

GUIDE BOOK



Korean Martial Arts Assn.
South East Asia Pacific™

(RoB: 000878473-V)



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CORPORATE PROFILE

KOMA™: CORPORATE PROFILE

KOMA SEAPAC SERVICES™ or **KOMA™** was formed in 1988 originally to correctly promote the spread of genuine Korean Martial Arts in South East Asia. These traditional Arts are specifically **TaeKwonDo ChungDoKwan™** (TKD CDK) and **HapKiDo SungMooKwan™** (HKD SMK). KOMA™ is registered with the Malaysian Registrar of Business or **ROB** (#000878473-V).

Since 1991 KOMA™ has assisted in the formation of a **Center of Research and Development for Military (MIL), Counter Terrorism (CT) and Law Enforcement (LE) Tactical Combat** training with **AWASS™** or **Advanced Warfare and Security Solutions™**.

Our primary focus is to adapt, innovate, promote and improve efficient and practical Self Defense solutions to the populace in a fair and positive manner via established traditional Martial Arts. These civilian modules continue to promote the 2 respected systems above. MIL and LE modules (via **AWASS™**) promote **TukKong MooSool (ROKA SF CQC)** and **Pekiti Tersia (PTK)**.

KOMA™ (and following up, **AWASS™**) has established itself as a leading **Center of Excellence** over the years by being honored by various blue letter endorsements:

1. Representative of various elite ROK Martial Art Associations:

- Korea KiDo Hwe; International HoSinSul Federation (KiDo)
- Korea TaeKwonDo ChungDoKwan;
- Korea HapKiDo SungMooKwan;
- Korea HapKiDo Association (KHA) and Federation (KHF);
- Korea World TukKong MooSool (KWTa).

2. Member of various MIL Associations:

- US 75th Ranger Regiment;
- American Airborne;
- US Airborne Pathfinders;
- US National Infantrymen;
- ROKA SF 707th Special Missions Battalion.

3. Member of various leading LE and Anti Terrorism Associations:

- International Counter-Terrorism Officers Association;
- International Law Enforcement Educators and Trainers Association;
- International Association for Counterterrorism and Security Professionals;
- US Special Operations Command;
- US First Responders Association;

- US Counter Terrorism Task Force;
- Airborne Law Enforcement;
- ASIS International;
- International Association of Emergency Managers;
- International Corrections and Prisons.

4. Endorsed by the following **Malaysian Government Ministries and Departments**:

- Ministry of Defense (**MinDef**);
 - Ministry of Finance (**MOF**);
 - Ministry of Sports, Youth and Culture;
 - Ministry of Higher Education;
 - Ministry of Women, Families and Communities Development;
 - National Security Council (**MKN**)
 - Royal Malaysian Police (**PDRM**);
 - Malaysian Islamic Development Board (**JAKIM**).
5. Registered in 2009 with the MOF as the **only official** “Contractor” for **MI, CT** and **LE Tactical Combat** training (certificate #285499; registration no: #357-02119740). This role has been handed over to AWASS in 2010.
6. Endorsed by JAKIM by having Islamic or **Shariah Law compliant** programs (a world’s first and only to date).
7. **Official platform designer and provider** for the current Royal Malaysian Armed Forces Unarmed Combat training Program (Tempur Tanpa Senjata or TTS).
8. Involved in training the (disbanded) elite para-military Royal Malaysian Police (PDRM) Field Force (PPH) in **H2H combat**.
9. Providing the **only known invited foreign CQC Instructor** for elite pre-deploying combat US Army units (2001-2007).

We have also made the following official program proposals:

1. Proponent of several key **MIL Initiatives for the RMAF**: Joint Special Operations Command; Nuclear Emergency Search Team; Light Unmanned Airborne Vehicles (Recon).
2. Proposer, **Defensive Tactical Baton Program** for the PDRM (2006) with links to the ROK Metropolitan Police.
3. Proposer, **Aircrew Defensive Empowerment Program** to both Malaysian national Airlines (MAS, 2006; Air Asia, 2007).

VISION

"To establish, promote and maintain a Global Center of Excellence for Traditional Korean Martial Arts with a Progressive and Dynamic edge."

MISSION

"To adapt, innovate, promote and improve efficient and practical Self Defense solutions to the populace (Military, CT, LE or civilian) in a fair and positive manner via established traditional Martial Arts, with deliverables to all, while acting as guardian and champion of the world's oldest schools (kwans) of HapKiDo (SungMooKwan™), TaeKwonDo (ChungDoKwan™) and the ROK's ASF CQC system of TukKong MooSool™."

VALUES

"Honor, Integrity, Duty; Faith, Courage and Love"

KOMA™: KEY PERSONNEL

KOMA™: KEY PERSONNEL

STRATEGIC ADVISOR



Y Bhg. GEN Tan Sri Mohd Ghazali Seth
WARFARE & SECURITY STUDIES

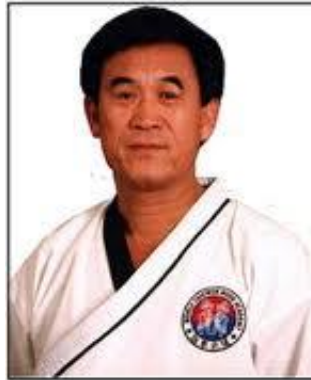
General (Rtd) Tan Sri Dato' Mohd. Ghazali Seth was born in Johor Baru, and enlisted in the elite Royal Malay Regiment in 1950. He is a distinguished graduate of Eaton Hall (UK), as well as several very prestigious military institutions: Sandhurst Royal Military Academy (UK); Military Staff College Camberly (UK) and Joint Services College Latimar (UK). He achieved many "firsts" in his military career, including being appointed as our first Military attaché to Jakarta and the first **Director of Joint Intelligence**.

Tan Sri was a Major General after 19 years of commissioned service and became the Chief of the General Staff (Army) in 1977. At age 48 he achieved the pinnacle of any military career, assuming the position of **Chief of Defense Forces** (aka Joint Chiefs of Staff) in 1981. He was known as a firm but fair leader, consistently meticulous and objective. His legacy as a great strategist and diplomat continues to inspire others who also choose to walk the path requiring uncompromising sacrifice, honor, integrity and service to the nation.

The General has served **on many corporate boards**, including Nestle (M) Bhd., CCM Bhd., and GA Insurance Bhd. He was appointed as a Senator by Royal decree from 1990 to 1993; is a "Distinguished Fellow" of the **Institute of Strategic Studies (ISIS)** and continues to volunteer his time for many charity causes.

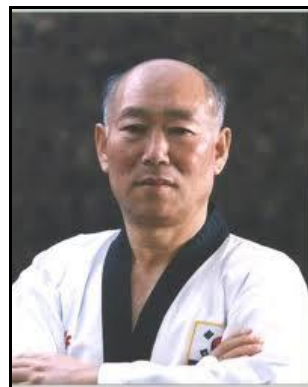
We are extremely grateful and honored to have the General's gracious consent to assist us by being a **Strategic Advisor** for our various Warfare and National Security platform programs.

MARTIAL ART MASTERS



GM KIM, Yong-Ho (Special Advisor)

Grandmaster (GM) KIM Yong-Ho 9th Dan, was supposed to have been appointed President of the worldwide ChungDoKwan Korea in late 2011. He was personally selected for this top position by his instructor Great Grand Master Uhm, current HweJangNim of TKDCDK, who was scheduled to step aside from the position in 2012.



GM PARK, Hae-Man (Special Advisor)

Grandmaster (GM) Park Hae Man began his martial arts career when he saw a demonstration at the Seoul YMCA in 1949. After witnessing that demonstration, he asked his father if he could join the YMCA Kwon Bup Bu under GM Yoon Byung In. His father approved, and GM Park spent six months learning under GM Yoon before the Korean War broke out. Prior to training in the martial arts, GM Park was active as a gymnast.

During the Korean War, GM Park was assigned to the ROK Army Signal Corps. After the Korean War, GM Park studied under GM Uhm and eventually was promoted to 1st Dan in 1954. He first began teaching at Seoul National University in 1955 before becoming the Chief Taekwondo Instructor for the Presidential Protective Forces at the Blue House (ROK Presidential Palace) in 1962. GM Park taught at the Blue House for 18 years.

He is a Chief Instructor's Instructor at 10th Dan, and was the Head of the WTF Poomse creation committee.



GM OOI Hock-Lye (Special Advisor)

Grand Master Ooi currently holds multiple Black Belt ranks: 8 Dan by the WKO and UKEMAF with a 7 Dan by the WTF. He is also certified under TangSooDo MooDukKwan and SooBhakDo. Under non-traditional MAs, he is qualified as an Instructor for Pressure Points Control Tactics (PPCT) and Reality Based Self Defense (RBSD) systems.

GM Ooi holds dual citizenships for both the UK and Canada. He is the official Canadian representative for SooBhakDo TangSooDo, head of Ooi's Martial Arts System (OMAS) and an Executive Committee member of the WKO. He currently owns and operates 3 separate training centers in the Greater Toronto (Canada) area.

GM Ooi started training in the Martial Arts and boxing at age 12, and achieved his first Black Belt in ITF TaeKwonDo in 1968. He is the founding member of several prestigious MA institutions: London TKD/TangSooDo Association; UK TangSooDo Federation; British Association of Korean Martial Arts; UK MA Commission; OMAS. He is regularly invited to conduct intensive seminars in the UK, Europe, Asia and the Caribbean.



COL LIM Ung-Hwan (President, KWTa)

COL Lim is the President of the Korea World TukKung MooSool (TKMS) Association. TKMS means Special Attacking Military Combat Arts. He was the former Commander, 27th Anti-Terrorism unit. His military skills include Sniper; Diving and Airborne. He is a graduate of several prestigious schools, including Central Michigan and Harvard Universities; US Army Command and General Staff College and the JFK School of Government.



GM HWANG, Young-Jin (Special Advisor; KiDo)

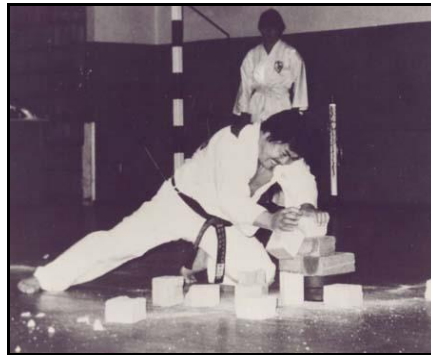
GM Hwang is the SEC-GEN of the prestigious Korea KiDo Association (DaeHan KiDo Hwe), which is the oldest KMA organization in the world. This is NOT to be confused with the World KiDo Federation which is a private enterprise based in the USA. He has spent a lifetime in pursuing, refining and promoting the KMAs, especially HapKiDo and a true gentleman with an open and kind demeanour. He is also the Chairman of the International HoShinSool Group Research Institute; President, China branch, KukKiWon (WTF) International TaeKwonDo Foundation and the Commissioner of Korea's Police Martial Arts Program. He is ranked 9 Dan in both HapKiDo and TaeKwonDo.

We are honoured that he has taken a close and personal interest in our progress.



GM KIM, Nam-Jae (Special Advisor; KHU)

GM KIM, Nam Jae was one of the most senior masters in the KHF. The 9 Dan GM is the Head of his own Kwan, called Kyung Moo Kwan, and was our direct contact with the KHF until he resigned in early 2015.



GM Sunny TAN Sar-Bee (Special Mention)

Grand Master Sunny Tan Sar Bee's life storey is one of an individual who, given insurmountable odds at birth to survive, refused to bow down to circumstance. With great determination and a "can do" attitude GM Tan not only survived, but managed to excel despite formidable odds.

Training and living in Korea for years at a time in the late 50's until the late 70's, GM Tan studied and sparred with the best. Among his key instructors were Park Hae-Man (TaeKwonDo) and Ji Han-Jae (HapKiDo). Since his first meeting with GM Tan in the early 80's, GM Lim has continued to forge a close and enduring with bond of friendship with him.



GM Dato Sri LTC Dr. Alif AIMAAN (Julian S. LIM)

Y. Bhg. LTC Alif Aiman Abdullah (@ Julian S. LIM) is the **President of KOMA**, and was born in 1959. He has several academic qualifications from the US and the UK: a Doctorate in Oriental History (Honorary), a MBA in Marketing Management, a BBA and 2 Diplomas. He specializes in **Brand Marketing** in the civilian world and has the following professional memberships: Institute of Marketing; Institute of Personnel Management; Institute of Business Administration; International Branding Association; International e-Marketing Association; Institute of Commercial Management; International Association of Advertising Professionals; CIDB Green Card Holder.

He is a member with several Military Associations: US Special Operations Command; US 75th Ranger Regiment; US Airborne Pathfinder; US National Infantrymen; American Airborne; 707th Special Missions Battalion (ROKA SF); INT Counterterrorism and Security Professionals; INT Counter-Terrorism Officers; US First Responders Association; US Counter Terrorism Task Force; Institute of Defense and Government Advancement; ASIS INT; Airborne Law Enforcement; INT Law Enforcement Educators and Trainers.

He has worked closely with (and sanctioned by some of) the following Malaysian Government Ministries and Departments: Defense; Home Affairs; International Trade and Industry; Culture, Youth and Sports; Higher Education; Women, Family and Community; Religious Affairs; National Security Council; Royal Malaysian Police.

He started training in TaeKwonDo in 1970 and was awarded the **9th Dan in TaeKwonDo ChungDoKwan** (WTF) in 2014. He is also a **9th Dan in HapKiDo SungMookKwan** (via the DaeHan KiDoHwe (being one of a handful of foreigners to be awarded this rank) and **9 Dan** in HoShinSool under the IHF (KiDo). From 1984 to 1985 he was the **Senior Instructor** of the **Royal Malaysian Para-Military (PPH) Police**. The unit was routinely used against anti-communist insurgents via 'search and destroy' sweeps in dense jungle areas.

Aiman went on to serve as Head of Program with the **Royal Malaysian Armed Forces Unarmed Combat Institute**, where he aggressively headed the development of a (basic) military self-defense system (**Close Quarter Combat, (or Tempur Tanpa Senjata HapKiDo)**) from 1993 to 1999. Training was also extended on special request to various individuals from **U.S. Army Special Forces (SF), Special Operations Forces (Rangers)** and **Airborne** units (82nd, 101st and the JFKSWC). He received Army goodwill cross training at both Ft Benning and Ft Bragg during 1993 to 1999.

Honorary **Military Qualifications** include: Master Parachutist; Master HALO; Pathfinder; Expert Infantry Badge; Ranger; Special Forces; Joint Special Operations Command. LTC Aiman held the acting rank of **Leftenant Colonel** before retiring in 1999.

LTC Aiman was honored by an invitation to join the **KWTA** in December 2006. The KWTA is the **official research and training arm for the ROKA Special Forces and Presidential Secret Service**. Their specialty is in **Anti-Terrorist First Response via the 707th Special Missions Battalion**. He holds the rank of **9th Dan** in TukKong MooSool, is the **Special Representative for Muslim countries** and serves on the **Council of Masters**. In September 2012, he was elected as President (WPKL State) of the National Warriors Council or Majlis Pendekar Malaysia (MPM).

In 2008, LTC Aiman received a special **personal endorsement** from none other than **Sheikh Muhammad Alawi al-Maliki**, a noted key Islamic religious leader based in **Mecca**. The Sheikh was very encouraged by Aiman's interest in promoting Tactical Combat and Security Programs internationally, especially into Islamic countries.

On 12 April 2014, by the grace of Allah the Almighty, Aiman was conferred with the honour of a senior State Knighthood (**S.S.M.P. atau “Darjah Seri Sultan Muhammad Pertama”** or Grand Order of Sultan Muhammad First Class) which carries the title “**Dato Sri** (Tengku Panglima Tjut)” (Grand Knight Commander). The award is formally registered with and recognized by the Majlis Kerabat Diraja Melayu Malaysia dan Indonesia (Royal Council of Malay Rulers of Malaysia and Indonesia). This honour was in recognition of the over 45 years that Dato Sri LTK Dr Aiman has given to the study, mastery and promotion of the Korean Martial Arts, especially TaeKwonDo and HapKiDo and past contributions as the Head, TTS (*Tempur Tanpa Senjata*) for the Malaysian Armed Forces as well as being specially certified as an Army Special Forces Master Instructor for the ROK (TukKung MooSool).

He was further appointed the **Royal Counsel General to the Republic of South Korea** in 2015 by the state of Aceh.



MST Tony TAY (XO/DCOO)

Tony is the designated **Executive Officer (XO)** or **Chief Operations Officer** of KOMA™. He has been trained in the martial arts from the tender age of 9, starting off in Wing Chun kung-fu and trained by his father who was a well-known martial arts exponent in his time. Tony is currently ranked as 4th Dan in HapKiDo and 5th Dan in HoSinSool.

Tony is **Airborne** qualified having successfully completed an (**Airborne**) jump program under the **Canadian Armed Forces** in Ontario, Canada with 25 static-line jumps to his credit. He has attended several military training programs sponsored by the **Thai Marine Recon Forces**, including **jump refresher** courses and basic courses in **MOUT** (military operations in urban terrain) and **CQB** (close-quarters battle).

Currently based in Bangkok, Thailand and working as the **CEO of a large multi-national telecommunications** engineering firm, he spends his spare time in the civilian sports of shooting and air-soft survival games.



MST Adrian St CYRIEN

Born 9 March 1958, Adrian first started martial arts training with Judo. In 1972 at age 14 he started Kyokushin Karate. While attending college in 1974 (Engineering major) he met two Malaysian students who had started a TaeKwonDo (TKD) club and has been a student since.

In-between studying TKD, Adrian has also studied HapKiDo (HKD), Thai Boxing, Kick Boxing, Wado-Ryu, Shorinji-Ryu and Tiger/Crane Kung Fu. Adrian has also had the privilege to train under the following Grandmasters of Taekwondo: Founder of ChungdDoKwan Taekwondo, GGM Won Kuk LE; GM Hae Man PARK; GM Cha Sok PARK TKD/HKD. He is currently ranked 8 Dan TKD CDK; 6 Dan HKD and 5 Dan SimMuDo.



MST JONG Nyan-Chong

Currently ranked 7 Dan in both TaeKwonDo and HapKiDo, MST Jong was born on 27th April 1957 in Kuching, Sarawak, Malaysia. He has over 40 years in the Martial Arts. He is the current Chief Instructor (KOMA SEAPAC™) of both the states of Sabah and Sarawak (East Malaysia). Jong is an ex - national "Sportsman of Malaysia" and a former athletics coach of Sarawak (Track and Field).



MST Nigel MAY (AUSTRALIA Head)

Born 3rd February 1965, MST May is the head of the National Korea Martial Arts in Australia and is National Representative for KOMA SEAPAC; Korea KiDoHwe and the INT HoSinSool Federation. He is currently an Employment Finance Broker and Director of Health and Fitness Centre, and was previously a Youth Justice Community Services Business Owner in Victoria.

Nigel previously competed successfully in Taekwondo and open Martial Arts Competitions with National and State Gold and Silver Medals to his name and went on a complete path of Functional Self Defence with HapKiDo, his passion, and HoSinSul to compliment this. Founding Bendigo Self Defence in 1997 in Victoria the then head Dojang in Australia boasted 200 students with two satellite dojangs. In 2011 Nigel moved to Western Australia were now the head dojang and AUS HQ is based.

As well as the primary arts of HKD, HSS and TKD, Nigel has experiences in grappling arts, boxing and Kenpo amongst others making the curriculum for Australian Students very well rounded. After meeting Grand Master Lim in 2008 he knew this was home and feels privileged to be part of the KOMA SEAPAC family.

