216 km wide at its narrowest point. It is geographically separated from Manchuria and Siberia to the North by the Abrog and Duman rivers and the Paektu mountain range: from mainland China to the West by the Yellow Sea: from the Japanese archipelago to the East by the East Sea. The shortest distance from Korea to Japan is 206 km, at the narrow southern Korean Strait. Korea, which in overall size is approximately equivalent to Great Britain or the state of New York. It lies between the 33. 06' and 43. north latitude and between 124. 11' and 131. 52' east longitude.

Korea is a mountainous land, especially in the North, formed mainly of ancient Archean rock. While none of the mountain peaks is very high, the ranges are steep, abrupt, and stony, giving an impression of massiveness and grandeur that has earned the nation the nickname “Switzerland of Asia.” The nation’s climate is a mild one between the continental and marine types, but tending more toward the former than is usually the case in comparable areas at corresponding latitudes. The hottest months are July and August: the coldest, December and January.

HISTORY OF HAPKIDO

The name Hapkido was chosen by Grandmaster Choi, Yong Sul (Korean names are formed with the family name first, i.e., Smith, John Lee). Grandmaster Choi was born in Daegue, Korea in 1904. In 1922, the Japanese took him and many other young boys away to work camps. He was fortunate to find a home in the

mountains of the Japanese island of Hokkiado and was able to study a Japanese system called Daito Ryu or Aiki Ju-Jitsu, until his father's death in 1943. His surrogate father was Grandmaster Sogaku Takeda. This system of Ju-Jitsu is said to be the forerunner of Judo and Aikido.

Grandmaster Choi recalled that many great martial artists came to his father's dojo, then later opened their own schools and several developed new systems.

He remembered when the Aikido founder Ueshiba, Morihei was a student under Sogaku Takeda (1918-1921). He and Grandmaster Choi remained friends until Ueshiba's death in the early sixties. Grandmaster Choi returned to Korea in 1946. At this time, many different arts were being practiced in Korea. Grandmaster Choi studied these arts and eventually developed Hapkido. In 1948, he began teaching the art of Hapkido. Hapkido was an amalgamation of Japanese Ju-Jitsu and Chinese influenced Tae Kyun. This made it one of the first truly integrated arts that recognized the effectiveness of combining the best aspects of both the Um and Yang ("hard" and "soft") styles into very powerful combinations of techniques and theories.

Grandmaster Choi acquired some devoted disciples and spent a long time polishing his system into a highly effective means of self-defense specifically designed for the street or battlefield. His training was challenging. Several of his old students relate stories of how they had to dig a large hole in the ground. Periodically they would stop digging to jump out of the hole without using their hands. When they had dug as deep as they were able to jump out, they would commence filling it back up and continue jumping out and back until the hole was completely filled again.

The meaning of Hapkido is the way of coordinated power. Hap means total martial arts, Ki means using inner strength and power, and Do is the way or art. Also, it could be rightfully said that the art was named after the Island of Hokkaido. Grandmaster Choi died as a result of a stroke in Daegue, Korea, on November 29, 1986. Grandmaster Choi Yong-sul

NATIONAL FLAGS

The Korean Flag

Sometimes called the Taegeuk symbolizes the Oriental philosophy of existence.

Taegeuk means the origin of all that is. It is symbolized by a circle that represents the universe. The circle is equally divided by an "S" shaped line into two interlocking shapes, one red, one blue symbolizing the Um and the Yang, the dual forces that govern existence; positive and negative, male and female, light and darkness, etc. The four Gye patterns of bars in the corners of the flag represent the four elements and the four directions. The bars at the lower left (Ee Gye) represent fire and east the rising sun. The opposite pattern, in the upper right corner, (Kam Gye) represent water and west --twilight, the setting sun. The pattern in the lower right corner (Koh Gye) stands for the earth and north -- total darkness. (Kun Gye) in the upper left represents air, heaven and south -- full light, day. The Korean National Flag expresses the mysteries of the universe, of being, of all that

was, is and shall ever be in a deceptively simple design in which each element has deep meaning. Everything that is, is represented. It is a truly beautiful symbol.

The Flag of the United States of America

A symbol of the history and the ideals of this country, the American Flag has been called variously; Old Glory, the Star Spangled Banner; or the Red, White and Blue. Its colors and patterns all have symbolic meaning. The white represents the purity of ideals for which the country stands, the red for the blood shed to found it and the blue is for the sky and heights to which America aspires. The thirteen stripes represent the original thirteen colonies that united to form a new government, a new nation. The fifty white stars on the blue field symbolize the fifty states united by a common goal, to form and maintain a nation of freedom, justice and opportunity for all people.

KOREAN TERMINOLOGY NUMBERS

Hana – 1		Il - 1
Dul – 2		E - 2
Set - 3		Sam - 3
Net – 4		Sa - 4
Tasot – 5		Oh - 5
Yasot – 6		Yook - 6
Illgup – 7		Chill - 7
Yadul – 8		Pal - 8
Ahup – 9		Koo - 9
Yul – 10		Ship - 10
Yul-Hana – 11		Ship-il - 11
Sumul – 20		Ee-sip - 20
Solhun – 30		Sam-sip - 30
Mahun – 40		Sa-sip - 40
Swin – 50		Oh-sip - 50
Yesun - 60		Yuk-sip - 60
Ilhun - 70		Chill-sip - 70
Yodun – 80		Pal-sip - 80
Ahun - 90		Ku –sip-90

100 Paek

The Korean language uses two sets of numbers. One of these is borrowed from the Chinese. Both sets are used up to ninety-nine. The Sino-Korean set is used for one-hundred and above.

VOCABULARY

Attention	Char-yot
Balance	Choong shim
Begin	Si-jak
Belt	Dee
Black belt holder	Yu dan ja
Block	Makki
Bow	Kyung Ye
Bow to the flags	Gook ki yea kyung ye
Bow to instructor	Sabum nim ge kyung ye
Class of belt below black belt	Gup
Concentration	Jung shin il do
Concentration of body and mind	Jung shin tong il
Dan	Degree of black belt
Dan Jon	Oriental medical term indicating the portion of the abdomen two inches below the navel, the foundation of human power.
Excuse me	Yong so ha da
Free-Fighting	Cha yo dae ryun
Foot	Bal
Foot techniques	Chagi
Front	Ap
Good day	Anyong hasim nika
Good bye	Al-lyong-hi ka-sip-si-yo
Hello	Yo-bo-se-yo
Inner power	Ki
Instructor	sabum nim
Internal power	Nae gong
Kihap	Yell: To coordinate your inner power
Knife hand	Sudo
Korean flag	Tae Gook Ki
Kuk Sool Won	A style of Hap Ki Do founded in the early 1960's
Line up	Joonglee (also "ji hap" and "jung yul")
Lower (area)	Ha dan
Lower belt rank	Gup
Master	Kwanjang Nim
National flag	Kuk Ki
No	anio
Palm	Chang kwon
Please	Chusip siyo
Ready stance	Chum be
Relax	Shiao
Return	Baro
Rotate with partner	Kyo dae
Self defense	Ho sin sul

Side	Yup
Thank You	Kam sa hada
Thank you very much	Komap som neda
Ship Pal Ki	A rare form of martial arts, heavily influenced by Chinese styles: empasizes empty hand and weapon forms, acrobatics and exercise
Sparring	De ryun

VOCABULARY (Cont.)

