

The Complete Art of Hapkido

What is Hapkido Hosinsul?

Hapkido (way of coordinated power) Hosinsul (applied self-defense) is the Complete Self-Defense system employing all the best elements of Street Self-Defense, TaeKwonDo, Judo, Jujitsu, Kickboxing and MMA making it arguably one of the best all-around martial art in the world today. Everything that is taught in our Hapkido program has a direct use in self-defense situations.

What does Hapkido teach?

Hapkido is a very complete and comprehensive martial art and here is why.

The 3 universal theories of Hapkido are:

The Water Principle, which teaches the student to penetrate the defenses of the attacker by "flowing" in, around, and under.

The Circular Motion Principle, which teaches the student how to gain and impart momentum by moving in a circular manner. By redirecting the attack in a circular direction the student controls the balance and kinetic energy of the attacker.

The Nonresistance (or Harmony) Principle, which teaches the student to remain relaxed (not tense) and not to meet force with force.

These three theories are explained and demonstrated at length during training. The student must truly understand these theories, as they are the foundations on which not only the structure and essence of Hapkido rest but also all its other concepts and technical attributes.

Joint Locks and Holds

Joint locks and holds are used primarily for the control of an aggressor. They are often defensive in nature, however, at more advanced levels are very effective offensively. These skills are great for law enforcement and security personnel as well as everyday people.

Throws, Redirection, and Blocks

Throws and re-direction of Hapkido use an aggressor's momentum to continue the flow of energy and turn it against them. These techniques have some commonality with Judo and Aikido but use specialized Hapkido principles. The blocks used in Hapkido are mainly re-directions to off balance an attacker and gain the advantage; some blocks are attacks to nerve points on the body used to weaken the opponent's limbs.

Kicks and Punches

Hapkido uses a wide variety of powerful striking and kicking methods designed to stop an attacker quickly. Hapkido has many powerful kicks that are very useful in "street style" defensive situations as well as some dynamic kicks that the Korean arts are known for.

Vital Points, Pressure Points, and Energy

The human body has many vital points and pressure points that are used in Hapkido to help control or disable an attacker. Interrupting the body's energy flow will sap strength from an attacker and create an advantage for the defender.

Weapons

Hapkido weapon training consist of the use of a short stick (dan bong), bo staff, the sword, cane, handkerchief, long-belt/scarf, throwing weapons like, (knives, rocks, etc...) and adapting everyday objects to use as weapons are just some of the skills we offer in Hapkido.

Hapkido is comprised of the following areas of practice:



Kyukpa (Breaking)



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

Ilsushik (One Step Sparring)

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



Gyoroogi (Sparring)

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

Ho Shin Sool (self defense) (Joint Locking)

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



Mook Sahang (meditation)

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

Tteol-Eojineun (Break Falling)

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



Bowing and Its Purpose

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

How To Bow

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



Kiyap (The Energy Yell)

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

The Kiyap Serves Several Purposes:

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

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

Courtesy

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

Integrity

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

Perseverance

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

Self Control

- to have total control of oneself mentally, physically & emotionally
- to have control over one's desires and actions
- to have the ability to live and work within the panorama of the self

Indomitable Spirit

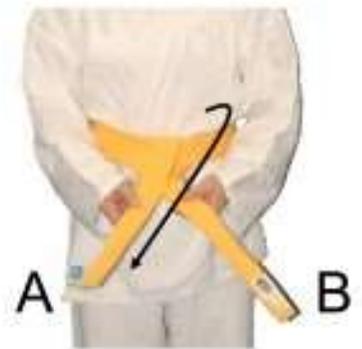
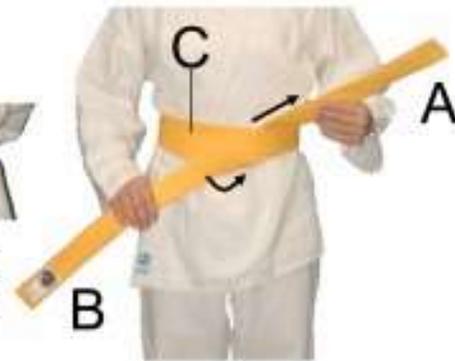
- to have a spirit that will not die
- to not be easily discouraged