In 2013 Grand Master Julian Lim hosted a training and good will seminar tour in Seoul Korea and trained at TKD ChungDoKwan, KiDoHae, TukKong MooSul as well as a top KHF Dojang. With this trip Nigel received papers from the Korea KidoHae for 6th Dan in HKD, as well as a 7th Dan from the International HoSinSul Federation directed by Grand Master Hwang.

His current ranks are 7th Dan HoSinSul IHF; 6th Dan HapKiDo SungMookwan, TukKong MooSool, KHF and KiDoHae; 6th Dan TaeKwonDo ChungDoKwan.



MST LEE Kin-Seng

Master Lee has over 20 years of experience in TaeKwonDo and is qualified as an International Instructor. He was promoted to 6 Dan in TKD CDK in 2011 and has a sound history of coaching the TKD teams of various institutes of higher education (Universities and Polytechnics) in Northern Malaysia. Furthermore, MST Lee is trained and certified as a Sports Science Coach (Levels 1 to 3) by the Malaysian Sports Council.



MST Alex Ryo NG

Ryo was born in 1983 in Kuala Lumpur, Malaysia. He had been involved in number of sports since childhood. Driven by a burning interest in Korean Martial Arts, he first began training in WTF or KukKi TaeKwonDo (TKD) at the age of 8 and has since dedicated himself to learning the culture as well as multiple disciplines of TKD. He obtained his 1st Dan black belt 6 years later.

He also has had outstanding achievements in many national and international level TKD competitions. At the age of 16, he was appointed as an assistant Instructor, and after gaining 2 years of coaching and teaching experience, he become a full TKD instructor. Ryo was promoted to 6 Dan TKD CDK in 2015 as well as 4th Dan in HKD by both the KiDo and KHF, and holds KwanJangNim status from the 2 latter bodies.

Ryo is currently expanding his knowledge base by studying TKD ChungDoKwan (the original style of Korean TKD) as well as HapKiDo SungMooKwan (HKD). He finds that HKD completes his TKD training by adding a layer of realism in terms of proven efficient self defense responses. Finally, Ryo is also very interested in researching into the ideology, philosophy, and disciplines of other major martial arts.



Dato MST Dato Azhari OMAR

Master Dato Azhari is a graduate from University Technology Malaysia with an MSc in IT Management. He currently is employed as a Senior Manager at PROTON, Malaysia's national car maker.

Starting his martial art training in 1987 with Seni Silat Gayung under Cikgu Yaakob, he competed regularly until 1992 when he started the study of ITF TKD under Peter Chong where he continued to compete in various tournaments.

He was successful in gaining his Master Instructor status and 6 Dan TKD CDK in 2015 as well as receiving his 4 Dan HKD SMK by both the KHF and KiDoHwe. He also holds KwanJangNim status from the KiDoHwe. He also trains in Silat Lian Padukan.



MST Lionel YAP

Lionel was born in 1970, and is blissfully married to Khu Gek Kim. He is currently ranked as 6 Dan and KJN in HapKiDo (kiDoHwe), and is the deputy (HKD) Instructor to the main HKD SMK dojang at Sri Hartamas, Kuala Lumpur.

His objective in life is based on his company's motto: "**Saving the Planet, One Day at a Time**" and thus to become a recognized advocate & leader in environment enhancement & sustainable energy generation. His current employer is **Solamas Sdn Bhd**, which is based in Puchong, Selangor. He is a Project manager in the Energy sector (Solar generation and Energy Savings). On the academic front, he has a Bachelor of Mechanical Engineering from the University of Western Australia.

Lionel also volunteers as a **Student Advisor** for a leading private Christian college. Under the MAs, Lionel also assists in training specialized classes for bodyguards and other

Security industry personnel. He has also trained with close quarter combat specialists from Philippines who have trained Presidential Guards & Marine Special Forces for the Philippine Armed Forces.



MST Mark TOOHEY

MST Mark is a 44-year-old father of 3 children. He is 188cm tall and weighs 98kg. He has been involved in martial arts for almost 30 years and is eligible for promotion to 6 Dan in TaeKwonDo (TKD).

He is a former State Taekwondo Heavy Weight Champion and competed successfully in many mixed martial arts tournaments throughout Australia.

Mark worked as a Security Guard in Melbourne and Central Victoria Night Clubs for over 20 years. After previously starting up 2 very successful TKD clubs in Melbourne's western suburbs, he now trains with MST Nigel May.



KJN Alton Jong

Alton Jong was born in 1986 and started training in various Korean martial arts with Master Jong (who is incidentally his father) in 1993. He is currently ranked as a 5 Dan in both TKD ChungDoKwan and HapKiDo SungMooKwan (with KJN status via both the KiDo and KHF) and serves as a deputy Instructor in KOMA's main East Malaysia dojang in Kuching, Sarawak.



KJN David BONG Tze-Chong

Born in 1975, David is currently ranked as 5 Dan HapKiDo SMK with KwanJangNim status (KiDo and KHF) and 4 Dan TaeKwonDo CDK. He joined KOMA™ Kuching in 1998 and is a direct student of MST Jong.



KJN Ariffin Bin SURATMAN

SBN Ariffin started his martial arts in 1989 by participating in the indigenous Malay art of Silat and then decided to join Taekwondo in 1991. He has since participated in various competitions at university, district and state levels. His silat exposure includes Silat Cekak Jawa, Silat Gayung Ghaib and Silat Lian Padukan.

He has served as the TKD coach to the Polylinik Sultan Azlan Shah since 2005 as well as being the national coach to the MGTF Taekwondo Champions 2008 to 2010. He also serves as the TKD instructor for various other clubs: Sekolah Kebangsaan Tanjong Malim, MRSMF, Sentosa Martial Arts School, PPSPPA Hulu Selangor Enforcers 2010-2011. He was promoted to TKD CDK 05 Dan in 2011.



Dato Mohd Azrul IZWAN ANUAR

Dato Azrul was born in 1981 and is currently training in both TaeKwonDo ChungDoKwan (TKD CDK) and HapKiDo SungMooKwan. He is a professional high school teacher, and has a passion for MAs, music and assisting others via education.

He is a former State athlete and was promoted to 5 Dan (TKD CDK) in 2012. He is also qualified as an International Instructor in TKD CDK while practicing HKD SMK.



KJN Rainey SOH Hee-Keat

SBN Rainey Soh Hee-Keat first began his involvement in TaeKwonDo in 1996. He quickly immersed himself into the study of TaeKwonDo. His deepening interests in the Korean Martial Arts encouraged him to pursue his studies further under the direct tutelage of GrandMaster Julian Lim @ Alif Aiman for both TKD ChungDoKwan and SungMooKwan HapKiDo. He is currently 4th Dan in both TKD CDK and HKD SMK (KiDo and KHF KJN certified).



KJN LE Cheng-Foh

Le Cheng Foh started practicing TaeKwonDo in 2000 under Roy Ng Kah-Sing. Since then, he has deepened his love of the art of TaeKwonDo. Through Roy he began to explore to try and gain deeper insights of TKD under Grandmaster Julian Lim @ Alif Aiman in 2009.

At the same time, Le also started his study into HapKiDo SungMooKwan, also under GM Julian Lim as well. In 2011 he achieved his TKD CDK 4th Dan black belt rank. For Le,

practicing both TKD and HKD means not just physical benefits and advancement but also synergizes his understanding in the Korean Martial Arts as a whole. He is currently one of the three TKD CDK head instructors for the Alam Damai Dojang, Kuala Lumpur.



SBN Jason SHARP

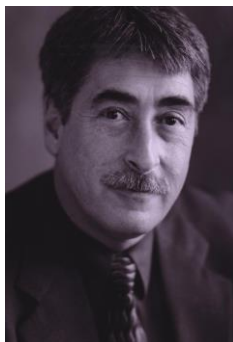
Jason was born in 1970 in Victoria, Australia and began training in TaeKwonDo Jidokwon in 1981 at the Bendigo branch of the “Melbourne TKD Centre” under Grand Master Jack Rozinszky (9th Dan). Graduating with a bachelor degree in computing in 1992, Jason moved interstate where he trained under several exceptional instructors including GM JeongTae Kim (9th Dan, 1973 World Champion), Master Vicki Donofrio and Master Pino Donofrio.

In 1998 Jason moved to Melbourne and resumed training with the “Melbourne TKD Centre” under Master Greg Butterworth (7th Dan) and Master Bronwyn Butterworth (7th Dan). Jason returned to his home town of Bendigo in 2003 and in 2005 resumed training in mixed martial arts with “Bendigo Self Defense” under Master Nigel May and Grand Master Dr. Alif Aiman Abd (@ Julian S. Lim). He is currently 4 Dan TKD CDK.



SBN Casey WONG King-Chiong

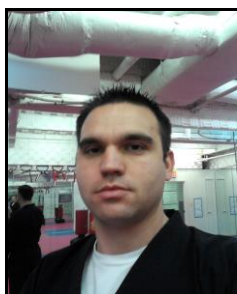
SaBoomNim (Instructor) Cassey is currently ranked as a 4 Dan in HapKiDo and a 4 Dan in TaeKwonDo. Born in 1964, Cassey joined KOMA™ Kuching in 1966 and is a direct student of MST Jong. He is both a former swimming coach as well as an ex state Polo player.



SBN Robert BLATT (USA Head)

Mr. Robert Blatt began formal martial arts training in 2002 when he had the opportunity to begin extensive private training under Grand Master Tae Jung of the World HapKiDo Association. GM Jung trained under GM In-Shik Hwang, who is a 2nd generation master taught by the founder of HapKiDo, Yong-Sool Choi. Training with GM Jung consisted of either 1 or 2 extensive private lessons each week focusing on the traditional aspects of the art.

Building upon 10 years of law enforcement experience as a Deputy Sheriff helping lead a county wide task force during the 1980's, Mr. Blatt was able to quickly learn many aspects of traditional SungMooKwan Hapkido from incredible Masters and Grand Masters. After approximately 10 years of these private lessons along with working another HKD Master (Jason Jung), Rob began the process of understanding the flow of HKD, reaching 2nd Dan. In 2010, Rob had the opportunity to spend the next several years working with GM Julian Lim, expanding his knowledge of this martial art and finally achieving a Certificate of Completion from the KiDo and IHF seminars along with a Korea KiDo 4th Dan; IHF 5th Dan and the KiDo Certificate of Qualification.



SBN John GRAHAM

John began training in Taekwondo ChungDoKwan at the age of eight under Master Walter Datson of Hazlehurst, GA, USA. Master Datson took a very traditional approach to teaching and training. Although he competed often, his training was well balanced with competition and self defense. Master Datson and his students are allegedly among the few in the U.S. that still focuses heavily on body conditioning in TaeKwonDo training. They would spend countless classes hitting the makiwara board or performing blocks on each other to harden their natural striking surfaces.

John's teaching and training philosophy is a reflection of the above. There is a strong focus on self defense techniques and the power in which ChungDoKwan is known for. While in the U.S. Navy he had the opportunity to train with various individuals and schools, further developing his knowledge of the martial arts. Serving as an assistant instructor at many of the schools he trained at during this time also gave him the unique opportunity to observe many different teaching styles, thus allowing him to incorporate many different teaching philosophies into his teaching style.



SBN Bob REYNOLDS

Bob is currently ranked as a 3 Dan in HapKiDo (4 Dan promotable) as well as a 2 Dan in TaeKwonDo. Bob is a member of a special fraternity, i.e. the Brotherhood. He served honorably with the 1st CAV, and distinguished himself in combat while serving with the US military. He is also additionally qualified as a Military Hand to Hand CQC Instructor as well as a Certified Adrenal Stress Response Instructor.



Guru Emil Fisk (Weapons Specialist)

Mr. Fisk's martial arts experience started in 1990; in 2000, he took up the Filipino Martial Arts and since 2008 is an Authorized Instructor in Pekiti-Tirsia Kali (PTK), of which he is also the National Director for Malaysia. PTK encompasses all ranges of combat, from grappling to projectile weapons, but specializes in the use of close quarter edged and impact weaponry. He is also currently ranked 4 Dan in TKD and 3 Dan in HKD.

His security experience includes that of operational training, especially that of Close Quarter Combat ("CQC") methods, with the Philippine Marine Corps Force Recon

Battalion and various special operations forces (“SOF”) of the Philippine National Police, including the Special Action Force, Aviation Security Group, Regional Mobile Groups, and Manila Special Weapons and Tactics (“SWAT”) teams.

Mr. Fisk holds a Bachelor of Business Administration from Western Michigan University, and a Master of Social Sciences in Strategic and Security Analysis from Universiti Kebangsaan Malaysia (“UKM”).

EX Members of KOMA



MST Kenneth KHOO (ex-Special Member: ITF Liaison)

Kenneth started **TaeKwonDo** (TKD) aged 13 in 1979 at the Royal Lake Club Kuala Lumpur under (GM) Low Koon Lin 09 Dan. He obtained his 1st Dan in 1984.

Whilst studying Electrical and Electronics Engineering and later working in England he was active in TKD with the TKD Association of Great Britain (TAGB) under Mr. Albert Williamson-Taylor. He further started a club in Friern Barnet, North London and participated in TAGB tournaments both as a competitor and as an official.

In 1994 he returned to Malaysia and resumed training and teaching TKD. In 1998 his **Korean Martial Arts Academy** was established located in Puchong. He started training in **HapKiDo** (HKD) in 2000 under GM Julian S. Lim until 2013.



MST Patrick BAEDER (Ex- Member)

When last with KOMA, Master Patrick held dual rankings of 5 Dan TaeKwonDo and 4 Dan HapKiDo. Patrick served honorably with the US Army and attained the rank of Captain. He is Ranger, Airborne and Air Assault qualified, and is the current Combatives Instructor of the 20th Special Forces Group as well as a guest Instructor at the US Army Combatives school at Ft Benning, GA. MST Patrick who was the Champion at the 2004 American TKD Championships, actively runs a very successful MA and Fitness center in Auburn, AL, USA. Patrick ceased to be a member in 2010.



SBN Jason LEIGH IBBOTSON (Ex-Member)

*As at 2012, Jason was **NO LONGER** a member of KOMA.*

In 2006 Jason met and aligned himself with Master Nigel May. In 2009 Jason had the opportunity to train with Master Julian Lim at Master May's school in Bendigo. "Master Lim took me very much by surprise, his close quarter combat approach to his HapKiDo was amazing, I was instantly interested. He is truly a great master and I am so happy that even though I am so many years into my training that Master Lim offers much more knowledge and a path in which to learn and achieve it".

Administration and Management

AIMS AND OBJECTIVES

1. To establish ourselves as a **Center of Global Excellence** for Traditional Korean Martial Arts with a progressive edge.
2. To promote, encourage, organize and develop the Korean Martial Arts of traditional self-defense and modern sport, e.g. HapKiDo (HKD), TaeKwonDo (TKD) and others recommended by the Chief Operating Officer (COO) or CEO.
3. To co-ordinate, administer, grade and guide KOMA™ centers.
4. To control, improve and raise the proficiency and standards of KOMA™ techniques.
5. To undertake proper testing and certification of HKD, TKD, TKMS, and any others recommended as correctly empowered, i.e.

Korean HapKiDo (SungMooKwan™)
Korean TaeKwonDo (ChungDoKwan™)
Korean TukKong MooSool™
Korean HoShinSool (INT HSF)™
Tactical (Bladed and Impact) Weapons™

6. To promote, organize and/or participate in positive championships and seminars worldwide at whatever levels and wherever possible, either alone or with other martial art organizations.
7. To determine a code of conduct and discipline for every KOMA™ practitioner.
8. To collect and receive subscriptions, donations, grants and contributions, and to administer said funds for the development of KOMA™.
9. To affiliate to and accept affiliations from any organizations recommended by the COO or CEO.
10. To promote Korea KiDo Association and World TaeKwonDo Federation based Rules and Methods of Competition for maximum levels of safety and easy familiarization.
11. To do all such other acts as may be lawful and conducive or incidental to the above.

MEMBERSHIP

12. Membership shall be open to any person, regardless of sex, race, creed, colour, religion or nationality.

13. Every original application form must be submitted in writing, and forwarded to the Secretary-General (Sec-Gen), or empowered official for approval.
14. Either the Sec-Gen or empowered official may reject any application which they deem unsuitable, with due reason.
15. Every applicant which has been approved shall pay all due fees, be admitted as a member and be entitled to all the privileges of membership.

RESIGNATION, SUSPENSION AND EXPULSION

16. Any member who wishes to resign shall give a minimum of 1 month's notice, in writing, to both his Instructor as well as to the Sec-Gen and pay up all dues.
17. Any notice of suspension or expulsion of any member shall be preceded by a written warning first, unless caused by a paramount breach of regulation or conduct.
18. Any instructor, following procedure No.17, may expel a student from his center(s), but must automatically inform the Sec-Gen of his actions and give an accounting.
19. Only the Sec-Gen or empowered official has the power to expel a student or instructor from KOMA™.

COMMON SEAL

20. The Common Seal of the Society is to be kept by the SecGen, or in his absence, an empowered official; and is to be used to validate all bona fide documentation issued by the Society.

ADMINISTRATION

21. All matters of Administration regarding KOMA™ shall be the prerogative of the Executive Committee. In any event the decision of the Executive Committee in all matters, Technical or Administrative is final.
22. All naming rights shall lie with Julian S. Lim.
23. Each National body will undertake to supply all membership cards, application forms, Geup certification, validation, records, marketing and public relations advice, technical upgrades, affiliations, grading syllabus, instructors' special

seminars and so forth (i.e. administrative and technical support) for all its instructors and subsidiary centers mainly from its revenue from:

- a) Annual Subscriptions
- b) Grading fees
- c) Issuing of KOMA SEAPAC™ Certificates
- d) Black Belt and Special Seminars
- e) Instructors Courses
- f) Other revenues

Where funds are insufficient for a particular project, which is deemed beneficial, explanations and requests for special contributions (voluntary) will be sent out.

GRADINGS

- 24. All gradings must be conducted by an officially recognized **Master Instructor with a minimum rank of 5th Dan (6th Dan mandatory)** of the respective Art/Sport/Style, who must as well have the necessary mandate to do so.
- 25. Where such recognized minimum rank is unavailable, a 4th Dan can officiate, but can only recommend the results which then have to be **ratified by the Chief Instructor or C.I.**
- 26. All original forms and grading application slips must be forwarded to the C.I.
- 27. The **C.I. / Examiner must validate** all grades.
- 28. The **C.I./Examiner must be present to invigilate for all black belt gradings** unless he/she provides written notice for each occasion otherwise.
- 29. **MA Examiners can only grade up to 1 level below their own current ranking, e.g. a 6th Dan can grade up to a 5th Dan. Where a 5th Dan is empowered to grade, he can only do so for Geup grades only. Only Grand Masters can grade or appoint Master level candidates.**

PROHIBITIONS

- 30. Any abuses of drugs, gambling, associating with or allowing the introduction of undesirable and/or bad characters.
- 31. Conduct unbecoming (e.g. language).
- 32. Only registered instructors with valid Instructor Certificates may conduct classes, or have their own centers. The only exceptions to this rule are pre-

black belts or new black belts who are undergoing their probationary insurrectionary term (minimum one year).

FEES

33. The Executive Committee may allocate and approve payment of special consultancy fees and/or reimbursement to individuals as and when appropriate.