Stand up	E-do saw
Student	Jeja (kwon won)
Su bak (Tae Kyon)	Ancient forerunners of Korean kicking style martial arts both had originally descended from Sado Mu Sool, or The Tribal Martial Arts
Subak Do	Hard style Korean Martial Art
Tae Kwon Do	The art of kicking and punching
Tang Soo Do	China hand way
Training hall	Do-jang
Turn to rear	Dio roe droe
Um	Darkness
Understand	Al da
Uniform	Do-bok
Upper (area)	Sang dan
Warrior	Kunin
Way (method)	Do
Yang	Brightness
Yell	Ki-hap
Yes	Ne
Yudo	Korean form of Judo

Striking techniques (kwonsul)

Kicking techniques (joksul)

Locking and pinning techniques (kwanjyelsul)

Pressure point throws (jiabsul)

Ground techniques (waki)

Counter techniques (tookki)

Speed throws (junkwanbop)

Kicking pressure points (bangjoksul)

Carrying or arresting techniques (yunhaingsul)

Knife techniques (dangumsul)

Staff techniques (bongsul)

Cane techniques (jeepangesul)

Fan techniques (boochaisul)

Blocking techniques (makgisul)

Falling methods (nakbop)

Throwing techniques (yusul)

Sitting techniques (zwaki)

Choking techniques (mokjo leukisul)

Palm or ki strike techniques (pyungsul)

Striking pressure points (bangkwonsul)

Attacking techniques (sunsul)

Head butting techniques (bakchikisul)

Stick techniques (danbongsul)

Sword techniques (gumsul)

Rope or belt techniques (phobaksul)

Punching and Striking

Ta shin ki bop : Lit	“hitting the opponent with the hands in any number of ways”.
Chun joe jji reu gi	Center knuckle punch
Su do chi gi	Knife hand striking
Yuk su do chi gi	Inner knife hand striking
Jang kwon chi gi	Palm heel striking
Deung joomuk	Back fist striking
Ho ku chi gi	Tiger’s mouth
Pal duk chi gi	Forearm striking
Kwan su jji reu gi	Spear -hand striking
Pal kun ji chi gi	Elbow striking
Son mok chi gi	Wrist striking
Jjik ki	Crane’s beak striking
Ju mok chi gi	Fist striking
Pyun joomuk	Knuckle punch
Omji joomuk	Thumb knuckle striking
Mang che chi gi	Hammer striking
Tok chi gi	Chin striking

Alternate Hand techniques

Bahro chireugi	Straight (return) punch
Bahndae chireugi	Reverse punch
Sewo chireugi	Vertical punch
Gotjang chireugi	Vertical fist punch
Dolrya chireugi	Round punch
Chi chireugi	Uppercut punch
Doo joomuk chireugi	Double-fist punch
Dikootja chireugi	‘U’ shaped punch (hi-lo)
Deung kwan	Back hand
Il Chi Kwan Soo	One Finger Strike
Ee Chi Kwan Soo	Two Finger Strike
Dwi Pal Kup Chigi	Back Elbow Strike
Ima Bak gi	Head Butt

Blocks

sang dan mahki	Rising block
Ahnuro mahki	Inward block
Bahkuro mahki	Outward block
Ha Dan Mahki	Low Block
Daebi mahki	Guarding block
Sahng palmahk mahki	Twin forearm block
Gahwi mahki	Scissors block
kyo cha mahki	‘X’-shaped block
Keumgang mahki	Mountain block

Gutjha mahki	'9'-shaped block
Hechuh mahki	Spread block
Hwang so mahki	Ox block
Bahtangsahn nooluh mahki	Pressing down block
Soo Do Makh Kee	Knife-Hand block

Kicks

Dan shik jok sul	Single-kick techniques
Ahp chagi	Front Thrust Kick
Andar e hagi	Inside (crescent) kick
Pak kat da re cha ki	Outside (crescent)
Yep chagi	Side kick
An da re met nok ki	Inside low scoop kick
Dwi chagi	Back kick
Jok do aup cha ol re ki	Vertical Kick
Mu rup cha ki	Knee kick
Chiko Chagi	Axe Kick
De kum chi due cha ki	Inside hook kick
Be kyo cha ki	Slap kick
Bok shik jok sul	Double-kick techniques
Dwi Kum Chi Dollyo Chagi	Spinning Heel Kick
Dwi Yop Chagi	Spinning Back-side Kick
Do yak jok sul	Jump-kick techniques

Commands

Ji Hap	Line up
Anj a mook nyum	Sit for Meditation
Edosa	Stand
Geuk gi hyang ha yoh	Face the flag
Jwa woo hyang woo	Face each other
Sah bum nim keh	Face instructor/master
Sun bae nim keh	Face senior student
Simsa kwan nim keh	Face examiner/tester
Cha ryuht	Attention
Kyung rye	Bow
Kook gi e dae ha yu gyung rye	Bow to the Flag
Kam Sa Hap Ni Da	Thank You
Kwan Jang Nim Kay Kyung Yet	Bow to Master
Ch'un Man E Yo	You're Welcome
Sa Beom Nim Gge Gyung Rye	Bow to Instructor
Joong Shwa	Kneel
Kyo Sah Nim Kay Kyung Yet	Bow to Asst Instructor
Hae Cho	Class dismissed
Sun Beh Nim Kay Kyung Yet	Bow to Senior member
Choon bi	Ready
Choon Bee Uhn Dong	Ready for Warmup Exercises
Bahl Cha Ki Choon Bee	Ready for Kick
Ho Sin Sul Choon Bee	Ready for Self-defense
Si Jak	Begin
Chin Kun	Advance
Dorah	Turn

Dwi uro dorah	about face; turn around
Tashi	Again
Bahl bah kwah	switch your feet
Kye Sok	Continue
Gomahn	Stop
Bah ro	Return to starting position
Dobok dahnjung	Fix your uniform
Dhee dahnjung	Fix your belt
Shiuh	Relax
Anjo	Sit

STUDENT RANKS:

- 10th Gup - White Belt
- 9th Gup - White Belt/Yellow Stripe
- 8th Gup - Yellow Belt
- 7th Gup - Yellow Belt/Green Stripe
- 6th Gup - Green Belt
- 5th Gup - Green Belt/Blue Stripe
- 4th Gup - Blue Belt
- 3rd Gup - Blue Belt/Red Stripe
- 2nd Gup - Red Belt
- 1st Gup - Red Belt/Black Stripe

BLACK BELT RANKS:

- 1st, 2nd & 3rd DAN: Beginner black belts
- 4th, 5th, & 6th DAN: Intermediate black belts
- 7th , 8th & 9th DAN: Advanced black belts

HAPKIDO BELT PHILOSOPHY

- White - This represents the seed beneath the winter's snow - a beginning.
- Yellow - This represents the warmth of the winter's sun that melts the snow and allows the seed to germinate.
- Green - This is the color of the sprout and it represents the spring when growth and activity are plenty.
- Blue - This is the color of the sky which the plant grows towards, receiving strength and nourishment.
- Red - This represents the summer's sun that swelters with the burning intensity of the Arts.
- Black - This is the color of mastery. No color added to this color can change or improve it. This also represents the universe.

Colors in Korean

- | | | | |
|-------------|---------|------------|---------|
| White..... | hayan | blue..... | parang |
| Yellow..... | norang | red..... | balkang |
| Green..... | noksaek | black..... | gumjung |

HAPKIDO THEORIES OF BASIC MOTION.

1. **30. Angle** for maximum effectiveness, unless told otherwise, angles shall remain at 30.
2. **Decreasing radius of the circle** to allow more pain into a technique and to off balance the opponent, the circular radius should start big and decrease in size through the technique.
3. **Drop the center of gravity** usually meaning to kneel but can be accomplished by leaning, leading the opponent to the ground by a culmination of all three principles.

