



Northern Beaches Dojang

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STUDENT HANDBOOK



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Introduction to Hapkido

What is Hapkido?



Grandmaster Matthew Sung Su Kim in action

Hapkido is a martial art that is fun and challenging and can be studied by all ages. Hapkido will teach how to defend yourself and will improve your strength, fitness, flexibility and your mind. Hapkido is a Korean martial art that combines kicking, punching, joint locks, throws and weapons.

Hapkido covers a wide range of realistic situations and attacks. You will learn how to prevent your attacker from hurting you, you will learn to take advantage of your attacker's weak points and you will learn how to take control of the situation.

Once you learn Hapkido you will be able to defend yourself in almost any situation. Hapkido will help you develop strength, flexibility, will power, self-discipline and confidence that will greatly enhance the quality of your life.

Hapkido is a martial art, not a sport. The aim of Hapkido is mastery of yourself, not others.

Elements of Hapkido



Master Kevin Brown – taking control
using a joint lock

- self discipline and self confidence
- respect for yourself and for others
- realistic defense against any attack
- powerful punches and kicks
- effective break-falling
- dynamic throws and takedowns
- grappling and groundwork
- circular and linear techniques
- painful joint-locks & pressure point attacks
- stick, pole, sword, walking cane, belt
- stress relief and meditation
- traditional Korean martial arts philosophy
- friendly - be part of the Hapkido family

Choosing a martial art

So many martial arts are available these days and it can be very confusing and difficult to compare what is being offered to decide which martial art is best for you.

If you are considering starting a martial art we suggest you sample several different styles before you commit to one. The most important criteria to consider when choosing a martial art are:

- **Convenience** – if it is hard to get to classes you will find it hard to continue in your training.
- **Friendships** – you may join because of a particular style or a particular instructor – but you will continue because of the friends you make in that club.
- **Quality and Expertise** – you want to learn quality techniques that are effective in the real world.
- **Affordability** – if the costs are too high then you will not be able to sustain your involvement, learning a martial art takes years, not months.
- Think carefully, look around, then once you make a choice, commit fully.



Master Kevin Brown – defence using a belt.

Comparison of Hapkido to other martial arts

The following comparison will help you understand what is different about Hapkido when compared to other martial arts.

This comparison is not saying that Hapkido is better than other martial arts. We just want to make sure you understand what our Hapkido is about.



Dealing with multiple attackers requires awareness of your surroundings

Hapkido compared to Aikido



Painful joint locks

As in Aikido, we practice receiving an attack with minimal resistance, guiding it past the target and then adding our own force to unbalance and throw the opponent.

Breathing, balance, calmness of mind, circular motion and posture are key skills that are learnt in this practice.

However, opponents do not always attack with large over-committed movements.

Often short jabs and kicks are delivered with such rapidity that it is very difficult to lead the opponent's force. In these situations, the close quarter blocking and striking techniques of Hapkido will give you the knowledge and skills you need to defend yourself against realistic punch and kick attacks.

Hapkido compared to Jujitsu



Master Tamanini applying a corkscrew lock

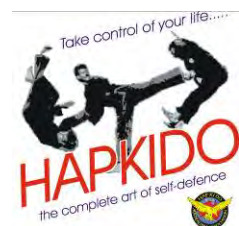
Many of the joint-locks and throws of Hapkido are similar to those of traditional Jujitsu.

Painful twisting of the joints and tendons along with the application of painful pressure to vital points, combined with a thorough knowledge of the human anatomy can help to control an opponent regardless of size or strength.

Some traditional Jujitsu players do not practice their techniques against proficient kickers and punchers, and may be vulnerable to such longer range attacks.

A skilled striker may not allow you to get in close.

With Hapkido you will practice kicks and punches to a high degree of proficiency and will become familiar with defending against a skilled attacker that wants to punch or kick you.



Hapkido compared to Mixed Martial Arts

MMA has enjoyed a huge boom in recent years with the popularity of UFC (cage fighting) events on television. It is mostly popular with younger students who want to experience full contact and enjoy the competitive aspects of this sport.

Hapkido does include sparring in most classes, however Hapkido sparring does not normally involve full contact without protective equipment and even though we do have tournaments, these do not normally involve full contact.

Hapkido sparring focuses on correct timing and distance and encourages a co-operative approach where you and your sparring partner can both improve your skills in a live situation without fear of being seriously injured.

Care and respect for your training partner is of utmost importance in Hapkido and safety is an important part of all classes to ensure you can continue to study and train in Hapkido for a long time with a minimum of injuries and pain.



Master Scott Wetherell pioneered a co-operative approach to developing sparring abilities in our Hapkido students



Sparring in Hapkido

Hapkido compared to Brazilian Ju Jitsu (BJJ)

Brazilian Ju Jitsu is a form of grappling started by the Gracie and Machado families in Brazil and focuses on grappling on the ground against a single opponent. Their techniques are learnt and refined through countless hours of “rolling” on the mat.

Hapkido does include groundwork learnt through the practice of groundwork drills to strengthen your body and practice specific groundwork skills. Free sparring is allowed to continue if it goes to the ground. However groundwork is not a major part of our classes.

Due to the practical disadvantages of being on the ground when facing multiple attackers, Hapkido students focus on learning how to escape from a grappling situation as quickly as possible using any technique (including eye attacks, hair pulling, finger locks, etc) to try and return to a standup situation where other strategies like running away are possible.



On the ground – but looking at what else is coming

Hapkido compared to Taekwondo



Short range application of an elbow



Many of the kicking techniques from Taekwondo are similar to those of Hapkido. Spinning kicks, thrusts, circular kicks and sweeps are all used in sparring.

Due to the fact that Hapkido is not a tournament-focussed style, other techniques like low spinning kicks, low-section kicks, leg kicks and knee strikes are also used.

The basic hand techniques of Hapkido are similar to those of Taekwondo, that is, mainly linear attacks with the fist or knifehand.

In a confined space such as a crowded public bar or a narrow hallway, kicks are limited in their practicality.

Self-defense tools such as elbows, knees, palms, head butts and attacks to vital points are essential for survival in such situations.

All of these techniques are learnt and practiced in Hapkido to produce a thorough knowledge of all ranges of attack and defense.

Hapkido also allows legs to be grabbed and allows punches to the head – so the range of options in sparring is greater than in the sport version of Taekwondo.

Master Kevin Brown – low spinning heel kick

Hapkido compared to Kung Fu



Kung Fu is a generic name for a wide variety of Chinese martial arts, so a comparison is difficult as there so many different varieties of Chinese martial arts. In Hapkido, as the student advances past the basic hand techniques, more emphasis is placed on small circular techniques and fast close-quarter parrying which resemble the techniques of Kung Fu.

Advanced weaponry techniques using the long pole and the fan are similar to those of Kung Fu.

Pole against pole – one step sparring

Hapkido compared to Judo

Throwing plays an important role in Hapkido. The basic principles of Judo are used in Hapkido, that is, moving your opponent's centre of balance to a vulnerable position and using your leg or body to topple the opponent.

As well, Hapkido uses strikes and pressure points that would not be legal in the sport of Judo.

Defence against multiple attackers that can kick, punch, and throw



Hapkido compared to Kendo (Komdo)

Kendo is a Japanese sword sport where practitioners wear armour and use bamboo swords to strike each other. It is a competitive sport practiced around the world. In Korea, it is called Komdo.

Hapkido students are taught basic Komdo. Basic strikes and blocks are similar to Kendo, however circular and low-section attacks typical of traditional Korean swordsmanship are also taught once the basics have been learnt.

Basic sword patterns are taught at an advanced level to teach respect for bladed weapons and to understand the concentration and focus required when facing an opponent with a 1 metre razor blade.

What does “Hapkido” mean?

In Korean:

- “Hap” means to co-ordinate, combine or blend in with
- “Ki” means energy, power or life force and
- “Do” means the way, method or path depending on the context.

Hapkido is often loosely translated as the “art of co-ordinated power”.



Philosophy of Hapkido



An underlying philosophy of Hapkido is represented by the symbol of Um and Yang (pronounced Yin and Yang in Chinese).

The outer circle represents the entire universe. Um and Yang represent opposites in the universe that together form a balanced whole.

For example, negative and positive, good and evil, night and day, female and male, weak and strong, passive and active, etc..

The smaller circle inside signifies that the universe cannot be precisely divided and all opposites contain elements of each other.

Notice also how smoothly the two opposites flow into each other. In this way, your defense should flow smoothly, countering hard with soft.

When your opponent pushes, don't push back, instead pull, thus achieving harmony with your opponent's force.

This attitude should be carried through to every facet of your life in an attempt to achieve harmony with the world around you.

Hapkido is the art of conquering your opponent through the combined use of your mind and body. There are three basic principles underlying the techniques of Hapkido:

1. Principle of harmony
2. Principle of circular movement
3. Principle of water flow

A Hapkido technique should combine all three of these principles, it is in this manner that Hapkido is co-ordinated.

These basic principles are beyond the realm of a complete description with words.

You will come to understand them and perceive their meaning through the continued study of Hapkido.



Hapkido knowledge and principles allow you to defend against a stronger attacker

Principle of Harmony

This is the principle where you harmonise with the opponent's intention, thereby leading them to defeat. It is where one unites with the body and mind of the opponent.

In order to create harmony, your own mind must be clear and calm and hold no fear or confusion.

When your opponent pulls, do not resist, rather utilise their force to defeat them. When your opponent pushes, pull, again utilising their own force. This is the beginning of the creation of harmony.

Your opponent will find it difficult to harm you when you completely agree with their motion.

The ultimate goal of Hapkido is not to kill, but rather to conquer your opponent's intention through harmony.

You can achieve harmony only when your own mind controls every aspect of your body.

The secret of harmony lies in the unity of the mind, body and technique, the mind being the most important of the three.



Principle of Circular Movement

This is the principle where you lead the opponent's force into a circle.

Never receive your opponent's force directly. If you meet the opponent's force head-on, you will need more force to contain it.

However, if you lead your opponent's force into a circle to the left or to the right, (where they have less strength) you will need only a little force to disrupt the attack and the opponent's balance.

