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# **Yong Mu Kwan**

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“School of the Fighting Dragon”



# **Hapkido**

# **Curriculum**

*“WHERE DRAGON AND EAGLE ARE ONE”*

## HISTORY OF HAPKIDO AND YONG MU KWAN HAPKIDO

Yong Shul Choi, a contributor to the founding of Hapkido, was born in the town of Yong Dong, Choong Chung Province, relatively near Taegue, South Korea in 1904. In 1909 Korea came under Japanese occupation. It is believed that Japanese troops took Young Shul Choi from his homeland at the age of seven to be assigned work in Japan. It was a very common practice, at this period of history, for the Japanese occupying forces to relocate young male Korean children to Japan for various types of labor.

Yong Shul Choi, stated in an interview conducted shortly before his death in 1982 that he had been abducted by a candy store owner, Mr. Morimoto, and taken to Japan to be his son. As he did not like the man, he eventually escaped.

The actual causation for his transport to Japan may never be proven. If a Mr. Morimoto had been the causation, it would have sadly been for him to be a laborer and not a son.

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

### **Takeda and Choi**

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

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

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

Takeda's own son, Tokimune Takeda, stated that he never knew Choi, Yong Shul. This may be explained by the fact that Takeda possessed two distinct households. Only one of which housed his family. In addition, Japanese immigration records, of the late 1930's and early 1940's, list Choi, under his Japanese name, as an employee of Takeda.

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

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

### **The Birth of Hapkido**

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

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

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

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

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

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

Hapkido's final criteria came through a slow testing period, as did the other martial art systems born on the newly independent Korean Peninsula. Even the

name Hapkido went through various changes, including: Yu Kwon Sul, Yu Sool, Ho Shin Mu Do, and Bi Sool.

Today, there is no one system of Hapkido, as is the case with WTF Taekwondo, for example. As time has gone on, each teacher and ensuing organization has integrated their own understandings and self defense realizations into this art. There are, however, two distinct types of Hapkido. The first are the schools that hold tightly to the original teachings of Yong Shul Choi. This style of Hapkido will commonly be observed when visiting or studying in the Hapkido dojangs located in the Taegue vicinity of South Korea. Here, the focus is placed primarily upon the Daito Ryu based joint locks, deflections, and throws. These are called Hapkido but essentially they are still Daito Ryu Jujitsu. The second distinct style of Hapkido is those instructors, schools, and organizations that trace their lineage to Grandmaster Ji, Han Jae - whether directly or indirectly. In these schools one will observe a plethora of punching, kicking, and weapon techniques, in association with the joint locks and throws commonly associated with Hapkido. This style of Hapkido will commonly be observed at the dojangs based in Seoul, South Korea and, in fact, most of the Western world.

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

**Ji, Han Jae and the Evolution of Hapkido**

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

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

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

Due to his strategic location and dynamic personality, he became a very influential figure in the development and evolution of Hapkido. He was the instructor of many Hapkido practitioners who later become very famous masters of the art and spread Hapkido across the world. These students include: Grandmaster Kwon, Tae Mon (one of his first students and a man who helped introduce Hapkido to the United States), Grandmaster Myung, Jae Nam, Grandmaster Choi, Sea Oh, and Grandmaster Han, Bong Soo -- to name just a few. As such, Ji has done more to expand upon the original system of Hapkido and to promote the art around the world than any other individual. There is more direct and indirect student of

**Ji, Han Jae's style of Hapkido than any other Hapkido instructor in history. Several of his original students no longer wish to be associated with him, however, due to differing personal ideologies. Thus, many Korean instructors no longer reference him as the source of their knowledge. Instead, they claim they studied directly from Yong Shul Choi - though this is factually not the case. In 1961, Kim, Yong Jin who opened the Oh Ji Kwan School of Hapkido, joined Grandmaster Ji in Seoul. Soon after that, Kim, Moo Hong established Sin Moo Kwan Hapkido.**

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

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

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

**In 1984, Grandmaster Ji officially relocated to the U.S. and formed, Sin Moo Hapkido. "Sin," referring to "Higher Mind," and "Moo," to "Warrior Ways." Historically, it can be understood that Grandmaster Ji, Han Jae was one of the most influential and instrumental proponents of the art of Hapkido -- no matter who invented the name.**

**Grandmaster Lyndon Johnson is a direct student and Hapkido Master under Ji, Han Jae. He forged Sin Moo Hapkido with many other martial arts and military fighting systems and removed non modern combat techniques for form Yong Mu Kwan Hapkido.**

### **Hapkido's Governing Bodies**

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

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

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

### **The Evolution of the Korea Hapkido Association**

**As time progressed, fragmentation of Hapkido continued. This was due to ongoing individual differences. In 1965, Ji, Han Jae left the Korea Kido Association. He**

formed and became President of Daehan Hapkido Hae, The Korea Hapkido Association. This association was formed with the blessing of then South Korean President Park, Chung Hee.

The reason President Park was so in favor of this new organization was, in no small part, due to the fact that Park, Jong Kyu, a student of Ji, Han Jae and head of the Presidential Protective Forces, was an instrumental element in its formation. In 1973 Ji, Han Jae resigned from this organization, with the hopes of taking many of its members with him and bringing them to a new organization he was instrumental in creating: The Republic of Korea Hapkido Association. What is now known as the Korea Hapkido Association has gone through several incarnations. Its presidents have included, in addition to Ji, Han Jae: Kim, Woo Choong, Kim, Gye Ho, Park, Dow Soon, and Hwang, Duk Kyu.  
Myung, Jae Nam

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

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

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

**The Korea Hapkido Federation**

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

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

Prior to 1990, the Korean Hapkido Federation, and all other South Korean based

non-Taekwondo martial art organizations, were required to be a part of the South Korea Amateur Athletic Association. (this was the equivalent to holding nonprofit status). Each of these associations were required to register their Black Belts with the Korea Kido Association (Ki Do Hae), if they wished their students and instructors to possess Korean certification. In 1990, governmental and organizational laws changed in South Korea, however, and the various established martial art organizations were allowed to become financial based entities. Due to this fact, the Korean Hapkido Federation and other established Korean martial art organizations broke away from Ki Do Hae and were allowed to offer promotions without Ki Do Hae approval.