PURPOSE OF TECHNIQUES

1. **Meditation:**
Way of strengthening mind and body together as one. Concentration of the mind ,body and spirit.
2. **Basics:**
Provides a permanent foundation to the Hapkido individual so he/she can accomplish the advanced techniques.
3. **Techniques:**
Represents the graceful part of Hapkido. Developing balance, coordination and flexibility.
4. **One Step Sparring (Defensive):**
To develop the creativity of the Hapkido individual to develop control using full powered techniques and attacks without contact. It is used to develop self-control.
5. **Controlled Alternate Free Sparring:**
To build self-control using techniques of block and attack without contact, also to stimulate the mind.
6. **Free Sparring:**
To improve reflexes, apply techniques of attack, block, and counterattack.
7. **Three Styles of Technique:**
 - A. **Competition Style** - as a sport to acquire points.
 - B. **Exhibition Style** - Shows beauty, grace, and effectiveness.
 - C. **Practical Style** - application for self-defense.
8. **Philosophy:**
To improve character, attitude, and manners. To teach respect toward others, to help others and to develop knowledge, honesty and strength.
9. **Breaking:**
To provide the student with challenges and prove to the student they can break through barriers to become a better student in Hapkido
10. **Grappling:**
To provide training for combative skills that may involve being put on the ground or providing a way to subdue an attacker and restrain them.

RULES AND REGULATIONS OF THE DOJANG

1. Whenever entering or leaving the Do-jang floor, all students must execute a bow of respect to the flags and to the instructor.
2. Upon meeting an instructor of Black Belt rank, all students must execute a bow of respect.
3. All students entering the Do-jang must remove shoes, hats and sunglasses. Shoes, gear, clothes and other personal items must be properly stored in the changing area.
4. All students must remove all watches and jewelry (except for flat wedding bands) before taking class. Avoid bringing valuables to class. The Do-jang is not responsible for the student's personal possessions and belongings.
5. There will be no smoking, gum chewing, eating or drinking in the Do-jang at any time.
6. Profanity, foul language, loud laughing, horseplay, rowdiness, loss of temper or any display of lack of self discipline will not be tolerated.
7. Students are not allowed to lean against the walls, sit on chairs, or sit in an improper manner.
8. All students must observe a high degree of personal hygiene. Toe and finger nails must be kept clean and trim. All students must keep their uniforms clean and neat with the patches sewed on and their belts tied properly. Students cannot leave uniforms in the Do-jang overnight.
9. Each class will have a formal ceremonial opening and closing.
10. Proper respect and courtesy is to be shown to all persons at all times.
11. When speaking to an Instructor, students must use "Sir or Madam" or "Mr./Mrs.", preceding the last name. The Master Instructor can be addressed as Kwan Jang Nim. The Chief Instructor can be addressed by the Korean term "Sabum Nim" and Assistant Instructor "Kyo Sa Nim." There will be no mumbling, nodding or "talking back."
12. Special respect, obedience and strict attention are to be given to Instructors of Black Belt rank at all times.
13. Be on time for classes. If you arrive early, do not disturb the class. Take the opportunity to stretch, meditate or practice quietly.
14. Practice only the techniques that have been presented to you by your Instructor. Do not try to learn ahead by observing higher belts.
15. Do not inquire concerning promotion tests. When your instructor decides that you are ready to test for higher rank, he/she will inform you.
16. Students must take pride in the appearance of the Do-jang and assist with keeping it clean.
17. Students must be dedicated and loyal to the Do-jang and participate in its activities. Students and their families should promote and support the Do-jang to the best of their ability.
18. Use only Korean terms that you have been instructed to use.
19. No Sparring without the Instructor's permission and supervision. All students must always comply with the Do-jang's protective gear policy and all safety rules.
20. Students who cannot attend classes for one week or more should notify the Instructor.
21. Martial Arts techniques must never be used outside the Do-jang for any reason except in circumstances clearly and seriously involving your safety and the safety of others.
22. Tuition and test fees must be paid on time.
23. Ask for the Instructor's permission before bringing friends to observe a class. The Do-jang is not a social club, baby sitting service or "hang-out."
24. Any student willing, maliciously or repeatedly breaking Do-jang rules, becoming a nuisance will result in expulsion.

25. A Do-jang is a formal hall of higher learning where students of all ages and physical ability can learn the skills of this beautiful, ancient and traditional Art that can greatly improve times, reflect the respect that it deserves.

UNIFORM GUIDELINES

- I. **DO-BOK** (Hapkido Uniform)
- A. Students wear all black uniforms or diamond design (white or black) and white KHF style .
Wrap around style only.
 - B. Instructors and Demo Teams may wear different color uniforms as decided by the head of the school or club.
- II. **PATCHES:**
- A. Students may wear patches as deemed appropriate by instructor.
- III. **SCREENING ON UNIFORMS:**
- A. The back of the jacket of the Do-bok can be imprinted with the logo of the Club.
 - B. Black Belts may imprint the words Hapkido with permission of the instructor.
- IV. **ADDITIONAL GUIDELINES:**
- A. A black T-shirt may be worn under the jacket of the Do-bok if approved by instructor.
 - B. Female students may wear a black T-shirt, leotards or other appropriate garments under the jacket of the Do-bok but they must not to clash with the Do-bok.
 - C. Students and Instructors are not allowed in the Do-jang bare chested.

V. THE HEAD OF EACH SCHOOL OR CLUB CAN EXERCISE HIS OR HER AUTHORITY IN ESTABLISHING ADDITIONAL DRESS CODES.

What is a workout?

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started. A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you workout regularly, your problems diminish and your confidence grows. A workout is a personal triumph over laziness and procrastination. It is the badge of a winner -- the mark of an organized, goal-oriented person who has taken charge of his or her destiny. A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary. A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it. A workout is a form of rebirth. When you finish a good workout, you do not simply feel better. You feel better about yourself.

George Allen

It is not the critic who counts, nor the weaker man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena: whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; and spends himself in a worthy cause; and who, at worst if he falls, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat

Theodore Roosevelt

HARMONY

I am in harmony within myself I am in harmony with all people.

Friction, disharmony, misunderstanding cannot remain when we are in harmony within ourselves, for when we are in harmony within ourselves, we are in harmony with all people. This is not to say that we see eye to eye with everyone, this is not to say that there will be no differences of opinions and attitudes. But when we are in harmony within ourselves, we do not allow differences to upset us. If there is anything we can do to establish a closer rapport with another, we will do it. But even if this does not seem possible, we will silently bless this person, the situation, ourselves, and maintain our inner peace. No person can upset us or make us depressed or unhappy when we are in harmony within ourselves. we are able to be serene, loving, patient, understanding, and in so doing we bring a blessing to our human relationships, we help to foster a spirit of tolerance and loving-kindness.

"Quality is never an accident; It is always the result of high intention, sincere effort, intelligent direction, and skillful execution; It represents the wise choice of many alternatives."

Willa A. Foster

"When you meet someone better than yourself, turn your thoughts to becoming his equal. When you meet someone not as good as you are, look within and examine your own self. "

Confucius

I count him braver who overcomes his desires than him who conquers his enemies: for the hardest victory is the victory over self.

-Aristotle

If strength were all there is then the tiger would not fear the scorpion.

Respect can never be demanded and very seldom encouraged, and even though you may want respect, you must first earn it and then maintain whatever earned it for you in the first place. You can work for years on gaining respect from your students, and you can lose it in a single sentence or moment.

J.R.West

Reasons for Ki-ap

- 1) To intimidate your opponent
- 2) To focus all your power
- 3) To exhale air and tighten your midsection
- 4) To concentrate and focus all mental energy

Bowing in procedure.

Come to attention char-yot

Formal sitting.....jung zwa

Seated bowkyung ye

Will be done 3 times

To bow out, same as bowing in except at the end senior student says

Come to attention char-yot

Formal sitting.....jung zwa

Seated bowkyung ye

Will be done 3 times.