INSTRUCTING

- 34.1** Only KOMA™ Certified qualified or recognized Instructors can teach.
- 34.2** Instructing Qualifications recognized are in the following ascending order: KOMA respective Certificate of Qualification; National Sports Council (MSN) Sports Diploma or similar; WTA (KukKiWon) Instructors Certificate; KiDo or KHF KwanJangNim Certificate; KOMA International Instructor or Master Certificate; KyungHee or YongIn University Diploma or higher.
- 34.3** MA Instructors under the rank of 4th Dan must open their dojang under the Mentorship of a minimum rank of 6th Dan and Qualified as Master.
- 34.4** No individual can open a center or teach within a 20km radius of an existing dojang without prior approval from the said dojang operator and/or C.I., EVEN THOUGH SAID INDIVIDUAL IS NO LONGER A MEMBER (minimum 10 years term rider applies).
- 34.5** Only the approved respective KOMA™ syllabus can be taught, with full safety and etiquette guidelines.

MEETINGS (DNA TO KOMA SEAPAC™)

- 35.1** The members shall convene by the 1st Sunday of March on each New Year at an annual General Meeting. Notice shall be given 6 weeks in advance.
- 35.2** An Emergency General Meeting can be called by either an Instructor (taking grievance from an ordinary member), or any member of the Central Committee. A minimum of 3 days notice is needed.
- 35.3** A quorum of half the Central Committee is needed for the meeting to be legal OR three fifths of the Executive Committee AND a third of the Instructors' Board.

- 35.4** Each member shall have one vote and can introduce a point to be discussed or voted upon via their Instructor.
- 35.5** All officers shall be voted into office, **except**, in the case of security reasons, the following, which shall be appointed by the Instructors' Board:
- Director of Finance**
Director of Technical Affairs
- 35.6** All officers put forward **must** either be **professional** in their own fields of expertise/specialization **OR** have both:
- a. **Certifiable qualifications and**
 - b. **A minimum of 5 years** directly related experience
- 35.7** Any major issues may be passed with a two-third majority with a quorum or a 50% majority with a referendum.
- 35.8** On matters of normal business policy, a one third majority of the Central Committee will suffice. Where the Central Committee is not available, a three-fifth vote from the Executive Committee will be sufficient.
- 35.9** The Central Committee shall meet each quarter to discuss and review any matters of interest.
- 35.10** The Executive Committee shall convene whenever a need for an urgent decision is required, and can be called into seat by any Executive member with 48 hours notice, unless all waives this notice.

WINDING UP AND DISSOLUTION (DNA KOMA SEAPAC™)

- 36.** If, for whatever reason, the members feel that the Association should be wound up, this can be effectively carried out by passing a resolution to do so at a General Meeting.

Said resolution is affected by a simple majority vote of all paid-up members.

If such resolution is passed, a second general meeting must be called to pass a resolution to confirm the earlier resolution to dissolve.

Disposition of the property of the Association shall be the prerogative of a simple majority decision of those members present at the second General Meeting.

ALTERATION OF CONSTITUTION (DNA TO KOMA SEAPAC™)

37. These rules may be rescinded, altered or added to by a resolution passed at a General Meeting accepting that the proposed repeal, alteration or addition must have been rectified in the meeting agenda.

BANK ACCOUNTS (DNA TO KOMA SEAPAC™)

38. The funds shall be lodged with a Trading or Savings Bank. The Bank passbooks, cheque books and deposit books, together with the Books of Accounts shall be produced by the Treasurer at each Committee Meeting.

INVESTMENT (DNA TO KOMA SEAPAC™)

39. If the Committee so determines, any part of the funds of the Association may be invested in the manner provided for legally.

CONTROL OF FUNDS (DNA TO KOMA SEAPAC™)

- 40.1 The bank account shall be operated upon the signature of any two of the Officers of the Association.
- 40.2 The Committee shall have power to borrow such amounts and on such terms as it thinks fit, and to give as security thereof and interests thereon such security as the Committee may determine.

FINANCIAL YEAR (DNA TO KOMA SEAPAC™)

41. The financial year shall end on 31st December each year.

CODE OF CONDUCT

- 42.1 Train with dedication and sincerity.
- 42.2 Always treat the dojang with respect, and keep it clean to the best of your abilities.
- 42.3 Uphold the Tenets and Principles of the Arts/Sports/Styles taught.

- 42.4** Never openly criticize other Arts, Styles or Instructors.
- 42.5** Always be loyal to and never betray, nor bring or cause to bring into disrepute, the Arts, Association or Instructors.
- 42.6** Senior students must always set a good example to their juniors and help them wherever possible.
- 42.7** Juniors must strive to achieve proper attitude and show correct respect to their seniors at all times.
- 42.8** Open discussions are encouraged, but at the respective instructors' discretion and guidance.
- 42.9** Innovation amongst senior students is encouraged, but techniques that are dangerous and/or not taught previously must have the approval of the instructor first.
- 42.10** Treat all members as family, and show proper respect to other martial art practitioners. Never ridicule, look down or ill-treat a fellow student for whatever reason.
- 42.11** Always welcome, and make at home, and assist where needed, members of affiliated, sister or friendly schools or styles.

ORGANISATION CHART (Guide Format Only)

43. EXECUTIVE COMMITTEE

Chairman
Secretary-General
Director of Finance
Director of Advertising & PR
Director of Technical Affairs

CENTRAL COMMITTEE

All of above, plus:
Director of Disciplinary Affairs
Director of Tournaments
Director of Membership/Admin
Two others as may be designated as required

INSTRUCTOR BOARD

All Instructors

COMMUNICATIONS (Guide Format Only)

- 44.** The Association shall endeavor to promote its services, and that of its members, via the best mediums possible. The Association shall undertake to purchase all supportive communication/goodwill equipment and pass on cost savings to its instructors and ordinary members:

Mediums of communications can include:

1. Training uniforms
2. T-Shirts
3. Track suits
4. General posters (A3/B3 size, 4 colour print, b/w print)
5. Artwork materials of above for instructors' publications.
6. Ads in major periodicals of direct interest, e.g.
 - Australasian Fighting Arts
 - Tae Kwon Do Times
7. Tournaments which can be classified as:
 - Mini quarterly inter-club Meet
 - Open TKD and/or HHD Meet
 - Open TKD and /or HKD (all styles) Meet
 - Goodwill/Friendship Demo
 - Invitational World/International Championships as recommended by the C.I.

Certification And Fees

FEES

All following fees and/or sub-categories may be waived or changed by the Executive as it sees fit from time to time with clear reason.

45. ENROLLMENT FEE (Direct to Association)

All **students** must pay an entrance fee of **RM100.00** on initial joining. If students allow their annual subscription to lapse for over one year, this fee will be re-applied. The respective fee for **clubs** is **RM200.00**.

46. ANNUAL SUBSCRIPTION (Direct to Association)

All **students** must pay an annual subscription of **RM100.00**. All **Clubs** must pay an annual subscription of **RM200.00**. All **State Bodies** shall pay **USD200.00**; all **National Governing Bodies** (NGB) shall pay **USD400.00**. All fees are for the calendar year (Jan-Dec) only.

47. DISBURSEMENTS

Internal fees stated in #45 and #46 shall be given in whole to KOMA SEAPAC™.

48. QUARTERLY FEE

This fee is the prerogative of each individual dojang operator, and is used to purchase equipment, services or other such matters for the individual center, and all monies collected remain for the usage of each respective center.

49. MONTHLY FEES

Again, individual monthly fees are the sole rights of the respective centers' Instructor, unless he engages an assistant, in which case he **must offer a fair amount** for the services contributed. The exception to this rule is where a black belt (or pre-black belt) is undergoing his Probationary Instructor's term (minimum one year) in which instance only a traveling allowance will be given by the respective Instructor.

50. LOADING

Because each center has its own administration costs, a loading is allowed on Fees #45 and #46, but they **cannot exceed 100%** of the stipulated fee. The loading fee will be at the center Instructor's discretion and responsibility.

51. GRADING FEES

Grading fees are divided as follows:

- **50% of the total to the CHIEF EXAMINER**
- **30% of the total to the CENTRE INSTRUCTOR (depending on grade, i.e. 1st Dan – 10%, 2nd Dan – 15%, 3rd Dan – 20%, 4th Dan – 25%, 5th Dan - 30%, with any remainder to the NGB)**
- **20% of the total to the Association**
 - Double Promotion - No extra charge
 - Fail - Forfeit Fee
 - Demotion - Free of Charge

Effective **01 Jan 2005**, there will be a **fail quota** system recommended for all Examiners:

12 Geup to 07 Geup:	5% to fail
06 Geup to 02 Geup:	10% to fail
01 Geup to 02 Dan:	15% to fail

This is to maintain continuous high standards and better quality candidates.

ACTUAL

	<u>TAEKWONDO</u>	<u>HAPKIDO</u>	<u>TUKKONG</u>
	<u>RM/USD</u>	<u>RM/USD</u>	<u>RM/USD</u>
12 th Geup to 7 th Geup	50	50	50
6 th Geup to 3 rd Geup	70	70	70
2 nd Geup to 1 st Geup	90	90	90
1 st Dan	100	100	100
2 nd Dan	125	125	125
3 rd Dan	150	150	150
4 th Dan	200	200	200
5 th Dan	300	300	300
6 th Dan	350	350	350
7 th Dan	400	400	400
8 th Dan	450	450	450

BADGES

52. Badges (necessary component of correct uniform) can only be ordered after successfully passing one exam; cost – **RM25.00 ea.**

BLACK BELT CERTIFICATION

53. These costs are **SEPERATE** from Examiner Fees and are for the cost of the actual respective official **Dan Certificates** that can be ordered after a successful respective test result.

	<u>HAPKIDO</u> <u>(KiDo)</u> <u>USD</u>	<u>TUKKONG</u> <u>(KwTa)</u> <u>USD</u>	<u>TAEKWONDO</u> <u>(Kw/CDK)</u> <u>USD</u>	<u>KOMA™</u> <u>(HKD/TKD/HSS)</u> <u>USD</u>
1 st Dan	100	100	70	70
2 nd Dan	150	150	90	90
3 rd Dan	200	200	120	120
4 th Dan	300	300	150	170
5 th Dan	350	350	250	250
6 th Dan	450	450	300	300
7 th Dan	500	500	400	350
8 th Dan	600	600	450	400

Please **confirm** prices **before** submitting ones application.

KOMA™ Certs must be applied for **before** umbrella body certs (excludes special shipping or courier costs).

REFEREE CERTIFICATION

54. The following are respective costs for both seminars and certification for the various levels of refereeing for Olympic or WTF style sports TaeKwonDo as well as HapKiDo. Each level can be attempted after a minimum of six months at the preceding level.

Full certification cost is optional, although a member who does not attend a Refresher course at least once **every two years** will have to re-apply.

<u>NATIONAL</u>	<u>SEMINAR</u> <u>USD</u>	<u>CERTIFICATE</u> <u>USD</u>
Class A	60	60
Class B	60	60
Class C	60	60
 <u>STATE (District)</u>		
Class A	40	40
Class B	40	40
Class C	40	40
 <u>CLUB</u>		
Class A	30	30
Class B	30	30
Class B	30	30

Only (respective) KOMA™ registered and recognized **International Master Referees** are allowed to conduct the above seminars and recommend the (respective) promotion of successful participants.

INSTRUCTOR/COACH CERTIFICATION

55. The following are respective costs for both seminars and certification for the various Instructor levels for the various levels of TaeKwonDo, HapKiDo and/or HapKi HoSinSool offered by the Association. Each level can be attempted after a minimum of six months at the preceding level.

Full certification cost is optional, although a member who does not attend a Refresher course at least once every two years will have to reapply.

	<u>SEMINAR</u> <u>USD</u>	<u>CERTIFICATION</u> <u>USD</u>
<u>NATIONAL</u>		
Class A	75	75
Class B	75	75
Class C	75	75

<u>STATE</u>		
Class A	60	60
Class B	60	60
Class C	60	60
Deputy	50	50
Assistant	40	40
Junior	40	40

Only (respective) KOMA™ registered and recognized **Master Instructors (6th Dan and above)** are sanctioned to conduct the above seminars and recommend the (respective) promotion of successful participants.

International Instructor Certification is only considered for members with a minimum rank of **4th Dan**.

	<u>USD</u>	<u>USD</u>
International		
Class A	100	200
Class B	100	200
Class C	100	200

Master Instructor status is only considered for candidates who hold a **minimum rank of 5th Dan**. The cost is **USD500**.

MILITARY CLOSE QUARTER COMBAT (CQC)

56. KOMA™ offers 2 separate sections for Military CQC Certification: **Skills and Instructing**.

57. Certification will be via **Letters of Qualification**.

58. There are **5 Skills** ranks: **Specialist Junior Grade (Spc j.g.)**; **Specialist (Spc)**; **Expert (Exp) Spc**; **Senior (Snr) Spc**; **Master (MST) Spc**.

59. Fees are the same as KiDo Dan fees, including Assessments.

- 60. There are 5 Instructing ranks: Instructor junior grade (Inst j.g.); Instructor (Inst); Expert (Exp) Inst; Senior (Snr) Inst; Master (MST) Inst.**
- 61. Costs are double KiDo Dan fees; Assessment fees remain the same.**
- 62. All MST Instructors can assess for both Skills and Inst ranking for any level below their own respective rank level.**
- 63. All MST INS can only be appointed by Julian S. Lim.**

Uniforms and Insignia

MA UNIFORMS

All dojang **Masters** can set their own uniform color code, i.e. full white, full black, or a combination thereof only. Where the instructor's rank is **below 5th Dan**, he must follow the generic all white (fold over reinforced top) pattern.

All **HKD** black belts (BB) must use the **MooDukKwan** style **diamond stitched pattern** (with **black** trim). All **HKD** BB's (with white trousers) ranked **5th Dan** and above will have a **Black** stripe along the outside trouser seam, from the waistband to the ankle cuff. All **TKD** BB can use **either** the traditional fold over **MooDukKwan** dobok (with **dark blue** trim) or current **WTF V-neck** (with **black** trim).

All BB must follow the set template for their **belts**, i.e.

- a) **Name** (any preferred character, usually Chinese or basic Hangul) and **Rank** (shown by stripes, 3 to a group) with the **Flag of Nationality** allowed at the end tip (optional) displayed on the **LEFT** side of the body;
- b) **Korea HapKiDo SungMooKwan™** and **Korea TaeKwonDo ChungDoKwan™** (in Hangul) to be displayed on the **RIGHT** side, in parallel, with the **ROK Flag** allowed at the end tip (optional);
- c) All character and stripe colors to be **GOLD** only; HKD Poom belt characters and stripes will be **Silver**
- d) All BB can have their **Names** (reduced size) on their **LEFT jacket lapels**, with 1st to 3rd Dans in **Silver**, 4th and 5th in **Red**, and 6th Dans and above in **Gold**.
- e) All Cho Dan Bo candidates may wear the appropriate BB uniform, but only with a plain BB until confirmation (3 to 12 months, performance dependant).
- f) All HSS uniforms will be black dobok trousers with appropriate T-shirts; **White** (12th to 7th Geup), **Red** (6th to 1st Geup) and **Black** (1st Dan on).
- g) All Tactical (Impact and Bladed) Weapons uniforms will be black trousers with black T-shirts.

MA INSIGNIA

The following are accepted insignia for doboks:

- a) **KOMA™ Patch.** This is compulsory for all members after passing their respective 1st successful test. Placement is for the center of the Patch to be directly over the **LEFT** nipple;
- b) **KKH/KHF/SMK™ Patch.** This is optional, and is only allowed for BB who have the appropriate cross certification; Placement is for the center of the Patch to be directly over the **RIGHT** nipple;
- c) **KKW/CDK™ Patch.** This is an alternative to those who are not qualified for #b. Same qualifying conditions apply;
- d) **Dojang Patch.** This is to be placed on the **LEFT** shoulder, **BELOW** the Qualification Tabs (if any);
- e) **Previous Dojang Patch.** Members can opt to place their previous Dojang Patch on their **RIGHT** shoulder (**ONE** Patch only);
- f) **Military Service Patch.** This can be placed on the **RIGHT** shoulder, and denotes past or present service, either directly, or supportive in nature, with an elite Military Unit, i.e.: Airborne (101st, 82nd, 173rd), Army SF (Rangers, Delta, SF, JFKSWC), AF SOGs (160th Wing, etc.), SEALS, Marines (Recon, MEU SOC), etc.;
- g) **Military Unit Oval.** Where appropriate, this can be worn directly **BELOW** the Military Service Patch;
- h) **Masters Tab.** This can be worn on the **RIGHT** shoulder in lieu of any other badges. This tab **DOES NOT** denote that the holder is qualified to teach, just that he has attained the minimum Rank and Privilege to be addressed as one;
- i) **Only ONE Patch can be worn on either shoulder at one time** (providing the individual is qualified for more than one);
- j) Where qualified, an **Instructor's Qualification Tab** will (compulsory for qualified individuals) be worn at the **TOP** of the **LEFT** shoulder only. The respective **Advanced Qualification Tabs** are to be worn **ABOVE** the Basic Instructor's Tab to denote the higher level attained (i.e. **International** or **Master Instructor**).

Insignia Meaning

MA INSIGNIA MEANING

Over the years, many have sought to understand the significance (if any) of our **Association or Command Crest**. While we try to keep the relevance as true as possible, meanings are changed or lost over time.

Some meanings are **several layers deep** (normally 3), requiring maturity and the ability to “see” what others may not.

KOMA SEAPAC™

1. The **Crest** is round. This is to reflect that **life is a great circle, ever changing, ever renewing**. Our knowledge, our skills, are both forever in a state of change. What we are able to do well in our 20's will be different when we reach our 40's. Speed may be important when we are 25, but smoothness is critical when we reach 40. As we learn a new technique or concept, we become beginners again; having mastered it, we then move on.
2. The **Inner Circle** represents several things. Firstly, it shows that within the outer circle, there is still another layer; hence **life is filled with components, all of which are inter-connected**. They need to work in harmony to exist. The inner circle, like our inner psyche, is complex and inter-locking. It forms an inner barrier against the outside world. The barrier also symbolizes that we need to put defense as the first and primary thought. Defensive tactics and tools must be inter-connected and inter-locked.
3. Once the inner circle is breached, we enter the very heart of the system. The **Fist** represents the power and strength of **Close Quarter Combat**. Being clenched, it shows that we are firm and resolute in defending ourselves, as well as being pro-active. Carrying a **Weapon**, it shows that **we are military based** in our lineage, thinking, and execution, as well as showing that our training **encompasses weapons**.
4. The **Gold** color represents our **constancy, and the value of the essence of our knowledge**. It serves as an inspiration for us to not only value what we know, but by constantly striving to improve and perfecting ourselves, to increase the luster.
5. The **White** color for the Fist and Weapon reminds us to **use our skills and knowledge justly and impartially**. We must not misuse our abilities, and we must always be transparent and accountable for our actions.

6. The **Blue** and **Red** are representations of Yin and Yang (Chinese translation) or good and bad, dark and light. They remind us that we are human, that **we have these two sides of us that must be understood, accepted and harnessed**. The colors also remind us that **our executions must suit the need**, i.e. hard, soft or both. Lastly, the 2 colors remind us that **we always have a choice, and to always strive to make the best one possible**.

UNIT PATCHES

The unit patch is normally associated with a particular **dojang** or center. It is commissioned by the Master in charge (minimum 5th Dan). The symbols represent different meanings. Explained is the dojang patch of **Mt. Kiara**, as well as the **Military Service Patch**.