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

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

## UNDERSTANDING KI

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

### **The Basis of Ki in Hapkido.**

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

### **The Foundation of Hapkido.**

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

In 1909 Japanese troops took Choi from his homeland, at the age of seven, to be assigned work in Japan. The relocation of male Korean children was a very common practice by the Japanese occupying forces between 1909 and 1945. As fate would have it, Choi was assigned to Sokaku Takeda (1860-1943), the 32nd patriarch of Daito Ryu Aikijitsu. Choi was given the Japanese name Yoshida Asao. Choi remained with Takeda until his death, working for him and mastering his advanced system of martial arts. Ueshiba Morihei, also a student of Takeda, used Daito Ryu Aikijitsu as a basis for Aikido. This is where the similarities between the two arts arise.

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

### **The Science of Ki.**

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

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

In the Nei Ching, Ki is described as the Universal Energy which nourishes and sustains all life. It flows through the universe and thus, through each



**individual. An abundant, non restricted, flow of Ki in the body allows one to remain healthy; while a diminished or impeded flow of Ki in the body lead one to illness.**

**The Nei Ching describes how Ki circulation in the human body is directed by invisible circulation channels, similar to veins, known as Meridians. In the Korean language these Meridians are known as: Pu-dan-ui Kyung. Chinese Contact with Korea.**

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

**The Transmission of Ki Knowledge from Korea to Japan.**

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

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

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

**Daito Ryu Aikijitsu.**

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

C.E.), the third son of Minamoto no Yoriyoshi who was the 5th generation descendant of Emperor Seiwa.

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

#### **Understanding Ki Energy in the Human Body.**

As described, Ki flows through the human body along invisible circulation channels known as Meridians. There are a total of twelve Primary or "Constant" Meridians in the human body. The reason these twelve Meridians are referred to as "Constant" is because Ki energy circulates through them in a constant and continual delineated path. Ten of these meridians are defined by, and govern specific organs of the human body. These Meridians are: the Gall Bladder Meridian, the Liver Meridian, the Lungs Meridian, the Large Intestine Meridian, the Stomach Meridian, the Spleen/Pancreas Meridian, the Heart Meridian, the Small Intestine Meridian, the Bladder Meridian, and the Kidney Meridian. The final two "Constant" Meridians: The Heart Constrictor Meridian and the Triple Warmer Meridian are related to the control of bodily functions. The Heart Constrictor Meridian dominates the continual flow of blood throughout the body and the Triple Warmer Meridian control the energy of respiration.

Each of the "Constant" Meridians possesses a location on both the right side and the left side of the body. Ki flow along the Meridians is, therefore, exactly directed to specific regions of the body the Meridian effects. Furthermore, when an individual is experiencing a blockage of Ki flow along any of the "Constant" Meridians, exacting stimulation can be applied to reinstate proper Ki circulation.

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

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

#### **Pressure Points.**

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

Ki stimulation of a specific meridian is commonly understood to aid in adding Ki

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

#### **The Basis of Ki Self Defense in Hapkido.**

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

#### **Tan Jun.**

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

#### **Tan Jun Defining Exercise.**

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

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

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

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

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

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#### **Tan Jun and Self Defense.**

Once the location of the individual's Tan Jun is firmly delineated, all Ki orientated strikes and self defense applications are accomplished by initially

focusing on this Center Point. The Korean word "Ki Hap," the yell associated with all punching, kicking, and throwing techniques, signals the fact that the practitioner is pulling Ki up from this location and then releasing it as any offensive or defensive technique he is unleashing.

#### **Pressure Point Strikes.**

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

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

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

In Hapkido, a focused Pressure Point strike is initially accomplished by focusing your energy in your Tan Jun. Then, as your strike travels towards its final Hyel impact point, you expel your focused Ki, with a Ki Yap, and strike your opponent to one of these precise locations. From this, his Ki will be interrupted and you can continue on with additional self defense as necessary.

The Ki of an attacker is not only interrupted by forceful striking techniques. In fact, the more advanced martial artist will not focus his defense on offensive techniques, at all. Instead, he will choose to interrupt the Ki of his opponent by far less obvious methods. In many cases, this may be achieved by applying direct pressure to one of the opponent's Hyel with a holding or a grabbing technique.

#### **Non-Forceful Ki Interruption.**

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

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

#### **To Block or Not to Block.**

In many traditional martial art systems they choose to intercept a powerful

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

#### **Hapkido Deflection.**

To put this Hapkido defense theory into practice, the easiest form of opponent deflection is to simply move out of the pathway of any oncoming strike. This can be easily achieved in the case of a linear technique, such as a Straight Punch or a Front Kick by side stepping the path of the offensive technique. In the case of a circular technique, such as a Roundhouse Punch or a Roundhouse Kick, the best method is to simply step back beyond its range. In either case, your opponent's offensive technique will not strike you and you will not become injured by attempting to forcefully block it. Thus, you will maintain the ability to effectively move forward with additional self defense as necessary.