Three claps in unison.

Senior student moves to stand followed by
the entire class.

Bow to instructor.

What is Ki

Ki is an Asian idea that states an energy flows through the body to give strength and awareness to the individual. This invisible “life force” is said to hold the properties of giving people exceptional power, speed, and/or mental abilities. Ki cannot be measured by any means; it cannot be seen or touched which is why most people do not believe in it. Ki originates at the Dan Jon area of the body, located approximately 2 inches below the navel. This energy is channeled through the body on imaginary lines called meridians. On these meridians are located the acupuncture points which we use as pressure points. To be able to control the flow of ki in the body is a task that takes many years to command. Once this is controlled, an individual may be able to force the ki outside of the body and input it into someone else, disrupting their energy flow. Also, a person can use their ki to harden the body and be able to withstand hits to their own body. The development of ki greatly heightens the ability of a person to be able to defeat an opponent with one shot.

Foundations of Hapkido

1. Be constantly alert of the teachings of your seniors, endeavoring always to master the way of Hapkido.
2. Developing yourself physically, mentally, and spiritually should be your main objectives. Make yourself a better person.
3. Develop accuracy first, speed second.
4. Do not introduce excessive strength into your techniques because you can easily injure your partner.
5. **Non-Resistance Principle** – Never directly oppose an opponents strength. Move with him along the path of least resistance, or in the same direction he moves, thereby using his weight and momentum against him.
6. **Circular Motion Principle** – Control your opponent by leading his attack in a circular pattern, thereby adding his power to your own.
7. **Water Principle** – Flow in and around your opponent, don't try to stop his force with your own, absorb it into your technique.
8. Keep your eyes on your attacker at all times.
9. Never underestimate your attacker. Assume he knows as much about self-defense as you do.
10. Have respect for human life, as well as all other living things.
"Avoid rather than check, Check rather than hurt, Hurt rather than maim, Maim rather than kill , avoid taking a life because all is precious and can never be replaced".
11. Deal out punishment which the situation demands. Never give your attacker a second chance – he might not give you one. Never let up until your personal safety from further danger is assured.
12. Meet with fortitude any and all obstacles which may arise to hamper the attainment of your goals.
13. Avoid all unnecessary incidents. Use this art for self-defense purposes only when all other means of self-preservation have failed.

Adult Requirements

10th Gup White belt through 1st Gup Red belt

10th GUP REQUIREMENTS

I. BREATHING EXERCISES (Dan Jon Ho Hup):

- A. Straight Down (Short Wave)
- B. Sitting (Short Wave)

II. STANCES (Seogi):

- A. Attention
- B. Standing Bow
- C. Horse Stance
- D. Ready Stance (choon bee)
- E. Sitting Bow
- F. Forward Fighting Stance (closed hand)
- G. Front Fighting Stance

III. BREAKFALLS (Nak Bup – Nak Sul):

- A. Back Breakfall (sitting)
 - 1. Without Hitting
 - 2. With Hitting
- B. Side Breakfall (kneeling)
- C. Front Breakfall (kneeling)
- D. Forward Roll (kneeling)

IV. STRIKES (Cheegi):

- A. Front Punch
- B. Palm Heel
- C. Knife Hand Strike

V. KICKS (Chagi):

- A. Front Thrust Kick - With ball of foot to Solar Plexus
- B. Front Snap Kick - Kick to chin
- C. Front Scoop Kick

VI. BASIC BLOCKING / REDIRECTING TECHNIQUES (Makki):

- A. Inside middle knife hand - Strike inside of attacker's wrist.
- B. Outside Palm - Strike outside of attacker's wrists.
- C. Outside middle knife hand - Strike outside of attacker's wrist.

VII. RELEASES (Ki Bon Sool):

- A. Pull-out
- B. Lead-down
- C. Hitting
- D. Hitch-hike
- E. Up grab push front thrust kick

VIII. MENTAL

- A. Meaning of the white belt – seed beneath the snow, the beginning.
- B. Count to ten in Korean
- C. Name and rank of Instructor (Mr. Carter, 4th degree Hapkido)

IX. TERMINOLOGY

Belt	Dee		Counting in Korean
Block	Makki		1..... Hana
Breakfall	Nak-bup		2..... Tul
Breathing exercises	Don Jon Ho Hup		3.....Set
Kick	Chagi		4..... Net
Punch	Cheegi		5.....Taset
Stance	Seogi		6..... Yaset
Student	Kwon-won		7.....Illgup
Training hall	Dojang		8.....Yadul
Uniform	Dobak		9.....Ahup
			10.....Yul

9th GUP REQUIREMENTS

I. BREATHING EXERCISES: dan jon ho hup

A. Straight Out

Reasons for Dan Jon Ho Hup:

1. Increase air supply
2. Lower center of gravity
3. Teach you to concentrate
 - a. Positive thinking
 - b. Better attitude
4. Strengthen abdomen
5. Teach you to relax

II. STANCES: Seogi

- A. Natural Stance (open hand)
- B. Attack Stance (open hand)
- C. Basic Body Change Movement
- D. 90 Degree Pivot
- E. 180 Degree Pivot

III. BREAKFALLS: Nak bup

- A. Back Breakfall (standing)
 1. Without Hitting
 2. With Hitting
- B. Side Breakfall (standing)
- C. Standing Forward Roll - Staying down
- D. Standing Front Breakfall

IV. STRIKES: Cheegi

- A. Reverse Punch (from attack stance)
- B. Double Punch
 1. In Place
 2. Horse Stance
 3. Moving

V. BLOCKS / REDIRECTS:

- A. Inside
 1. Palm Heel
 2. Block and grab
- B. Outside
 1. Palm Heel
 2. Block and grab

VI. KICKS: Chagi

- A. Roundhouse
- B. Knee Lift Kick - (Point toes down)
- C. Side Kick (pivot)

VII. TECHNIQUES (All techniques from one-hand grab, two-hand grab, and straight techniques)

- A. Downward elbow lock, Sudo
- B. Downward wrist lock, Front thrust kick
- C. Outward wrist lock, Front thrust kick
- D. Major outer leg reap, drop knee on ribs, punch face
- F. Circular Wrist Lock, Back takedown
- G. Slide-through Hammerlock, knife hand (sudo) to pressure point (GV15 Ah-Moon)
- H. 8 direction steps against punch.

VIII. Mental

- A. All requirements from last test
- B. The following terminology

Attention	Char-yot
Pay respect (bow)	Kyung-ye
Start	Si-jak
Stop	Guman
Relax	Sheio
Energy yell	Ki-hap
Front kick	Ap chagi
Side kick	Yup chagi
Upper area	Sang dan
Middle area	Jong dan
Lower area	Ha dan
Reverse punch	Yuk sin
Round house kick	Dollyo chagi
Same side grab	Son mok sul
Two hand grab	Yang son mok sul
Straight technique	Ya dan son sul

8th GUP REQUIREMENTS

I. BREATHING EXERCISES: Dan jon ho hup

- A. Straight up
- B. Side Push
- C. Up Down Up

II. STANCES: Seogi

- A. Side Stance #1 and #2
- B. Cross Step Shuffle Movement (K-Step)
- C. Cross Step 180 Degree Pivot
- D. 360 Degree Pivot Body change- 180 degree pivot, body change

III. BREAKFALLS: Nak bup

- A. Forward Roll (Getting Up)
- B. Side front breakfall
- C. Backward roll

IV. STRIKES: Cheegi

- A. Snap Punch - tighten fist at impact
- B. Backfist
- C. Hammer fist

V. KICKS: Chagi

- A. Side Stepping Side Kick
 - 1. From Choon Bee - Step behind
 - 2. From Side Stance - Step in front
- B. Roundhouse – front leg
- C. Side Kick – front leg
- D. Wheel Kick