Also circular techniques make it easy to gather momentum for executing techniques in a smooth, natural and free-flowing manner.

One can very easily go from one circular movement to another thus redirecting your force or your opponent's force.



Principle of Water Flow



The water principle deals with the utilisation of strength and application or focus of energy.

Hapkido considers that a person's energy flows like water, that it can be concentrated in one point of the body.

For instance, if you concentrate all of your strength into your arm, the power flows towards your fingertips and the entire arm is like a hose with a tremendous flow of water through it.

This can be compared to the flow of water in a river. When the water runs into an open lake its strength is dissipated. When it divides or branches out, the original force is weakened in each branch.

The strength of the river is at its peak when the river is running through a narrow gorge.

Therefore, if you divide your strength between both arms then the strength of each individual arm is weakened. By concentrating on one arm only, your strength is maximised.



Finding the path of least resistance

This principle is seen with a man cutting timber in a mountain forest. He begins by delivering his strength to the handle of the axe. Then all of his strength flows to the tip of the blade the instance it strikes the wood.

As the flowing stream penetrated and surrounds its obstacles, so you should flow in and through the opponent. As the dripping water eventually penetrates even the hardest rock, so does continuous practice eventually lead the student to perfection and harmony of mind and body.

Nothing is more yielding then water, and yet nothing can withstand its power. Thus when you are attacked in a hard manner, yield and flow with your opponent's force and then return their own force with your own force added to it.

The result is a concentrated flow of energy capable of achieving tremendous power.

Hapkido should flow – it should never stop or give the opponent a chance to regain their balance.

Techniques of Hapkido

Hapkido is practiced by students of all backgrounds, ages and physiques, male and female.

Hapkido can be applied from any position: standing, sitting or lying, and from any direction.

Hapkido employs the philosophy of using minimal force to overcome a stronger opponent. Therefore, great strength is not needed to apply the techniques effectively. In addition, Hapkido uses pressure points to assist in controlling or limiting the opponent's movement.

Hapkido has a powerful arsenal of spinning kicks, thrusts and sweeps combined with hard and soft fist attacks and defenses. As well as the use of kicks and punches, Hapkido also uses nerve and pressure point attacks, wrist and joint locks, and many twisting and throwing techniques.

The popularity of Hapkido is largely due to the fact that anyone, young or old, male or female, can practice this complete art of self-defence regardless of physical weight or strength. Health is improved through systematic training and exercise.

In Hapkido, linear techniques form a solid base upon which the skill of circular techniques can be developed. Everything is taught in correct order to produce a balanced martial artist able to handle any situation.

Our Hapkido syllabus teaches 15 core self defence techniques. These techniques form the core of our syllabus; most variations originate from one of these core techniques. All the basic principles and concept of Hapkido are learnt through these core techniques.

These 15 core techniques are taught in a specific order so that the student has the skill to do the technique and to receive the technique (i.e. fall safely).

The core techniques learnt in the AHA are:

- C1 Wing Lock
- C2 Elbow Roll
- C3 Z-lock
- C4 Face Push
- C5 Corkscrew Lock
- C6 Fan Lock
- C7 Hammer Lock
- C8 Arm Bar
- C9 Wrist & Shoulder Throw
- C10 Leg Reap
- C11 Hip Throw
- C12 Step Behind & Throw
- C13 Whip Throw
- C14 Tornado Throw
- C15 Neck & Chin Throw.



Whip Throw



Tournament Sparring



Self Defence using a belt

These core techniques are taught in the following 6 stages, each more challenging:

- **Mechanics** - leverage, body weight, circle, torque, centre of rotation, centre of gravity, balance, sources of power.
- **Footwork** – added to off-balance attacker, to nullify their attacking opportunities, to be in a stronger position.
- **Flowing** - not stopping, non-resistance, blending with opponent's effort, using their momentum, creating momentum if required.
- **Meeting resistance from the attacker** - what to do if they do not co-operate, what if they are taller, shorter, use of pressure points to assist.
- **Finishing** – options for finishing the technique – lock them up, strike a weak point and run.
- **Different situations** – 2 hands, grabbing clothes, from behind, against a strike, etc

By progressing through these 6 stages of learning each technique the student can then execute that technique effectively with a high level of understanding and will be able to adapt the technique to most situations.

We teach our core techniques through all these stages because we want students to know how to make each technique work effectively in a realistic situation before they move onto the next technique. We emphasise quality rather than quantity.

Goals of Hapkido training

People undertake martial arts for many reasons. Students often discover along the way that their expectations are quite different to reality. Some do it as a hobby, something to keep them healthy. Some do it to learn how to defend themselves.

Others learn a martial art in the hope that by having physical supremacy over others they will be able to control their own interests. Fortunately the last type don't tend to last very long.

They quickly discover that if all they want is to overpower others, then a gun or a bar of iron will do the job very easily without having to expend years of training and sacrifice.

The goals of Hapkido go far beyond merely learning to fight and win.

This does not mean that the practical aspects of Hapkido should be completely ignored. Always question the suitability of a technique to your size and abilities. Know the weaknesses and strengths of every technique that you learn so that if required you can utilise your knowledge of Hapkido to the fullest.

The first stages of Hapkido involve trying to achieve a flexible body and a flexible mind. The flexible body is important so that you can perform the complex movements of Hapkido. A flexible mind is required so that you can learn the complex theories of Hapkido. A cluttered mind can never hope to see the truth through the cluttered opinions that are already set into the mind.

Hapkido can be likened to car racing. The mind is the driver and the body is the engine. Until the driver becomes experienced and learns to control the car, it will never perform to its maximum potential. When the inexperienced driver tries to drive too fast, accidents happen, no matter how good the engine is. When the engine is not in tune, the car cannot perform, no matter how good the driver is.

Which is the best solution, a good driver or a good engine? Surely it is better to have a good driver and a good car.

This is the goal of Hapkido, to achieve a perfect balance between mind and body. This will help you with everything you do in life, not just Hapkido.

Grandmaster Matthew Sung Su Kim – Founder of the
Australian Hapkido Association



Split Kick



Low Kicks



Consider the following story:

One day two men met in the middle of a narrow bridge while crossing a stream. One was very young, the other was very old. One or the other would have to yield to let the other pass, but neither of the men would let the other pass.

The young man said to the old man, "Can't you see by my appearance that I am a warrior?" The old man, not afraid, replied, "I was a warrior when I was young too."

The young man, to show his power, let out a yell that shook the mountains. A bird that was flying overhead fell down to the ground and died.

The old man calmly pointed to the bird and seemed to meditate for a short while. The bird suddenly stood up and flew away.

When the young man saw this, he reflected on his conduct and recognised the true power of this old man. He stepped back and let the old man cross the river.

This story illustrates that it is not the level of your Hapkido skills that matters but rather what you do with them that is most important.

Through perseverance, patience and determination along with the correct attitude and etiquette, you can achieve self-control and self-discipline. This will help you to remain calm in all situations. It is very important to remain calm even when your life is under threat. In this way you can react correctly to the situation.



Master Kevin Brown – neck and chin throw



Master Tamanini – front kick

Training Attitude

Training in Hapkido is much like walking along a road. If you are completely on one side of the road, then you are safe. If you are completely on the other side of the road then you are also safe. However, if you dash from side to side, then sooner or later you will be run over.

The meaning behind this story is that you should either do Hapkido completely and correctly or don't bother doing Hapkido at all. If you train half-heartedly then one day you may cause injury not only to yourself but also to others through a lack of concentration.

There is no way that a student of Hapkido can just attend a couple of lessons per week, with no extra personal training, and hope to improve at a reasonable rate. Hapkido should not be in your mind for only those few hours during actual classes.

Whenever you have a free moment, practice some movements you may have had difficulty with in the last lesson, even if only in your mind. Imagine situations and consider possible lines of response.

For example, what if someone were right behind you right now?

Try to prepare yourself mentally for that moment when you may have to save your life or that of someone else.

A flexible body cannot be achieved by only doing the stretches in the class. If you want to attain the degree of flexibility required to use your kicks effectively, then you must **STRETCH EVERYDAY**.

Just 10-20 minutes in the morning and the same again at night are all that are required to convince your muscles that they had better stretch because you are going to be doing a lot of this from now on.

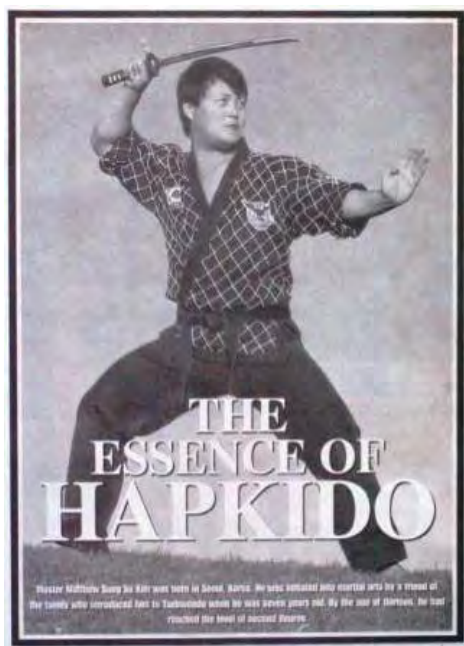
During training, it is important to concentrate totally on the techniques you are performing. However the life that most of us lead, is full of stress and anxiety. These elements have no place in your Hapkido training. Thus an important part of Hapkido is the meditation before the class.



Master Kevin Brown – hip throw



Hapkido circle in Korea – outdoor training



Grandmaster Matthew Sung Su Kim

The purpose of this meditation is to rid the mind of stress and unclear thoughts. The following story may help to illustrate this point.

A student was having a cup of tea with his master. The master had poured his own cup and proceeded to pour the student's cup. When the cup was full, the master continued until the cup overflowed.

The student questioned this action and the master replied "A full cup has little use to its owner as it cannot contain anymore. Only an empty cup can be filled"

Thus only a mind that is humble and void of the owner's opinions and preconceived ideas, can absorb totally and learn effectively. The following story is a useful for consideration when you are meditating.

The mind is like a pool of water. When the pool is turbulent, the reflection is distorted and unclear. When the pool is calm, the reflection is clear and pristine.