Once your opponent's onslaught has not made contact with you, is the moment where you must immediately take action to debilitate him before he can launch a secondary attack. Hapkido practices "Continual Motion Theory." This is to say, that one technique immediately follows the last, be it offensive or defensive.

In the case of Ki self defense, you first deflect an attack and then immediately apply pressure to one of your opponent's Hyel.

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

#### **The Straight Punch Ki Interception.**

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

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

By blocking the Ki flow along the Heart Meridian, the proper beating of your opponent's heart is interrupted. Thus, blood flow to all areas of his body is hampered. As all bodily functions are highly reliant to proper blood flow, this

causes your opponent to have an interruption of his overall aggressive energy. Thus, controlling his attack, becomes much easier.

### **Is Ki Enough?**

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

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

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

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

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

### **Ki and the Frontal Choke Hold.**

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

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

#### **Hyel Self Defense.**

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

**Ki self defense is based in the understanding of bringing the nonphysical world into the realms of the physical. Just as the sound waves of music being broadcast from a speaker can not be seen, they are, none-the-less, experienced.**

**Ki, is similar. Though Ki can not be physically touched, the essence of its energy has been documented for centuries.**

**Yong Mu Kwan Hapkido** is the Hapkido system created by Dr. Lyndon Johnson. It blends the comprehensive training of weapons and trapping at every level. It is the most comprehensive Hapkido training system created for modern day close quarters combat. Yong Mu Kwan Hapkido combines the modern combat elements of Hapkido with military, law-enforcement, Japanese, Hawaiian, Brazilian, Chinese, Filipino, American, and Indonesian combat fighting. Every level trains Hand, Stick, Knife, and Gun Combat. Yong Mu Kwan Hapkido is Military Combat Hapkido. It is a complete study of Global Close Quarters Combatives "GCQC". YMK HAPKIDO is not just a Korean Martial Art, it is a Global Fighting System for everyone. The mystical dragon has elements of many animals as YMK Hapkido has the elements of many military combat systems. This why the Dragon is used along with the Eagle as the symbols of YMK Hapkido.

One element that sets Yong Mu Kwan Hapkido apart from other systems is the seamless combining together of several essential flow drill sets or matrixes into what is called the Close Quarters Combat Grand Matrix training Drill. This drill or Matrix creates an amazing amount of skill, sensitivity, and rapid combat neurological response speed.

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

### “NG” TONE

UNIVERSE  
SPIRITUAL STRENGTH  
SUNSHINE

### “M” TONE

GROUND  
MENTAL STRENGTH  
AIR

### “SS” TONE

HUMANS  
PHYSICAL STRENGTH  
WATER

### MEDITATION DIRECTION

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

### ATTACK TONES (6) = “KIAP!”

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

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

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

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

## 5 WELFARE TONES

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

## CHANTING KI STRENGTH OF THE UNIVERSE TAKE UP

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

## FACE COLOR KNOWLEDGE

DO NOT STRIKE THE AREA THAT ARE REPRESENTED BY THESE FACE COLORS. TO DO SO MAY



**RESULT IN INADVERTENT LETHAL TECHNIQUES.**

<b>RED</b>	<b>HEART</b>
<b>WHITE</b>	<b>LUNGS</b>
<b>YELLOW</b>	<b>STOMACH</b>
<b>BLUE</b>	<b>LIVER</b>
<b>BLACK</b>	<b>KIDNEYS</b>

## **STRENGTHS OF THE MAN (IMAGE):**

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

## **MEDITATION**

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

## **EAGLE**

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

## **BRAIN**

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

## **LUCK / WAY OF PASSING**

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

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

## **CONTROLLING ONE'S EMOTIONS**

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

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

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

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

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

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

## **CAUSES OF THE FIVE MAJOR INTERNAL ORGAN ILLNESSES**

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

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

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



**PRINCIPLES OF YONG MU KWAN**

**ARM YOURSELF TO THE MAXIMUM AMOUNT ALLOWED BY LAW**

**USE EVERY ADVANTAGE**

**THE ONLY FAIR FIGHT IS THE ONE YOU WIN**

**EVERY PERSON HAS A VICIOUS BEAST INSIDE OF THEM  
“TAME THE BEAST, TRAIN THE BEAST, RELEASE THE BEAST”**

**IT IS NOT OVER UNTIL IT IS OVER**

**CHEAT IN THE BEGINNING, CHEAT IN THE MIDDLE, AND CHEAT IN THE END**

**SMOOTH IS FAST**

**GENERALLY KEEP KICKS BELOW THE WAIST**

**COMBAT JUDO THROWS ARE NOT JUST FOR TAKING PEOPLE DOWN BUT TO  
INJURE THEM IN THE PROCESS**

**FOCUS NOT JUST ON JOINT LOCKS, BUT ALSO ON JOINT BREAKS**

**MINIMIZE COMBAT ON THE GROUND, THE OPPONENTS PARTNERS WILL GET YOU**

**FOCUS ON ANATOMICAL WEAK POINTS**

**YOU MUST FIRST UNDERSTAND HOW TO ATTACK AND HOW TO USE A WEAPON  
BEFORE YOU CAN TRAIN HOW TO DEFEND AGAINST IT**

**KNOW YOUR WEAKNESSES AND MAKE THE STRONGER, KNOW YOUR OPPONENTS  
WEAKNESSES AND EXPLOIT THEM**

**NEVER UNDERESTIMATE AN OPPONENT**

**LEAVE YOUR EGO AT HOME WHEN YOU GO TO FIGHT**

**IF YOU CAN JUSTIFY IT, ALWAYS THROW THE FIRST STRIKE**

**ALWAYS BE MORALLY, ETHICALLY, AND LEGALLY CORRECT**

**YONG MU KWAN HAPKIDO IS A GLOBAL CLOSE QUARTERS COMBAT SYSTEM THIS  
CURRICULUM IS THE COMBAT FOUNDATION. EACH INSTRUCTOR MAY BUILD ON  
THIS FOUNDATION.**