VI. BLOCKING / REDIRECTING TECHNIQUES: Maki

- A. Inside low knife hand
- B. Outside low knife hand
- C. High knife hand
- D. X-block high (open hand)
- E. X-block low (open hand)
- F. Stationary Free Style Blocking (take turns)

VII. TECHNIQUES Same side wrist grab: Son Mok Sool

- A. All-Direction Throw #1 Basic, Sudo (long turn)
- B. All-Direction Throw #2 Basic, Sudo (short turn)
- C. Figure Four Takedown, Sudo
- D. Hand Throw #2, Knee on Elbow Pin, Sudo

- E. Circle under arm, hammer-lock, kneel down,
- F. Circular wrist lock, step back in front, inverted wrist lock, step back and kneel, pin
- G. All-Direction Throw Advanced lead down
- H. Snake hand around, major hand throw (kneeling down to throw)
- I. Inverted wrist lock, finger lock, pushing finger break
- J. Inverted wrist lock, finger lock, flip throw
- K. Circular wrist lock (both hands on wrist). Flip throw
- L. Downward wrist lock, grab lapel, kneel

VIII. MENTAL

- A. What is respect
- B. Definition of yellow belt – warmth of the sun to melt the snow and let the seed grow
- C. Type of martial arts you study – Hap Ki Do
- D. Definition of Hap Ki Do – Way of coordinating energy
- E. Founders name, title and rank –Choi Yong Sul, Grandmaster 9th Dan
- F. The year Hap Ki Do was founded officially – 1948
- G. Following Terminology

National flag	Kuk ki
Thank you	Kom som ne da
You're welcome	Cho ma ne yo
Back fist	Doong kwan
Master instructor	Kwang jang min
Chief instructor	Sa bum nim
Assistant instructor	Kyo sa nim
Senior student	Sun bae nim
Hammer fist	Mang chigi
One steps	Il bo dae ryun
Bamboo sword	Chook do

- H. 3 pillars of Hap Ki Do
 1. Non resistance
 2. Circle
 3. Water
- I. 3 principles of body movement
 1. 30° angle
 2. decreasing radius
 3. decreasing center of gravity

7th GUP REQUIREMENTS

I. BREATHING EXERCISES: Dan jon ho hup

- A. Stomach Twist
- B. Side push

II. BODY MOVEMENTS: Koo ryung

- A. Cross-Step 360 Degree Pivot Body Change -
- B. X-stance

III. BREAKFALLS: Nak bup

- A. Diving roll (over 1 person kneeling)
- B. Belt roll

IV. STRIKES: Cheegi

- A. Knife Hand Overhead
- B. Knife Hand Inside
- C. Knife Hand Outside
- D. Ridge Hand
- E. Thumb Knuckle Strike

V. KICKS: Chagi

- A. Inside Crescent Kick
- B. Outside Crescent Kick
- C. Slap Kick
- D. Ax Kick in/out
- E. Jumping Roundhouse
- F. Back turn Side Kick

VI. BLOCKING / REDIRECTING TECHNIQUES

- A. Pressing Palm Block
- B. Middle Inner Arm Block
- C. Middle Back Hand Block
- D. Trapping Block
- E. Ox Jaw Block

VII. TECHNIQUES

- A. Easy Hand Throw - Opponent's left hand is forward: Yu dan son sool
 - 1. Stepping forward
 - 2. Stepping
- B. Cross Hand Grab (Opponent grabs right hand with his right hand): An son mok sool
 - 1. Downward wrist lock and knee strike
 - 2. Circular wrist lock -
 - a) Hammerlock pin
 - b) Criss-Cross takedown
 - 3. All-Direction throw advanced, knee on elbow pin
 - 4. Major hand throw, 180 degree pivot, outward wrist lock
- C. Double Wrist Grab (Opponent grabs right hand with both hands): Sang soo
 - 1. Elbow break, all direction throw advanced, knee on elbow pin, Sudo
 - 2. Elbow break, elbow strike, hair grab knee-drop throw, hammerfist
 - 3. Snake arm through, step through elbow, knife hand to neck
- D. Two hand wrist grabs: Yang son mok sool
 - 1. Release, grab opposite wrist, arm cross throw, pin
 - 2. Circle under, cross opponent's arms, shoulder throw kneeling
 - 3. Hitting release, inside knife hands to ribs, palm strike to sternum

VIII. Mental

- A. Know how to read Hapkido in hangul
- B. Define and give examples of discipline
- C. The following terminology

Knife hand block	Sudo makki
Crescent kick	Ban dal chagi
Front stance	Joong gul shugi
Horse riding stance	Ki ma shugi
Knife hand strike	Sudo chigi
Body movements	Koo ryung
Escape techniques	Ho shin sul
Jumping roundhouse	E dan dolyo chagi
Slap kick	Biss chagi
Back turn side kick	Dui yep chagi
Ax kick	Chiko chagi
Ridge hand	Yuk soo

6th GUP REQUIREMENTS

I. BREATHING EXERCISES: Dan jon ho hup

- A. Down, Out, Back, and Up
- B. Forward Thrust

II. STANCES: Seogi

- A. Yudo gripping stance
- B. Kneeling walking technique
- C. Yudo gripping stance/off balancing

III. BREAKFALLS: Nak bup

All previous breakfalls and rolls

IV. STRIKES: Cheegi

- A. Inside Elbow Strike
 - 1. Upward (uppercut)
 - 2. Downward
- B. Outside Elbow Strike
- C. Back Elbow Strike
- D. Downward Elbow Strike
- E. Standing Fist (long)
- F. Standing Fist (short)
- G. Tiger Mouth

V. KICKS: Chagi

- A. Hook Kick
- B. Low Hook Kick
- C. Jump Side Kick
- D. Jump Front Kick
- E. Spinning Wheel
- F. Back Turn Roundhouse
- G. 360° Roundhouse

VI. KICK BLOCKING / REDIRECTING TECHNIQUES (One side kick while other blocks while moving): Bahng jok sool

VII. LEG TAKEDOWNS: Sun sool

- A. Leg Lever Takedown
- B. Outside Ankle Nerve Takedown
- C. Inside Ankle Nerve Takedown -
- D. Inside Knee Push (With Side Kick)
- E. Outside Knee Push (With Side Kick)

VIII. TECHNIQUES

- A. Belt Grab Palm Up: Oht sool
 - 1. Arm Lock Body-Drop Throw
 - 2. Thumb lock
- B. Belt Grab Palm Down: Oht sool
 - 1. Downward Wrist Lock
 - 2. Inside Wrist Pressure Point Takedown
 - a) Step-Over Leg Elbow Lock
 - b) 180 Degree Pivot, takedown, stomp armpit, Come-Along Pin -
 - 3. Hand to opposite knee, arm lock throw
 - 4. Hitting elbow throw
 - 5. Folding elbow lock, dropping to floor
- C. Collar Grasp: Oht sool
 - 1. Elbow Roll Lock Sudo
 - 2. 180 degree turn, Elbow strike, inside Hair Grab, Knee-Drop Throw, Hammerfist
 - 3. Outside figure four lock, release, palm strike to solar plexus
- D. Twisting Lapel Grip: Oht sool
 - 1. K-Step, Arm Snake Steering Wheel Throw, pivoting 180 degrees, Hammerfist
 - 2. Snap Punch, Major Hand Throw Catch, Jawbone Push Cross-Step Throw
 - 3. Variable bent elbow throw
 - 4. Downward wrist lock, apply pressure to forearm, kneel
- E. Two-Hand Throat Catch: Yoo sool
 - 1. Forearm nerve, Rear Hair Takedown
 - 2. Overhead Arm Sweep, Backfist, Front Thrust Kick
 - 3. Scoop Kick Shin, Palm Up Thumb Lock, Knee Kick groin, Front Thrust Kick
- F. Middle Sleeve Grab (Opponent grabs left sleeve with right hand): Oht sool
 - 1. Downward elbow lock, Sudo (horseshoe grip)
 - 2. Folding wrist lock, forearm lever, shuffle step, takedown
 - 3. Folding Elbow lock, kneel, downward elbow strike
 - 4. Step-through bent elbow throw
 - 5. Outside figure four lock, do open body movement back takedown (Wrap around)
 - 6. Grab nerve above elbow, hammer-lock, kneel, takedown
 - 7. Knee wheel throw
 - 8. Minor wrist lock, palm strike to chin
- G. Shoulder Grasp: Oht sool
 - 1. Downward elbow lock, Sudo
 - 2. Folding wrist lock, front shuffle takedown
 - 3. Folding elbow lock, downward elbow strike