How to Tie Your Belt



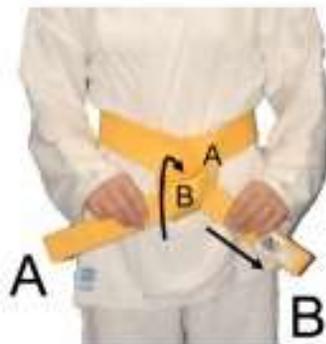
Hold your belt in front of you with both ends A and B of equal length



Wrap both ends of belt around you keeping a single line with no twist in back

Tuck side A under side B and C and pull up. Pull on both ends to tighten belt

Bring side A down and point it to your right



Side B comes up over A then tucks through A. Pull both ends to tighten knot

When finished, both ends of the belt should be even. If not, then try again!

Student Responsibility Code

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

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

🕒 Instructors' Professional Role

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

🕒 Bowing

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

🕒 Proper Use of Titles

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

🕒 Respect for Safety

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

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

🕒 Respect for Uniform and Belt

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

🕒 Respect for Ongoing Classes

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

🕒 Injuries and Medical Conditions

Students who are injured outside of class or who have a medical problem must notify the class instructor prior to the start of class. Parents of minor students must take responsibility to do this.

If you or your child are sick, or currently in an infectious state with an ailment, **DO NOT** come to class.

🕒 Respect for School Property

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

Student Code of Conduct

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

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

Korean Terminology

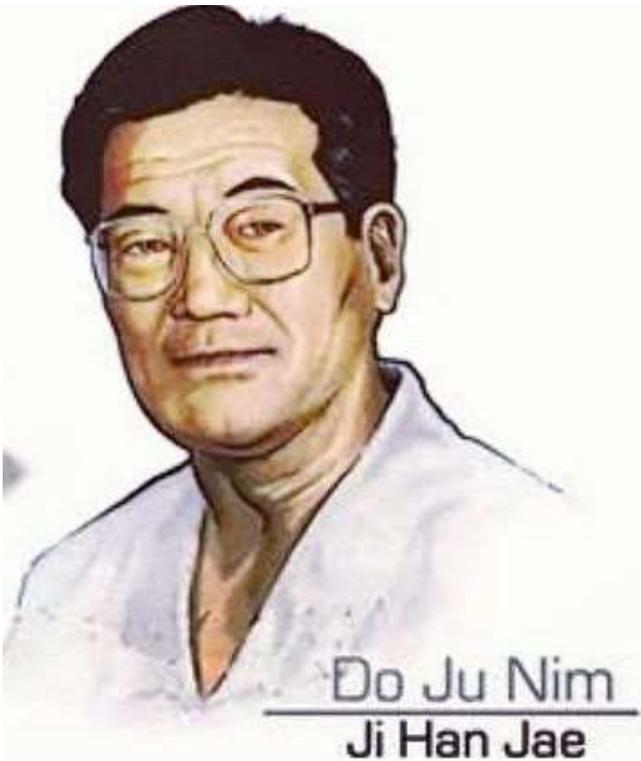
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Inclement Weather Policy

If Winston-Salem/Forsyth County Schools close for inclement weather then so does CFMA for the first TWO consecutive days that Winston-Salem/Forsyth County Schools are closed for an inclement weather incident. After that, we take it on a day by day basis. In that situation, we will make the decision by 10:00 am on the third consecutive day as to whether we will be open that day or not and that decision will be final, and we will not backtrack on the 10 am decision even if conditions improve. Our staff needs to know how they should plan for the remainder of the day. That is only fair. We will put a notice on Facebook (please "like" us on Facebook).

HISTORY OF HAPKIDO

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



DO JU NIM JI HAN JAE

(Hapkido - Founder)

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

in training specialist personnel.

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

Do Ju Nim Ji has also been involved in the movie industry with appearances in a number of movies including the Game of Death (with Bruce Lee). During his time in Hong Kong, Do Ju Nim Ji was a trainer and choreographer and personally instructed many martial arts stars. Among these were Bruce Lee, Samo Hung (Jackie Chan's partner), Angela Mao and Carter Wang (Big Trouble in Little China).