## **Level 1 / Yellow Belt**

### **Stances**

#### **Hold each stance 2 minutes**

Attention stance / Ready stance / Horse stance  
Fighting stance / Front stance / Back stance / Tiger stance  
Crane Stance / Cross stance / Low Dragon stance / Kneeling stance

### **Attacking with the fingers**

Striking, gouging, ripping, and tearing attacks with fingers

#### **Open Hand Strikes**

Palm heel strikes  
Tiger-mouth  
Knife-hand

### ***3,2,1 Drills (use at every level)***

#### ***Statue Drills (use at every level)***

### **Blocks (Traditional and Reflex) single and two handed**

Hard, Soft, impact and circular  
Low  
Outside  
Inside  
High

### **Kicks (all kicks are trained for targets below waist)**

Inside heel  
Front snap  
Front thrust  
45 degree chambered roundhouse kick  
90 degree chambered roundhouse

### **3,2,1, Combat Sparring Drills**

#### **Joint Locks**

##### **Finger locks**

(straight wrist grabs, cross wrist grabs, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

##### **Outside Wrist locks and come along**

(straight wrist grabs, cross wrist grabs, to punches, as an attack, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

### **Hoshinsool**

Wrist releases (high, low, inside, outside)

### **Falling**

Front triangle fall / Cat way fall / Backwards fall  
Backwards Roll / Side fall / Shoulder roll  
Turning Break fall

### **Throws**

Outside reaping throw

## **Grappling**

Positions

Mount, Guard, Side-laying

### **Matrix Drills, the foundation (used to train all skills at every rank level).**

- 1) Block/Pass/Pin
- 2) Pass/Pass/Pin (Levels 1, 2, 3, 4)
- 3) Windmill
- 4) Rolling back-fist
- 5) Chain of the hand

“Meaning of Yong Mu Kwan Hapkido”

“Age / History of Hapkido”

Etiquette

## Level 2 / Orange Belt

### Combat Boxing Skills and Closed Hand Attacks

Jab / Straight right / Hook punch / Uppercut / Cross punches / Spinning back-fist

Bobbing / Weaving / Combinations / Vertical chain punch/ Hammer fist / Top fist

### Empty handed counters to common blocks module

#### Kicks

Side snap kick

Side thrust kick

Stepping side thrust kick

Forward knee kick

Upward knee kick

Roundhouse knee kick

Dropping knee

#### Defensive-Offensive Footwork

Eight directions drill

Triangle Footwork

Shuffle

Push-step

Step-drag

Cross-over

front

rear

“C” step

Cover and Turn

Pivot

1) Forward quick step

2) Backwards quick step

3) Forward straight step

4) Backwards straight step

5) Draw and forward rush step

6) Jumping back step

7) Forward sliding step

8) Backwards sliding step

9) Lead leg side step

10) Rear leg side step

11) Forward turning step

12) Reverse turning step

STAR footwork training

#### Matrix Drills

1) Block/Pass/Pin

2) Pass/Pass/Pin (Levels1, 2, 3,4)

- 3) Windmill
- 4) Rolling backfist
- 5) Chain of the hand

### **Joint Locks**

Bent wrist locks and come along

Inside twisting wrist locks and come along (standing center)

(straight wrist grabs, cross wrist grabs, to punches, as an attack, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

### **Throws**

Inside reaping throw

Shoulder throw (inside and outside)

### **Grappling**

Defending the mount

Escaping the mount



## **Level 3 / Purple Belt**

### **Hand Techniques**

Forearm strikes

### **Elbows**

Forward / Up / Down / Diagonal / Sideways /Backwards

### **Blocks**

Knifehand blocks / Palm blocks / Forearm blocks

### **Kicks**

Roundhouse kick

Stepping roundhouse kick

Back thrust kick

Stamping kick

Outside crescent kick / Inside crescent kick

Outside wheel kick / Inside wheel kick

Outside axe kick / Inside axe kick / Straight axe kick

### **Trapping Hands**

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

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

\*single hand focused attack / \*using left and right hands on attack

\*add grabs and obstruction removal

### **Cadena de mano drill**

#### **Joint Locks**

“S” or “V” wrist locks and come along

(straight wrist grabs, cross wrist grabs, as an attack, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

Side by Side Throw

(straight wrist grabs, cross wrist grabs, as an attack, lapel grabs, standing, sitting, kneeling)

### **Explain Tan Jun**

Explain Ki

### **Throws**

Thigh reaping throw (inside and outside)

Sitting throw (front and rear)

### **Grappling**

Passing the guard

Escaping the side-laying position

Rock and roll drill

\*(escape mount, go to guard, pass guard, repeat)

\*(add counter the guard reversal)

\*(add the side-laying position and escape)

## **Level 4 / Green Belt**

### **Blocks**

Double low / Double inside / Double outside / Double high  
Double knife-hand blocks  
Two handed blocks High/Middle/Low  
High cross block / Low cross block  
High knife-hand cross block / Low knife-hand cross block  
Outside spread block / Inside spread block  
Combination blocks

### **Trapping Hands**

Outside invasion from high reference point  
\*rear hand checks or grabs / \*front hand checks or grabs  
Outside invasion from low reference point  
\*rear hand checks

### **Joint Locks**

Arm bar locks and come along  
Shoulder locks and come along  
(straight wrist grabs, cross wrist grabs, to punches, as an attack, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

