

합기도

SIERRA MADRE HAPKIDO Student Handbook





SIERRA MADRE HAPKIDO

Student Handbook

Table of Contents

Introduction	1
Class Information	3
• Location	
• Contact Information	
• Class Schedule	
• Fees	
• Uniforms & Equipment	
• Testing	
About Hapkido	5
• What is Hapkido?	
• A brief history of Hapkido	
• The theory behind Hapkido	
• What is Ki?	
• Danjun Breathing	
Other Useful Information	8
• Class Rules	
• Korean terms used in class	
• About our school	
• About the instructor	
• Recommended reading	
Curriculum¹	
• Kids White Belt	12
• Adult White Belt	15
Student Information Sheet	18

¹ Only beginning white belt curriculum is included in this handbook. As the student progresses they will receive additional curriculum/information specific to their belt level.

Introduction

Dear Student,

Congratulations on your decision to learn Hapkido! I guarantee you are going to have a great time learning Hapkido with us. We are here to have fun and help each learn. With that being said, please remember that to excel in Hapkido you must be ready to work hard from the time you enter the *Dojang* until the time you leave. When practicing Hapkido, you must do so wholeheartedly. During practice, you must concentrate and focus on what you are doing. This includes seemingly simple things such as etiquette and warm up exercises.

There is a purpose for everything you learn in Hapkido. Just because you learn one phase or technique in Hapkido does not mean you can forget it when you move on to the next phase or technique. Hapkido is a building process. It is a constant learning process. You never stop learning.

Thank you,

Daniel Leyva
Head Instructor
Sierra Madre Hapkido

CLASS INFORMATION

Location

Sierra Madre Recreation Center at Sierra Vista Park
611 E. Sierra Madre Blvd.
Sierra Madre, CA 91024

Contact Information

Head Instructor: Daniel Leyva
Phone: 818-939-1991
Email: djleyva@yahoo.com
Website: www.sierramadrehapkido.com

Class Schedule

Saturday mornings

9-10 a.m. (adults)

10-11 a.m. (ages 5-8)

11 a.m.-noon (intermediate students ages 9 & up)²

Monday evenings

6:30-7:30 p.m. (ages 9 & up)

Tuition

Children- \$28 per month, due the first week of the month.
Adults- \$30 per month, due the first week of the month.

Uniform & Equipment

A traditional white “karate style” uniform is required. Uniforms can be ordered through the instructor for \$20 (adult sizes add \$5). You do not need one for the first couple of sessions but they will be required if you decide to continue classes. Sparring gear and other equipment is also available through the instructor

Testing

Belt promotion testing is held every December and July. Classes are only once per week so you must practice hard during class and learn as much as you can so that you will be ready for promotion. It is strongly recommended that you practice at home as much as possible- this means stretching too! Testing fees from White – Red belts are \$15.

² Sparring Class will be held on the 1st and 3rd Saturday of every month.

About Hapkido

What is Hapkido?

Hapkido is a traditional Korean martial art, which is gaining a huge following as a practical method of self-defense. This is because Hapkido techniques do not require great size or strength to be delivered effectively. The philosophy, principles, and techniques are often the keys to unlocking hidden wells of strength and confidence that lie deep within us all regardless of age, sex, or muscle mass.

A Brief History of Hapkido

The history of Hapkido is the source of much controversy. While some may argue that Hapkido has roots in Korean antiquity, most sources seem to agree that Hapkido was founded in the 1940's and 50's by Korean man named Choi, Yong Sul who had spent most of his early life in Japan where he studied a style called Daito Ryu Aiki Jujutsu under the legendary Sokaku Takeda Sensei. It is popularly believed that Choi was either the servant or the adopted son of Takeda who eventually became his student. Daito Ryu, however, do not seem to reflect any of those theories so hard confirmation of this is not available. This lack of documentation has lead many to believe that Choi's experience with Takeda may have been limited to attending seminars but regardless of how or where he learned Aiki Jujutsu, the link can easily be seen in the core concepts and techniques of Hapkido.