Hartamas

This patch serves as the dojang (center) patch for the Mt. Kiara dojang. It is the personal symbol for GM Julian Lim. The various components reflect his history and involvement with military units, especially SF and SOF, and are translated onto a civilian frequency or platform.

1. The **Arrowhead** shows that **we are the cutting edge or lead command**; by nature, we serve as the tip of the arrow for the promotion of authentic and premier KMA's, i.e. SMK and CDK.
2. The **Dagger** (re Fairbanks type blade) reflects our **military SOF background**; that our lineage comes from the battlefield (AiKiJuJitsu and TaekKyon) and that we continue this legacy today. Our content is very **CQC biased**.
3. The **Lightning** flashes (capability via air, land and sea for the military) remind us of our **3 pillars** (Non-resistance, Circular Theory and Water Principle); it also tells us that we need to be **synergistic** to achieve success – body, mind and soul. The lightning also serves to remind us that **we strive to be illuminated and enlightened by knowledge**.
4. The **Tabs** only serve to illustrate which dojang is under this command, and in which martial art we train in.
5. **Blue** is close to black; hence **we train more as a civilian equivalent of CQC** while maintaining a closer tie to the conventional martial art side.

ARSOC™

1. ARSOC™ means “**Army Special Operations Capable**”.
2. **Red** represents the **lethality of the individual**, or his/her exposure to such an environment.
3. **Gold** shows the **constancy and inspiration** that the individual strives for.
4. **Black** is for his/her usual **mission parameters** (we own the night) and the ability to discuss them (**none!**).
5. This badge is usually only issued to those who have served in selected Army (or any military branch) units that are classified as SF or SOF units, in either active or support roles. All Airborne units are also included.

TaeKwonDo

Syllabus

(ChungDoKwan™)

**KOREAN MARTIAL ARTS SOUTH EAST ASIA – PACIFIC
SYLLABUS REQUIREMENTS AS AT 01/01/2004**

TAEKWONDO

The following is only a basic guide, which instructors and students alike should strive to follow. It represents the minimum knowledge of **TKD** that each respective grade should possess. For ease of familiarity, the primary patterns used are those officially sanctioned by the KukKiWon (World TaeKwonDo Federation).

A period of 3 months regular training is recommended for each junior grade level before attempting to be assessed.

12th GRADER <WHITE >

PATTERN	:	KEE CHO HANA (1ST BASIC PATTERN)
THEORY	:	HISTORY OF KOREAN MARTIAL ARTS (A)
PRACTICAL	:	Stretching (Passive, Active and Dynamic)
	Stances	: Horse Riding Front/Walking Back/Tiger
	Blocks	: Lower Middle High Inside to Outside Outside to Inside
	Punches	: Reverse : Obverse
	Break fall	: Side, Back, Front (where allowable)

11TH GRADER < WHITE & 3 YELLOW Stripes >

PATTERN	:	KEE CHOO DOOL (2ND BASIC PATTERN)
THEORY	:	HISTORY OF KOREAN MARTIAL ARTS (B)

PRACTICAL	:	Front Kick	:	Thrust Snap
		Axe Kick	:	Vertical Inside to Outside Outside to Inside
		Stepping	:	(Linear Motion)
		Forward Roll	:	Break fall, Stand-up, Reverse Stand (where allowable)

10TH GRADER < WHITE & 2 YELLOW Stripes >

PATTERN : KEE CHO SET (3RD BASIC PATTERN)

THEORY : TAEKWONDO

PRACTICAL	:	Knife Hand	
		- Blocks	: Single & Double (Palm out/in)
		- Strikes	: Chop, Ridge hand, Reverse chop and Spear hand
		Strikes	: Back Fist (Vertical/Horizontal & Reverse) : Hammer Fist (Vertical/Horizontal & Reverse) : Knuckle Fist (Vertical/Horizontal & Down)
		Stepping	: (Sideways)

9TH GRADER < WHITE & 1 YELLOW Stripe >

PATTERN : KEE CHO HANA, DOOL & SET

**PRACTICAL : Turning Kick: Traditional vs Modern Stepping
(Combination)**

8TH GRADER <YELLOW>

PATTERN : TAE GUEK IL CHANG (HEAVEN & LIGHT)

PRACTICAL : Blocks : Parry/Smother/Hook

Elbow Strikes : Vertical (up and down);
Horizontal (forward and reverse).

Back Kick : Normal/Thrust

Side Kick : Normal/Thrust

Three Step Sparring (Punches and/or Kicks). NB: This is retained only for historical purposes.

7TH GRADER <YELLOW & 1 GREEN Stripe>

PATTERN : TAE GUEK EE CHANG (JOYFULNESS)

THEORY : Basic Sparring – Angular/Linear/Circular

PRACTICE : Punching : Jab (Boxers vs. Straight)
Cross (Straight vs Angular)
Uppercut/Knuckle
Straight vs. Corkscrew

Strikes : Palm (Vertical/Horizontal/
Reverse/Upward)

Spinning Kick : Front (Hook)
Rear

Side/Turn Kicks : Cross/Skipping/Jamming

One Step Sparring

Free Sparring (Light Contact)

Unless recommended either by the Examining Board or Instructor, a waiting period of 4 months is in force before being eligible to test for the next grade and all subsequent grades thereafter.

6TH GRADER <GREEN>

PATTERN : TAE GUEK SAM CHANG (FIRE & SUN)

THEORY : Intermediate Sparring: Timing, Distance, Footwork, Feinting

Basic Bodybuilding

PRACTICAL : Double Kicks : Side
: Turning

Jumping Kicks : Front
: Side
: Turning

One Step Sparring

Free Sparring

5TH GRADER <GREEN & 1 BLUE Stripe>

PATTERN : TAE GEUK SA CHANG (THUNDER & LIGHTING)

THEORY : Competition Rules : (WTF Sparring)

Body Physics : Theory of Power, Speed, Distance & Applied Mass.

PRACTICAL : Stretching (Advanced)

Double Kicks : Front: Combination and Jumps
: Back: Combination

One Step Sparring

Free Sparring (Full Contact, Competition bias)

Power Test (Basic #1; Side Kick or Elbow one plank)

ALL PLANKS USED SHOULD BE LIGHT PINE,
16MM THICK, 300MM SQUARE

4TH GRADER <BLUE>

PATTERN : TAE GUEK OH CHANG (WIND)

THEORY : Body Physics : Centerline Theory
: Natural Defense Responses

PRACTICAL : Strikes : Simultaneous Block and Strike

Power Test (Basic #2; Spin Kick or Back Kick; one plank)

Power Test (Basic #3; Chop & Punch one plank)

ENDURANCE : 3 Kilometers in 15 minutes

1ST GRADER <RED/BLACK)

PATTERN	:	TAE GEUK PAL CHANG (EARTH)
THEORY	:	Effectiveness of Other Martial Styles
PRACTICAL	:	Flying Kick Techniques One Step Sparring Free Sparring plus Dual Opponents Power Test (Punch, Chop, Elbow, Palm; Turning, Back, Spin & Chop Kicks; Jump Front, Flying Side Kicks)
ENDURANCE	:	5 Kilometers in 25 minutes
WEAPONS	:	Single Stick (13 strikes plus counters)

On passing, candidates will be “frocked” as **ChoDanBo** (probationary BB), allowed to wear the BB dobok, but can only wear their 1st Dan belt until confirmed (waiting period dependant on performance and Master’s decision, usually 3 to 12 months.

1ST DAN (IL DAN)

PATTERN	:	KORYO (KORYO)
THEORY	:	Basic First Aid Basic Instructing
PRACTICAL	:	Street vs. Tournament Techniques One Step Sparring Free Sparring plus Dual Opponents Power Test (2 Planks each: Chop, Elbow, Side, Spin, Back Kicks)
ENDURANCE	:	5 Kilometers in 25 minutes

2ND DAN (EE DAN)

PATTERN	:	KEUMGANG (DIAMOND)
THEORY	:	Intermediate Instructing Basic Referring
PRACTICAL	:	Free Sparring plus Multiple Opponents Power Test (Suspended, Single plank: Punch, Chop, Turning, and Spin Kicks)
ENDURANCE	:	6 Kilometers in 30 minutes

3RD DAN (SAM DAN)

PATTERN	:	TAEBAEK (MOUNTAIN)
THEORY	:	Evolution of Martial Arts Advanced Instructing Advanced Referring
PRACTICAL	:	Free Sparring plus Multiple Opponents Power Test (2 planks): Multiple mid-air techniques (minimum 2 breaks before landing)
ENDURANCE	:	6 Kilometers in 30 minutes

4TH DAN (SA DAN)

PATTERN	:	PYONGWON (PLAIN) SIPJIN (DECIMAL)
THEORY	:	International Instructing International referring Ethics and Value of Korean Martial Arts
PRACTICAL	:	Free Sparring (2 x 2 minute rounds) One Step Sparring
ENDURANCE	:	5 Kilometers in 20 minutes
THESIS	:	To be determined by the Examining Board

WEAPON : Sword (Wooden)

5TH DAN (OH DAN)

**PATTERN : JITAE (EARTH)
CHEONKWON (SKY)**

THEORY : Kwan Management

PRACTICAL : Free Sparring (2 x 2 minute rounds)

THESIS : To be determined by the Examining Board

WEAPON : Fan (Folding)

6TH DAN (YOOK DAN)

PATTERN : HANSOO (WATER)

PRACTICAL : Free Sparring (2 x 2 minute rounds)

THESIS : To be determined by the Examining Board

7TH DAN (CHIL DAN)

PATTERN : ILYO (ONENESS)

PRACTICAL : Free Sparring (2 x 1.5 minute rounds)

THESIS : To be determined by the Examining Board

8TH DAN (PAL DAN)

To be determined by the Examining Board

9TH DAN (KOO DAN)

HONORARY

10TH DAN (SHIP DAN)

HONORARY

- NB:**
- 1. Unless otherwise stated, the normal time between grading (12th Geup to 9th Geup) is 2 months.**
 - 2. Normal time between gradings (9th Geup to IL DAN) is 3 months.**
 - 3. Normal time between Dan gradings:**

1ST TO 2ND DAN	-	18 MONTHS
2ND TO 3RD DAN	-	24 MONTHS
3RD TO 4TH DAN	-	36 MONTHS
4TH TO 5TH DAN	-	4 YEARS
5TH TO 6TH DAN	-	5 YEARS
6TH TO 7TH DAN	-	6 YEARS
7TH TO 8TH DAN	-	7 YEARS
8TH TO 9TH DAN	-	9 YEARS
9TH TO 10TH DAN	-	10 YEARS

HapKiDo

Syllabus

(SungMookKwan™)

**KOREAN MARTIAL ARTS SOUTH EAST ASIA – PACIFIC
SYLLABUS REQUIREMENTS AS AT 01/01/2004**

HAPKIDO

The following is a basic guide, which instructors and students alike should strive to follow. It represents the minimum knowledge of **HKD** that each respective grade should possess. There are no patterns in HapKiDo.

A period of **3 months regular training** is recommended for each junior grade level before attempting to be assessed.

12TH GRADER (WHITE)

THEORY : HISTORY OF KOREAN MARITAL ARTS (A)

PRACTICAL :

Stretching	:	(Passive, Active and Dynamic)
Stances	:	Horse Riding, Front/Walking, Back/Tiger
Blocks	:	Lower Middle Inside to Outside Outside to Inside
Punches	:	Reverse Obverse
Forward Breathing		
Pushing Hands 1		
Break Falls	:	Side, Back, Front

11TH GRADER (WHITE & 3YELLOW Stripes)

THEORY : HISTORY OF KOREAN MARTIAL ARTS (B)

PRACTICAL :

Front Kick	:	Thrust and Snap
Axe Kick	:	Vertical Inside to Outside Outside to Inside
Stepping	:	Linear Motion
Throwing and Take Down techniques		

10TH GRADER (WHITE & 2YELLOW Stripes)

THEORY : HISTORY OF HAPKIDO

PRACTICAL : Knife Hand Blocks : Single & Palm out.

**Strikes : Chop, Ridge hand, Reverse chop and Spear hand.
Back Fist (Vertical/Horizontal & Reverse)
Hammer Fist (Vertical/Horizontal & Reverse)
Knuckle Fist (Vertical/Horizontal & Down)**

Stepping : (Sideways)

Forward Roll : (Break fall, Stand-up, Reverse Standing)

9TH GRADER (WHITE & 1YELLOW Stripe)

THEORY : HISTORY OF KIDO AND KHA/F

**PRACTICAL : Turning Kick : Traditional vs. Modern
Stomp/Shin Kick**

**Elbow Strikes : Vertical (up and down),
Horizontal (forward and reverse).**

Stepping : (Combinations)

Defense against wrist (inside and outside) seize

8TH GRADER (YELLOW)

THEORY : HISTORY OF TAEKWONDO

PRACTICAL : Blocks : Parry/Smother/Hook

Back and Side Kick : Normal/Thrust

Basic Meditation; Tension (Ki) Breathing (#1)

Jump forward roll (Skip, Obstacles)

Defense against cloth seize

7TH GRADER (YELLOW & 1 GREEN Stripe)

THEORY : Basic Sparring – Angular/Linear/Circular

PRACTICAL :

Punching	:	Jab (Boxer vs. Straight) Cross(Straight vs. Angular) Uppercut/Knuckle Straight vs. Cockscrew
Strikes	:	Palm(Vertical/Horizontal /Reverse/Upward)
Spinning Kick	:	Front (Hook) Rear
Side/Turn Kicks	:	Cross Skipping Jamming
Defense against punches		
Free Sparring (Light contact)		

Unless recommended either by Examining Board or Instructor, a **minimum period of 4 months** is in force before being eligible to test for the next grade and all subsequent grades thereafter.

6TH GRADER (GREEN)

**THEORY : Intermediate Sparring : Timing, Distance,
Footwork, Feinting
Basic Bodybuilding**

PRACTICAL :

Double Kicks	:	Side Turning
Jumping Kicks	:	Front Side Turning
One Step Sparring		
Defense against kicks		
Free Sparring		

5TH GRADER (GREEN & 1 BLUE Stripe)

**THEORY : Competition Sparring : KIDO: Rules + Regulations
Body Physics : Theory of Power, Speed,**

**Distance & Applied Mass.
: Leverage and Joints**

Body Mechanics

PRACTICAL : Stretching (Advanced)

**Double Kicks – Front: Combinations and Jumps
- Back: Combinations**

One Step Sparring

Defense against Hair and Body Grabs

Free Sparring (Full Contact, Competition bias)

Power Test (Basic #1; Side kick or Elbow 1 plank)

**ALL POWER TEST PLANKS SHALL BE 16MM
THICK AND 300MM SQUARE**

4TH GRADER (BLUE)

**THEORY : Body Physics : Centerline Theory
: Natural Defense Responses
Body Mechanics : Pros and Cons of natural
weapons**

**PRACTICAL : Tension Breathing (#2)
Strikes : Simultaneous Block and Strike
Jumping Kicks : Reverse - Spinning Hook Kick
- Back Thrust**

Pushing Hands 2

Defense against advanced and double wrist seizes

One Step Sparring

Free Sparring

Power Test : (Basic #2; Spin Kick or Back Kick; 1 plank)

3RD GRADER (BLUE & 1 RED Stripe)

- THEORY** : **Body Physics** : **Vital spots**
Muscle groups
Body Mechanics : **Leverage areas (e.g. Elbow)**
- PRACTICAL** : **Strikes** : **Follow-through emphasis**
One Step Sparring : **Floor techniques**
Defense against throws
Free Sparring
Power Test (Basic #3, Chop & Punch one plank)
- WEAPONS** : **Single Stick (5 basic blocks+5 basic strikes)**

2ND GRADER (RED)

- THEORY** : **Advanced Sparring** : **Knock Down**
- PRACTICAL** : **Jumping Kicks (Moving towards the rear)**
Defense against stick
Defense against double wrist seize (Front and Rear)
Free Sparring
Power Test (Basic #4; Chop kick & Front kick; 1 plank)
- ENDURANCE** : **3 Kilometers in 15 minutes**
- WEAPONS** : **Single Stick (Basic counters against 5 basic strikes)**

1ST GRADER (RED & 1BLACK Stripe)

- THEORY** : **Effectiveness of Other Martial Styles**
- PRACTICAL** : **Flying Kick Techniques**
One Step Sparring, Attacking Techniques
Free Sparring plus Dual Opponents
Power Test (Punch, Chop, Elbow, Palm; Turning, Spin & Chop Kicks; Jump Front + Flying sidekicks)
- ENDURANCE** : **5 Kilometers in 25 minutes**
- WEAPONS** : **13 strikes plus counters**

On passing, candidates will be “frocked” as **ChoDanBo** (probationary BB), allowed to wear the BB dobok, but can only wear their 1st Dan belt until confirmed (waiting period dependant on performance and Master’s decision, usually **3 to 12 months**).

1ST DAN (IL DAN)

- THEORY** : **Primary Nerve Centers**
Basic First Aid
Basic Instructing
- PRACTICAL** : **Street vs. Tournament Techniques**
One Step Sparring
“Exploding” Strikes (Internal)
Defense from a sitting position
Free Sparring plus Dual Opponents
Power Test (2 planks each: Chop + Elbow; Side, Spin + Back Kicks)
- ENDURANCE** : **5 Kilometers in 25 minutes**
- WEAPONS** : **Double Sticks**

2ND DAN (EE DAN)

- THEORY** : **Intermediate Instructing**
Basic Referring
- PRACTICAL** : **Multiple Strike Emphasis**
Free Sparring plus Multiple Opponents
Spilt Kick
Defense from a prone position
Power Test (Suspended, 1 plank) Punch, Chop; Turning, Spinning
- Kicks**
- ENDURANCE** : **6 Kilometers in 30 minutes**
- WEAPONS** : **Rifle and Bayonet and/or Knife**

3RD DAN (SAM DAN)

- THEORY** : **Evolution of Martial Arts**
Advanced Instructing
Advanced Referring
- PRACTICAL** : **Free Sparring plus Multiple Opponents**

Multiple mid-air techniques
(a minimum of 3 breaks before landing)

ENDURANCE : 6 Kilometers in 30 minutes

WEAPONS : Riot Shield and Baton or Machete

4TH DAN (SA DAN)

THEORY : International Instructing
International Referring
Ethics and Value of Korean Martial Arts

PRACTICAL : Free Sparring (2 x 2 minute rounds)
One Step Sparring

ENDURANCE : 5 Kilometers in 20 minutes

THESIS : To be determined by the Examining Board

WEAPONS : Sword (Wooden)

5TH DAN (OH DAN)

THEORY : Kwan Management

PRACTICAL : Free Sparring (2 x 2 minute rounds)

THESIS : To be determined by the Examining Board

WEAPONS : Fan (Folding)

6TH DAN (YOOK DAN)

PRACTICAL : Free Sparring (2 x 2 minute rounds)

THESIS : To be determined by the Examining Board

7TH DAN (CHIL DAN)

THESIS : To be determined by the Examining Board

8TH DAN (PAL DAN)

REQUIREMENTS: To be determined by the Examining Board

9TH DAN (KOO DAN)

HONORARY

10TH DAN (SHIP DAN)

HONORARY

NB: 1. Unless otherwise stated, the normal time between Geup gradings is 3 months.