### **Throws**

Stomach throw  
Sitting kick over throw  
Double leg scoop throw (front and rear)

### **Grappling**

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

## Level 5 / Blue Belt

### Trapping Hands

Inside invasion from outside high reference point

\*rear hand checks

### Joint Locks

Neck locks, chokes and come alongs

Knee locks

(straight wrist grabs, cross wrist grabs, to punches, as an attack, chokes, shoulder grabs, lapel grabs, bear hugs, pushes, standing, sitting, kneeling, on the ground top and bottom)

Back breaks

### Throws

Body drop throw

Hip throws

### Grappling

Chokes from the mount and counter

Chokes from the guard and counter

Knee and ankle breaks from the mount and counter

Knee and ankle breaks from the guard and counter

## **Level 6 / Red Belt**

### **Joint Locks**

Ankle locks

(to kicks, sitting, kneeling, on the ground top and bottom)

### **Throws**

Spinning throw

Shin press with foot traps

### **Hoshinsol Combat Scenarios**

STRAIGHT WRIST GRABS

CROSS WRIST GRAB

SIDE WRIST GRAB

### **Meditation**

Mundra exercise

## Level 7 / Brown Belt

### Hoshinsol Combat Scenarios

LOW SLEEVE  
MIDDLE SLEEVE GRAB  
SHOULDER GRAB FROM FRONT  
BACK OF NECK CLOTHING GRAB FROM FRONT  
LAPEL GRAB  
LAPEL GRAB PULLING CLOSE IN  
THUMB DOWN LAPEL GRAB  
TWO HAND PUSH TO CHEST  
SIDE CLOTHING GRAB AT RIBS  
BELT GRAB PALM DOWN  
BELT GRAB PALM UP  
DEFENSE AGAINST CHOKES  
HAIR HOLD FROM FRONT  
HOLD BY COLLAR FROM BACK  
DOUBLE SHOULDER HOLD FROM BACK  
MIDDLE SLEEVE FROM BACK  
DOUBLE WRIST GRAB FROM BACK  
DOUBLE WRIST GRAB FROM FRONT

2:1 Combat Free Sparring

### Throws

Spooning and foot hooking throws

## **Level 8 Brown Belt / 1 Black Stripe**

### **Hoshinsol Combat Scenarios**

REAR BEAR HUG WITH ARMS INSIDE

REAR BEAR HUG WITH ARMS OUTSIDE

FRONT BEAR HUG WITH ARMS INSIDE

FRONT BEAR HUG WITH ARMS OUTSIDE

HOLD BY NAPE OF NECK FROM FRONT WHILE VICTIM IS ON THE GROUND

AGAINST FRONT KICK

AGAINST SIDE KICK

AGAINST ROUNDHOUSE KICK

AGAINST STEP BEHIND HOOK KICK

AGAINST INSIDE CRESCENT KICK

AGAINST OUTSIDE CRESCENT KICK

AGAINST AX KICK

## Level 9 / Brown Belt 2 Black Stripes

### Hoshinsol Combat Scenarios

30 JOINT LOCK AGAINST PUNCH  
ATTACKING WITH CHOKES  
TWO HAND CHOKING FROM THE FRONT  
TWO HAND CHOKE FROM BEHIND  
CHOKE WITH ARM FROM BEHIND  
CHOKE WITH ARM FROM SIDE  
CHOKE WHILE LAYING ON THE GROUND  
AGAINST PUNCH (20 THROWS)  
AGAINST PUNCH (HIT AND KICK, 15)  
THROWING WITHOUT GRABBING  
JUDO THROW BLOCKING TECHNIQUES  
STRAIGHT WRIST GRAB SITTING ON GROUND AND IN CHAIR  
ATTACK WITH STICK OR CLUB (12 ANGLES)  
2 TECHNIQUES FROM ALL POSITIONS  
STRAIGHT WRIST GRAB  
CROSS WRIST GRAB  
MIDDLE SLEEVE GRAB  
SHOULDER GRAB FROM FRONT AND REAR  
BEHIND NECK GRAB FROM FRONT  
PUSHING  
HAIR GRAB  
LAPEL UPWARD GRIP  
LAPEL DOWNWARD GRIP  
CHOKING IN FRONT  
DOUBLE WRIST GRAB FROM FRONT  
CHOKING FROM BEHIND (ALL CHOKING POSITIONS)  
HEADLOCK FROM FRONT AND REAR  
DOUBLE WRIST GRAB FROM REAR  
BELT GRAB WITH GRIP UP AND DOWN  
WRIST GRAB FROM SIDE  
BODY GRAB FROM SIDE  
SITTING POSITION WRIST GRABS, CHOKING, PUNCHING  
LYING POSITION CHOKING, PUNCHING  
HIP THROWS TO GRABS AND PUNCHES  
LONG GUN AND PISTOL DISARMS

### Fitness

1 Mile Run / 100 Pushups / 100 Sit ups

3:1 Combat Free Sparring

### Written Paper

“History and philosophy of Hapkido“ 5 pages

Book Report “Art of War” by Sun Tzu

10 Hours of Community Service Work

**Level 10 / 1st Degree Black Belt  
Hand to Hand Combat Instructor  
260 Combat Scenarios**

**10 Combat Scenarios of each  
(standing, sitting, on the ground)  
Against Punches, counter with strikes  
Against Punches, counter with throws  
Against Punches, counter with chokes  
Against Kicks and Knees  
Against Hand and Elbow strikes  
Against Wrist Grabs  
Against Clothing Grabs  
Against Bear Hugs  
Against Chokes  
Against Pushes  
Against Throws  
Against Joint Locks  
Against single medium sized weapon attacks  
Against double medium sized weapon attacks  
Against long weapon attacks  
Against single knife attacks  
Against double knife attacks  
Against gunpoint, pistol/rifle/shotgun  
Against knifepoint  
Sentry Removal**