As the story goes, Choi returned to Korea after Takeda's death and began teaching what he called Yu Sool or Yawara (Korean names for jujutsu). One of his most prominent pupils, Jae Han Ji, is said to be the father of modern Hapkido. He began studying under Choi and eventually started his own school, where he taught what he called Hapkido. Master Ji is responsible for the great variety of "Korean Style" kicking techniques that were not present in Hapkido's "original" form.

Korean sources may tend to emphasize the Korean arts lineage of Hapkido over the Aikijujutsu lineage, with some even omitting the Aikijujutsu connection. However, as noted above, the connection can be seen in the techniques.

The Theory Behind Hapkido

Hapkido in its original form is a theoretically sound martial art. In fact many people would categorize Hapkido as a "scientific" martial art as every aspect of it is geared towards a single purpose: incapacitating an opponent in the most efficient and thorough manner possible. The best way to achieve this result is through the Theory of Dynamics. The simplest definition of this theory can be found in the translation of the word Hapkido: "The art of coordinating energy."

HAP-coordination, harmony
KI-energy
DO-art form

Dynamic motion means more than just a quick reaction. To react dynamically means more than just a quick reaction. To react dynamically is to create a balance between two opposing forces and use it to your advantage. **Um and Yang**, or the concept of balance is the cornerstone of Hapkido philosophy. The key to creating this balance can be found in the three principles of Hapkido:

- 1) **Circle**
- 2) **Water**
- 3) **Sum**

The **Principle of Circular Motion** states that the body must become a dynamic center of motion. By using circular movements we are able to redirect the force of an attack rather than meet it head on. We can also use circular movements to generate momentum and power in our techniques. Some of the most powerful forces in nature move in circles, the most obvious of which are hurricanes and tornados.

The **Principle of Water** states that all body movements must be fluid like water. This means your techniques must be adaptable. Water in a river will pull a pebble with the current, go around a boulder, or carve a valley through a wall of rock. Also, like flowing water your techniques must follow the path of least resistance, exploiting your opponent's natural weaknesses.

Finally you have the **Principle of Sum** which is simply the combination of the previous two. This is the principle that represents natural balance. We do not meet force with more force, we redirect it and use our opponent's energy against themselves. Likewise we do not meet a soft attack with a soft defense; we attack it and overwhelm it by exploiting its weakness. If your opponent pushes, you pull. Likewise, if your opponent pulls, you push.

In Hapkido we take the Theory of Dynamics and combine it with a thorough knowledge of the vital spots of the human body. There are over 400 vulnerable spots on the human body, 54 of which we use as targets of attack. The locations of these vital spots usually coincide with that of the nerves, blood vessels, or internal organs. When these vital spots are attacked the result can be anything from death, to impairment, to severe pain. This knowledge is necessary to a successful attack or defense.

What is Ki?

In Hapkido there is a large emphasis on the development of, and the use of KI. Ki, (Chi in Chinese) is usually described as your inner "power" or energy, which can be cultivated and used to add power to your technique. The center of your Ki is thought to reside in your lower abdomen. Although the use of Ki principles in Hapkido techniques do seem to be effective, I feel that it is not the result of any enigmatic inner power. I do think that the effective results of Ki have more to do with principles of physics combined with body mechanics, adrenaline and the development of

a mindset that will give you the ability to perform feats that would seem unbelievable to many people.

An excellent illustration of this would be the practice of breaking a board with a punch or kick as we often see Taekwondo and Karate practitioners perform. Although many would consider this feat to be an example of Ki power, it is actually a combination of the physics behind breaking the wood, proper body mechanics behind your strike and the mental will to actually strike the board with enough force to break it.