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



Hapkido Founder and Original Grandmasters



HAE JANG NIM - GRANDMASTER GEOFF J. BOOTH

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

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

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

KWAN NYOM HAPKIDO

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

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

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

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

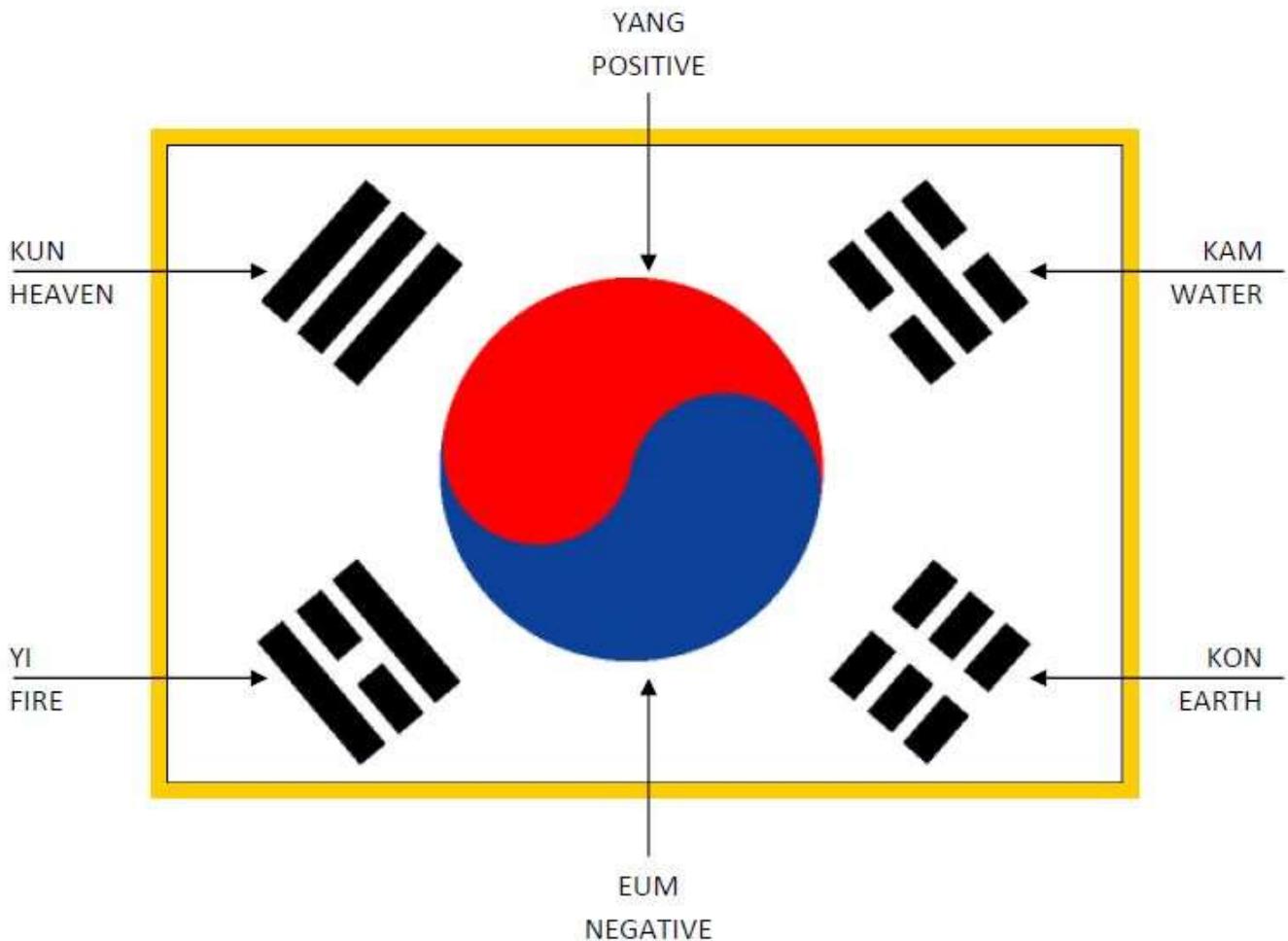
This then helps in real-life self-defense as you need to react in a situation that is not controlled or expected. Having an understanding of the concepts of self-defense taught in the Kwan Nyom style of Hapkido means that you can apply whichever formula suits the situation, rather than trying to think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