## *1st Dan Single Weapons Step 1*

### *Single Handed Stick / Short Sword*

Carry and concealment  
Quick Draws and counters to quick draws  
4 clock strikes and 12 angles of attack forward grip  
    Control  
    Rebound  
    Follow through  
    Reverse  
4 single and two handed clock blocks  
Umbrella blocks  
Wing blocks  
Blocking the 12 angle of attack (single and double handed)  
Diamond pattern  
1-12 of the 64 (Close quarters fighting system)

### *Tapi-Tapi*

Single sinawalli

### *Knife*

Carry and concealment  
Quick Draws and counters to quick draws  
4 clock slashes in saber grip  
12 angles of attack in saber grip  
4 clock blocks in saber grip  
Blocking the 12 angles of attack

### *Two handed Stick / Spear / Sword / Staff*

15 angles of attack in staff and spear grip  
Blocking the 15 angles  
12 angles of attack long spear/staff  
Blocking the 12 angles  
12 angles of attack long sword  
Blocking the 12 angles

## 1st Dan Single Weapons Step 2

### Single Handed Stick / Short Sword

4 clock strikes and 12 angles of attack reverse grip

Control

Rebound

Follow through

Reverse

4 single and two handed clock blocks

Umbrella blocks

Wing blocks

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

Diamond pattern reverse grip

1-22 of the 64 (Close quarters fighting system)

### Tapi-Tapi

R vs. R

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

Thrust entry

L vs., L

Sweep entry to parry-backfist

Thrust entry

### Knife

4 clock slashes in reverse saber grip

12 angles of attack in reverse saber grip

4 clock blocks in reverse saber grip

Blocking the 12 angles of attack in reverse grip

### Two handed Stick / Spear / Sword / Staff

15 angles of attack in staff and spear grip

Blocking the 15 angles

12 angles of attack long spear/staff

Blocking the 12 angles

12 angles of attack reverse grip long sword

Blocking the 12 angles reverse grip

*1st Dan Single Weapons Step 3*

*Single Handed Stick / Short Sword*

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

Control

Rebound

Follow through

Reverse

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

1-25 of the 64 (Close quarters fighting system)

*Tapi-Tapi*

R vs. R

Thrust to the outside after blocking #1

Punyo to the outside after blocking #1

L vs., L

Sweep entry to block/grab outside feed

*Knife*

4 clock hacks and stabs in saber and reverse grips

12 angles of attack in saber grip hacking and stabbing

4 clock blocks in saber grip

Blocking the 12 angles of attack

*Two handed Stick / Spear / Sword / Staff*

Surrounded Thrust

Heaven and Earth Strikes

Feed the pommel

Four ends strike

*1st Dan Single Weapons Step 4*

*Single Handed Stick / Short Sword*

12 angle Saber and Reverse grip pommel strikes (thrusting and hooking)  
Combination cutting and striking  
Mixed slashes / X's  
Slash and stab / Stab and slash  
Pommel and slash  
Countering the combinations  
1-31 of the 64 (Close quarters fighting system)

*Tapi-Tapi*

R vs. R  
Lock to lock drill  
Leg strike  
L vs. L  
Sweep entry to block/grab inside feed  
Thrust entry

*Knife*

12 angle Saber and Reverse grip pommel strikes  
(thrusting and hooking)  
Combination cutting and striking  
Mixed slashes / X's  
Slash and stab / Stab and slash  
Pommel and slash  
Countering the combinations

*Two handed Stick / Spear / Sword / Staff*

Combination cutting and striking  
Mixed slashes  
X's  
Slash and stab  
Stab and slash  
Pommel and slash  
Countering the combinations

*1st Dan Single Weapons Step 5*

*Single Handed Stick / Short Sword*

Striking/Cutting Styles

Figure 8

Side to side (striking and cutting)

Up and down (striking and cutting)

Fan strikes (vertical and horizontal, long and short)

Circles (Large and small)

1-36 of the 64 (Close quarters fighting system)

**Tapi-Tapi**

R vs. R

Figure 8

Side to Side

Rompida

Abinico corto series

L vs. L

Sweep entry to stick snake

*Knife*

Striking/Cutting Styles

Figure 8

Side to side (striking and cutting)

Up and down (striking and cutting)

Fan strikes (vertical and horizontal, long and short)

Circles (Large and small)

*Two handed Stick / Spear / Sword / Staff*

Sliding attacks to the feet / Ring thrusting

Large circle sweeps

Leg hooks

Double weapon passing

*1st Dan Single Weapons Step 6*

*Single Handed Stick / Short Sword*

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

Combining drills with Single vs. Double grip

1-43 of the 64 (Close quarters fighting system)

**Tapi-Tapi**

R vs. R

Passing #1 (Palis-Palis)

Strike One:

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

*Knife*

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

*Two handed Stick / Spear / Sword / Staff*

Counters to common blocks

Increasing 12's

Fake 12's

Give and take 3,2,1

Combining drills with Single vs. Double grip

*1st Dan Single Weapons Step 7*

*Single Handed Stick / Short Sword*

Six count and Ten count Sumbrada  
Disarms  
Impact  
Hand Snake/Circle (inside and outside)  
Stick Snake/Circle (inside and outside)  
Strips (strip and send, strip and keep)  
1-50 of the 64 (Close quarters fighting system)

*Tapi-Tapi*

R vs. R  
Passing #2 (Palis-Palis)  
Strike Two:  
Poke and Disarm, Poke to Carry Over Arm Bar, Poke to Snake Wind Wrist Lock, Poke and Pass to Elbow Compress; Poke and Carry Over to Slap, Bait, Disarm and Lock; Poke to Snake Wind to Bait and Trap.