2. Normal time between Dan gradings:

1ST TO 2ND DAN	-	18 MONTHS
2ND TO 3RD DAN	-	24 MONTHS
3RD TO 4TH DAN	-	36 MONTHS
4TH TO 5TH DAN	-	4 YEARS
5TH TO 6TH DAN	-	5 YEARS
6TH TO 7TH DAN	-	6 YEARS
7TH TO 8TH DAN	-	7 YEARS
8TH TO 9TH DAN	-	9 YEARS
9TH TO 10TH DAN	-	10 YEARS

HapKi HoSinSool Syllabus

**KOREAN MARTIAL ARTS SOUTH EAST ASIA – PACIFIC]
SYLLABUS REQUIREMENTS AS AT 01/01/2004**

HOSINSOOL

The following is a basic guide that instructors and students alike should strive to follow. It represents the minimum knowledge of Korean **HapKi HoSinSool** that each respective grade should possess. The HSS taught is a condensed synthesis of KukSool HapKiDo and WTF TaeKwonDo and is to be promoted to individuals who only wish to have a practical knowledge of a **martial style** or viable self-defense, and not a complete **martial art**.

A period of 2 months regular training (x2 a week, 1.5 hour sessions) is recommended for each junior grade level before attempting to be assessed. Black belts normally wait between one to two years in grade before attempting promotion testing.

12TH GRADER (WHITE, 6 Red Stripes)

PRACTICAL	:	Stances	:	Horse Riding Front/Walking Free
	:	Blocks	:	Lower Middle High` Inside to Outside Outside to Inside
		Punches	:	Reverse Observe
		Pushing Hands		1
		Break Falls	:	Side, Back, Front

11TH GRADER (WHITE, 5 Red Stripes)

PRACTICAL	:	Front Kick	:	Thrust Snap Pushing
		Throwing and Take Down Techniques		

10TH GRADER (WHITE, 4 Red Stripes)

PRACTICAL : **Strikes** : Chop, Ridge hand, Reverse chop and Spear hand

Strikes : Back Fist (Vertical/Horizontal & Reverse)
: Hammer Fist (Vertical/Horizontal & Reverse)

Side Stepping

Forward Roll (Break fall, Stand-up, Reverse Stand)

9TH GRADER (WHITE, 3 Red Stripes)

PRACTICAL : **Stomp/Shin Kick**

Elbow Strikes : Vertical (up and down),
Horizontal (forward and reverse).

Low Turning Kick

Defense against wrist seizes

8TH GRADER (WHITE, 2 Red Stripes)

PRACTICAL : **Blocks** : Parry/Smother/Hook

Low Back Kick
Low Side Kick

Defense against cloth seizes

7TH GRADER (WHITE, 1 Red Stripe)

THEORY : **Basic Sparring – Angular/Linear/Circular**

PRACTICAL : **Punching** : Jab (Boxer vs. Straight)
Cross (Straight vs. Angular)
Uppercut/Knuckle

Strikes : Palm techniques

Defense against punches

6TH GRADER (RED, 6 Black Stripes)

THEORY : Intermediate Sparring : Timing, Distance, Footwork, Feinting

PRACTICAL : Defense against kicks
Free Sparring (Light Contact)

5TH GRADER (RED, 5 Black Stripes)

PRACTICAL : Kicking and Striking Combination
Defense against Hair and Body Grabs
Power Test (Basic #1; Side kick or Elbow)

ALL POWER TEST PLANKS SHALL BE
16MM THICK AND 300MM SQUARE

4TH GRADER (RED, 4 Black Stripes)

THEORY : Centerline Theory
Natural Defense Responses

PRACTICAL : Strikes : Simultaneous Block and Strike
Pushing Hands 2
Free Sparring
Power Test (Basic #2; Spin Kick or Back Kick)

3RD GRADER (RED, 3 Black Stripes)

- THEORY** : Vital spots
Muscle groups
- PRACTICAL** : Strikes : Follow-through emphasis
- Defense against throws
- Free Sparring
- Power Test

2ND GRADER (RED, 2 Black Stripes)

- PRACTICAL** : Kicking : Moving towards the rear
- Defense against stick
- Defense against double wrist grabs
- Free Sparring
- Power Test

1ST GRADER (RED, 1 BLACK Stripe)

- THEORY** : Effectiveness of Other Martial Styles
- PRACTICAL** : Attacking techniques
Free Sparring plus Dual Opponents
- Power Test
- WEAPONS** : Single Stick (5 basic blocks & 5 basic strikes)

On passing, candidates will be “frolocked” as **ChoDanBo** (probationary BB), allowed to wear the BB dobok, but can only wear their 1st Dan belt until confirmed (waiting period dependant on performance and Master’s decision, usually 3 to 12 months).

1ST DAN (IL DAN)

PRACTICAL : Defense from a sitting position
Free Sparring plus Dual Opponents

Power Test (Advanced)

WEAPONS : Single Stick (13 basic strikes & counters)

2ND DAN (EE DAN)

PRACTICAL : Multiple Strike Emphasis

Defense from a prone position

Free Sparring plus Multiple Opponents

Power Test (Suspended)

WEAPONS : Single stick (Advanced)

3RD DAN (SAM DAN)

PRACTICAL : Free Sparring plus Multiple Opponents

WEAPONS : Defense against knife

Double sticks

4TH DAN (SA DAN)

PRACTICAL : Free Sparring (2 x 2 minute round)

WEAPONS : Knife

5TH DAN (OH DAN)

To be determined by the Examining Board.

6TH DAN (YOOK DAN)

To be determined by the Examining Board.

7TH DAN (CHIL DAN)

To be determined by the Examining Board.

8TH DAN (PAL DAN)

To be determined by the Examining Board.

Tactical (Bladed and Impact) Weapons Syllabus

**KOREAN MARTIAL ARTS SOUTH EAST ASIA – PACIFIC]
SYLLABUS REQUIREMENTS AS AT 01/10/2012**

Tactical (Bladed and Impact) Weapons

The following is a basic guide that instructors and students alike should strive to follow. It represents the minimum knowledge of **Tactical Weapons (Bladed and Impact)** that each respective grade should possess. The Tactical Weapons taught is a **condensed synthesis** of the Filipino Martial Art Petiki Tersia Kali and is promoted as a complementary program to the traditional Korean MAs that serve as a core for KOMA. Individuals that show an aptitude to this Weapons program are invited to enroll in an approved FMA PTK program proper.

A period of 3 months regular training (x2 a week, 1.5 hour sessions) is recommended for each junior grade level before attempting to be assessed. Black belts normally wait between one to two years in grade before attempting promotion testing.

12TH GRADER (WHITE, 1 Red stripe)

PRACTICAL	:	Patterns	:	Single Stick #1
		Stances	:	Horse Riding; Front/Walking; Free
		Strikes	:	Basic 5
		Checks	:	Basic 5
		Footwork Drills	:	Basic 4
		Striking Drills	:	Basic 5

11TH GRADER (White, 2 Red Stripes)

PRACTICAL	:	Patterns	:	Single Stick Advanced #2
		Strikes	:	Total 13
		Checks	:	Basic 5
		Zoning	:	Basic 4
		Footwork Drills	:	Intermediate (2 Triangles)
		Striking Drills	:	Basic 5
		Counter Drills	:	Basic 5

10TH GRADER (White, 3 Red Stripes)

PRACTICAL	:	Patterns	:	Double Stick #3
		Strikes	:	Advanced
		Checks	:	Advanced
		Zoning	:	Consolidation
		Footwork Drills	:	Advanced
		Striking Drills	:	Advanced 10
		Counter Drills	:	Advanced 10
		Disarms	:	Basic 4

9TH GRADER (White, 4 Red Stripes)

PRACTICAL	:	Patterns	:	Single Nunchaku Basic #1
		Strikes	:	Basic 5
		Checks	:	Basic 5
		Striking Drills	:	Basic 5

8TH GRADER (White, 5 Red Stripes)

PRACTICAL	:	Patterns	:	Single Nunchaku Advanced #2
		Strikes	:	Intermediate
		Checks	:	Advanced
		Zoning	:	Application
		Striking Drills	:	Basic 5
		Counter Drills	:	Basic 5

7TH GRADER (White, 6 Red Stripes)

PRACTICAL	:	Patterns	:	Double Nunchaku #3
		Strikes	:	Advanced
		Checks	:	Advanced
		Zoning	:	Consolidation
		Striking Drills	:	Advanced 10
		Counter Drills	:	Advanced 1

6TH GRADER (Red, 1 Black Stripe)

PRACTICAL	:	Patterns	:	Single Knife Basic #1
		Strikes	:	Basic 3
		Checks	:	Basic 2
		Striking Drills	:	Basic 5

5TH GRADER (Red, 2 Black Stripes)

PRACTICAL	:	Patterns	:	Single Knife Advanced #2
		Strikes	:	Intermediate
		Checks	:	Advanced
		Tapping n Re-direction	:	Basic
		Zoning	:	Application
		Striking Drills	:	Basic 5
		Counter Drills	:	Basic 5

4TH GRADER (Red, 3 Black Stripes)

PRACTICAL	:	Patterns	:	Double Knife #3
		Strikes	:	Advanced
		Checks	:	Advanced
		Tapping n Re-direction	:	Advanced
		Zoning	:	Consolidation
		Striking Drills	:	Advanced 10
		Counter Drills	:	Advanced 10

3RD GRADER (RED, 4 Black Stripes)

PRACTICAL	:	Patterns	:	Single Machete #1
		Strikes	:	Basic 5
		Checks	:	Basic 5
		Striking Drills	:	Basic 5

2ND GRADER (RED, 5 Black Stripes)

PRACTICAL	:	Patterns	:	Single Machete Basic #2
		Strikes	:	Intermediate
		Checks	:	Advanced

Tapping n Re-direction	:	Basic
Zoning	:	Application
Striking Drills	:	Basic 5
Counter Drills	:	Basic 5

1ST GRADER (RED, 6 BLACK Stripes)

PRACTICAL	:	Patterns	:	Machete and Knife Advanced #3
		Strikes	:	Advanced
		Checks	:	Advanced
Tapping n Re-direction	:			Advanced
		Zoning	:	Consolidation
		Striking Drills	:	Advanced 10
		Counter Drills	:	Advanced 10

1ST DAN (IL DAN)

PRACTICAL	:	Patterns	:	Single Kerambit
		Strikes	:	5
		Checks	:	5
Tapping n Re-direction	:			Basic
		Zoning	:	Application
		Striking Drills	:	Basic 5
		Counter Drills	:	Basic 5

2ND DAN (EE DAN)

PRACTICAL	:	Patterns	:	Single Katana #1
		Strikes	:	Basic 5
		Checks	:	Basic 5
		Striking Drills	:	Basic 5

3RD DAN (SAM DAN)

PRACTICAL	:	Patterns	:	Single Katana Basic #2
		Strikes	:	Intermediate
		Checks	:	Advanced
Tapping n Re-direction	:			Basic
		Zoning	:	Application
		Striking Drills	:	Basic 5
		Counter Drills	:	Basic 5

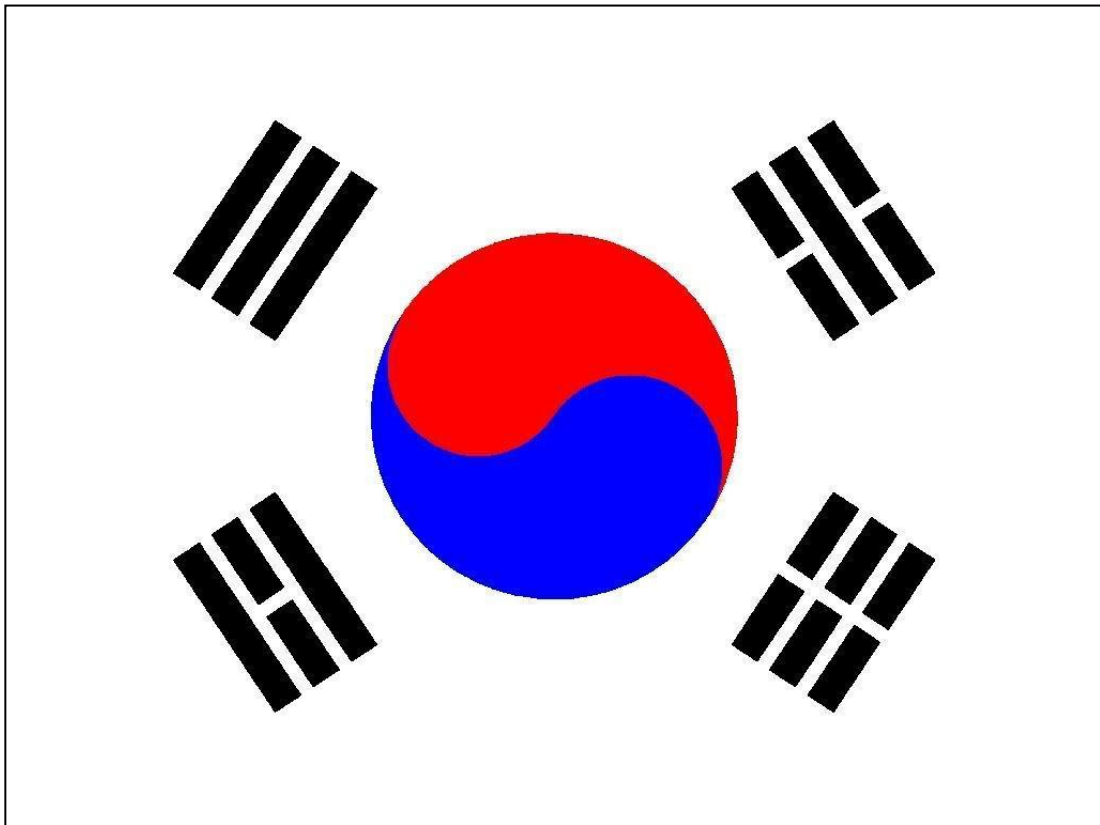
4TH DAN (SA DAN)

PRACTICAL	:	Patterns	:	Single Katana Advanced #3
		Strikes	:	Advanced
		Checks	:	Advanced
		Tapping n Re-direction	:	Advanced
		Zoning	:	Consolidation
		Striking Drills	:	Advanced 10
		Counter Drills	:	Advanced 10

5TH DAN (OH DAN)

To be determined by the Examining Board.

KMA Intel



KOREAN MARTIAL ARTS

For many years, there has been only one major thought to the origins of Korean Martial Arts, and that was that they were organic or indigenous in nature. One of the secondary theories is linked to Bodhidharma, a legendary Buddhist monk from India who came to China in the sixth century AD to promote his religion. He eventually founded a monastery at Shaolin where he began to teach special techniques of breath control and meditation to his monk followers, who were physically weak. In order to protect them from wild animals and bandits, he later also taught them various fighting skills and systems culminating in the legendary 18 Immortals Fist Form. These teachings eventually formed the basis of the major Chinese Martial Arts or CMA. Since most given evidence of KMA predates this, it was postulated that KMA were around before CMA.



Bodhidharma



The **3 most famous items of evidence** of an indigenous KMA “thousands of years old” are:

- 1) The **tomb murals** (circa 37BC) of the Koguryo Kingdom (now Southern Manchuria and North Korea) depicting two youths engaged in martial art free sparring stances;



- 2) The **MuyeToboThongji** (Illustrated Manual Of Martial Arts) circa 1790, which is the definitive work on traditional KMA;



- 3) The **statue of Kumgang Yusa**, also seen depicting a warrior practicing a martial art stance.



Unfortunately, the above 3 items actually support that **KMA were a synthesis or outright reflection of CMA** because:

- 1) The tomb is in an area that was part of the Han (Dynasty) empire, circa 200BC – 210AD. Furthermore, the mural closely resembles other tomb murals deep in Eastern Han (China) territory where Koreans did not travel.
- 2) The Manual closely describes known Chinese Martial tactics and skills, especially Chuan Fa (Long Fist) as well as quoting classical Chinese sources. It is also near identical to an earlier work in 1561 called Jixiao Xinshu by a Chinese General.
- 3) The Statue is actually a Buddhist guardian figure, possibly one of the 4 “Heavenly Kings”, and is common throughout East Asia.

What is certain from numerous records of the Three Kingdom period is that explicitly stated, “**Since ancient times there was a self-defense art using both arms and legs**”. The Three Kingdoms were actually warring states, and were eventually unified into one huge nation circa 670 AD by the smallest state, **Silla**, which retained control for over 300 years. The main ‘weapon’ in the unification for Silla was a highly professional and dedicated core of nobility who immersed themselves from youth in mastering military, scientific and administrative skills.



It was recorded that their combat skills were superhuman; able to face odds of 10 to 1 and still vanquish their foes, utilizing a variety of weapons (bow and arrow, spear, staff, sword, knife, etc.) as well as unarmed combat skills, either on the ground or while on horseback. These warrior noblemen called themselves the “**Hwa Rang**” or “Flower of youth”. Unfortunately, these youth trained in an Art called **KwonBup** (Fist Skills), a CMA known during the Tang Dynasty, also referred to as “Tang Hand” or **TangSoo**.

The study of unarmed combat in Korea **reached its zenith during the Koryo** (modern Korea) Dynasty. The major art was called **SooBakDo** (“Way of Hand Strikes”), and was practiced as a national sport by both military and civilian populace, with detailed rules of competition. The art also had the support of the Royal Family, with numerous regular exhibitions and championships. The Koryo Dynasty lasted from 935 to 1392 AD, i.e. for over 400 years, after which the **Yi Dynasty** began (1393 to 1909 AD). The rulers of the Yi Dynasty **substituted Buddhism with Confucianism as the state religion**. Confucianism advocated classical Chinese learning and down played physical activity.

The result was therefore gradual, albeit very clear; the traditional martial arts, **SooBak**, (striking with hands), **KwanBak** (striking with fists), **Yookyo** or **Ssirum** (wrestling), **TaeKyon** (a predominantly leg-oriented art), etc. were generally neglected and left to struggle on their own. This also applied to **Koong Joong MooSool** or Royal Court Martial Arts of the time.

All the above eventually sapped the populace’s spirit, resulting in a virtual rout in 1909, heralding the beginning of the dark years of Japanese occupation. **All martial arts** (except Judo and Karate which were introduced by the Japanese overlords) **were banned**. Practice automatically meant death or imprisonment. However, many Masters continued to train and teach in secret. Some hybrid arts were also developed, incorporating Chinese Kempo and Japanese Karate, like **TangSoo Do** and **KongSooDo**. Other practitioners took to the Japanese arts direct, and although KarateDo is virtually

rejected outright in Korea nowadays, Judo (or **Yudo** as it is called in Korea) has produced numerous World Champions for Korea since the 1960's.

After the liberation of Korea in 1945, a state of intense development began anew, not only for martial arts but also in all sectors (e.g. education, manufacture, etc.). The results are now clear for the world to see.

In general, virtually any person of either sex (and within a huge age range) can study most Korean martial arts and/or martial sports, especially TaeKwonDo and HapKiDo. All that is needed is to join a properly appointed/appointed club or organization that is run by a **properly certified instructor**.

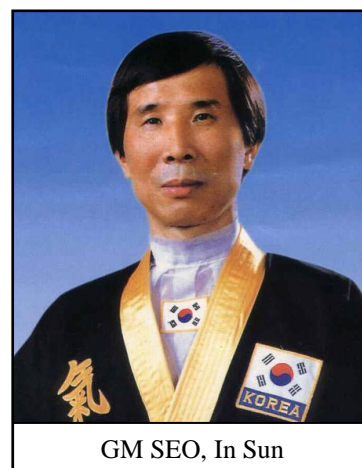
Imitation may be flattery, but **counterfeit or improperly trained instructors are far more dangerous than a loaded gun**. All manner of cowboys are now attempting to pass off their brand of mimicry as legitimate TaeKwonDo or HapKiDo to the eventual long term detriment of all their students, not forgetting the genuine instructors. Whilst it may be agreed for example, that a TaeKwonDo or Karate or Kung Fu practitioner can be a kickboxer (albeit perhaps a poor one), it would take years for a kickboxer to understand one of the above arts to the degree needed to promote them properly. By careful observation and insistence on proof of quality certification, good instructors can be found.