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

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

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Korean Flag (Tae Geuk-Gi)



The Tae Guek-Gi represents the Mysteries of the Universe

Try to picture in your mind, if you will, the Red (Positive Energy) and the Blue (Negative Energy) in circular motion with the Red replacing Blue and the Blue replacing Red in an endless duality. This duality can represent Good versus Evil, Day versus Night, Heat versus Cold, etc. For example, Day becomes Night then Night Becomes Day in an endless duality.

Also try to picture in your mind the Gye Bars (Kun, Kam, Kon and Yi) in constant motion. Yi Gye (2 solid lines and a broken lines between the two solid lines), in the lower left corner, as Morning when the sun breaks the darkness of night. Kun Guy (3 solid lines on the top left) represents Noon, when the sun is at its brightest. Kam Gye, upper right, has two broken lines with a solid line between the two broken lines representing Sunset when less sun gets through. Finally Kon Gye represented by 3 broken lines in the lower right represents Midnight, night at its darkest. This also represents day to night to day in constant motion. These Gye Bars can also represent Birth, Youth, Old Age and Death to the Koreans who mostly are Buddhist. To the Buddhists this represents the cycle of life from birth to death to re-birth.

TECHNICAL PRINCIPLES OF HAPKIDO

1. REDIRECTION OF FORCE

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

2. FLOW OF MOVEMENT

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

3. CIRCULAR MOVEMENT

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

4. KI POWER & VITAL POINT ATTACKS

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

5. LIVE HAND

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

6. LEVERAGE (Push/Pull)

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

Principles of Leverage:

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

A lever has three components:

Fulcrum: The point at which the lever pivots;

Load: The force applied by the lever system;

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

PROPER PROGRESSION OF SKILLS IN TECHNIQUES

The following stages are important when using any self-defense technique

☉ **Mechanism** - leverage, body weight, circle, torque, center of rotation, center of gravity, balance, source of power.

☉ **Footwork** - to off-balance the attacker, to nullify their attacking opportunities, to be in a stronger position.

☉ **Flow** - not stopping, non-resistance, blending with the opponent's efforts, using their momentum, creating momentum if required.

☉ **Meeting Resistance From The Attacker** - what if they do not cooperate, what if they are taller, shorter, using pressure points

☉ **Finishing** - how to finish it off - lock, strike, run

☉ **Different Scenarios** - different situations - 2 hands, clothes, rear, strike, etc.

By the end of these stages, the student should be able to execute a technical understanding and be able to adapt the technique to most situations. Our aim is to teach our core techniques through all these stages. That is, students will know the techniques properly.

5 Step Self-Defense Plan

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

Step 1 Gage the situation

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

Step 2 Manage the distance

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

Step 3 Attitude

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

Step 4 Negotiate or Neutralize

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

Step 5 Submission

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

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

How To Stay Safe In Public Places

🕒 Always be alert and aware of your surroundings.

- When entering a building, pause a second to scan the area for exits, restrooms and any unusual activity.
- When exiting a building, pause a second to scan the parking lot for any unusual activity.
- When you go out to a restaurant, try to sit where you can see the door so you can see any unusual activity.

🕒 Most "bad guys" use a selection process to choose who they will attack.

Most look for someone who is not aware of their surroundings so they can use the element of surprise. They also look for people who don't appear to be self-confident because they don't want any trouble from their victims. Some less sophisticated attackers just look for an opportunity to attack. More sophisticated attackers may stalk their potential victims to learn their daily movements and routines.

🕒 Break This Rule and you will probably die!

Never, never, never allow yourself to be taken from one location to a secondary location. The attacker wants privacy so he can do whatever he wants and you cannot escape or summon help. If you are in a store, this applies to your being taken to the back room of the store.

🕒 Follow Your Intuition - it's the best weapon you have to keep you safe.

If you have a sense of foreboding, don't second guess yourself. It is better to be safe than to ignore your instincts and become the victim of a violent crime. You may be a nice person but you don't have to be nice where your safety is concerned. Maybe you have misread a situation that ended up hurting a person's feelings. While that can make you feel bad, remember that your safety is more important than their feelings.