*Knife*

Disarms  
Impact  
Strips

*Two handed Stick / Spear / Sword / Staff*

Six count and Ten count Sumbrada  
Disarms  
Impact  
Hand Snake/Circle (inside and outside)  
Stick Snake/Circle (inside and outside)  
Strips (strip and send, strip and keep)

*1st Dan Single Weapons Step 8*

*Single Handed Stick / Short Sword*

Pushing and pulling techniques

Stick chokes

Empty hand against the stick 12 angles

Chain of the stick

1-64 of the 64 (Close quarters fighting system)

*Knife*

Empty hand against the knife 12 angles Grabbing/Passing

Knife point, robbery defense

Chain of the knife

In the Clutches, both grabbing

Knife vs. knife combat scenarios

Knife tapping module

*Written Paper*

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

*Two handed Stick / Spear / Sword / Staff*

Pushing and pulling techniques

Chokes



*1st Dan Single Weapons Step 9*

Full Contact Weapons Fighting Exam  
All learned weapons

**Included Connected Weapons**

**Palm Stick**

**Short Stick**

**Middle Stick**

**4 Foot Staff**

**6 Foot Staff**

**Tonfa**

**Knife Attack and Defense**

**Cane Attack and Defense**

**Sword Attack and Defense**

**Assassination / Counter Assassination**

**Sentry Removal/ Counter Removal**

**CQC in Confined Areas**

Cars

Busses

Planes

Small Offices

Closets

Bathrooms

**Hoshinsool Combat Scenarios**

GRABBED BY 2 OPPONENTS

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

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

**DEFENSE SITTING IN CHAIR, ALL GRABS AND STRIKES**

**DEFENSE KNEELING ON FLOOR, ALL GRABS AND STRIKES**

## **REVIVAL TECHNIQUES**

PUNCH OR KICK TO SOLAR PLEXUS

PUNCH OR KICK TO GROIN

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

FRONT / BACK

ONE WRIST – ONE WRIST

PUNCH TO FACE – BOTH WRISTS

BOTH WRISTS – TWO HAND CHOKE FROM FRONT

SIDE KICK – BEAR HUG HANDS OUT

HOLD THE CHEST – BOTH WRISTS FROM BEHIND

BOTH SHOULDERS – BOTH WRISTS FROM BEHIND

SIDE KICK – ONE WRIST

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

FIRST AID / CPR

**Level 11 / 2nd Degree Black Belt  
Single Weapon Combat Instructor  
260 Combat Scenarios**

**10 Combat Scenarios of each  
(standing, sitting, on the ground)  
Against Punches, counter with strikes  
Against Punches, counter with throws  
Against Punches, counter with chokes  
Against Kicks and Knees  
Against Hand and Elbow strikes  
Against Wrist Grabs  
Against Clothing Grabs  
Against Bear Hugs  
Against Chokes  
Against Pushes  
Against Throws  
Against Joint Locks  
Against single medium sized weapon attacks  
Against double medium sized weapon attacks  
Against long weapon attacks  
Against single knife attacks  
Against double knife attacks  
Against gunpoint, pistol/rifle/shotgun  
Against knifepoint  
Sentry Removal  
Knife vs. Knife  
Stick vs. Stick  
Sword vs. Sword  
Staff vs. Staff  
Spear vs. Spear  
Mixed Weapons**

**sparring 3:1**

**Written Paper**

Book Report "Book of Five Rings" by Mushashi

*2<sup>nd</sup> Dan Double Weapons Step 1*

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

Kob Kob

Diamond pattern (single sinawalli) Forward and Reverse Grips

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

*2<sup>nd</sup> Dan Double Weapons Step 2*

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

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

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

*2<sup>nd</sup> Dan Double Weapons Step 3*

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

Double stick 14 count attack and counter module

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

Two weapons vs. two

Two weapons vs. one

Add thrusts

Empty handed applications (sinawalli boxing)

*2<sup>nd</sup> Dan Double Weapons Step 4*

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

X pattern striking

High/high/high/high

Low/low/low/low

High/high/low/low

Empty hand applications

*2<sup>nd</sup> Dan Double Weapons Step 5*

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

Double sinawalli

\*heaven six (high)

\*heaven and earth six (high/low)

\*earth six (low)

\*reverse earth six (low reverse)

\*fanning/abinico six

Double weapon 12 angle striking

Increasing 12's drill

Crossada/Cross blocking

X-blocking/supported blocking

Double weapon passing

*2<sup>nd</sup> Dan Double Weapons Step 6*

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

Circle patterns/Redondo

Vertical

Horizontal (peripheral)

*2<sup>nd</sup> Dan Double Weapons Step 7*

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

Turning and rowing applications

Disarms

Impact

Hand Snake/Circle (inside and outside)

Stick Snake/Circle (inside and outside)

Strips (strip and send, strip and keep)

Six count and Ten count Sumbrada

*2<sup>nd</sup> Dan Double Weapons Step 8*

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

Take downs

Disarms

Throws

Chokes

*2<sup>nd</sup> Dan Double Weapons Step 9*

Full Contact Weapons Fighting Exam  
All learned weapons

**Hoshinsool**

AGAINST THREE PEOPLE GRABBING WRISTS FROM SIDES  
AGAINST THREE PEOPLE GRABBING WRISTS FROM SIDES TWO HANDED  
AGAINST CHOKING BY ONE PERSON AND ATTACKING BY ANOTHER TWO  
AGAINST TWO PEOPLE HOLDING AND ONE ATTACKING