Some of the more obvious examples of Ki principles you will see in your early Hapkido training are the use of the “live hand,” and the Ki-Hap (the Korean term for the yelling while executing a technique). The “live hand” is where we open our hand or extend our index finger while executing certain techniques. These open hand formations are thought to be a way to focus your Ki power into your limb, which allows you to add Ki power to your techniques. Some martial arts such as Aikido will cultivate this by encouraging practitioners to visualize Ki running through your arm and projecting from your fingertips as lines or beams. Similarly in some sword arts such as Kendo you will be encouraged to visualize your Ki running through your arms and projecting from the tip of your sword.

The Ki-Hap is considered to be a short, controlled burst of KI that originates in your lower abdomen and is released during a critical moment while executing a technique. If you were punching or kicking you would Ki-Hap at the moment you hit the target in order to combine your physical and inner strength. If you were performing an escape you would Ki-Hap at the moment you pull away from your attacker. During a throw you would Ki-Hap just as you lift your attacker. When falling or blocking you would Ki-Hap at the point of impact in order to protect your limbs and/or internal organs from damage- not so sure about this theory but it definitely does not hurt as much when you yell!

Regardless of the source of Ki power, its cultivation is an integral part of Hapkido training and its effect can easily be seen in the effectiveness of your techniques.

Dan jun Breathing

The dan jun is believed to be the center of energy (ki) in the human body. Dan means red or fire and jun means field, so dan jun can be interpreted as meaning the active source of power in the body. As the center of energy, it is the key to human vitality and strength.

For most people, the dan jun is located about three inches below the navel. Through dan jun defining exercises, each person can determine the location of their personal center.

In many martial arts, such as hapkido, movements should originate from the dan jun area for optimum effectiveness. By focusing the energy originating from the body's center, techniques become fluid and synchronized. There are a number of recognized methods for strengthening and focusing the energy of the dan jun including ki gong (ki focusing) and dan jun breathing.

Dan jun breathing is widely practiced by students of Korean martial arts, including hapkido and haedong kumdo. Students of hapkido learn dan jun breathing exercises from the very first class to help them locate and become aware of their center.

As students advance, dan jun breathing exercises help them build inner strength and increase the effectiveness of their techniques. By harnessing their ki power, students can create maximum results with minimum physical exertion.

Dan Jun breathing is practiced through a prescribed set of slow moving exercises accompanied by controlled, forceful deep breathing. Each breath is drawn in through the nose and expelled through the mouth. Rather than trying to fill the lungs by expanding the chest, you should expand your abdomen. This practice allows you to concentrate on your dan jun area and to fill the lower third of your lungs, which are often not filled by regular deep breathing.

The physical movements that accompany the breathing include stretching the arms above the head in front of the body or out to the sides. Most movements are performed in a stance similar to horse riding stance, with the knees slightly flexed. With each repetition, inhaling usually occurs as the arms move in toward the body and exhaling occurs in synchronization with the arms pressing away from the body. In changing stance, practitioners generally stand up slightly as they inhale and lower their stance as they exhale. There are many variations of dan jun breathing that are best learned from a qualified instructor.

Other Useful Information

Class Rules

Always be respectful- Hapkido cannot be practiced effectively without trust and mutual respect for your classmates. Please show each other courtesy and treat others as you wish to be treated. This rule should apply both inside and outside the Dojang.

- **Always** respect your parents.
- Show up to class on time.
- Make sure your uniform is always neat.
- Do not disrupt the class in anyway.
- Always try your best.
- Do not be careless in class- you can hurt yourself or others.
- Always respect your teachers and follow their instructions, this includes your Hapkido teacher as well as your schoolteachers.
- Make the most of your time in class.

Practice at home- Always make sure you practice at home when you have a chance. Class time is extremely limited so you will need to practice at home, otherwise your class time will be spent catching up with what we learned last week instead of learning new things. Make sure you stretch daily! Stretching once a week will do you little good. Daily stretching will not only improve your techniques dramatically, but is good for your health.