When you are sparring and you become angry or annoyed, then you are not able to make clear and rational decisions and you will make many errors.

However when the mind is calm then you can judge events more clearly and thus make the correct decisions. Even though your body is moving, your mind should be still and calm.

The quality of your life has great effect on the quality of your training. Your diet should be good and your conscience should be clear.

Hapkido is a lifetime journey that has many rewards beyond the superficial benefits of good health and a means of self defence. The principles and philosophy of Hapkido can benefit all aspects of your life.

Learning and improvement continues throughout our entire life and the ultimate reward of Hapkido is not to be able to master others but to be able to master yourself.

Membership Oath

- I shall train for a peaceful world.
- I shall train for the good of society.
- I shall be truthful, respectful, courageous and a best member of the society.
- I shall follow the best way of life.
- I shall never misuse Hapkido in any circumstances.

Danjun Exercises

Danjun is a Korean term which refers to a portion of the abdomen about 3 cm below the navel and about 10 cm in (it is not on the surface).

Danjun exercises are part of every Hapkido class and are normally part of the warmup.

Their purpose is to awaken your awareness of your breath, center of balance and mind in preparation for your class.

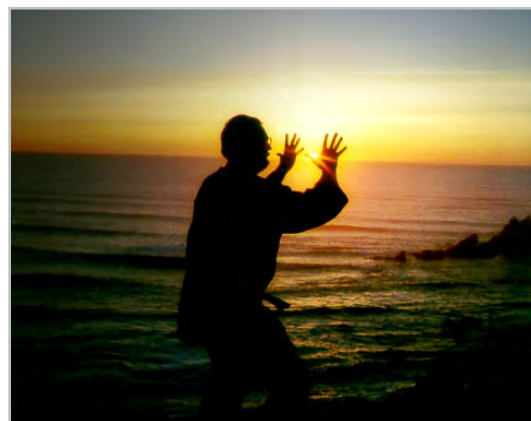
The feeling of control over your core, your breath and your increased mental focus should continue throughout the rest of the class.

In Korean, and many other Asian and Indian martial arts, Danjun is seen as the source of human strength and vitality.

Even if Westerners do not share the same set of beliefs about the human body, the visualization of energy flow originating from your Danjun and the use of breath when you exert your strength can greatly improve the effectiveness of your Hapkido techniques.

Regular practice of Danjun is an essential part of Hapkido.

Danjun exercises also enhance mental concentration, improve balance and tone the internal organs making them resistant to disease. If done regularly, they can also enhance the circulation, metabolism, health and strength.



Danjun breathing – relaxes the mind and prepares the body



Defending against a stronger opponent – take advantage of weak points

Method of Danjun – some suggestions



Hapkido techniques are suitable for men and women



Each of you will develop your own personal way of doing Danjun, here are some general suggestions to help you find your method:

- Stand in a horse-riding stance – not too wide, toes pointed straight ahead, maintaining perfect balance.
- Breathe in deeply through your nose, imagine the air flowing into your Danjun and feeding your Danjun and creating energy, just like when you blow into a fire and the embers go brighter and generate more heat.
- As you push your breath downwards, tense your Danjun, place the tip of your tongue on the roof of your mouth, keep your lips slightly apart to let the air flow past your tongue.
- Tilt your hips upwards at the front and keep your throat open (do not close off your breath).
- As you slowly breathe out through your mouth, visualise your Ki flowing upwards along the front of your body and through your arms and hands and to the tips of your fingers and then outwards to the edge of the universe.
- Open your hands wide throughout the entire movement with the fingers spread apart as far as possible.
- Don't tense your chest, arms, or face. You should appear calm with only your hands and Danjun under tension.
- Upon completion of the movement, release the remainder of your breath as you return to the starting position.
- Breathe in to start the next cycle of movement.

It is very important to visualise your Ki flowing through your body. These exercises are used to awaken your Danjun. Therefore it is very important that they be done with full concentration to enable you to apply your Ki during the class.

Elements of Risk

Martial arts can be a safe, rewarding, and physically beneficial practice. There is no reason to suffer debilitating injuries to enjoy its benefits or acquire its skills. However, you should be comfortable accepting the element of risk associated with your practice of Hapkido.

Your age, health, conditioning, and athleticism all influence the level of risk. If in doubt, speak to your instructor and obtain medical advice.

Be aware of limitations or existing physical conditions that may affect training. Advise your instructor, and never do *anything* in which you do not feel comfortable or safe.

Remember, you are the best judge of your own limits, and the one who must live with the consequence of your actions.



Etiquette

Etiquette is a very important part of Hapkido. The respect shown for each other, to your instructor, to your Dojang and to the art of Hapkido itself is what distinguishes a martial ART from a martial SPORT.

It is important to respect your fellow students and your instructor. Other students are not in the class for your own personal target practice. They have the same personal aspirations and hopes as you do. They partake in the same art of self-defence and thus a certain comradery is developed.

Instructors are not superhuman. They have gone through many years of hard work and effort. Thus respect should be shown to your instructor in recognition of their rank and skill.

Your Dojang is a place where many people have trained, it represents the tradition and continuity of the practice of Hapkido.

Once you enter the Dojang, problems of work, schools, differences of race, religion or anything that could interfere with your training should be left outside. This is how you show respect to your Dojang.



Master Kevin Brown at a grading with
Grandmaster Matthew Sung Su Kim



Master Kevin Brown and Master Matt Geister –
side kick



Hapkido is fun!

Humility is also a very important part of learning Hapkido. This does not mean that you should grovel to your instructor. It just means that when you are humble, your mind is not full of your own opinions and thus is flexible enough to accept the lessons of Hapkido.

The following are not rules, they are merely suggested and traditionally accepted ways of showing respect.

- Bow to your Dojang before entering and when leaving.
- Bow to the flags before and after the class.
- Bow to your instructor before and after class.
- Bow to your partner before and after training together.
- Bow to your partner before and after sparring. If a clean point is scored during sparring, pay respect to your partner by bowing in recognition and resume sparring.
- Don't lie down or slouch around the floor of the Dojang. It is a place of discipline, not your lounge-room floor.
- Always wear your uniform fully. Don't train or walk around the Dojang with only half of your uniform on.
- Don't wear shoes in the Dojang and ensure that visitors don't either.
- No smoking, drinking or eating in the Dojang.
- Ensure that your uniform is always clean and tidy.
- Ensure your nails and toenails are trimmed and any jewellery that could injure your partner have been taped up or removed.

It is also expected that the sense of respect that you develop and exhibit in Hapkido does not stop once you leave the Dojang.

Explanation of Belt Rankings

Oriental martial arts philosophy tends to encourage patience and tenacity. Achievement is generally a personal matter and a student's skill is not measured in relation to the skills of other students.

Western people however, like to be measured and label people's abilities. Thus was devised the coloured belt scheme of ranking. This helps the student to realise their short-term goals and gauge their progress.

Organisation of the instruction into small bite size chunks is a useful bi-product of the coloured belt ranking system.

However, the long-term goals of Hapkido should always take precedence over the relatively simple requirements of your next belt.

One common story says that originally, belts were used to hold the student's uniform together. When the student started training in Hapkido, the belt was white. As the student trained the belt became dirtier until eventually after many years, it was black.

Thus the black belt became a symbol of skill and many years of practice. We are not really sure whether this is entirely true as there is no reason why students would not have washed their belts along with their uniforms, so this may be a story that "developed" over time.

In Hapkido, 10th Kup to 1st Kup (white belt to black-tip) or Coloured Belts are a stage of development where the tools of Hapkido are gathered. Once you have your black belt, the voyage has just begun, because you must now learn how and when to apply these tools.

Usually, 1st to 4th Degree is graded on physical ability. However for 5th Degree and beyond, physical strength and endurance are not as important as knowledge, timing, distance and flow.

Progress through these senior ranks is also based on contributions to development of the art of Hapkido and the growth of our Australian Hapkido Association.



Recognition by your peers – the foundation of AHA senior grades





In the Australian Hapkido Association, Grandmaster Matthew Sung Su Kim is currently 7th Degree and Master Kevin Brown is 6th Degree.

There are currently six 5th Degree masters in the Australian Hapkido Association and most of these masters have trained together for over 30 years.

The Australian Hapkido Association is a family of Hapkido students who can trace the majority of their Hapkido training back to Grandmaster Mathew Sung Su Kim or one of his students and we also have strong connections with many Hapkido masters in South Korea and throughout the world.



10th Degree is usually awarded to someone who has played a founding role in their style of Hapkido. In our line of Hapkido the 10th Degrees include:

- Dojunim Choi Yong Sul – Founder of Hapkido.
- Dojunim Ji Han Jae – Sinmoo Hapkido – currently resides in USA.
- Dojunim Kim Yun Sang – leader of Hapkiyusul in South Korea.
- Kim Byung Chun – Korea Hapkido Federation (now president of World Yongmoodo Associations).