Previously, all traditional KMA (**KukSool**) in general came under the control (certification wise) of the **Dae Han KiDo Hae** or **Korea Martial Arts Association**.

The **Korea KiDo Association** is a unique true martial art Association formed in 1963 under a charter by the ROK Ministry of Education. This extended this organization the right to **supervise and regulate the standards of teaching, as well as promotion requirements** for HKD and thirty additional Korean martial arts which had not congregated under the banner of Taekwondo. It is the **oldest Korean Martial Art Association officially recognized by the government of South Korea**, excluding those martial sports recognized under the Korean Amateur Sports Association (now the **Korea Sports Council**). Its two largest component groups are **HapKiDo** and **KukSoolWon**, but recognized member (traditional) arts include **HwaRangDo, YooSool, BulkyoMooSool, KukKiDo, TaekKyon, KumSool**, etc.

Until 1990, it was the sole ROK government appointed and recognized body for issuing Dan or Black Belt certification for all traditional Korean Martial Arts, **especially HapKiDo**, for those requiring martial art Dan certification for their careers e.g. Military, Police, opening a school, etc.

There has been some confusion with persons that had been previously certified by the World KiDo Federation (WKF) who also assume that they are recognized by the Korea KiDoHae. This was only true while GM Seo, In Sun, was the President of both bodies. In 2003, after GM Seo was no longer its President, the Korea KiDoHae no longer



GM SEO, In Sun

recognized previous WKF certificates, and now only recognizes only their own Korea KiDoHae certificates. The WKF is thought to be a **private enterprise entity registered in the USA** owned by GM In Sun Seo and is not ROK recognized like the KiDoHwe.



GM J S Lim with KiDoHwe President, 2013

TaeKwonDo Intel

TAEKWONDO

The actual background of modern TaeKwonDo can be traced to just after the Korean Liberation in 1944. Various martial art schools were immediately formed, free of restrictions, incorporating centuries old teaching traditions with a desire to produce a truly indigenous Korean Art, with the largest style commonly termed as **TangSooDo** or “Way of the China Hand”. Unfortunately, due to the circumstances at the time, the majority of the styles taught were in actuality **Japanese Shotokan**. Most of the patterns and techniques were taken directly from Japanese KarateDo. This, while being understandable, given the long occupation of Korea by the Empire of the Rising Sun, did not sit easily with the majority of the Masters, who craved a more “Korean” identity and character.

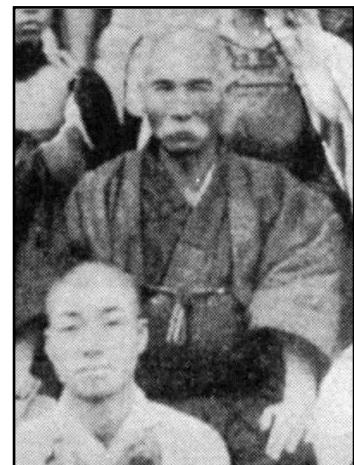
Before we proceed, there are 2 important points to consider: firstly, virtually **ALL** the founding members of the great Kwans were certified and proficient mostly in **Japanese Karate** (mainly **Shotokan**, itself a spin-off from its predecessor, Okinawan Shorin-Ryu) which they naturally used as their platform or “**kernel**” for their individual styles. These founding Masters included **LEE Won Kuk** (ChungDoKwan); Yoon Byung In (ChangMooKwan); **HO Byung Sik** (SongMooKwan); **CHOI Hong Hi** (OhDoKwan) and even arguably **LEE Hwang Kee** (MooDukKwan). While some of the masters may have had knowledge of other arts (e.g. Judo, Kendo, etc.) these were also **ALL** virtually Japanese, with Karate as the main essence.



GM Ginchen Funakoshi

The second important point to note is that the main source of the Karate learnt is from the introducers of Okinawan Karate to Japan, and their knowledge base. The main introducer of Karate to Japan was **Ginchen Funakoshi**, whose instructor was **Itosu Yasutsune**, a Shorin-Ryu master in Okinawa. Itosu himself was a school teacher, and wanted **a system of Karate that could be taught safely to elementary level school children**. This system could be referred to as a “dumbed down” version of classical Karate, and was promoted via a platform known as the Pinan Kata which consisted of 5 forms which were created from combining and modularizing 2 older forms called Kushanku (Korean: KongSangKoon) and ChiangNan (Korean: JaeNam).

This made the system taught **simpler, safer and easier to teach**. Of course other innovations were incorporated to enable the execution of this simplified system of Karate like the method used to form a striking fist for children as opposed to adults. Another direct link (now nearly lost) would be the traditional beginner patterns used by the old schools called “**Kicho**” (1-3). It can thus be argued that classical TKD has its direct roots from simplified Japanese Karate which was itself developed from a system to teach elementary school children.



GM Itosu Yasutsune

The five largest martial art gym systems at the time were: **ChungDoKwan™** (the oldest and most established), **JiDoKwan**, **MooDukKwan** (most related to TangSooDo and then the subsequent name change to **SooBakDo**), **ChangMooKwan** and **SongMooKwan**.

A brief description of each major Kwan (over 200 were consolidated into 9 + 1 Kwans, with 5 original and outstanding ones) is as follows:



ChungDoKwan™ (CDK) was founded by GM LEE, Won Kuk in 1944. He received instruction directly from **Ginchen Funakoshi** Sensei, founder of Japanese Karate. Noted graduates of CDK include Uhm Woon Kyu, Nam Tae Hee, Han Cha Kyo, Kim Bong Sik, Jhoon Rhee and Choi Hong Hi (ITF). CDK (under Son, Duk Sung) has the dual distinction of giving GM Choi his first known TKD (4th Dan) certification as well as his only rejection (6th Dan). CDK means **"School of the Blue Wave"**.



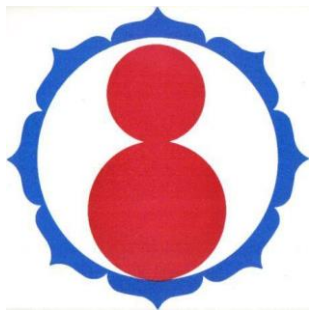
GM LEE, Won Kuk



GM NAM, Tae-Hee



GM PARK Hae-Man; GM UHM, Woon-Kyu;
Unknown



JiDoKwan (JDK) was originally named **Chosun YunMookKwan KongSoo Do Bu**, and was founded by GM CHUN, Sang Sup who studied judo and Karate. It specializes in sparring, and noted graduates include Bae Young Kee, Lee Chong Woo, Lee Kyo Yoon and Kim Bok Nam. JDK means **“Wisdom Way School”**.



GM CHUN, Sang Sup



MooDukKwan or **“Institute of Martial Virtue”** (MDK) was founded around 1947 by GM LEE, Hwang Kee. Lee studied Karate and some Chinese fighting systems, and originally taught (unsuccessfully) under the name of HwaSooDo. He then received GM Lee Won Kuk’s (CDK) permission to teach under the name TangSooDo, and the rest is history. MDK was called the **“Railroad Dojang”** due to its proximity with the YongSan Railroad Station. Some notable graduates were Kim Woon Chang, Hong Chong Soo, Yoo Kwa Young, Kin In Suk and Hwang Jin Tae.



GM LEE, Hwang Kee



ChangMooKwan (CMK) or YMCA KwonBup Bu was founded in 1946 by GM YOON, Byung In who was adept in both Chinese systems and Japanese Karate where he received a 5th Dan. Noted graduates were GM Lee Nam Suk (previous Head, passed away in 2002), GM Kim Soon Bae (current Head), Hong Jung Pyo and Park Chul Hee.



GM YOON, Byung In



SongMooKan (SMK) or **"School of the Martial Pine"** was founded by GM RO, Byung Jik, in 1946. GM Ro was a martial art adept who trained together with CDK founder GM Lee. He stressed power executions of both kicks and punches. Graduates included Lee Young Sup, Kang Won Sik, Lee Hwae Soon and Kim Hong Bin.



GM RO, Byung Jik



OhDoKwan (ODK) or **"My Way Gym"** was founded by GM CHOI, Hong Hi, as the military equivalent of CDK. It was not an original Kwan. In fact, it actually encouraged and received many CDK members, helping Choi to extend his influence. The Kwan itself was actually run by one of CDK's top instructors, GM Nam Tae Hee.

The term TaeKwonDo can either mean the **"Way of Foot and Fist Fighting"** or **"Way of (smashing with) the Foot and Fist"**. The name was chosen at a 'highest-level only' meeting of Korean Masters, Military, and Government officials, around 1953, to promote an image of a cohesive and united indigenous Korean National Martial Art. Implementation of TKD unity was notorious slow with shifting loyalties and many hidden agendas. The first National Governing Body was called **DaeHan KongSooDo**, then **DaeHan TaeSooDo**, then finally **DaeHan TaeKwonDo** (Korea or National TaeKwondo Association), but always fighting political battles with the **DaeHan TangSooDo!**



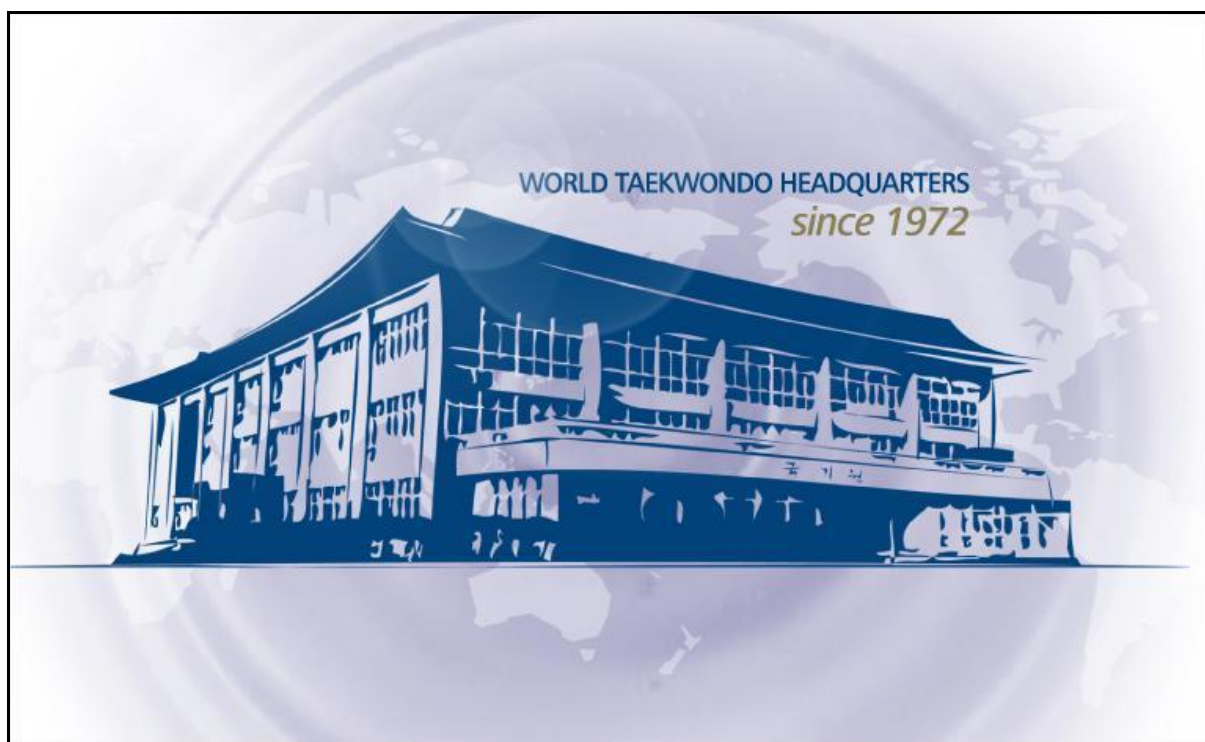
The first international body of TaeKwonDo, the **International TaeKwonDo Federation (ITF)**, was formed around 1966, with Choi Hong Hi as its President. It subsequently moved to Canada, then Austria, and after the demise of **CHOI** in 2002, split between his son, Jung Hwa, in Canada, Tran in Austria and Ung in North Korea. This was sadly mainly attributed to politics.

Again, Great GM **LEE**, Hwang Kee (**MDK**), also passed away in 2002. His legacy lives on in at least 3 distinct bodies; the **TKDMDK**, now part of the KTA (**WTF**), the original **TSDMDK**, now split around the world, and **SooBakDo MDK**, now led by his son.

Great GM **LEE**, Won Kuk (**CDK**) also passed away in early 2003.

In order to ensure that only correct and true Korean TaeKwonDo be promoted world-wide, the **World TaeKwonDo Federation (WTF)** was formed in 1973, with its headquarters being permanently located at the **KukKiWon (KKW)** in Korea. The **KukKiWon** means **"National Sports Institute"**, and was originally named the **Korea TaeKwonDo Dojang** or **DaeHan TaeKwonDo Hyop Hwe Chang Ang Dojang**. On February 6th, 1973, its name was changed to the **World TaeKwonDo Headquarters** or **SaeGye TaeKwonDo BonBu**.





On the 20th May 1976, the KTA officially eliminated the names of the Kwans and replaced them with numbers, i.e.:

- #1, SongMookKwan;
- #2, HanMookKwan;
- #3, ChangMookKwan;
- #4, MooDukKwan;
- #5, OhDoKwan;
- #6, KangDukKwan;
- #7, JungDoKwan;
- #8, JiDoKwan;
- #9, ChungDoKwan™
- #10, KwanRIKwan.

A notable point is that there was a 10th Kwan (#10), termed KwanRIKwan or **Administrative Managing Kwan**. This was done to cater for many MDK members who were separated from that Kwan. How the actual numbers were assigned is still not clear.

Kwan unification steps began in earnest in 1977, and were driven mainly by LEE, Chong Woo (JiDoKwan), LEE, Byung Ro and KANG Won Sik (both of ChongBonKwan). The Kwan system was **effectively ended** 18 months later, on 07 August, 1978.

Prior to the establishment of the KukKiWon, all regular TaeKwonDo affairs were still carried out by the main gyms via the **Korea TaeKwonDo Association**. After a period, while



divested of their main administrative powers, the main gyms still had the right to issue WTF Dan grades to deserving practitioners besides National Governing Bodies around the World. This was in recognition of their contributions to the development of TaeKwonDo, and unique in the set up of the WTF.



Other than the above, only individuals specially appointed (by **minimum 6th Dan rank**) as Master Instructors and registered direct with the KukKiWon had this authority. These days, only the **KukKiWon** has the power and authority to issue **WTF** Dan certificates for international recognition, via either National Governing Bodies or KukKiWon registered Master Instructors' recommendations. Having said that, there is a distinct movement **back to traditional TKD**, away from the sport or KukKi TKD, and this can be traced back to the **KTA**.

TaeKwonDo today, under the WTF, is practiced in over 175 countries, and is rapidly being accepted as a full Olympic sport. **It is Korea's national sport, and over 75% of all Koreans are versed in this art.** It is capable of being practiced by persons of all ages, from 6 years to 80 years, and by either sex. Regular training has been scientifically proven to increase suppleness, posture, oxygen flow, reflexes, strength, muscle and bone structure, general constitution levels and mental health. It has also demonstrated abilities to automatically improve character, in terms of patience, discipline and understanding of our environment and fellow humans. While other TaeKwonDo styles exist, notably ITF, and 1st, 2nd and even 3rd generation splinter groups of the former, it is only the WTF that has a continuous research and development maintenance growth program for continued safe development and official recognition of various ranking achievements.

Progress in TaeKwonDo is a constantly progressive process, and is reflected by various ranks or grades, denoted firstly by Geup grades (usually 10 in number, but sometimes



from as low as 5 to as high as 15) and secondly by Dan grades (Black 1st, 2nd, 3rd, etc. to 10th Dan). The average time from beginner to the Black Belt (basic level of overall proficiency) based on twice or thrice weekly training should be approximately three to four years, depending on the individual's input. Assistant instructors (**Cho Ryo**) can be appointed at Blue or Red belt levels; instructors (**Boo Sa Nim**) at 1st and 2nd Dan, Senior Instructors (**Sa Boom Nim**) at 3rd and 4th Dan, Master Instructors (**Kwan Jang Nim**) at 5th, 6th and 7th Dan, and Grand Masters from 8th, 9th and 10th Dan. Junior Black Belt holders (under eighteen years old) are called **Pooms** (1st, 2nd, 3rd and 4th).

The combat characteristics of TaeKwonDo are short but powerful bursts of explosive power, in mostly linear or angular directions, with some circular ones. The primary weapons are the feet, with a good percentage of attacks done utilizing jumping or skipping techniques. The feet are preferred over the hands because of the advantages of greater distance mastery (reach) and potential power generation (weight of attacking tool multiplied by distance traveled to target impact, speed being constant). Also, as an art, it is much more difficult to physically master utilizing the feet as attacking/defensive tools than any other part of the body. TaeKwonDo practitioners gather from all over the globe every 2 years to participate in the bi-yearly World Championships. TaeKwonDo (under the WTF) is also a sporting event under the following recognized governing umbrella organizations – G.A.I.S.F., C.I.S.M., F.I.S.U., O.C.A., O.D.E.P.A., and is a full sporting event at some of the most prestigious international sport events, e.g.: World Games, Pan American Games, World Cup, Pan African Games, Asian Games and the Olympics.



Training Hall in KukKiWon Headquarters

TaeKwonDo Patterns

PATTERNS

TaeKwonDo patterns consist of stances, blocks, strikes, punches and kicks arranged in a meaningful order in response to attacks from multiple imaginary assailants attacking from several directions. The patterns were formerly the only means available to transmit the essence of the art to students; this was because until the twentieth century, **free sparring as we know it today (with rules and protective equipment), did not exist**. Balance, focus, co-ordination, correct breath control and self-discipline emerge as benefits of continued pattern practice. Patterns are also known as **Hyung, Tul, Kata, Poomse, etc.** in the **continuing evolution** of TaeKwonDo.

Each pattern has its **own distinct essence and character**. Each is understood in terms of an **organic whole** rather than as an assortment of separate techniques. There is an inherent unity to each poomse, which is ultimately perceived and understood by each student automatically as he gains fluency and mastery of each poomse. **It is impossible for the student to understand the art of TaeKwonDo without thorough knowledge of patterns.**

Pattern practice is considered **highly crucial** by most traditional TKD Masters. It comprises at least **30% to up to 40% of testing requirement** for promotion to higher rank. Forms are introduced in ascending order of complexity as the student's ability prepares him to understand and absorb them. A beginner or junior who rushes to attempt and learn advanced forms without proper procedure cannot hope to comprehend them as he would not have correctly understood the ones appropriate to his level.

Constant training in patterns will do more than just improve the students' fitness levels and understanding of the technical aspects of TKD. **Training also improves the mind and spirit.** It helps the student overcome human tendencies to be complacent, lazy and to be unfocused. Patterns enable us to fuse the mind, body and spirit into **one integrated entity**.

There is **NO** TKD without Patterns.