Only use Hapkido for self defense- Hapkido techniques can be very dangerous if used carelessly and you could seriously injure yourself or others. Once you leave the Dojang, you are only to use your Hapkido skills to protect yourself from danger, and even then only as your final option. Here are some tips that can help you avoid dangerous situations:

- BE ALERT AND AWARE, if you are going places where you may be vulnerable to attack.
- Avoid unsafe areas if at all possible.
- Try to think ahead and avoid situations that will put you in peril.
- Always be prepared, BE ALERT AND AWARE of people around you and the surrounding area.
- Educate yourself concerning prevention tips.
- Perhaps the single most important aspect to a personal defense plan is: TRUST YOUR GUT FEELINGS.
- If things don't seem right, they probably aren't, SO GET OUT OF THERE!
- Always lock car doors after entering and before leaving your car. Keep them locked while driving.
- Have your keys ready as you approach your car.
- Always park in well lit areas.
- If you suspect you are being followed, go to the nearest populated area such as a supermarket; or drive to the nearest Sheriff's, Police or Fire station.

Korean Terms Used In Class

Basic Commands

Attention	cha ryuht
Bow	kyung nae
Ready	choon bi
Begin	shi jak
Stop	gomahn
Meditate	Mook son

Counting to Ten

- 1- Hana
- 2- Dool
- 3- Set
- 4- Net
- 5- Da-sut
- 6- Ya-sut
- 7- Ilgup
- 8- Yu-dul
- 9- A-hop
- 10- Yul

Useful Terms

Instructor	sabum nim
Training Hall	dojang
Uniform	dobok
Yelling	ki hap

About Our School

Sierra Madre Hapkido Dojang has been offering traditional instruction in the Korean martial art of Hapkido since February 2002.

About The Instructor

Daniel Leyva has been involved in Hapkido for 14 years and has nearly 10 years teaching experience. He has been the head instructor of Sierra Madre Hapkido Dojang in Sierra Madre, CA. since 2002. Daniel currently holds a 2nd Dan in Hapkido and a 1st Dan in Kendo.

Recommended Reading

Here are a few books from my personal library that I would recommend as useful training references:

Korean Hapkido: Ancient Art of Masters, by *Kwang Sik Myung*.

- By one of the more respected Masters of Hapkido, this book goes over many of the fundamental techniques that exist in Hapkido, including kicks and hand-strikes and self defense techniques. This one is out of print and can only be ordered directly from the author at <http://www.worldhapkidofederation.com>

The Art of Holding, by *Marc Tedeschi*

- An excellent reference for joint locking techniques. Goes into a lot of basic principles and body mechanics behind this type of technique.

The Art of Throwing, by *Marc Tedeschi*

- An excellent reference for throwing techniques. Goes into a lot of basic principles and body mechanics behind this type of technique.

The Secrets of Judo: A Text for Instructors and Students, by *Jiichi Watanabe, Lindy Avakian*

- Please note that although we do not practice Judo, the principles and physics behind throwing techniques are nearly identical. This particular book might prove interesting after Yellow Belt when we will begin to learn how to throw.

Kids White Belt Curriculum

(updated 05/02/06)

STANCES

1. Joon Bi

- At ease, feet slightly apart, back straight and facing straight ahead with fists clenched and arms extended slightly.

2. Riding Stance

- Feet slightly more than shoulder width apart with knees slightly bent, back straight with clenched fists held palm up at the hips.

3. Fighting Stance

- Similar to boxing stance. Left foot in front with feet 1 walking step apart. Body should be turned to the right with the head looking straight ahead. Right hand should be up and protecting the jaw and ribs, left hand should be held in front protecting the face.

PUNCHING/HAND STRIKES*

- 1) Reverse Punch
- 2) Double Reverse Punch

BASIC BLOCKING TECHNIQUES**

- 1) High Block (against punch to face)
- 2) Outside Block (against side of head)
- 3) Inside Block (against strike to front of torso)
- 4) Low Block (against kick to outside of torso)

KICKING TECHNIQUES

- 1) Knee Kick (bring knee up to chest)

* When striking with hands, make sure your arm is relaxed until the moment of impact. If your arms are tight and/or stiff you will not be able to generate the same amount of speed & power.