Glossary of Korean Terms

Counting

1	hana
2	tul
3	set
4	net
5	tasot
6	yossot
7	ilgup
8	yodool
9	ahop
10	yool

first	il
second	ee
third	sahm
fourth	sah
fifth	ok
sixth	ryook
seventh	chil
eighth	pal
ninth	koo
tenth	ship

Titles

dojunim	founder
chongkwan jang nim	grandmaster
kwan jang nim	5th degree to 7th degree
chung sah nim	chief instructor
sah bum nim	instructor
hak saeng	student

Rank

kagup	rank
kup	colour belt grade
dan	black belt grade or degree

Commands

charyot	attention
joonbi	ready position
bahro	return to starting position
koman	stop (also " <i>mum cho</i> ")
kyungnet	bow
shijak	begin
sho	relax

Weapons

danbon	short stick
jangbon	pole
jukto	bamboo sword
mokkom	wooden sword
kom	sword
jipangyi	walking cane
buchae	fan

Miscellaneous

dojang	place where one trains
dobok	uniform
hosinsul	self-defense
kihap	yell
ki	life-energy
danjun	the center of your "ki"

Hangul

VOWEL CON.	ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ
	A	YA	Ŏ	YŎ	O	YO	U	YU	Ŭ	I
ㄱ (K/G)	가	가	거	겨	고	교	구	규	그	기
ㄴ (N)	나	냐	너	녀	노	뇨	누	뉴	느	니
ㄷ (T/D)	다	댜	더	뎌	도	됴	두	듀	드	디
ㄹ (L/R)	라	랴	러	려	로	료	루	류	르	리
ㅁ (M)	마	먜	머	며	모	묘	무	뮤	므	미
ㅂ (P/B)	바	뵤	버	뎌	보	뵤	부	뷰	브	비
ㅅ (S)	사	샤	서	셔	소	쇼	수	슈	스	시
ㅇ (Ø/NG)	아	야	어	여	오	요	우	유	으	이
ㅈ (CH/J)	자	쟈	저	ژه	조	죠	주	쥬	즈	지
ㅊ (TSH)	차	챤	쳐	چه	초	쵸	추	쥬	츠	치
ㅋ (KH)	카	카	커	케	코	코	쿠	큐	크	키
ㅌ (TH)	타	타	터	테	토	토	투	튜	트	티
ㅍ (PH)	파	파	퍼	페	포	표	푸	퓨	프	피
ㅎ (H)	하	하	허	헤	호	효	후	휴	흐	히

The Korean language is classified as a Ural-Altaic language, a group which also includes Mongolian, Hungarian, and Finnish. The Korean character system, "hangul", is completely different from and independent of Chinese and Japanese. 'Hangul' was developed by a group of scholars under the patronage of King Sejong in 1443. It is composed of 10 vowels and 14 consonants, which are used to form numerous syllabic groupings.

Korean Names

In Korea, most names have three parts, one family name, and a first name with two parts. For example, with Kim Jung Wu. His family name is Kim (Mr Kim as we know it).

In Korea, the family comes first, then the first names – opposite to western names. In this example, the first name is Jung Wu – always spoken together.

Some Koreans also have a Christian name – often chosen from the bible. In this case this person also has an English first name of **John**. So his name could be referred to as: **Mr Kim, John Kim, Kim Jung Wu**.

Summary of what you will learn

The following is a summary of the syllabus of the Australian Hapkido Association. The grades progress from white belt (most junior) to black belt. If a student trains 2 to 3 times per week it should take around 4 to 5 years to obtain their black belt. Of course some students take more time. It is not a race, each student can progress at a rate they find comfortable.

In the lower grades the student will normally spend about 3 to 6 months between gradings. At senior levels the student may spend years between gradings.

Each student is on their own journey and measuring your progress by the passage of time is not recommended. Consider rather how much you have improved since your last grading, how much sincere effort you have applied to your training and if you understand the techniques you have been shown.

It is useless to collect techniques that you do not understand how and when to use. It is better to have few techniques that you can use effectively than many techniques, none of which you can do well.

The student progresses from one grade to the next by passing a grading where senior black belts put the students through a series of assessments against the syllabus to determine if the student has properly learnt to apply the knowledge of their current grade.

The following is a summary of the AHA syllabus. The full syllabus can be downloaded from the AHA Web Site under Syllabus or viewed on-line within the web site.





White Belt – 10th kup

- Etiquette, respect and discipline – an essential part of training in any good martial art.
- Basic footwork – this is the foundation of Hapkido and will help you move fluidly and correctly.
- Releases – how to escape from grabs.
- Defenses from hand grabs and choking
- Basic kicks aimed at the shins, groin, knees and midsection.
- Basic Falling – rolling forwards and backwards – learning how to fall without hurting yourself.
- Blocks, punches, kicks – mostly linear simple techniques that are easy to apply and effective.
- Multiple Grabbing – defending yourself spontaneously from any direction.
- Circle Principle – using large and small circles to affect your attacker and learning to generate power with your body
- Basic pressure points and weak points – can be used to make your techniques more effective



Yellow Tip – 9th kup

- Low kicks to the knee and shins, and sliding kick to bridge the gap
- Basic defence against unexpected realistic punches
- Using a rolled up magazine as a weapon
- Falling - front fall and side fall
- Hand Techniques: Jab/cross, deflection, hook punch, knifehand block, side guarding block
- Self Defence Drill 1 – Releases and Strikes
- Key Principles and Skills - blending with opponent's movement, non-resistance, using footwork





Yellow Belt – 8th kup



- Hand Techniques - knifehand strike - inward & downward, spinning knifehand strike
- Kicks - turning side, turning back, crescent, front & turning, front foot side then turning side, turning side then turning back.
- Falling - Cat roll into side fall
- Core Self Defence Techniques - C1 Wing Lock, C2 Elbow Roll, C3 Z-lock
- Pattern 4 – Four Directional Deflection & Counter
- Key Principles and Skills – leverage, keeping technique close to your centre.



Green Tip – 7th kup



- Hand Techniques - rolling blocks, backfist, elbow, palm heel, reverse knifehand.
- Kicking Techniques - front foot side, front foot turning, front hook, sliding hook, spinning crescent, jumping front.
- Falling - Long cat roll, High cat roll, Cat roll over obstacle (optional).
- Core Self Defence Techniques - C4 Face Push, C5 Corkscrew, C6 Fan Lock.
- Multiple Grabbing – spontaneous application of the three core techniques from any direction
- Key Principles and Skills - Blending from one technique to another smoothly, continuous unbalancing of opponent throughout entire technique, continuous application of pain throughout the entire technique, maintaining your own posture during the technique.
- Weapons – Danbon (short stick) – basic techniques
- Self Defence Drill # 2 – Core Techniques 1-6



Green Belt – 6th kup

- Kicking Techniques – spinning and circular kicks
- Core Self Defence Techniques - C7 Hammer Lock, C8 Arm Bar, C9 Wrist and Shoulder Throw.
- Sparring Throwing Techniques – how to throw your opponent during sparring.
- Multiple Grabbing
- Key Principles and Skills - controlling opponent's centre, third leg, circular momentum for kicks.



Blue Tip – 5th kup

- Kicking Techniques - low spinning heel, low spinning hook, low turning - follow through, turning then spinning heel, turning kick then 180° turning Kick
- Core Self Defence Techniques - C10 Leg Reap, C11 Hip Throw, C12 Step Behind and Throw.
- Multiple Grabbing – spontaneous application of the three core techniques from any direction.
- Key Principles and Skills - sources of power – legs, hips, shoulders, arms, transferring power from the ground to the arms.
- Weapons – Jukto (Bamboo sword)
- Self Defence Drill 3 – Core Techniques 7 to 12



Blue Belt – 4th kup

- Kicking Techniques – axe, stepping axe, spinning axe, jumping turning (rear leg), knee feint then jumping turning.
- Core Self Defence Techniques - C13 Whip Throw, C14 Tornado Throw, C15 Neck and Chin Throw
- Self Defence - front bear hug, headlocks
- Pattern 6 – Crane Pattern





Red Tip – 3rd kup



- Kicking Techniques - flying side (low impact option – sliding side), jumping turning back (low impact option – sliding back), low turning then low spinning heel (diff. legs) (low impact option – low turning then mid spinning heel), reverse 180° turning.
- Self Defence - Collar from Front, Collar from Rear, Rear Bear Hug – Arms Free, Rear Bear Hug – Arms Trapped, Full Nelson, Belt, Rear Choke, Leg Locks
- Weapons – Mokkom (wooden sword)
- Self Defence Drill 4 – Core Techniques 13 to 15
- Key Principles - large circles (owning the centre and keeping it throughout the technique)



Red Belt – 2nd kup



- Self Defence - throwing techniques, defence against front kick, defence against turning kick, defence against side kick, defence against turning back kick, defence against spinning heel kick, thumb attacks.
- Kicking Techniques - Jumping spinning hook (Low impact option – spinning hook), High spinning hook then low spinning hook, Sliding foot sweep to front leg, then low spinning hook, 360° spinning hook (Low impact option – step forwards and spinning hook), Low turning then 180° reverse turning
- Pattern 7 - Four Directional Throws





Black Tip – 1st kup

- Weapons – Jangbon and Danbon (long and short poles)
- Self Defence - Sitting on Ground legs crossed, Lying on your back, Sitting on a chair, Leg attacks from sitting position
- Multiple Grabbing
- Key Principles and Skills - Awareness of other attackers around you.
- Kicking Techniques - 360° low spinning heel
- Pattern 8 – Eagle Pattern
- Self Defence Drill #5



Groundwork Games

Groundwork refers to situations where the fight has gone to the ground, this is also called grappling.

The AHA Syllabus teaches groundwork to all students at all levels through a series of games that increase in complexity and provide a safe environment for improving their groundwork skills and knowledge.



Knife Defense

Knife attacks are becoming more common in society these days. It is important that all our students have practical skills to deal with a committed knife attack. We do not designed to teach students how to attack someone using a knife.

The AHA Syllabus teaches all students knife defence, starting from White Belt. The Knife Defense course starts with simple drills to develop the right habits and reflexes to defend against a knife.

As the student progresses through the 3 levels, the drills evolve to include pass and stop sensitivity, counterstriking and appropriate use of self-defense techniques against a knife.





1st Degree Black Belt



- Sword (Kom) Pattern – Standing
- Advanced Sparring Techniques
- Pole (Jangbon) Pattern #1
- Danbon – self defence – single attacker
- Self Defence - Advanced Wrist Techniques
- Defence against Throwing



2nd Degree Black Belt



- Sword (Kom) Pattern – Kneeling
- Pole Pattern # 2
- Short stick (Danbon) self defence – multiple attackers
- Arresting Techniques
- Pole (Jangbon) 1-step sparring
- Momentum throws
- Sparring against two opponents.