🕒 If possible, don't walk alone during late-night hours.

Walk in groups whenever you can - there is always safety in numbers. Let a family member or friend know your destination and your estimated time of arrival or return. That way, the police can be notified as quickly as possible if there is a problem.

🕒 Stay in well-lit areas as much as possible.

Avoid alleys, vacant car parks, wooded areas, and other short-cuts or secluded areas. They are usually not well-lit or heavily traveled. Walk on the pavement whenever possible.

🕒 Walk close to the curb, avoiding doorways, bushes, and other potential hiding places.

If you have to walk in the street, walk facing traffic. A person walking with traffic can be followed and surprised more easily than a person walking against traffic. Walk confidently, directly, and at a steady pace.

🕒 Don't stop to talk to strangers.

People want to be nice. They don't want to appear rude even to strangers although most people grew up in the time of "Stranger Danger" warnings. You don't have to be nice if you feel uncomfortable about the stranger attempting to engage you in conversation. I have not heard of one case where a person was raped or murdered because they weren't nice. You may end up hurting a perfectly innocent person's feeling but, to reiterate, your safety is more important than their feeling.

🕒 Wear clothing and shoes that give you freedom of movement.

And don't burden yourself with too many packages or items.

🕒 If you are wearing headphones, don't turn up the volume so high that you cannot hear outside noises.

🕒 Never hitchhike or accept rides from strangers.

As hard as it may be to believe today, in the 1960s and 1970s, hitchhiking was pretty common. There were even popular songs about hitchhiking, "[Me and Bobby McGee](#)" by Janice Joplin was just one of the most popular. It turns out several serial killers roamed the highways during that time and as they were caught people felt less and less secure about hitchhiking. In addition, there were more and more murders/robberies committed by hitchhikers. Report any suspicious activity or person immediately to the Police or, if it is an emergency, dial 911.

🕒 Avoid carrying large sums of cash, or displaying expensive jewelry in public.

There is still an unsolved case near Asheville, NC, where a person from Georgia stopped to purchase gas at a Convenience Store. He pulled out a large wad of cash from his pocket to pay for the gas. After he left he was never seen again although his truck was eventually recovered abandoned on a deserted side road about 5 miles

from the Convenience Store. If you need to sort your money before paying for something at a store, do it in the privacy of a restroom stall.

☹️ Only go to ATMs during the day preferably during banking hours.

If you are going out at night and need to get money from an ATM, get the money during daylight hours-best if the bank is open.

☹️ If you are going to a club,

- Don't park in front of the club where people congregate, sit on cars, and where people are thrown out.
- Park in a well-lighted area.
- Never give a doorman or bouncer a hard time.

☹️ Never park next to or even walk near a panel van with a sliding side door.

☹️ If confronted when out in public

Use the Defensive/Interview Stance with Your Open Hands Up at least shoulder height. Use a deep confident voice, "Back Off" or "Stop". Attempt to use reason and conversation to resolve a conflict.

☹️ Get off the line of attack.

☹️ Fight Back

Studies have shown that people who fight back are three times more likely to get away from their attackers. People with no self defense training are successful 25% to 30% of the time. People who have had self defense training are successful 75% to 85% of the time. Studies also show that people who fight back are no more likely to be killed than people who don't fight back.

Two Situations

☹️ Whenever you have a choice to use reason and conversation to resolve a conflict, you should take that route.

☹️ Ambushes are an attack in progress and you must respond immediately. In Hapkido we primarily train to resist ambushes.

"Violence, when there is an alternative, is immoral; Violence, when there is no alternative, is survival"

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Information regarding "**Membership/Payments/Cancellation**" is located under "Student Resources" on our website.