IX. Mental

- A. What are the 3 main martial arts of Korea (Tae Kwon Do, Hapkido, Yudo)
- B. Definition of green belt – color of the sprout and it represents the spring when growth and activity are plenty
- C. Information on Won Hyo
- D. Who is He-Young Kimm
- E. 4 reasons for ki-hap
- F. The following terminology

Hook kick	Ho rue chagi
Elbow strike	Pal kup chigi
Ready stance	Chum bi chugi
Back turn side kick	Duie yep chagi
X-stance	Kao shugi
Self defense	Ho shin sool
Korean version of Judo	Yudo

5th GUP REQUIREMENTS

I. BREATHING EXERCISES: Dan jon ho hup

All previous

II. BREAKFALLS: Nak bup

- A. Forward Roll #3 (diving over 2 people kneeling).
- B. Diving Belt Roll
- C. Backward Roll #4 Advanced

III. STRIKES: Cheegi

- A. Uppercut
- B. Underfist
- C. Forearm strike
- D. Cranes beak

IV. KICKS: Chagi

- A. Hatchet Kick – inside and outside
- B. Spinning Heel Kick (Straight Leg and Hook)
- C. Inside Crescent Kick - Front Thrust Kick
- D. Combo Kick

V. PURSUIT TECHNIQUES - Straight line attack and defense practice

VI. YUDO THROWING TECHNIQUES: Yudo

- A. Major Outer Leg Reap: O soto gari
- B. Major Hip Throw (Arm to waist): O goshi
- C. Body Drop Throw: Tai O toshi
- D. Major Inner Leg Reap Kata Guruma
- E. Major Inner Leg Reap: O ouchi

VII. TECHNIQUES

- A. Front Hair Grab (Opponent grabs hair from front)Ab bhang shin sool
 - 1. Circular Wrist Lock, Flip Throw. Come-Along Pin, Palm Heel
 - 2. Circular Wrist Lock, All Direction Throw Advanced, Knee on Elbow Pin, Sudo
- B. Rear Hair Grab: Dwi bhang shin sool
 - 1. All-Direction Throw Basic, Sudo
 - 2. Arm Snake Steering Wheel Throw, punch
 - 3. Side Kick ribs or face

- C. Headlock: Yeup bhang shinsool
 1. Stomach Sudo, Rear Hair Takedown, punch
 2. Double Leg Lift Throw
 3. Rear Groin Strike, push under nose, takedown, strike neck
 4. (from front) Circle under, arm bar with both hands
- D. Front Underarm Bearhug: Ab bhang shinsool
 1. Neck nerve, Steering Wheel Throw
 2. Spine Stretch Takedown, stomp
 3. Ear slap, Steering Wheel Throw, punch
 4. Ridgehand back of neck, forearm lever choke
- E. Front Overarm Bearhug (Opponent reaching forward): Ab bhang shin sool
 1. Double Kidney Sudo's, Hip Throw
 2. Double Spear Hand Shoulder Throw, pin, punch
 3. Pull, Knee Kick, Major Inner Leg Reap, stomp.
- F. Cane Techniques (basic): Jee pahng ee sool
 1. Strike to top of head
 2. Strike to outer forearm
 3. Strike to inner forearm
 4. Off-balancing knee throw
 5. Parry inside arm, strike solar plexus

VIII. Mental

- A. What is integrity
- B. Explanation of Korean Flag
- C. Explanation of American Flag
- D. Style of Hapkido you study (Mu Sool Kwan)
- E. Name the three principles and philosophies of Hapkido
- F. Names of Yudo throws in Japanese
- G. The following terminology

Front	Ap
Side	Yep
Back	Duie
Short staff	Danbong
Sword techniques	Gumsul
Wooden sword	Mokgum
Rope or belt techniques	Phobaksul
Staff techniques	Bongsul

4th GUP REQUIREMENTS

I. BREATHING EXERCISES: Dan jon ho hup

II. BREAKFALLS: Nak bup

- A. Forward Roll #3 (Diving over 3 people kneeling).
- B. Backward Roll #4 Advanced (diving)
- C. Belt Roll (Diving over 2 people kneeling).

III. STRIKES: Cheegi

- A. Eagle claw
- B. Spear Hand
- C. Spinning Backfist
- D. Bearfist
Quick Snap
Follow-through
- E. Knuckle Fist fore finger
- F. Tiger Fist

KICKS: Chagi

- A. Skipping Side Kick
- B. Skipping Roundhouse Kick
- C. Skipping Hook Kick
- D. Skipping Slap Kick
- E. Skipping Front Thrust Kick
- F. Skipping Front Snap Kick

FREE AREA MOVEMENT PURSUIT TECHNIQUES - Attack and defense practice: Dai ryun

YUDO THROWING TECHNIQUES: Yudo

- A. Floating Knee Drop Throw – Uki otoshi
- B. Two-Arm Shoulder Throw – Morote seoi nage
- C. One-Arm Shoulder Throw – Ippon seoi nage
- D. Circle Throw – Tomoe nage
- E. Supporting foot lifting-pull throw – Harai goshi
- F. Valley drop throw – Tani O toshi
- G. Sweeping loin throw – Ouchi mata
- H. Springing hip throw – Hane goshi