3rd Degree Black Belt



- Poong Ryu Kom (traditional Korean soft slow sword pattern)
- Short stick (Danbon) Defence against Sword (Kom) - 8 Strikes
- Double Short Swords (Dan Kom)
- Walking Cane (Ji Pang Yee)
- Self Defence Against Self Defence



4th Degree Black Belt



- Belt techniques (Po Bak Sul)
- Fan techniques (Bu Chae Sul)
- Weapon Pattern – Self Made
- Self defence against two attackers at a time



Elective Elements for Black Belts

The following areas of study are available and encouraged for black belts who have interests and abilities in these areas:

- Meridians and pressure points
- Meditation
- Groundwork/Grappling
- Komdo/Haedong Gumdo
- Offensive self defence
- Strangling, Choking and Recovery Techniques
- One handed self defence
- Close range defence against a gun
- Acrobatic skills and kicks
- Knife fighting/defence



History of Hapkido

Introduction

Prior to 1945 there was a long historical decline of the martial arts of Korea commencing with the Yi dynasty (1392-1910) and finishing with the Japanese occupation (1910-45) where they were all but stamped out.

In many cases the ancient martial arts of Korea were kept alive by just a few scattered individuals, often living in seclusion in the mountains with perhaps just one or two disciples.

Since the end of the Japanese occupation in 1945 there has been a rediscovery by the Korean people of their culture and martial arts in particular.



Korea and the Hwarang

Buddhism arrived in China from India during Hu han Mal (late Han period - 67 BC) and was introduced to Korea in 372 AD.

The first patriarch of Son (Zen in Japanese, Chan in Chinese) Buddhism and the 28th patriarch of Buddhism, Bodhidharma (480-528 AD) made an epic trip across the Himalayas and arrived at Song Shan Shaolin temple, China in 520 AD where he began to teach the monks Son.

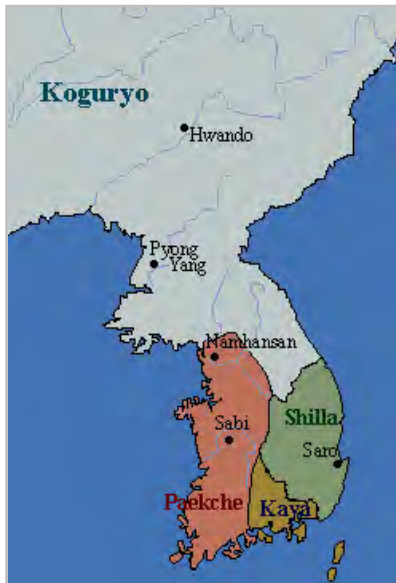
Many people credit Bodhidharma with forming the nucleus of martial arts but this proposition is almost certainly a myth. He may have introduced a particular form of the martial arts but the ability to organise fighting methods is a feature known in many parts of the world and certainly before this date.

Under the reign of King Bophung, Buddhism became the sanctioned state religion of Silla and this patronage spawned a period of monastic order, the construction of monasteries and the development of the arts.

Large numbers of Korean monks travelled to China for instruction with ninety percent of them coming from Silla.



Bodhidharma



Korea – the three kingdoms

King Chin Hung came to power in Shilla in 540 AD and one of the most significant acts he performed was the creation of the Hwarang warrior. He called upon a famous Buddhist priest, Won Kwang Bopsa who had developed a system of martial arts based on harmony with the laws of nature to establish a state sanctioned martial art.

Young members of the nobility were taught martial arts with the Buddhist faith to become warrior-intellectuals who embodied culture and chivalry.

Chinese civilisation spread into Korea and Japan heavily influencing the indigenous peoples of these lands. All three of these countries in turn have had important influences on each other.

Korean travellers brought many skills with them to Japan including Buddhism and certain martial arts skills. From 668 AD the Shilla kingdom dominated the Korean peninsula and there was a florescence of martial arts along with many other cultural developments.

Oral sources in Korea tell of a Paekje kingdom prince who travelled to Japan to escape political persecution and brought with him a martial art that was based mainly on defensive techniques, circularity and the use of an opponent's force against them called Yu Sul.

After World War II

From 1910 until 1945, Korea was under the control of Japan and only the occupier's arts of Judo and Kendo were permitted.

After centuries of obscurity it was only under the new post World War II Korean government that the native Korean martial arts could resurface without persecution. In some ways it was a renaissance, with the general public studying the new/old art made up of the strongest elements that had survived Confucianism and the Japanese occupation.

Very soon there were many different schools all with different names and ideas. To provide unity to all these schools the government gave them all one name, Tae Kwon Do, and formed a national governing body.

However there was one exception to this unification process, Hapkido. Because Hapkido principles were so unique, Hapkido was allowed to operate independently.

Founders of modern Hapkido

Choi Yong Sul

The most widely known figure in the establishment of Hapkido is Choi Yong Sul. Choi was born November 9, 1904 at Chungbuk province in Korea.

According to Choi he was abducted from his home village of Yong Dong in Chungcheong in 1912 by a Japanese sweet merchant named Morimoto who had lost his own sons and wished to adopt Choi. Choi resisted and proved so troublesome to the candymaker that he abandoned Choi in the streets of Moji, Japan.

Choi made his way to Osaka as a beggar and, after having been picked up by police, was placed in a Buddhist temple which cared for orphans in Kyoto. The abbot of the temple was a monk named Wantanabe Kintaro.

Choi spent 2 years at the temple and had a difficult life there, not only in school but with the other children due to his poor Japanese language skills and his Korean ethnicity which made him stand out in Japan.

Apparently due to the boy's tendency of getting into fights and his intense interest in the temples murals depicting war scenes, when asked by Watanabe what direction that he wished for his life to take he expressed interest in the martial arts.

The temple monk (Watanabe Kintaro) was reputedly a friend of Takeda Sokaku, the founder of the Daito Ryu Aikijujitsu system, which is a Japanese martial arts system emphasizing empty handed methods based upon the sword styles and jujutsu tactics in which Takeda was an expert.

Takeda Sokaku is also famous for having taught Morihei Ueshiba, the founder of aikido.





Sokaku Takeda



After 2 years, the head of the temple sent him to a friend of his by the name of Sokaku Takeda. Choi then cleaned Takeda's dojo for five years after which the master permitted him to learn Daito Ryu Aikijujitsu.

In Japan, Choi used the Japanese name Yoshida Asao since Japanese law at the time required everyone to use a Japanese name.

When Choi was 11 years old he was taken to Takeda's home and dojo in Akita on Shin Shu mountain where he lived and trained with the master for 30 years. Choi said he travelled with Sokaku Takeda as a teaching assistant. He was also employed to catch war deserters. According to Choi, he was the only student to have a complete understanding of the system taught by Takeda.

However, except for claims made by Choi himself, there is little evidence that Choi was the adopted son of Takeda Sokaku, or that he ever formally studied Daitō-ryū under the founder of the art.

Towards the end of World War II Takeda sent Choi to South Korea to avoid being drafted into the Japanese army. On Choi's return to Korea in 1945 after the end of the Japanese occupation, a bag with his martial arts certificates and money was stolen at a train station.

Unfortunately no official records have been found in Daito Ryu Aikijutsu in Japan to reflect the granting of a teaching certificate to Choi.

Many modern Japanese Aikijujitsu exponents are unwilling to accept the proposition that Choi, a Korean of low status in Japanese eyes could have possibly been taught or been close to Takeda.

Perhaps the reason no records exist is the fact that despite Choi's close relationship with Takeda he was not Japanese and therefore excluded from the records or that he did not pay any money for lessons and thus there is no registration of payment.

Some claim that Choi's training was limited to just attending seminars. Regardless of these conjectures, Choi spent thirty two years in Japan and his techniques show a strong link to modern Daito Ryu Aikijujitsu.

Soon after returning to South Korea, Choi married a Korean woman and had three daughters and a son. It seems he had travelled from Japan to Korea previously and met his wife on one of these visits.

Choi Yong Sul's first student, and the man whom some claim helped him develop the art of Hapkido was Suh Bok Sup, a Korean judo black belt when they met.

Some of Choi's other respected senior students are: Ji Han Jae, Kim Moo-Hong, Won Kwang-Hwa, Kim Jung-Yoon, and arguably Suh In-Hyuk and Lee Joo Bang who went on to form the arts of Kuk Sul Won and modern Hwarang-do respectively (though some argue that their training stems from time spent training under Kim Moo-Hong).

Choi Yong Sul died on the 15th June 1986 and is buried in Daegu, South Korea.



Choi Yong Sul's grave in Korea

Suh Bok Sub

Choi's first student and the first person known to have opened up a dojang under Choi was Master Suh Bok Sub.

In 1948, when Suh Bok Sub was still in his early 20s, he had already earned his black belt in judo and was a graduate of the prestigious Korea University.

After watching Choi Yong Sul successfully defend himself against a group of men when an argument erupted in the yard of the Suh Brewery Company.

Suh, who was the chairman of the company, invited Choi to begin teaching martial arts to Suh and some of the workers at the distillery where Suh had prepared a dojang.

Suh Bok Sub was Choi Yong Sul's first student in Korea and his first lesson was on Sunday, February 22, 1948.



In 1951, Suh opened up the first proper dojang called the Korean Yukwansul Hapki Dojang.

Choi Yong Sul was also employed during this time as a bodyguard to Suh's father who was a congressman.

Suh claims that he and Choi agreed to shorten the name of the art from 'hapki yu kwon sul' to 'Hapkido' in 1959.

Jang In Mok



Jang In Mok with Professor Huh Il Wong



Born in South Korea on the 15th August 1915, Jang In Mok went to Japan in 1928 and began studying Daito-Ryu Aikijujitsu and finished all requirements on the 30th August 1938 and was awarded a Certificate from Matsuda Yutaka a student of Takeda Sokaku.

Matsuda Yutaka was first a student Doshin So, the founder of Shorinji Kempo in Japan.

Jang said his teacher told him of another Korean studying with Takeda but they never met until afterwards.

Years later in 1956 in Daegu City, South Korea and Jang heard the sounds of martial arts training and went over and met Choi Young Sul. They figured out they had both trained in the same art in Japan.

In 1960 Chang In Mok was teaching in Daegu. Notable students were: Jang Seeung Ho, Song Joon Hwi, Choi Han Young, Hu Il Wong (teacher of Peter and Joseph Kim) and Song Il Hun.

Even though Jang In Mok was born later than Choi Young Sul they were contemporaries in Japan studying under Takeda and they both returned to Daegu City in Korea in 1945.