Break Falls

Front Break Fall



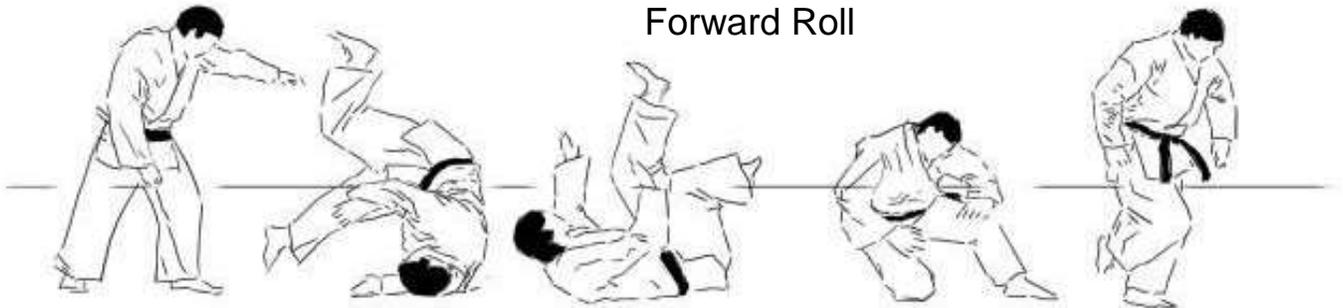
Backward Break Fall



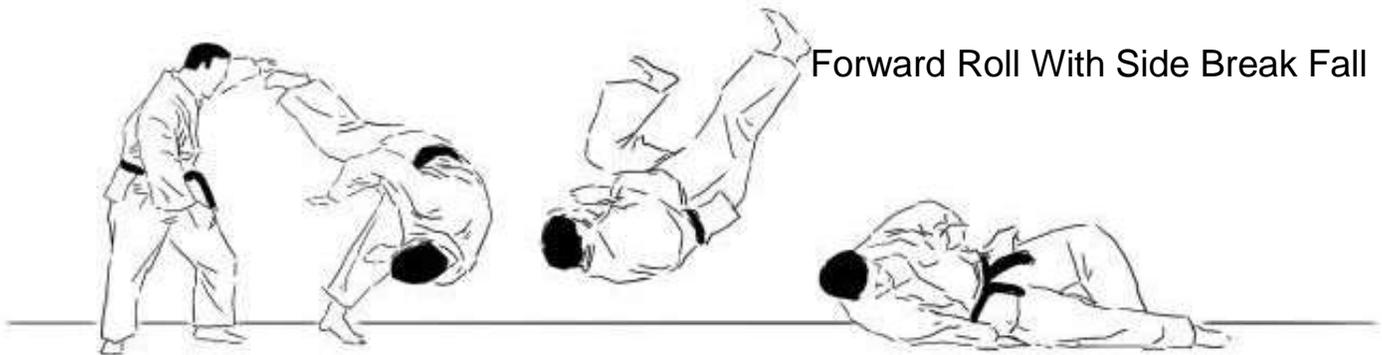
Side Break Fall



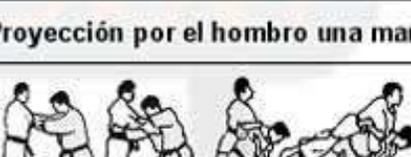
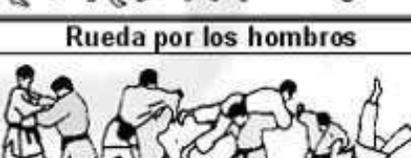
Forward Roll



Forward Roll With Side Break Fall



Throwing Techniques

<p>Gran siega exterior</p> 	<p>Barrido al pie adelantado</p> 	<p>Rueda por la rodilla</p> 
<p>Gran siega interior</p> 	<p>Pequeña siega exterior</p> 	<p>Pequeña siega interior</p> 
<p>Pequeño gancho exterior</p> 	<p>Barrido al interior del muslo</p> 	<p>Proyección con la cadera (agarre a la espalda)</p> 
<p>Proyección con la cadera (agarre al cuello)</p> 	<p>Barrido con la cadera</p> 	<p>Proyección por el hombro una mano</p> 
<p>Proyección por el hombro dos manos</p> 	<p>Vuelco por el hombro</p> 	<p>Rueda por los hombros</p> 
<p>Caida flotante</p> 	<p>Barrido con las dos manos</p> 	<p>Proyectar cogiendo la pierna</p> 
<p>Proyectar sujetando con el talón</p> 	<p>Proyección en círculo</p> 	<p>Proyección flotante</p> 