**Written Paper**

“How to develop flexibility, speed, and power” 5 pages

**Level 12/ 3rd Dan Black Belt Test**  
**Double Weapon Combat Instructor**  
**260 Combat Scenarios**

**10 Combat Scenarios of each**  
**(standing, sitting, on the ground)**  
**Against Punches, counter with strikes**  
**Against Punches, counter with throws**  
**Against Punches, counter with chokes**  
**Against Kicks and Knees**  
**Against Hand and Elbow strikes**  
**Against Wrist Grabs**  
**Against Clothing Grabs**  
**Against Bear Hugs**  
**Against Chokes**  
**Against Pushes**  
**Against Throws**  
**Against Joint Locks**  
**Against single medium sized weapon attacks**  
**Against double medium sized weapon attacks**  
**Against long weapon attacks**  
**Against single knife attacks**  
**Against double knife attacks**  
**Against gunpoint, pistol/rifle/shotgun**  
**Against knifepoint**  
**Sentry Removal**  
**Knife vs. Knife**  
**Stick vs. Stick**  
**Sword vs. Sword**  
**Staff vs. Staff**  
**Spear vs. Spear**  
**Mixed Weapons**

**3<sup>rd</sup> Dan Weapons Gun-Counter Gun Step 1**

**Gun/Counter-Gun**

Basic Pistol Course

Pistol concealed carry, quick draws, and counters to quick draws

Pistol Disarms

**3<sup>rd</sup> Dan Weapons Gun-Counter Gun Step 2**

**Gun/Counter-Gun**

Basic Shotgun Course

Shotgun quick draws and counter to quick draws

Shotgun disarms

**3<sup>rd</sup> Dan Weapons Gun-Counter Gun Step 3**

**Gun/Counter-Gun**

Basic Rifle Course

Rifle quick draws and counters to quick draws

Rifle disarms

**3<sup>rd</sup> Dan Weapons Gun-Counter Gun Step 4**

**Gun/Counter-Gun**

Walking Point/Searching

Control, Restrain, and Contain / Arrest and Capture

**3<sup>rd</sup> Dan Weapons Gun-Counter Gun Step 5**

**Gun/Counter-Gun**

Pistol disarms and retention / Rifle disarms and retention



*3rd Dan Weapons Gun-Counter Gun Step 6*

*Gun/Counter-Gun*

Shotgun disarms and retention  
Shoot/Move/Cover

*3rd Dan Weapons Gun-Counter Gun Step 7*

*Gun/Counter-Gun*

Pistol instructor course  
Shotgun instructor course

*3rd Dan Weapons Gun-Counter Gun Step 8*

*Gun/Counter-Gun*

Rifle instructor course

*3rd Dan Weapons Gun-Counter Gun Step 9*

Gun Combat Exam

*Gun/Counter-Gun*

Range Safety Officer Course  
Combat Scenarios

**Assassination / Counter Assassination**

**Sentry Removal/ Counter Removal**

**CQC in Confined Areas**

Cars  
Busses  
Planes  
Small Offices  
Closets  
Bathrooms

**Special Training in Business Operations**

**40 Hours Community Service**

**Written Paper**

“What is means to be a master.” 5 pages  
Dissertation on the “I Ching, book of changes”  
Study and testing on instructor and management manuals.

**Level 13 / 4th Degree Black Belt Master Test**  
**Gun Instructor**  
**260 Combat Scenarios**

**10 Combat Scenarios of each**  
**(standing, sitting, on the ground)**  
**Against Punches, counter with strikes**  
**Against Punches, counter with throws**  
**Against Punches, counter with chokes**  
**Against Kicks and Knees**  
**Against Hand and Elbow strikes**  
**Against Wrist Grabs**  
**Against Clothing Grabs**  
**Against Bear Hugs**  
**Against Chokes**  
**Against Pushes**  
**Against Throws**  
**Against Joint Locks**  
**Against single medium sized weapon attacks**  
**Against double medium sized weapon attacks**  
**Against long weapon attacks**  
**Against single knife attacks**  
**Against double knife attacks**  
**Against gunpoint, pistol/rifle/shotgun**  
**Against knifepoint**  
**Sentry Removal**  
**Knife vs. Knife**  
**Stick vs. Stick**  
**Sword vs. Sword**  
**Staff vs. Staff**  
**Spear vs. Spear**  
**Mixed Weapons**

**Gun/Counter-Gun**  
**TACTICAL MEDICINE**

## **Level 14 / 5th Degree Black Belt Master Test**

### **Optional Exotic Weapons**

**Knife Throwing Techniques**

**Stone Throwing Techniques**

**Needle and Plate Throwing Techniques**

**Rope Techniques**

**Whip Techniques**

**Sai Techniques**

**Fan Techniques**

**Must produce 5 3<sup>rd</sup> Degree Black Belt Instructors**

**Advanced Anatomy and Physiology Study**

**Advanced Ki Study**

**Accupressure Points**

**Bone Setting**

**50 Hours Community Service Work**

### **Levels 15-19 Awarded with active instruction and time in grade**

**6<sup>th</sup> Degree 5-6 years continued instruction and training, produces 5 4<sup>th</sup> Dans**

**7<sup>th</sup> Degree 6-7 years continued instruction and training, produces 1 5<sup>th</sup> Dan**

**8<sup>th</sup> Degree 7-8 years continued instruction and training, produces 1 6<sup>th</sup> Dan**

**9<sup>th</sup> Degree, 8-9 years continued instruction and training, produces 1 7<sup>th</sup> Dan**