** When referring to the type of attack to be defended again the term “strike” is used to describe and attack with the hands or feet.

2) Front Kick

- Make sure you bring up your knee first, then snap the kick. Use your hips for extra power. Turn toes up to strike with the ball of your foot. There are a range of target from the knee all the way up to the nose.

3) Round House

- Bring your knee up first. As you snap the kick your supporting foot should pivot slightly and your hips should turn over a bit allowing you to kick at a 45° angle. Make sure you point your toes and strike with the top of your foot and/or your lower shin. Best target is the side of torso, however this strike can be effect against a whole range of target from the legs to the head.

4) Axe Kick

- Swing you leg straight up and bring it straight down. Your leg show be relaxed as it goes up, but bring it down forcefully using the heel to strike the head, collar bone, upper chest area and occasionally the back if the opportunity presents itself. Don't lean back.

5) Inside Kick (to the head with inside part of foot)

6) Outside Kick (to the head with outside part of foot)

7) Side Kick

- Bring your knee straight up then turn. Your bottom foot should pivot so that your toes point towards the back wall, allowing you to turn your hips over. Then extend your leg in a pushing motion- the power will come from your hips rather than a snap of the knee. Strike with the heel or the outside edge of your foot. Make sure you keep you head up and your eye on the target. Keep both hands up the whole time. Easiest target is the torso, but this kick is vary effective against a range of target from the knee to the head.

8) Inside Kick/ Jump Inside Kick

FALLING TECHNIQUES

1) Backfall (soft/ hard)

2) Front Roll

HOSHINSOOL (SELF DEFENSE TECHNIQUES)*

- 1) Hoku Chiki to attacker's throat.
- 2) Jang Kwan Chiki to attacker's diaphragm.
- 3) Baseball bat grip, strike attacker above elbow with your shoulder.
- 4) Swing arm up, strike below attacker's armpit with tip of elbow.
- 5) Strike attacker's forearm with bottom edge of your forearm, follow up with Soo Do to neck.

* White Belt self defense techniques are against a straight wrist grab.

Adult White Belt Curriculum

(updated 05/02/06)

PUNCHING/HAND STRIKES*

1) Punching 1-4

- Back Fist
- Straight Punch
- Combo Punch (left-right)
- Rear Hand Punch (w/ front hand open for blocking/deflection)

2) Hoku Chiki

- Tiger Mouth strike to throat. Make sure you strike upwards, not straight across.

3) Jang Kwan Chiki

- Tuck in thumb/fingers & strike w/ heel of hand targeting diaphragm, chin, or nose. Same upward motion as Hoku Chiki.

4) Yuk Soo Do Chiki

- Ridge-hand strike to neck or temple. Fingers should be together & thumb tucked in. Make sure to use your hips for power.

5) Soo Do Chiki

- Knife-hand strike. Hand should be same as Yuk Soo Do. Arm should be relaxed as you cut diagonally from the shoulder to the hip. Your target should be at the base of the neck. Make sure that you turn your waist while striking.

BASIC BLOCKING TECHNIQUES**

1) High Block (w/ leading arm against punch to face)

2) Outside Block (w/ leading arm against side of head)

3) Inside Block (w/ leading arm against strike to front of torso)

4) Low Block (w/ leading arm against kick to outside of torso)

* When striking with hands, make sure your arm is relaxed until the moment of impact. If your arms are tight and/or stiff you will not be able to generate the same amount of speed & power.

** When referring to the type of attack to be defended again the term “strike” is used to describe and attack with the hands or feet.

5) Inside Cross Block (against strike to head and/or inside of torso)

- Make sure your fingers are extended for maximum coverage- this will also be useful when you learn to catch kicks.