TECHNIQUES

- A. Rear Overarm Bearhug: Dwi Bhang shin sool
 - 1. Leg Lever Takedown
 - 2. Knee Lock Squatting Takedown, Step-Over Leg Lock
 - 3. Heel Kick groin, Inside Ankle Pressure Point Takedown or Inside Knee Takedown
 - 4. Two Arms Over Both Shoulders Throw, double (Right-Left) punch
- B. Rear Underarm Bearhug: Dwi bhang shin sool
 - 1. Butt Thrust groin, Spine Stretch Takedown, stomp
 - 2. Hand to elbow, Come-Along, Outward Wrist Lock, Front Kick
 - 3. Hand to elbow, Come-Along, hammerlock, Sudo
- C. Rear Underarm Shoulder Grab: Dwi bhang shin sool
 - 1. Drop shoulder, Elbow Strike Major Hand Throw, Outward Wrist lock, stomp
 - 2. Pull up arms tight, step forward, throw over hip, punch
 - 3. Side Kick to Knee Takedown
- D. Full Nelson: Dwi Bhang shin sool
 - 1. Push forehead back, Step-Out Leg Lift Throw, stomp
 - 2. Knuckle scrape, Finger Lock, Figure Four Throw, Finger Lock Come-Along
 - 3. Arms straight up and drop, punch to groin
- E. Front Body Tackle: Too kee
 - 1. Knee Body Drop Throw .
 - 2. Front Kick, Overhead Sudo, Front Hanging Choke
- F. Punching Attack: Bhang kwon sool
 - 1. Inside-Out Parry and Grab, Snap Punch, Major Outer Leg Reap Takedown.
 - 2. Left Inside-Out Parry, Folding Elbow Lock
 - 3. Downward Elbow Lock
 - 4. Inside-Out Block, Elbow Roll Lock, Sudo
 - 5. X-Block
 - 6. Double Outside Parry
 - 7. Four-Way Punch Block
 - 8. Rear Hair or Throat Takedown
 - 9. Inside-Out Parry
 - 10. Buldo Moo Sool Parry
- G. Overhead Strike: Ab bhang kwon sool
 - 1. Hitting Elbow Throw
 - 2. Elbow Roll Lock
 - 3. All-Direction Throw Advanced, Knee on Elbow Pin, Sudo
 - 4. Inside-Out Block and Grab, variable Body Drop Throw
- H. Haymaker Punch: Bhang kwon sool
 - 1. Right Outside-In Parry Grab, 180 degree turn, Elbow Strike, Hair Grab Knee-Drop Throw, Hammerfist
 - 2. Inside-Out Parry and Grab, Forward Elbow Strike to shoulder pressure point (Oon Moon), Outside Knife Hand, Leg Reap Takedown
 - 3. Cutting Elbow Throw, Come-Along Pin, Palm Heel
 - 4. All-Direction Throw Advanced, Knee on Elbow Pin, Sudo
 - 5. Inside Shoulder Throw, Twisting Elbow Pin, punch
- I. Cane techniques (advanced):
 - 1. Elbow strike, hook neck, major hand throw
 - 2. Axillary strike, All-direction throw advanced
 - 3. Hold cane in middle, hook inside wrist, strike neck, takedown
 - 4. Hold cane in middle, block elbow, hook neck, step under, backhand strike

Light Yudo Free-Style (One Minute Continuous)

VII. Mental

- A. What is the history of Hapkido
- B. Definition of blue belt – color of the sky which the plant grows toward
- C. Explanation of school emblem – harmony of mind, body, spirit, found in a warrior
- D. Recite the Haw-Rang 5 point code of honor
- E. Counting 1 to 10 in Chinese
- F. The following terminology

Turn around	Dio roe droe	1	Il
Opposite side	Ban dae roe	2	E
Spear hand	Kwan soo	3	Som
Warm up exercises	Mom pool ri	4	Sa
Sparring	Dae ryun	5	O
		6	Yook
		7	Chill
		8	Pal
		9	Koo
		10	Ship

3rd GUP REQUIREMENTS

I. KICKS: Chagi

- A. Defense Spinning Heel Kick
- B. Spin Back Outside Crescent Kick
- C. Low Side Kick - High Roundhouse Kick
- D. Low Side Kick - High Hook Kick
- E. Low Hook Kick - High Roundhouse Kick
- F. Low Hook Kick - High Side Kick
- G. Inside Crescent Kick - Side Kick
- H. Inside Crescent Back Turn Side Kick

II. Strikes: Chigi

- A. Middle Knuckle Fist
- B. Two Finger Strike
- C. Vertical Knife Hand Strike
- D. Hook Punch

III. BREAKFALLS: Nak bup

- A. Back Breakfall #4 (Over two people kneeling)
- B. Back Belt Roll (Diving over one person kneeling)
- C. Forward Roll #6 (Air Roll)

IV. VARIABLE SPARRING (One person punches only, the other kicks only)

V. TECHNIQUES

- A. Choking Techniques: Mokjo jeu ki sool
 - 1. Front Palm Up Lapel Choke
 - 2. Front Palm Down Lapel Choke
 - 3. Front One Palm Up-One Palm Down Lapel Choke
 - 4. Rear Naked Choke Hold
 - 5. Rear Forearm Scissors Choke
 - 6. Side Choke (Scissors)
 - 7. 9 Shaped Choke
- B. Rear Two-Hand Grasp: Dwi bhang shin sool
 - 1. Step-Out Major Hand Throw, Straight Elbow Lock Pin
 - 2. Finger Lock Throw, Finger Lock Pin
 - 3. Outward Wrist Lock, Front Kick
 - 4. Circular Wrist Lock, Cutting Elbow Throw, Come-Along Pin, palm heel
 - 5. Turn 180 degrees, Downward Wrist Lock Front Snap Kick, Circular Wrist Lock Throw, Come-Along Pin, Palm Heel
 - 6. Major hand throw catch, uppercut to chin, figure four hip throw, finish of choice

- C. Rear Two-Hand Middle Sleeve Grab: Dwi bhang oht sool
 1. Step-Out Arm Cross Throw, lock elbow.
 2. Step-Out Shoulder Wheel Throw.
 3. Step-Out and behind, Elbow Strike takedown.
 4. Circle under, major hand throw
 5. Step behind, raise arms over their head, release, double palm strike
 6. Arms behind their head, variable hip throw
- D. Rear Two-Hand Shoulder Grab: Dwi bhang oht sool
 1. Body-Drop Throw, Knee on Elbow Pin, punch.
 2. Major Hand Throw Catch, Shoulder Throw, Come-Along Pin
 3. All-direction throw advanced
- E. Rear Two-Hand Finger choke: Dwi bhang shin sool
 1. Hammerfist, Spine Stretch Takedown, stomp.
 2. Butt Thrust, Hand Throw #2, knee on Elbow Pin, Sudo.
 3. Heel Up, Kick, Side Kick takedown.
- F. Rear Forearm Choke: Dwi bhang shin sool
 1. Hammerfist, Hair Grab Knee-Drop Throw, Hammerfist
 2. Shoulder Throw, punch
 3. Sudo Strike to groin, Right-Left Elbow Strike. Major Outer Leg Reap.
- G. Rear Forearm Choke and Wrist Grab: Dwi bhang shin sool
 1. Shoulder Throw, drop knee, punch
 2. Circular Wrist Lock, Finger lock Come-Along
 3. Stomp to shin, Right-Left Elbow strike, Right Major Outer Leg Reap with follow-up strike.
- H. Club Attack (Overhead Strike)
 1. Elbow Lock Hip Throw
 2. Circular Wrist Lock, Cutting Elbow Throw, Come-Along Disarming Pin, strike
 3. Vacuum Throw Basic
 - a) outside.
 - b) Buldo moo sul parry
 4. X-Block Circular Wrist Lock, disarm weapon, strike elbow tip, execute
 - a) Rear Criss-Cross Takedown
 - b) Scissor choke, with stick, to side of neck.

V. DEFENSE AGAINST THROWS: Dwi chegi sool

- A. X-Block, push down
- B. Grab pressure point on Trapezes Muscle, grab back of knee, body change, takedown
- C. Pull his face back, drop on knee overhead Sudo to chest.
- D. Foot on partners knee. Short Standing Fist to kidney. Inner Knife Hand strike to jaw hinge, pull his chin back, Hammerfist
- E. Apply Hanging Choke from behind
- F. Hip Throw
- G. One Arm Shoulder Throw

VI. CONTINUATION TECHNIQUES (Against Punches) One Minute Continuous Soft Style Defense

VII. MENTAL

- A. What are some other Korean styles of Korean Martial Arts similar to Hapkido.
- B. What are some other styles of Japanese Martial arts similar to Hapkido.
- C. What is the name of the governing body of Korean Martial Arts in Korea (Dae Han Kido Hwe).
- D. How does Hapkido differ from Aikido and Tae Kwon Do.
- E. The following terminology

Middle punch	Joong dan ji ghee
High punch	Sand dan ji ghee
Low punch	Ha dan ji ghee
Jumping front kick	Edan ap chagi
Jumping side kick	Edan yep chagi
Cane	Ji pahng ee
Fighting stance	Daebi shugi