Jang was a doctor of oriental medicine and massage but also has taught Hapkido. As his career was mainly as a doctor he did not produce large numbers of students.

Ji Han Jae

Ji Han Jae was undoubtedly the prime mover in the art of Korean Hapkido. It is due to his physical skills, technical contributions, promotional efforts and political connections as head Hapkido instructor to the presidential body guard under Korean President Park Jung Hee that Hapkido became popularized, first within Korea and then internationally.

Ji was an early student (Dan #14) of Choi. He details that prior to opening his martial art school in Seoul, the Sung Moo Kwan, he also studied from a man known as Taoist Lee and an old woman he knew as 'Grandma'. As a teacher of Hapkido, Ji incorporated traditional Korean kicking techniques (from Taoist Lee and the art Sam Rang Do Tek Gi) and punching techniques into the system and gave the resulting synthesis the name Hapkido in 1957.

In 1984, Ji moved first to Germany and then to the United States and founded Sin Moo Hapkido, which incorporates philosophical tenets, a specific series of techniques (including kicks) and healing techniques into the art.

Three of Ji Han Jae's notable students in Korea were Tae Man Kwon, Myung Jae Nam, and Han Bong Soo. Ji stars in the films Lady Kung-fu (also known as Hapkido) and Game of Death in which he takes part in a long fight scene against Bruce Lee. Ji lived in Hong Kong for some time and taught Hapkido to several famous Chinese martial arts movie stars like Sammo Hung, Carter Wong and Angela Mao.

Prior to the death of Choi Yong Sul in 1986, Ji claimed that it was he who founded the Korean art of Hapkido, asserting that Choi Yong Sul taught only yawara based skills and that it was he who added much of the kicking, and weapon techniques we now associate with modern Hapkido. He also asserts that it was he that first used the term 'Hapkido' to refer to the art.

While both claims are contested by some of the other senior teachers of the art, what is not contested is the undeniably huge contributions made by Ji to the art, its systematization and its promotion world wide.



Ji Han Jae with Master Kevin Brown

Grandmaster Ji Han Jae (10th Dan) heads his extensive Sin Moo Hapkido organization from this school in San Francisco and has clubs all over the world.

In the 90's the AHA invited Grandmaster Ji to Australia and hosted several seminars in Sydney.

Kim Moo Hong



A notable student from the Choi and Suh's Yu Sul Kwan dojang was Kim Moo Hong who later taught at Suh's Joong Ang dojang in Daegu.

Suh, who promoted Kim to 4th degree, credits Kim with the development of many kicks which are still used in Hapkido today. Master Kim apparently took the concepts from very basic kicks he had learned from Choi and went to a temple to work on developing them to a much greater degree.

Later, in 1961, Kim travelled to Seoul and while staying at Master Ji Han Jae's Sung Moo Kwan dojang they finalized the kicking curriculum.

Kim went on to found his Shin Moo Kwan dojang in the Jong Myo section of Seoul, also in 1961. Won Kwang-Wha also served as an instructor at this dojang. Kim's notable students were Lee Han-Chul, Kim Woo-Tak (who founded the Kuk Sul Kwan Hapkido dojang), Huh Il-Woong, Lee Joo Bang (who founded modern Hwarang-do), Na Han-Dong, Shin Dong-Ki and Suh In-Hyuk (who founded Kuk Sul Won).

Originally a member of the Korea Kido Association, the organization sent Master Kim to teach Hapkido in the United States in 1969. Upon returning to Korea in 1970, Kim looked to Ji Han Jae's move to set up his own organization and with the encouragement of his students followed suit and founded the Korean Hapkido Association (Hangook Hapkido Association) in 1971.

Later Kim combined this organization with the groups led by Ji Han Jae and Myung Jae Nam to form the Republic of Korea Hapkido Association.



Myung Jae Nam

In 1972 Myung Jae Nam was one of the original members of the Korea Hapkido Association (Dae Han Hapkido Hyub Hwe), which was formed in 1965 at the request of the South Korean President Park Chung Hee.

The Korea Hapkido Association was formed with the assistance of Mr. Park Jong Kyu, who was the head of the Presidential Protective Forces and one of the most powerful men in Korea at the time.

Later Myung Jae Nam broke away from all the other organizations and started to focus on promoting a new style, Hankido.

Until his death in 1999 he was the leader of the International HKD Federation (Kuk Jae Yeon Maeng Hapki Hwe), at that time one of Korea's three main Hapkido organizations.



Lim, Hyun Soo

In 1965, Lim, Hyun Su visited Founder, Choi Yong Sul's dojang and had his first meeting with Hapkido. He felt a mysterious charm that made him walk the way of a martial artist.

At first he was taught by Master Kim Yeung Jae, Founder Choi's pupil. Then he was then taught by Founder, Choi, Yong Sul and became his pupil until 1981. During this time with the founder, he endured strict and intense training.

He opened the Jung Ki Kwan on October 24, 1974.

Grandmaster Lim studied with Founder Choi for 19 years (9 of those years were special private sessions), making him the disciple with the longest training time. Lim, Hyun Su is one of only three 9th Dans awarded by Choi.



Hapkiyusul – Dojunim Kim Yun Sang



Dojunim Kim Yun Sang started learning under Choi in 1973 at the age of 42, and continued until Choi's death. He is said to be the only student to learn everything from Choi.

He teaches the way he learnt from Choi and is following Choi's final wish that he train that way every day until the day he dies.

Dojunim Kim Yun Sang is fulfilling that promise to his teacher Choi and still trains every day, wanting to show Choi Yong Sul's techniques.

Hapkiyusul translates as Aikijujitsu in Japanese and Yong Sul Kwan means the school of Yong Sul (Choi Yong Sul's name).

The headquarters are located in a country town, Geumsan, South Korea. There are also 3 other Dojangs in nearby Daejeon and one in Seoul. The Yong Sul Kwan's main purpose is to preserve the art the way it was taught by Choi Yong Sul.

The Australian Hapkido Association has a strong connection to Dojunim Kim Yun Sang established through several visits to Australia and many trips to Korea by many of our students to study in his school.

One of our students from Lismore, Jarrod Taylor, has been living in Korea for many years for the purpose of studying Hapkiyusul in Yong Sul Kwan and is now one of Dojunims most senior students.



AHA black belts training in South Korea with Dojunim Kim Yun Sang

Yun Sae Gwan

Grandmaster Yun Sae Gwan is a very impressive and talented Hapkido master based in Gwangju, South Korea.

His techniques are unique and very dynamic and painful. He is known as the Ghost Hapkido master and appears on many popular YouTube videos.

Daniel Marie and Connor Van Vuuren managed to train with Grandmaster Yun Sae Gwan in Gwangju in October 2007.



History of Hapkido in Australia

Grandmaster Matthew Kim Sung Su

The founder of the Australian Hapkido Association is Grandmaster Matthew Kim Sung Su.

Matthew Kim trained Hapkido under Kim Yong Jun in the 70's in the Jong Myo Dojang in Seoul. Kim Yong Jun was a student of Kim Moo Hong who was a pioneer of the art opening one of the first schools for the art in Seoul. A great innovator Kim Moo Hong is credited with having helped develop the kicking system used in most Hapkido schools today.

Matthew Kim also trained in Taekwondo and in 1975 was the Korean Bantamweight Champion.

Matthew Kim is the middle of three brothers. His elder brother Peter (Sung Do) Kim and younger brother Joseph (Sung Duk) Kim studied Hapkido and Kuk Sul Won under Professor Huh Il Wong in South Korea.





Around 1977 Matthew and Peter Kim were sent to Argentina to teach Hapkido to the Army and Police. While in Argentina they also started Hapkido and Taekwondo clubs in Sao Paulo. These clubs are still going in Argentina and we received the occasional email asking how Matthew Kim is going.

The first club opened by Matthew and Peter Kim was on the 1st floor, 60 Oxford St, Darlinghurst, Sydney around mid 1979. This club became the Australian Hapkido Academy and after the establishment of the Australian Hapkido Association in 1981, it became the headquarters of the AHA. This club was known as the City Gym and had classes every night of the week.

Many of the black belts from the City Gym went on to start suburban clubs throughout Sydney and country clubs throughout Australia.

In 1980 Joseph Kim Sung Duk arrived from South Korea to help teach Hapkido in the City Gym.



In 1983 Peter Kim started the International Hapkido College in Strathfield and left the City Gym and the AHA to Matthew and Joseph. Joseph went on to run a very successful club in Kogarah with the help and support of Matthew Kim.

Most of the senior members of the AHA trained under Matthew Kim in the City Gym. Being students of Matthew Kim means that all our senior members have the same understanding of Hapkido and the same hope for its future.



Peter Sung Do Kim

Master Kevin Brown

Master Brown started out in Tae Kwon Do and achieved his black belt in 1983.

While training in Tae Kwon Do, Master Brown commenced training in Hapkido under Grandmaster Matthew Sung Su Kim.

In 1985 Grandmaster Kim started teaching on the Northern Beaches, first at Curl Curl then at Harbord.

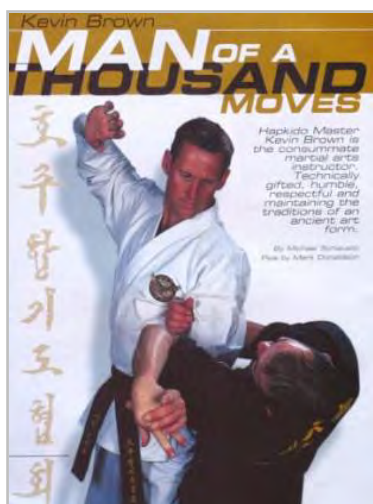
In 1985, Master Brown also competed in the AHA's very first annual tournament and won the Male Grand Championship.



Master Brown achieved his Hapkido Black Belt in 1985 and went on to instruct at Harbord. In 1986, he opened clubs in Manly, Newport, Narrabeen and Avalon, teaching 5 nights a week.

Students of Master Brown include Master Matt Geister, Master Steve Tamanini and John Ansley who are all now senior members of the AHA.





In 1994, Master Brown started a fulltime Dojang in Brookvale calling it Northern Beaches Hapkido.