KICKING TECHNIQUES

1) Shin Kick

2) Shin Turn Kick (across the shin or to the inside of knee)

3) Pivot Kick

- Cross between roundhouse & sidekick. Strike across knee with bottom/edge of foot. As the name implies make sure you pivot on your supporting foot.

4) Inside Hook Kick

- Extend leg 45° to the outside and snap it in, striking with heel. Best targets are side of thigh and the hamstring

5) Knee Kick (bring knee up to chest)

6) Front Kick

- Make sure you bring up your knee first, then snap the kick. Use your hips for extra power. Turn toes up to strike with the ball of your foot. There are a range of target from the knee all the way up to the nose.

7) Round House

- Bring your knee up first. As you snap the kick your supporting foot should pivot slightly and your hips should turn over a bit allowing you to kick at a 45° angle. Make sure you point your toes and strike with the top of your foot and/or your lower shin. Best target is the side of torso, however this strike can be effect against a whole range of target from the legs to the head.

8) Axe Kick

- Swing you leg straight up and bring it straight down. Your leg show be relaxed as it goes up, but bring it down forcefully using the heel to strike the head, collar bone, upper chest area and occasionally the back if the opportunity presents itself. Don't lean back.

9) Inside Kick (to the head with inside part of foot)

10) Outside Kick (to the head with outside part of foot)

11) Side Kick

- Bring your knee straight up then turn. Your bottom foot should pivot so that your toes point towards the back wall, allowing you to turn your hips over. Then extend your leg in a pushing motion- the power will come from your hips rather than a snap of the knee. Strike with the heel or the outside edge of your foot. Make sure you keep your head up and your eye on the target. Keep both hands up the whole time. Easiest target is the torso, but this kick is very effective against a range of target from the knee to the head.

FALLING TECHNIQUES

- 1) Backfall (soft/ hard)
- 2) Front Roll

HOSHINSOOL (SELF DEFENSE TECHNIQUES)*

Hitting Techniques

- 6) Palm up, twist out of attacker's grasp.
- 7) Hoku Chiki to attacker's throat.
- 8) Jang Kwan Chiki to attacker's diaphragm.
- 9) Baseball bat grip, strike attacker above elbow with your shoulder.
- 10) Swing arm up, strike below attacker's armpit with bent wrist or with knuckles.
- 11) Swing arm up, strike below attacker's armpit with tip of elbow.
- 12) Strike attacker's forearm with bottom edge of your forearm, follow up with Soo Do to neck.
- 13) Strike pressure point on attacker's upper forearm with your knuckles, follow up with backfist to temple.

Breaking Techniques

- 1) Bring attacker's hand to your chest, spearhand below attacker's armpit, step forward and apply armbar.
- 2) Palm up, grab attacker's hand and twist wrist as you pivot backwards.
- 3) Grab attacker's wrist and hand and apply chicken-wing armbar.
- 4) Bring attacker's hand to your chest, grab his hand and upper forearm with your fingers on top, step back and apply wristlock with dishrag wringing motion while attacking pressure point with fingertips.
- 5) Bring attacker's hand to chest, grab hand and upper forearm with thumb on top. Step forward and apply wristlock with dishrag wringing motion while attacking pressure point with thumb.
- 6) Grab attacker's hand and pin to your wrist, bring your hand (the one he was grabbing) up on top of his wrist and apply wristlock as you step forward. Concept is similar to #4 and #5.

* White Belt self defense techniques are against a straight wrist grab.



Sierra Madre Hapkido Student Information Sheet

Please complete this form and return it to the Instructor so
we can keep our student records up to date.

Name _____

2nd Child: _____ 3rd Child: _____

Name of Parent/ Guardian (if student is a minor): _____

Address: _____

City/State/Zip: _____

Email Address: _____

Home Phone: () _____ - _____

Cell Phone: () _____ - _____

D.O.B: ____/____/____

Other Martial Arts Experience: _____