2nd GUP REQUIREMENTS

I. KICKS: Chagi

- A. Low Roundhouse Kick - Low Spin Heel Kick Takedown
- B. Low Roundhouse Kick - Drop Spin Heel Kick Takedown
- C. Drop Side Kick
 - 1. Back Leg (Attack)
 - 2. Forward Leg (Defense)
 - 3. Spinning
- D. Rolling Heel Kick
- E. Scissor Kick Takedown
- F. Side Kick - Spinning Scissor Kick Takedown
- G. Roundhouse knee kick
- H. Drop spinning leg sweep using instep

II. DEFENSE AGAINST KICKS: Bahng jok sool

- A. Front Kick
 - 1. 45 degree outside step, catch with right elbow bend, takedown.
 - 2. X-Block, Snap Kick to back of kicking leg, Roundhouse to face.
 - 3. 45 degree outside step, arm circles under his leg, Palm Heel to chest
 - 4. Drop Knee-Lock Takedown.
 - 5. Sliding X-Block, 45 degrees inward, Leg Wrap Roundhouse Sweep
 - 6. Step inside (face rear), catch foot, turn back around, twist foot, takedown
 - 7. Step outside (face rear), catch foot, turn back around, twist foot, takedown
- B. Side Kick
 - 1. Foot Trap, twist his ankle, throw.
 - 2. Drop Spinning Heel Kick
 - 3. Inside-Out Parry, Side Kick to knee, Hook Kick to head
 - 4. Foot Trap, twist ankle, face to mat, step over leg lock
- C. Roundhouse Kick
 - 1. Parry Grab, Leg Sweep Throw
 - 2. Block inside knee, takedown and pin.
 - 3. Inside-Out Block and grab, Palm Heel to chest, Major Inner Leg Reap.
 - 4. Inside-Out Parry Grab, Hook Kick trapping leg, bend knee, takedown, pin
 - 5. Parry block and grab, major inner leg reap
 - 6. Parry block and grab loin throw
- D. Spinning Heel Kick
 - 1. Low Spinning Leg Sweep
 - 2. Inside-Out Block and Grab, Leg Sweep Throw
- E. Hook Kick
 - 1. Inside-Out Block, Major Hand Throw
 - 2. Inside-Out Block and Grab, Knee Lift Kick, side kick

III. LIGHT YUDO FREE STYLE WITH PIN Give and Take Throws and Pins (Two Minutes Continuous).

IV. FREE STYLE DEFENSE AGAINST BODY GRABS

One Minute Continuous.

V. DEFENSE AGAINST PUSHES: Yu sool

- A. Inside Steering Wheel Throw
- B. Outside Steering Wheel Throw
- C. Double Wrist Drop Throw
- D. Cross-Step Trip
- E. Body Block Throw #1 and #2
- F. Inside Wrist Grab, Step-Through Arm-Cross Throw
- G. Leg Scissors
- H. Vacuum Throw #1 and #2
- I. 180 degree Pivot Hand Throw
- J. Execute downward Elbow Lock and Sudo strike to neck.

VI. PRESSURE POINT TECHNIQUES: Jee ab sool

- 1. High block circle and grab, grab PC-3 at the elbow joint, throw
- 2. High block circle and grab, switch hands, grab HT-3 at the inside of elbow, takedown by kneeling
- 3. High block circle and grab, grab SI-17 pressure point under the jaw bone, throw
- 4. Inside parry block, grab SI-17 pressure points under their jaw on both sides, throw backward

VII. BASIC KNIFE GRIP AND SLASH

VIII. MENTAL

- A. Definition of red belt – summer's sun that swelters with the burning intensity of the Arts
- B. Define "Do" in Hapkido
- C. Explain Ki
- D. Name 5 high ranking Hapkido masters
- E. Who wrote the Hwa-Rang five point code of honor – Won Gwon Bopsa
- F. What else is Won Gwon Bopsa famous for

1st GUP REQUIREMENTS

I. KICKS:Chagi

- A. Front Thrust Kick - Roundhouse Kick
- B. Front Kick - Side Kick to Side
- C. Hook Kick - Roundhouse Kick
- D. Roundhouse Kick - Hook Kick
- E. Front Snap Kick - High Slap Kick
- F. Roundhouse Kick - Side Kick
- G. Jump Spinning Side Kick
- H. Jump Spinning Hook Kick

II. COUNTER-REACTIVE TECHNIQUES: Dwi cheegi sool

- A. Execute a right hand overhead strike; partner catches wrist in both hands:
 - 1. Major Hand Throw.
 - 2. Cross-step, bend right elbow, Elbow Lock Shoulder Throw.
 - 3. Pull hand up and out, Spinning Heel Kick to temple.
 - 4. Bend elbow, Folding Wrist Lock.
- B. Execute right overhead strike; Partner attempts Downward Elbow Lock.
 - 1. Circle, turn back, Downward Elbow Lock, Sudo.
 - 2. Circle, Circular Wrist Lock, Lock Flip Throw, come along pin.
- C. Various counter-reactive techniques
 - 1. Opponent tries folding elbow lock, elbow strike to ribs
 - 2. Opponent tries hammer lock/wrist lock, turn 180°, tiger mouth strike to throat, choke
 - 3. Opponent tries downward wrist lock, grab opponent's hand, place forearm over opponent's arm, apply pressure
 - 4. Opponent tries downward elbow lock, grab fingers, finger-lock wrist lock
 - 5. Opponent tries hand throw #2, major hand throw
 - 6. Opponent tries all direction throw advanced, hammer lock/wrist lock, takedown
 - 7. Opponent tries downward elbow lock, grab the fingers, go under arm, folding elbow lock
- D. Defense against punch
 - 1. Triangle choke
 - 2. Outside parry, swing around, hook neck, swing around, major outer leg reap
 - 3. Inside parry, 9 shaped pressing choke
- E. Defense against chokes
 - 1. Two handed choke – Circle throw, choke
 - 2. 9 shaped pressing choke – Turn body, short underfist strike –
 - 3. 9 shaped pressing choke – Turn body, grab under elbow, variable hip throw
 - 4. Lapel choke – Reposition head, spine stretch takedown

III. YUDO FREE STYLE WITH FOLLOW-UP: Either quick pin or strike. Two Minutes

IV. DEFENSE AGAINST A KNIFE: Dan do makgi

- A. Overhead Strike:
 - 1. All-Direction Throw Advanced, knee on elbow pin
 - 2. Elbow Lock Hip Throw
 - 3. Elbow Lock Shoulder Throw #1 and #2
 - 4. Elbow Lock Rolling Over With Upper Arm, Sudo, All-Direction Throw Advanced, twisting elbow pin
 - 5. Triangle choke
- B. Backhand Slash:
 - 1. Rear hair takedown, elbow break across knee
 - 2. Step-Thru Figure 4 Takedown Basic
 - 3. Standing Choke, Elbow Lock, All-Direction Throw Advanced, elbow pin
- C. Body Thrust
 - 1. Major Hand Throw, straight pin
 - 2. Outward Wrist Lock, kick, step-over elbow lock
 - 3. Folding Elbow Lock
 - 4. Outside Hair Throw with elbow lock, hammerfist
 - 5. X-block, circle step under, stab mid-section

V. MENTAL

- A. Explain the 30° angle principle
- B. Explain the decreasing radius of the circle principle
- C. Explain dropping your center of gravity principle
- D. Discuss water principle
- E. Discuss non-resistance principle
- F. Discuss circle principle
- G. What are the 2 principles of yudo and demonstrate
- H. What are the arts that came from Aikijitsu
- I. What makes Mu Sool Kwan different from other styles of Hapkido
- J. Devine and give examples of Loyalty
- K. Discuss Um-Yang