In 1995 Grandmaster Kim decided to take a step back and appointed Master Brown as President and Technical Director of the AHA.

In 1999, Master Brown graded to 5th Degree and was invited to be on the cover of Blitz and Australasian TKD magazines, they also presented Master Brown with Blitz Hapkido Instructor of the year.

In 2002, Master Brown led another team of Black belts to Korea along with Grandmaster Kim, which was another fabulous experience of training and forming friendships.

In 2006, Master Brown opened a Dojang in Mona Vale and Grandmaster Kim presented him with 6th Degree.

Also, in 2007, Master Brown was invited to travel to Korea with Master Daniel Marie and John Ansley to participate in the first World Yongmudo Championship. With over 20 other countries involved, the three of us had a fabulous time and we came away with a Gold medal for self defence demonstration. Also enjoyed training with Master Kang at his Gongkwon Yusul Headquarters in Seoul.

In 2010, Master Brown moved his Mona Vale Dojang to the Pittwater Sports Centre and changed the branch name to Pittwater Hapkido.



In 2011, Master Brown once more travelled to Korea with a team of Black Belts to compete at the World Yongmudo Championships.

Master Brown has been involved with martial arts in some form or another for close on forty years.

Grandmaster Kim instilled in Master Brown that we are not just an organization but a family.

Master Kevin Brown currently teaches at the Pittwater Hapkido Dojang and as President and Technical Director of the AHA runs many workshops and gradings at our branches throughout Australia. Master Brown also teaches the monthly Black Belt classes in Sydney.



Master Lee Jeong Seo

Our first contact with Master Lee Jeong Seo was during the Masters' Visit to Australia in 1995. During this visit the Korea Hapkido Federation and Myung Ji University (located in Yong-In, South Korea) sent a group of 5 masters to help with the growth of Hapkido in Australia.

Master Lee Jeong Seo demonstrated such powerful and effective techniques during this visit that many of our members went on to seek additional training with him in Korea. The AHA also invited him back to Australia for a further series of seminars in 2005.

One of our students Andrew Byrnes went to Korea and studied Hapkido under Master Lee Jeong Seo for seven years. Andrew also completed a degree at Myung Ji University and studied under many other Hapkido, Poong Yudo and sword masters in Korea.

Andrew has since returned to Australia with a 5th Degree Hapkido Black Belt awarded by Master Lee Jeong Seo and lives in Sydney.

Several of our core techniques are greatly influenced by Master Lee Jeong Seo: Face Push, Step Behind and Throw, Tornado Throw. His posture, use of hips and biomechanical efficiency are very well developed.

Master Lee Jeong Seo is currently living and teaching Hapkido in Frankfurt, Germany.



Master Kang Jun – Gongkwon Yusul



Master Kang Jun has developed a really interesting martial art called Gongkwon Yusul that looks very much like Hapkido with grappling included. The grappling has a unique Korean style to it and is not just a copy of the Brazilian grappling that has become so popular in mixed martial arts in recent years. Master Kang has also integrated his self defence techniques really well into sparring - making them able to be applied in normal free sparring.



Connections to Korea

Since our first trip to Korea in 1995, many of our members have travelled to South Korea to further their studies of Hapkido in its country of origin. Recently the AHA sent over twenty competitors to represent Australia in a world championship and to experience training in the top martial arts universities and dojangs in Korea.

We have many friends and connections in South Korea, ranging from the top Hapkido professors in the top sport universities to masters teaching in small traditional schools in the suburbs of Seoul.

The following photos are from some of our students taken over the years.



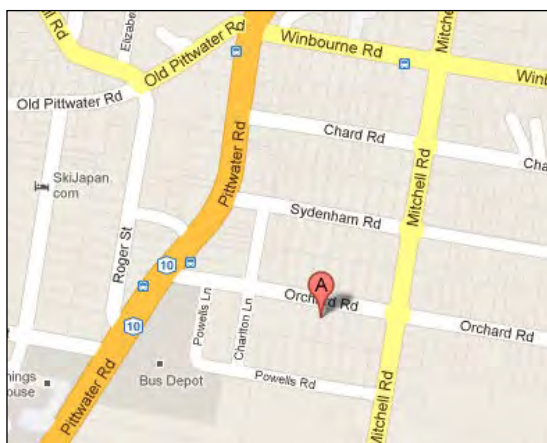


About your local club – Northern Beaches Hapkido

Northern Beaches Hapkido is run by Master Matt Geister 6th Degree Black belt in Hapkido. With over 39 years of experience in Martial Arts he also holds black belt level in Tae Kwon Do and Bugeido Karate.



Location



**Empower Fitness and Martial Arts Dojang,
Unit 4/22 Orchard Rd**

Brookvale

Turn right if you're coming from the South on Pittwater Rd after the Bus Depot.

Or alternatively turn left if you're coming from the North on Pittwater Rd at St Vincent de Paul.

Timetable

Mondays and Wednesdays

- | | | |
|----------------------|-----------------|--------------|
| • Junior Kids Class | 4:30pm-5:30pm | (Ages 6-11) |
| • Teenage Kids Class | 5:30pm-6:30pm | (Ages 12-16) |
| • Adults Classes | 6:45pm - 8:15pm | |

Saturdays

- | | | |
|------------------------------|---------------|--------------|
| • Teenage Kids Class | 3:00pm-4:00pm | (Ages 12-16) |
| • Adults and Mixed Age Class | 4:00pm-5:30pm | |

Contact Details

Email: mattg@nbhapkido.com.au

Mobile Phone: 0403 224 529

Web Site: www.hapkidomartialarts.com.au

Instructor Profile – Master Matt Geister – 6th Degree Black Belt

As a schoolboy I was always fascinated by **Martial Arts**. Like many others, taking the step to actually start was the most difficult. 39 years ago, at the age of 13, after a Tae Kwon Do demonstration at my school, I commenced what I didn't realise then, a journey on a lifetime of **Martial Arts** to come. I am only half way there to date.

After achieving 1st Degree Black Belt in Chung Do Kwan Tae Kwon Do under Instruction of Master Chun Suk Suh in 1983, I searched around and trained in some different styles including Ju Jitsu and Karate until in 1984, I was led to try a class in **Hapkido**. I am grateful to each style I trained as each has their strengths from which I learnt to gather knowledge and experience.



Back in the Tae Kwan Do Days



Matt doing some flying during training at the Manly Club & City Gym

From my first day of training in Tae Kwon Do, there was always one person, Master Kevin Brown, who has been my senior, ranked several belts above me. He has been a constant source of inspiration and still is to this day. It was through him I started training with the **Australian Hapkido** Association under instruction of Grandmaster Matthew Kim. Grandmaster Kim was to become like a 2nd father, with many a lesson learnt in humility, respect, fitness and life skills whilst learning a complex array of Self Defence and Fighting Skills along the way.



Grandmaster Kim & Master Brown during my 5th Degree Grading 2007



Master Kevin Brown & Matt Geister at Sydney's Northern Beaches

Over years of Blood Sweat and Tears, I continued to reach some milestones which helped guide me along:

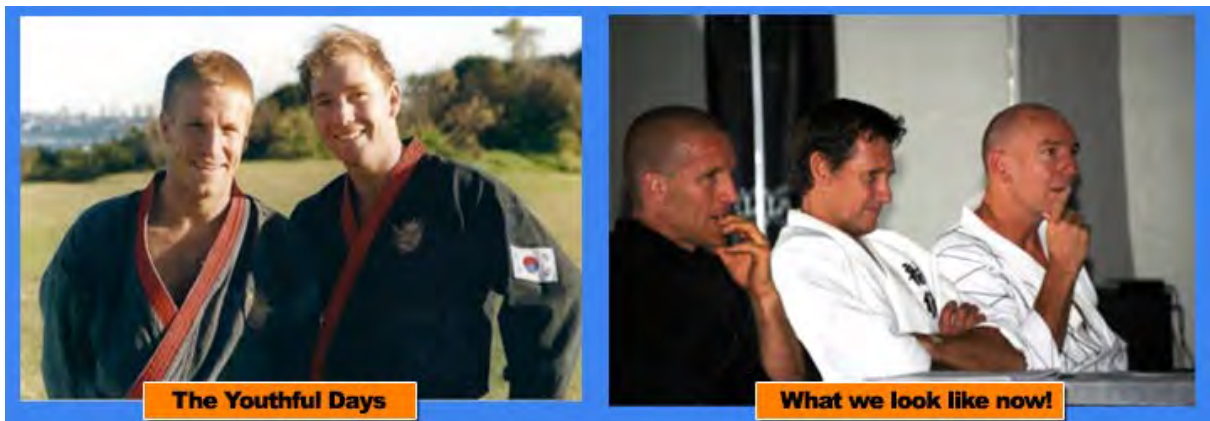
- 1st Degree 1986
- 2nd Degree 1989
- 3rd Degree 1994
- 4th Degree 1999
- 5th Degree 2007
- 6th Degree 2016



Matt doing a long jumping turning side fall at a Hapkido Camp at Broken Bay

The first few years we spent up to 5 nights per week training in the City Gym, Oxford Street the Australian Hapkido Association Headquarters. In **1985** Grandmaster Kim brought Hapkido to the Northern Beaches by opening one class in a small hall in North Curl Curl. Master Kevin Brown became an instructor and over time set up classes all along the Beaches. We trained tirelessly out of Halls in Manly, Harbord, Narrabeen, Newport, Chatswood, Terrey Hills.

There was a core group of us who trained at least 3-4 times per week. I remember this nugget of a fellow start training with us in the late **1980's**. He was a very talented martial artist and that was the beginning of a long friendship both in and out of Hapkido. Little did I know then that he was to become the formidable Master Steve Tamanini commonly referred to as the "Taminator" by any who have trained in his classes.



In **1990** I was living and working in a small town in Tasmania. There I trained in Bugeido Karate and was graded to 1st Degree under the instruction of Sensei Geoff Reddish. I learnt some good solid sparring techniques, stance work and linear power. Although quite different in some ways to my Hapkido, it helped me realise the importance of variety when it comes to sparring. I learnt never to become complacent doing the same few techniques well, opponents are all different and variety of techniques is the key.