HYUNG

The predecessor of TKD as we know it today was **TangSooDo** (TSD). Their sets of patterns are given the family name of “**Pyung Ahn**” or “**Peace and Happiness**”. The Pyung Ahn Hyung (PAH) is a prime example of a group of forms having great diversity, being adopted and in use with hundreds of styles of recognized martial arts.

Pyung Ahn is the common Korean pronunciation for the Chinese characters for this series, which in Okinawan translates to “**Pin Yi**”. These hyung were first created around 1901 by **GM Itsou Yatsutsune**, an Okinawan ShorinRyu Karate master. Itsou, a schoolteacher, wanted to create a safe method to introduce and promote martial arts for children at the elementary school level. He thus combined 2 older existing sets of forms, **KuShanKu** (**KongSangKoon**) and **ChiangNam** (**JaeNam**) into 5 distinct forms. This new system he named “**Pinan Kata**”.

The Pinan forms were initially introduced into Japan by Itsou’s senior students, notably **GM Mabuni Kenwa** (founder of **ShitoRyu**) and **GM Ginchin Funakoshi**, (founder of **Shotokan**). Funakoshi would also change the forms slightly, and rename them “**Heian**”. These Masters would then teach these forms to resident Koreans who would later return to Korea with this knowledge. Some of the more notable Koreans were **LEE, Won Kuk** (**ChungDoKwan™**), **YOON, Byung In** (**ChangMookKwan**) and **CHOI, Hong Hi** (**OhDoKwan**).

Detailed data on their descriptions have been difficult for me to source accurately and re-confirm from alternative sources, but what I have is as follows:

For the **Geup** grades, they have 2 series of patterns, the “**Kicho**” and the “**Pyung Ahn**”. The lower black belt or **Dan** series are sometimes referred to as the **Naihanchi** and **Passai** (or **Bassai**) series.

Geup levels:

KeeCho Il Bo,
KeeCho Ee Bo,
KeeCho Sam Bo.

Pyung Ahn Cho Dan,
Pyung Ahn Ee Dan,
Pyung Ahn Sam Dan,
Pyung Ahn Sa Dan,
Pyung Ahn Oh Dan.



Dan Levels:

1st Dan:

Naihanchi Cho Dan, Naihanchi Ee Dan, JinDo.

2nd Dan:

Naihanchi Sam Dan, LoHi.

3rd Dan:

KongSangKun, JitDeh.

4th Dan:

WangSoo, SeiShan.

5th Dan:

Jion, O Ship SaBoDai.

6th Dan:

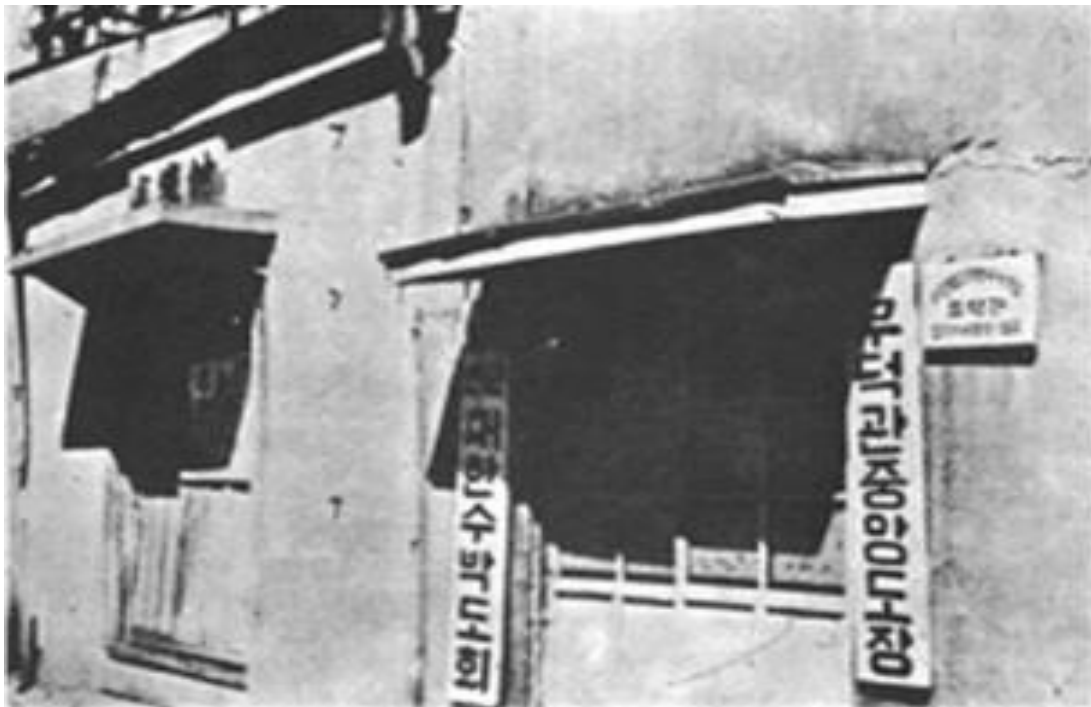
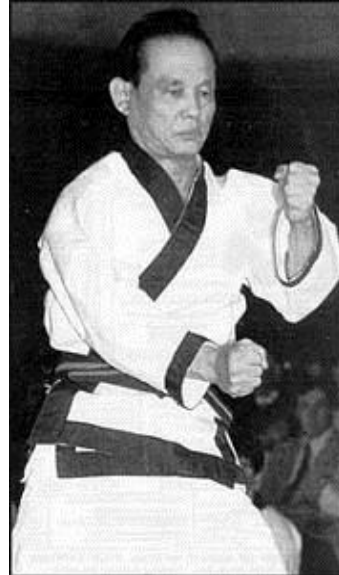
WoonShu.

7th Dan:

SoRim JangKwon

8th Dan:

TaeKyukKwan



TangSooDo MooDukKwan “Hole in the Wall” original Dojang

TUL

In the ITF family, the current terminology for patterns is “Tul”, although they were originally called “Hyung”. The original name for the ITF family of patterns is called **“Chong Hon”**, although they are **commonly referred to as the “Chon Ji”** series, named after the first pattern. There were originally 9 basic (Geup) patterns and 11 advanced (Dan) patterns, although through the years, the sequencing and content of various patterns have been changed.

Chon Ji means **“Heaven and Earth”**. It symbolized the oriental new as to the creation of the world or beginning of human history. It is thus the initial form of the series. The pattern has 19 movements, consisting of 2 mirror parts, one to represent Heaven, the other Earth.

Dan Gun is named to honor the legendary founder of ancient Korea, circa 2333 BC. It has 21 movements.

Do San represents the pseudonym of the Korea patriot Ahn Chang-Ho (1876 – 1938). Its 24 movements represent his life, to which he devoted to advancing the education of the peoples of Korea and the then independence movement.

Won Hyo is the recorded name of the venerated monk who introduced the teaching and virtues of Buddhism to Korea during the Silla Dynasty, circa 686 AD. It comprises of 28 movements.

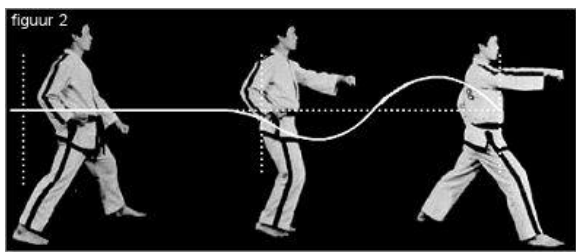
Yul Gok is again a pseudonym. It represents a legendary philosopher and scholar, Yil (1536 – 1584), who is also known as the Confucius of Korea. The 38 movements of the form refer to his birth place on the 38th latitude, while the form diagram represents the word **“Scholar”**.

Joong Gun is named after the Korean patriot Ahn Joong-Gun. Ahn assassinated ITO Hiro-Zumi, the first Japanese Governor General of Korea. The 32 movements represents Ahn’s age at the time of his execution in Lui-Shung prison (1910).

Toi Gay is the pen name of the 16th century scholar Yi Hwang who was an authority on neo Confucianism. The form’s 37 movements refer to his birth place on the 37th latitude, while the form outline describes the word **“scholar”**.

Hwa Rang is named after the Silla Dynasty Hwa Rang youth movement of the 7th century. The 29 movements however refer to the **ROK 29th Infantry Division**, where TaeKwonDo as it was originally called was conceived and developed.

Choong Moo was the common name of Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored sea craft (KoBukSon) in 1592. **The form ends with a left hand attack to symbolize his inappropriate death and its circumstances.**



Kwang Gae is the **1st Dan Black Belt pattern**, and is named after Kwang Gae Toh Wang, a famous **19th century ruler of the Koguryo Dynasty**. He regained lost territories including a large part of Manchuria. The 39 movements refer to the first two figures of the year he ascended to the throne, i.e. 391 AD.

Po-Eun was the first **original 2nd Dan pattern**. It represents Chong Mong-Chu (1400 AD), a famous poet, whose most well known poem is “I would not serve a second master though I might be crucified a hundred times”. It has 36 movements.

Gae Back is thought to be the second **2nd Dan pattern**. It has 44 movements, and is named after a famous General, Gae-Back, of the Back Je Dynasty.

Choong Jang is thought to be the one of the **original 3rd Dan pattern**. It has 52 movements, and refers to General Kim Duk Ryang who lived during the Lee Dynasty. The pattern ends with a left hand attack to symbolize his untimely death at age 27 while in prison.

Ui Ji is thought to be the second **3rd Dan pattern**, and is named after General Ui-Ji Moon Duk, who defended Korea against a 1 million strong army in 612 AD by employing guerrilla hit and run tactics. The 42 movements denote the author's age when he designed the pattern.

Se Jong is believed to be an **original 4th Dan pattern**, and denotes a legendary King, Se-Jong, who invented the Korea alphabet in 1443. The 24 movements refer to the 24 letters of the alphabet.

Choi Yong is thought to be the second **4th Dan** pattern; and is named after General Choi Yong, the 14th century CinC of the Koryo Dynasty. His subordinate officers executed him.

Yoo Sin is thought to be one of the **5th Dan** patterns. The pattern has 68 movements, and is named after General Kim Yoo Sin of the Silla Dynasty.

Ko Dang is thought to be the second **5th Dan** pattern.

Sam IL is thought to be one of the 6th **Dan** patterns. It represents the beginning of the **Korean Independence Movement** that started on March 1, 1919. The 33 movements symbolize the **33 original patriots** of the Movement.

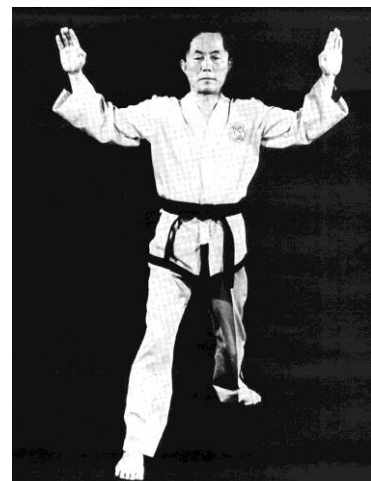
Tong IL is believed to be the second **6th Dan** pattern, and the last of the original series. It has 56 movements, and **denotes the re-unification of Korea**.



Others:

The following **were added** by General Choi from the 1970's, and are not original:

- **Moon-Moo**
- **Yom-Gae**
- **So-San**
- **Eui-Am**
- **Joo-Che**



POOMSE

TaeGuek 1 to 8 are required for promotion to 1st Dan under the WTF system of TaeKwonDo. “**Tae**’ means ‘**bigness**’ while ‘**Guek**’ means ‘**eternity**’. Thus, TaeGuek has no form, no beginning, and no ending. Nevertheless, everything is believed to come from TaeGuek (oriental philosophy); i.e. it is something that contains the essence of everything. Out of TaeGuek are derived eight major branches of philosophical theories. TaeGuek Poomse 1 to 8 is based on these theories. Movement lines of these theories are represented by special symbols, or **PalGae**, and students must move along these lines.

TaeGuek 1 applies action of **Keon of Palgae**. Keon represents **Heaven and Light**; heaven giving us rain, and the sun giving us light, making life. Therefore, Keon is the beginning of everything on earth and the source of creation. In analogy, TaeGeuk begins with Keon, namely the Heaven. There are 18 sequences to this poomse.

TaeGuek 2 is a series of actions applying the principle of **Tae of Palgae**, which can be called **Joyfulness**. This is the state in which one’s mind is kept firm and ostensive appears gentle so that happiness and good virtue prevail. Accordingly, all actions should be performed gently but forcefully. There are 18 sequences to this poomse.

TaeGuek 3 concerns actions applying the principle of **Ri of Palgae**. The representing symbol means **Fire and Sun**. What distinguishes man from animal is that man knows how to use fire. Fire gives man light, warmth, enthusiasm, security and hope. Accordingly, all actions should be performed with variety and with passion. There are 20 sequences to this poomse.

TaeGuek 4 has a series of actions applying the principle of **Jin of Palgae**. Jin symbolizes **Thunder**. **Thunder and Lighting** are objects of fear and trembling. This principle suggests that we should act calmly and bravely even in the face of danger and great fear. For, at the end of the fiercest storm, blue skies and bright sunlight will emerge again. There are 20 sequences to this poomse.

TaeGuek 5 applies actions applying the **Seon** principle of **Palgae**. Seon symbolizes **Wind**. While there are such terrible winds like typhoon, tornadoes and hurricanes, by nature, wind is gentle. A spring breeze softly caresses a slowly swaying weeping willow. Wind symbolizes the humble state of mind. It expresses repetitive good-natured actions. Actions proceed sometimes gently, as in a breeze, but sometimes forcefully as in a storm. There are 20 sequences to this poomse.

TaeGuek 6 actions apply the principle of **Gam of Palgae**, symbolizing **Water**. Water is both liquid and formless. It never loses its nature, and will always flow downward. This principle teaches us the lesson that we can overcome difficulties and hardship if we go forward with self-confidence. Water is all encompassing, equalizing both within and without. There are 23 sequences to this poomse.

TaeGuek 7 actions apply the **Gan** principle of Palgae. Gan means “top stop” and symbolizes a **Mountain**. We should stop when we should, and go forward when we must; movement and stopping should match with time and order to achieve things. A mountain never moves. Man must learn the stability of the mountain. We should not act hastily; although rapid actions seem fine, we must know when and where to stop. There are 25 sequences to this poomse.

TaeGuek 8 actions apply the **Gon** principle of Palgae. Gon symbolizes the **Earth**, which is the source of life. Things take life from it and grow on it, drawing limitless energy from it. The earth is where the creative force of heaven is embodied. There are 24 sequences to this poomse.

KORYO is the name of an ancient dynasty (918 AD – 1392 AD) in Korea. The English word ‘Korea’ is originated from the name of “koryo” dynasty. Koryo’s legacy to the Korean people is very significant. Koryo men invented metal type for the first time in the world (1234 AD), more than 2 centuries before Johannes Guttenberg (1398 AD -- 1468 AD), and also created the famous Koryo ceramics. Moreover, they showed great fortitude by persistently defeating the aggression of Mongolians who were sweeping the known world at the time.

The application of the spirit of Koryo men into the movement of TaeKwonDo is poomse “Koryo”. Consequently, every motion is the presentation of the strong conviction and with which Koryo men held in check the Mongolians. Koryo is the **first of 9** official black belt patterns of the WTF; there are 30 sequences to this poomse.

KEUMGANG has the original meaning of “**being too strong to be broken**”. Also, in Buddhism, what can break off every agony of mind with the combination of wisdom and virtue is called “Keumgang”. The Korean people have named the most beautiful mountain in the Korean peninsula Keumgang-San which is located in the Taebaek range of mountains, and call diamond, the hardest known substance, Keumgang-Seok. Accordingly, Keumgang in TaeKwonDo means movement based on spiritual strength that is as beautiful and majestic as the Diamond Mountains, and as hard and adamant as the diamond.

Keumgang poomse is the official **2nd Dan** black belt pattern of the **WTF**; movement should reflect the majestic spirit of the Diamond mountain range. There are 27 sequences to this poomse.

TAEBAEK (MOUNTAIN) background stems from the mythological story about the founding of Korea that says that about four thousand three hundred years ago, legendary Dangoon founded the nation for the first time in Taebaek, present day Mount Baekdoo, which is regarded as the grandest and loftiest mountain in Korea. It is also regarded as the symbol of Korea. Every motion of this poomse should be displayed not only precisely and nimbly, but also with rigor and a determined will. Poomse Taebaek is the official **3rd Dan** black belt pattern of the **WTF**; it has 26 sequences.

PYONGWON: the living lot of human beings is the **plain**. Fertile and vast plains give us food. It has also been the place where human life has been lived and carried on for time immemorial. A great open plain stretching out endlessly gives us a feeling of majesty that is different from what we feel on a mountain or the sea. The application of the providence of the plain which is blessed with abundance and grace as well as boundless vastness into the movement of TaeKwonDo is poomse “Pyongwon” (plain).

Pyongwon poomse is the first official **WTF** pattern for **4th Dan** black belt level; its core is to be found in the potential strength and flexibility as well as in the majestic spirit of the vast plain. There are 25 sequences in this pattern, which symbolizes a plain.

SIPJIN (Decimal): The Decimal system is the standard numerical value of ten, hundred, thousand, million, billion and so on. In this sense 10 is the symbolic figure which means endless development and growth. Growth is always affected by systematic and orderly rule. The life of poomse Sipjin lies in the supreme change and orderly discipline of the decimal system. Stability is sought in every change of movement. Sipjin poomse is the second official **4th Dan WTF** black belt pattern; it has 31 sequences, and symbolizes the decimal.

JITAE (Earth): According to oriental belief, all living things come from and return to the earth. The earth is indeed the origin and terminal of life. Living things as well as all the natural phenomena of the earth originate mainly from the changes and form of the earth. Poomse “Jitae” is the movement which applies these features and properties of the earth. The key point of this poomse lies in the movements which are derived from the harmony of willing power and strong muscles, just as the universal mind of the earth lies in the implicitness and vigor of life. Poomse Jitae is the first official **5th Dan** black belt pattern of the **WTF**, and has 28 sequences.

CHEONKWON (Sky): From ancient times, Orientals have believed and worshipped the sky as the ruler of the universe and of human beings. Moreover, this belief extends to giving the sky powers of creation and control over all natural things. The infinite sky may be seen as a mysterious and profound world of imagination in the eyes of finite human beings. This poomse is composed of the motions which are full of piety and

vitality as a man looks up at the sky. There are 27 sequences in this second official **WTF 5th Dan** black belt pattern.

HANSOO (Water): Water is universally viewed as a source of life. Trickles form streams, leading to tributaries, to rivers and finally to the sea – all from a single drop. Water may be quiet but also wild; it also adapts perfectly to any container.

The application of such nature of water, i.e. the fluidity and strong quality and adaptability is found in TaeKwonDo movements, especially in this poomse. This is the first official **WTF 6th Dan** black belt pattern; there are 27 sequences.

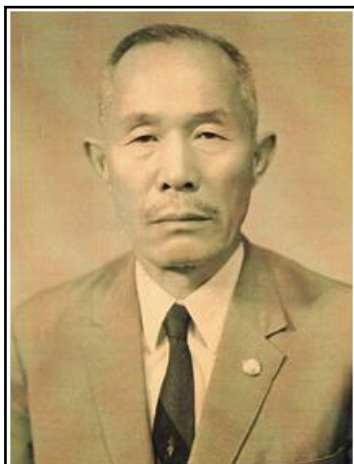
ILYO (Oneness): In Buddhism, the state of spiritual cultivation is said to “Ilyo” (oneness), in which the body and the mind, the spirit and the substance are unified into oneness. It means that one derives the state of pure mind from profound faith, namely the state in which one has discarded all worldly desires. The ultimate ideal of TaeKwonDo is in this state of Ilyo. In this state of mentality or “nirvana”, one overcomes ego. The final goal TaeKwonDo pursues is indeed a discipline in which we concentrate attention on every movement, shaking off all worldly thoughts and obsession. Ilyo poomse is the second official **6th Dan WTF** black belt pattern; it has 24 sequences.