In **1994** Master Brown leased a Full Time Dojang in Brookvale which was to become the home of Northern Beaches Hapkido. Over time we became the next generation of Hapkido instructors. In February **1998**, myself, Steve Tamanini and Martin Fox took over the reins of Northern Beaches Hapkido while Master Brown followed his Hapkido national role in leading the Australian Hapkido Association. Master Kevin Brown became the President and Technical Director of the AHA. To this day we are still fortunate to have him training our Black Belts and Instructors, grading our students and running Seminars even though he is once again busy running his own club in Pittwater. Every now and then we are fortunate enough to have an occasional guest appearance by Grandmaster Kim who shows that you never lose your spirit and skills.

Northern Beaches Hapkido has now been running for 24 years and remains the Sydney based Headquarters of the Australian Hapkido Association, and the central training venue for Sydney based monthly Black Belt training.



The bonds formed with each other in Martial Arts Training lay deep and solid. Many of those we started out with are still training today, and those who are not (for one reason or another) still have Hapkido in their blood.



On a personal note, I graduated in **1989** in Physiotherapy at Sydney University, working in the fields of Sports Physiotherapy and Manipulative Physiotherapy. In **1990** I studied Acupuncture and Chinese Medicine and to this day complement the more Scientific Western Medicine with a combination of very effective and complex Eastern Philosophies and treatments.

Currently my Practice MGS Physiotherapy has been running in Manly for 28 years. Hapkido has undoubtedly helped shape my approach to treatment of people's injuries and pains. It gives me the passion to help others and motivate them to improve their physical and mental well-being to enjoy life to the fullest.

I have a wonderful, supportive wife Sue and two great children Chad and Rani. It must be frustrating being married to someone who is as passionate and devoted to Hapkido as I am. I am grateful that they have supported me all the way. My work, my training and my family life all relate strongly to each other and form for me a circle.



I am proud to say that Chad, now 20 years old, has embraced Hapkido as part of his life. Although he has been very active in many school-based sports, basketball, soccer, swimming, surfing and music, he really has never stopped Hapkido training since he was 5 years old.



He understands there are certain pressures and expectations being the son of an Instructor, and that my aim was for him has always been not to go for his Black Belt until he is really ready, both physically and mentally.

As a result, he continued to train at each belt level for several years with unquestioning patience.

In November 2017 he successfully passed a vigorous grading to achieve his 1st Degree Black Belt. He is successfully developing his skills and confidence by being one of my assistant instructors at our club teaching the Kids and Teenager's Classes and is proving to be a very popular Mentor for many of our younger (and older) students alike.

There have been many training highlights, too many to go into detail.

1995 training in Korea under some inspirational Great Grandmasters. Pung Ryu Do (the Korean form of Tai Chi) with Professor Huh, Grandmaster Byung Chun Kim, Master Woo.

Over the ensuing years visits and training with Grandmaster Ji Han Jae, Master Lee Jeong Seo, Lee Jae Bum, Professor Don Jacobs.



In **2006** I was in Korea to help celebrate the 20th Anniversary commemorating the death of the founder of Korean Hapkido, Dok Am Choi Yung Sul Dojunim.

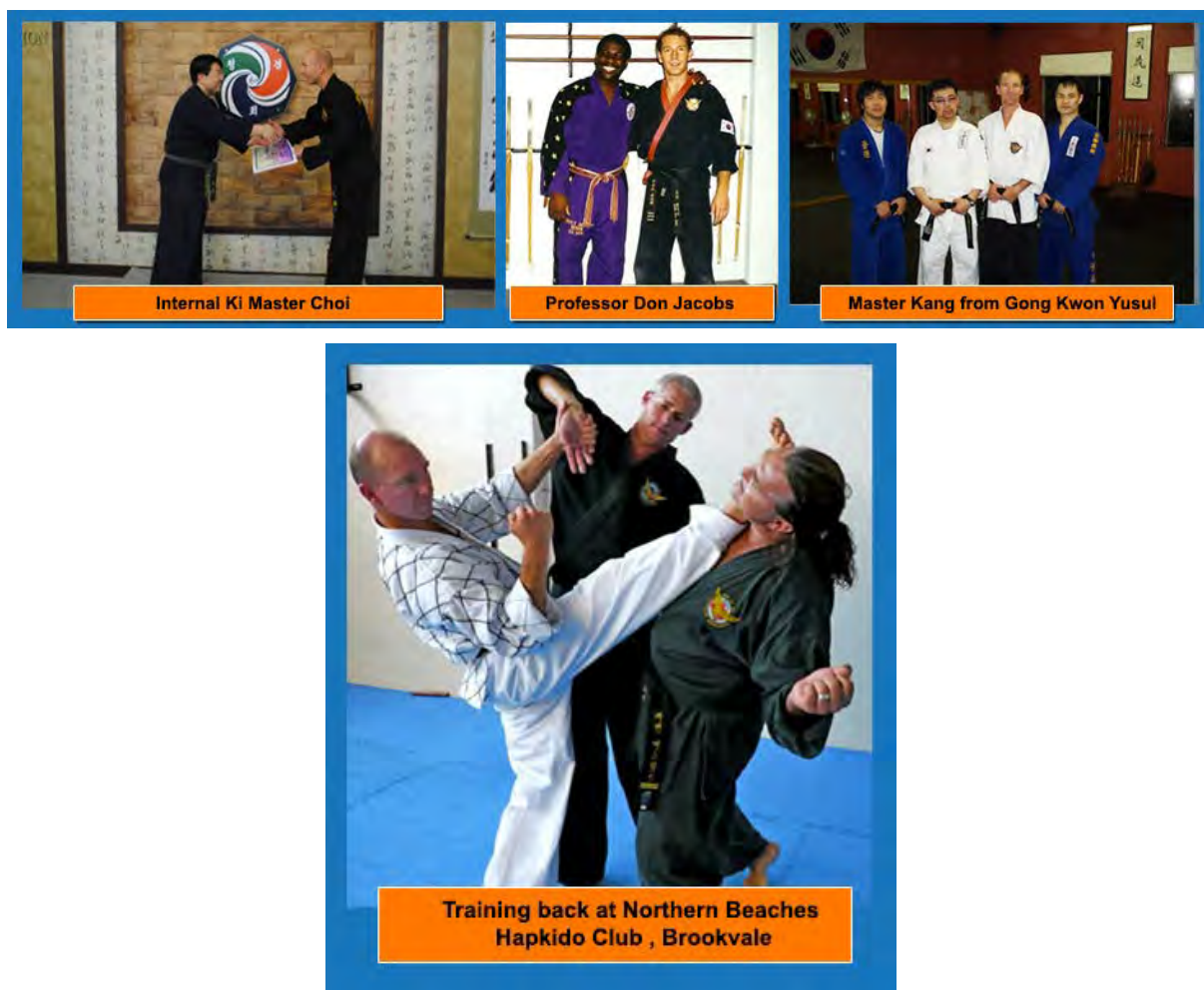
It was a very physical and spiritual few weeks training under the Instruction of Dojunim Kim Yun Sang. He was one of Choi's original students and on Choi's death bed promised him that he would continue to train daily and teach Hapkido exactly as he was taught. It was a fantastic preparation for my 5th Degree grading the following year.



Since then I have been fortunate enough to have two more trips to Korea, and every time have come back with a wealth of knowledge and more importantly understanding of our Art, it's history and it's complex principles.

Each Master I trained with has their own special approaches, techniques and philosophies, yet we are all striving for the same goal, to master Hapkido.

Along with my own Grandmaster and Master, I have a great deal of respect and gratitude for Grandmaster Byung Chun Kim, Professor Huh, Master Woo, Master Lee Jeong Seo, Master Lee Jae Bum, Dojunim Kim Yun Sang, Master Kang, Master Kim, Master Choi, Master Jang and thank them for their dedication and for sharing their knowledge.



2007 – I was graded to 5th Degree on 1st of April by Grandmaster Matthew Sung Su Kim and Master Kevin Brown. I was fortunate to grade beside Master Daniel Marie, my fellow 5th Degree, who is a never-ending wealth of information of technical brilliance in all facets of Hapkido. I credit Daniel with teaching me how to constantly re-evaluate my techniques and be more analytical, something which has never been my strong point. Daniel and I spent the final year preparing for our 5th Degree grading and had some secret bush training sessions which will stay in my memories forever.

2010– I was nominated onto the Committee of the Australian Hapkido Association. It is a way that I can give back to the Martial Art which has given me so much. The committee is made up of eight likeminded and very dedicated Hapkido black belts. Our role is to help and support Hapkido clubs around the country, keep a strong structural base for membership and allocation of funding , and work hard to maintain the highest quality of instruction and training standards around the country. My role within the AHA has given me the opportunity to travel around the country meeting many of our dedicated Club Instructors from all walks of life, from big cities to small country towns. Many lifelong friendships have been formed for me and never have I returned from a trip not having learned or experienced something new that will continue to shape my life.

2017 – I was fortunate enough to be invited to Germany by Master Volker Goessling, the President of the German Hapkido Federation. Master Volker, his wife Master Nadine and their lovely family were amazing hosts and arranged 2 weeks of Hapkido Seminars for me to share our AHA skills and philosophies with fellow German Hapkidoists. It was so refreshing to find such similarities and high quality Hapkido over the other side of the world, even though my German speaking skills were stretched to their limits teaching in German. We have forged some fantastic friendships, and opened a reciprocal training and social relationship for all of our members to benefit from.



Hapkido is a complex Martial Art with many facets to learn. I have made many close friendships with those I have trained with, some are still training others not, but we still remain like family.

We have an outstanding bunch of Hapkidoists training at our club in Brookvale, it is easy to take for granted the high levels of experience amongst our senior ranks with the likes of Simon Callaghan (4th Degree), Andrew Dunn (3rd Degree), Michael Sladden (3rd Degree), Justine Lobb (2nd Degree), Mel Thomas (1st Degree), Chad Geister (1st Degree), Will Hurst (1st Degree). Not to mention our up and coming Black Belts coming through to become our next generation of senior instructors.



After 39 years I realise just how much more there is to learn. So the journey continues