HapKiDo Intel

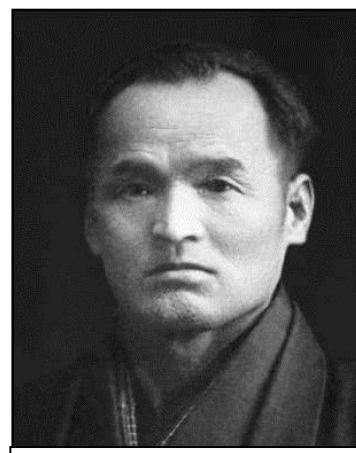
HAPKIDO



GM CHOI, Yong Sool

HapKiDo's traditional head or founder is normally recognized as Grand Master (GM) **CHOI, Yong Sool**, a Korean of Chinese decent. Choi was born in Korea in 1904; a victim of the Japan-Korea war, he was sent to Japan to be a slave. Fortunately, he was adopted by a legendary **DaitoRyu (Great Eastern School) AikiJujitsu** martial arts GM, **Takeda Sokaku**, who was an undefeated champion of many fighting styles who eventually allegedly decided to teach his art to Choi after seeing his loyalty and dedication. This is questionable, however, as Choi was only menial help; however, he could have "adopted" Choi after a while, or Choi could have learned the Art from other students.

What is unquestionable is that Choi did definitely master the art before his return to Korea after the war and GM Takeda's passing away in 1943. Many great masters came to train under GM Takeda, one of who was **Uyeshiba Morihei**, the founder of **AiKiDo**. Choi returned to Korea in 1946; after being influenced by several of his senior students, allowed indigenous Korean kicking styles to be incorporated into the Art.



GM Takeda SOKAKU

HapKiDo(HKD), also originally termed as **Yawara** (Japanese translation) was first called '**YuSool**', which emphasized joint locks and throws (this name was not popular); this was then changed to '**Yu Kwon Sool**' (full name – **HapKi YuKwonSool**) which added kicks and strikes as well. Another problem that initially hampered GM Choi was his total lack of instructing qualifications or credentials, claiming that they were stolen when he was disembarking from the train station on his return (despite several proposals by his students, he never applied for replacement papers, and follow up enquires by other students to the Ryu have found that his name was never entered into the rolls of former students).



GM JI, Han-Jae

However, the newer names proved unpopular as well. The full name of 'Hapki Yu Kwon Sool' was also a mouthful, and in 1957, one of Choi Yong Sool's top students, **Ji, Han-Jae**, abbreviated and changed it to '**HapKiDo**' with Choi's blessing. One of Ji's major reasons was that 'Do' means 'Way' or 'Life' whereas 'Sool' only means 'Techniques'. HapKiDo is usually taken to mean the "Way of Coordinated Power". It was Gm Ji, along with another top HKD student, GM **KIM, Moo Woong**, who introduced and incorporated the famous **TaekKyon** based kicking techniques into modern HKD. These were in turn studied, adopted and spread by **KukSoolWon** and

HwaRangDo practitioners after leaving the HKD system to form their own.

HKD is one of the few **true** “martial” arts. It is primarily composed of 2 distinct real martial arts (as opposed to self defense systems developed for civilians or peasants to be used against overlords) i.e. **AiKiJuJitsu** and **TaekKyon** that were used extensively on the battlefields of their day for hand to hand and selected weapons combat. This concept has been carried forward and adapted for extensive use today by several modern armed forces, especially their elite SF, SOF and Airborne units.

I personally feel that HKD is now more of a generic term, encompassing various distinct individual Master or School styles, each with their own unique look and feel. In general, there can be said to be **at least 5 separate styles of HKD** currently (my interpretation only):

- 1) **GM CHOI’s** style, aka **Yawara or YuKwanSool**;
- 2) **GM Ji’s** style, aka **SungMooKwan™** now **SinMooKwan**;



- 3) **GM Seo’s** version, aka **KiDo** or **KukSoolWon** influenced;



- 4) **GM Lee’s** style, aka **HwaRangDo**;



- 5) **GM Myong's (Jung Nam) style, aka IHF or HanKiDo.**



Since 2010 to 2015, there have been a lot of ground movements and activities in the ROK regarding HKD organizations. Several high ranking Masters and Grand Masters have left the parent bodies (again, but mostly the KHF according to verbal sources) to start their own organizations due to internal politics, excessive regulations, xenophobia, etc. Several new Associations that have sprung up are leaner, more focused on training for skills and knowledge qualifications and less on Dan issuance, pomp and trappings. Whether these efforts are better than the established ones remains to be seen, although the intent normally is positive. The 3 most established ones currently are seen to be:

- 6) **KOREA HapKiDo UNION** (proposed, under development) under GM KIM, Nam-Jai, 9 Dan, Head of HKD KyungMuKwan, previous Chairman of the Expert Administration Committee, KHF.
- 7) **CKA HapKiDo** mostly driven by GM CHOI, Suk-Hwan, 7 Dan, previous Head of Demo Team KHF.

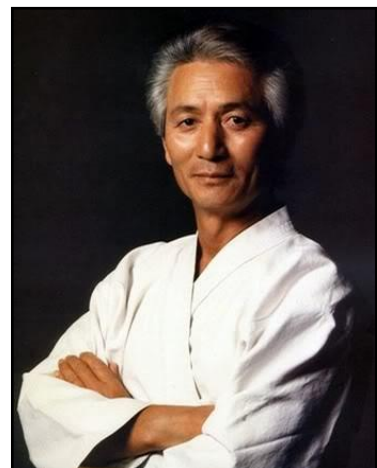


- 8) **Korea GongKwon YuSul (HKD)** under GM KANG Jun 9 Dan, former 7 Dan, KHF. Seamless and brilliant groundwork with traditional HKD strikes and take downs.



HKD's main symbol is that of the **attacking sea eagle**, which was common in Hokkaido, where GrandMaster Takeda lived. A common symbol is of the eagle carrying an arrow in its claws. This **symbolises both the speed and dynamism of the art** as well as that weapons (the arrow) are taught. Furthermore, the arrow symbol nowadays also **signifies the strong relationship with (ROK) Army Special Forces units, who train extensively in this art, swearing by its incapacitating and termination efficiencies.**

Some of GM Choi's notable students include Bong Soo Han (Billy Jack), Suh In Suk and Suh In Sun (**KukSoolWon**), Lee Joo Bang and Lee Joo Sang (**HwaRangDo**), and Won Kwang Wha (**MooSool HKD**).



GM HAN, Bong-Soo



GM TAN, Sar-Bee (Sunny)

Some of Gm Ji's students are Myung Jae Nam, Myung Kwang Shik, Kim Yong Whan, Kang Jong Soo, Tan Sar Bee and Hwang Duk Kyu.

Accepting that GM Choi's Yawara style had few (if any) kicks, GM Ji's richly TaekKyon integrated style is modern HapKiDo that most recognize it to be. The first gym (dojang) opened by Gm Ji was called **AhnMooKwan**. It was named after the district it was located, but was still Yawara influenced. GM Ji later moved and opened a new gym in 1957, whose name is the most famous in HapKiDo annals: **SUNG MOO KWAN™** (aka **SongMooKwan™** or **SeungMooKwan™**) or "School of Martial Accomplishments". GM Ji abandoned this name in 1979 after leaving Korea, and has since taught under the name of SinMooKwan.

Because of ego, historical baggage, political happenings, disloyalty and the inability to live up to the standards and ideals of the **SungMooKwan™**, most HKD practitioners have avoided using it.

HapKiDo training is very vigorous, and places great concentration on ‘naturalness’ of techniques. Economy of motion and “follow-through” or “extension” of techniques is stressed. There are **virtually no hard blocks** in the advanced stages of the art, redirections being preferred for their superiority. **Strong emphasis is placed on takedowns, locks, throws and sweeps as well as kicking techniques.** Comprehensive sections also cover breathing skills, meditation and weapons, which include the staff, knife, short stick, umbrella and folding fan.

There are 3 key **Fundamentals** that form that very heart of HKD (which are not dissimilar from KukSoolWon); they are

*	HWA	or Non-Resistance
*	WON	or Circular Motion
*	YU	or Water Principle

HWA, or **Non-Resistance**, is simply the act of remaining relaxed and not directly opposing an opponent’s strength. If, for example a HapKiDo practitioner were to be pushed hard, rather than resist and push back, he/she would avoid direct confrontation by moving in the same direction as the push, and utilize the antagonist’s forward momentum to throw or trip him.

WON, or the **Circular Principle**, is a concept to gain momentum to execute techniques in a natural and free flowing manner, as well as harmoniously increasing ones speed and power. If, for example, an opponent were to attack with a linear type punch, the HapKiDo student would re-direct the incoming force by simply leading the attack away in a circular pattern, adding the attacks power to his/her own. Once re-directed, the student can then counterattack with ease.

YU, or the **Water Principle**, is best described if one pictures the quiet, direct strength of free flowing water. When one touches water, it is soft; one does not feel anything. But water can be the most powerful force in the world, powering hydro turbines or blasting solid stone to form great canyons. If the flowing stream penetrates and surrounds its obstructions and as the dripping water eventually penetrates the stone, so does the HapKiDo force flow in and through its opponents.

If we can agree that the 3 **Fundamentals** form the basic concepts of HKD, one can then put forward that there are 3 **Pillars or Binders** attached to those concepts, and can be best illustrated by the 3 terms of **Mobile, Agile and Hostile**:

Mobile: In most of our executions, there can be **NO** set stance. We must be able to flow in and out re our distancing vis a vis our opponent. A stance is only used at the moment in time when we need to execute delivery of a technique. If you stay still or remain static, you can be targeted, and thus hit.

Agile: Agility refers to the constant changing of techniques that use once contact has been initiated. Again, we need to be able to use the optimum technique possible in an ever changing or fluid situation, including breathing, strikes, kicks, deflects, trips, locks, throws, etc. We also need to be able to react automatically and seamlessly to our opponent's moves and reactions to our counters.

Hostile: As ours is a military biased system, the intent is clear here.

In terms of **Tactical Strike Execution**, then can be 3 distinct **Phases**, i.e.:

Penetrate, where we physically enter our opponent's defensive perimeter; this can be via stance work alone, or accompanied with a strike package;

Decimate, where we employ a continuous mix of techniques to overwhelm the opponent's defenses; and

Terminate, where we successfully end the immediate threat.

Another way of explanation of how a HKD practitioner should be aware and react to situations is the term **S.E.R.E.** or

Surveillance, where one must continuously be aware of one's environment; who is a potential or probable threat, weapons proximity, escape routes, etc. This must be done at both the conscious and sub-conscious levels.

Evasion; on identifying a danger, we must try to avoid it by all means. This could be by simply walking away from your car for a while due to a suspicious character loitering nearby, apologizing to an offended party, requesting for assistance from a security or law official, giving up your wallet or money, etc.

Reaction; if avoidance is impractical or impossible, we need to react quickly and efficiently. One must also consider a first strike option if it is felt justified (must we wait for the attack we know is coming, risking injury to ourselves and loved ones first?).

Escape. When the threat has been neutralized, we need to evacuate ourselves out of Dodge soonest (get away now!).

Earlier attempts to spread HapKiDo did not meet with great success due to the difficulties in training procedures, but efforts lately have been more successful. The original governing certification body for HKD (in fact, for all traditional martial arts) in Korea was the **Korea KiDoHae** (1960), and then the **Korea HapKiDo Association** (1965), both founded by GM JiHanJae. This occurred due to a power struggle in the KiDoHae, which saw Ji emerging second best and then leaving to form the KHA. The KHA was, however,



disbanded in 1979, after GrandMaster Ji left for the USA where he now resides.



GM OH, Se-Lim

The original KHA was reformed in 1990, and emerged as 2 reborn bodies, i.e. the Korea HKD Federation (KHF) under GM OH, Se Lim, and the other, still called the KHA, under GM HWANG, Duk Kyu. These are generally accepted as being 2 of only 4 bodies recognized to give HKD Dan grades in HapKiDo by the Korean Government, the others being the International HKD Federation or IHF (formerly of Incheon) reported split (now HanKiDo) and perhaps de-registered in 2002 (after the demise of their illustrious founder, GM MYUNG, Jae-Nam in 1999), and the KiDoHae. The KHA was also de-registered in 2002, renamed entirely differently, and continues to operate, albeit with a slightly different mission.



GM Lim is believed to be the last KHA certified Grand Master of SungMookKwan™ before it's de-registration. He was also given the special honor of being officially named the "best" GM of SongMookKwan by the KHA as well as the recognized Head or ChongKwanJang (CKJ) of HKD SMK by both the KKH and the KHF. This has sadly caused some resentment and ill feelings with a number of parties. He is currently the 101st



person awarded the 9th Dan by the Korea KiDo (2012) and is personally certified by the top authorities living today, i.e. **Grand Master JI, Han-Jae, Grand Masters KIM, Jung-Sung and HWANG, Young-Jin (KiDoHae), Grand Master OH, Se-Lim (KHF), Grand Master HWANG, Duk -Kyu (KHA), and Grand Master SEO, In-Sun, (KiDoHae).**

HKD SMK, now under CKJ Julian S. Lim, is again a recognized name (2002 onwards) under the **KHF, KKH** and the **KHA**. While GM Ji did initially give his verbal approval (goodwill reasons only) to GM Lim's request to officially bring back the SMK name in 2003 (despite GM Ji himself abandoning it in 1979), GM Ji did not follow through with written approval and later changed his mind over financial and administrative reasons.

Progress in HapKiDo is roughly similar to TaeKwonDo, except that the lower belt grades may have different colors (White, Yellow, Orange, Purple, Blue, Brown and Red) and generally consist of 10 to 15 Geup or lower grade levels. Senior (Black Belt) levels go from 1st to 10th Dan.



호 HoSinSool Intel 신 술

HOSINSOOL

The term “HoSinSool” can be literally translated from Korean to mean **"Self Defense Techniques"**. It can be taken as a distilled synthesis of both Korean TaeKwonDo and HapKiDo, with emphasis on the latter. It is the form of pure self-defense or unarmed combat often included in the programs of advanced TaeKwonDo and/or HapKiDo schools run by Masters of GrandMasters.

HoSinSool is more of a concept, e.g. a martial style. Its emphasis, in its civilian form, is

- a) rapid **threat analysis**;
- b) diffusion or **neutralization** of the threat;
- c) **escape** from the threat.

This should be accomplished smoothly and with quick, efficient movements.

The emphasis in its military context is radically different, however, i.e.:

- a) rapid threat analysis;
- b) immediate termination of the threat.

Hapki HoSinSool could be generalized as “Street” or “stripped down” HapKiDo, i.e. it employs the same principles of HapKiDo, uses many of its fundamental techniques and has no poomse or patterns. However, some differences are apparent:

1. There are no kicks above the waist;
2. There is minimal emphasis to utilize more than 4 strikes;
3. There is no call to subdue to lock an aggressor unless external help is nearby;
4. There is great emphasis on escaping an immediate danger zone with all haste.

Civilian HoSinSool classes are never taught to children, and rarely to teenagers. Due to its make-up, it is especially suited to **women or executives**, but only those who are mature and of sound character. Those who are graduates (black belts) of TaeKwonDo or HapKiDo seeking more self-defense orientation usually swear by it. Weapons (short stick and knife) are also taught to senior students.

The military version of HoSinSool has been often described by serving officers as ‘brutal’ and ‘savage’, as the emphasis is not on neutralization or escape, but on termination and survival. Special combat knife, machete (parang) and stick techniques are taught, again with the emphasis on maiming or threat termination. There are very few Master qualified and/or experienced to give such instruction.

Visual progress in HoSinSool is similar to both TaeKwonDo and HapKiDo, with several Geup (10 to 15) and Dan (1 to 10) ranks available to students. However, due to the condensed and accelerated nature of the training program, a black belt can be

obtained within 2 years of normal training, compared to 4 to 5 years for TaeKwonDo and/or HapKiDo. The downside, of course, is a lack of **depth** and understanding of the rationale behind as well as variations and extensions of the techniques themselves.

Our efforts in promoting this practical path of applied self defense is sanctioned by the International HoShinSool Federation (IHF) which itself is registered with the Korea KiDo Association.



TukKong MooSool Intel

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TukKong MooSool

TukKong MooSool can literally be translated as “**Special Attacking Military Techniques**”. The following data has mostly been mostly gleaned from the official **Korea World TukKong Association’s (KWTa)** web site at www.tukkong.com.

TukKong MooSool is a very focused modern martial arts discipline created during the cold war in South Korea. South Korea's national sport of TaeKwonDo, while still compulsory for all military conscripts, was felt to be transforming more into a sport and not as useful in practical military situations as the military would like. North Korea had begun practicing a martial art known as **KeukSool**. South Korea's military felt that it needed a superior system to KeukSool. After a brief period of experimenting, HapKiDo was chosen to fill this need for their **Special Forces (SF)** and **Special Operations Forces (SOF)**.

In time, it was felt that an even more efficient system was needed for the **SF** and **Presidential Protection Services (Secret Service)**. In 1978, President Park Jung Hee ordered the creation of a new martial art form that was to be superior in efficiency and use to all other civilian and quasi-military derived self defense systems. This call to action fell onto the **606th Special Missions Battalion**. The founding special operators were all Masters of Korean and other martial arts. From the efforts of these masters, "TukKong" the comprehensive combat martial system was born.

TukKong was first exhibited in front of President Park Jung Hee at Yean Mu Kwan, Blue house in June 1979. Park, who had a high view of martial arts, praised the superiority of it with acclamation and he named it **TukKong MooSool**. After that exhibition, it has been the standard training program of the Presidential Secret Service. TukKong MooSool has also been exhibited in front of President Jun Doo Hwan in October 1980; President Noh Tae Woo in May, 1992; President Kim Young Sam in June 1993; and President Kim Dae Jung in May, 1998. It was also exhibited at the parade ground of the Special Military Command center in August 1979.

TukKong's primary characteristics are the effective unification of a variety of disciplines, and utilizing innovative, practical solutions for real world situations. **Initially TukKong was created to defeat terrorists with high martial arts abilities and skill in close quarters fighting.** Thus TukKong MooSool is taught and practiced using brief and effective skills designed to quickly defeat terrorists.

TukKong's Military and Security martial arts were designed to be a superior personal combat system to defeat enemies of South Korea. KWTa's style of TukKong features updated special combat courses for soldiers and police, which are mission specific. Our TukKong includes civilian courses for the general public, which promote self-protection and good health.

KWTa's TukKong has been evaluated by military and security professionals who believed TukKong is the "Strongest martial arts in the real world". Now, units of the world's most powerful military forces are being introduced and trained by the Association. Martial arts experts of Jujitsu, Mixed Fighting and Russian martial arts that

have trained with KWTa masters have expressed admiration of TukKong's proven innovative and practical methods. There are currently 3 major training programs under TKMS:

1. Army Special Forces official training
2. Presidential Bodyguard Unit's (Blue House Secret Service) official training
3. Civilian training.

The KWTa is registered with, and recognized by, the following bodies:

1. Republic of Korea (Ministry of Culture and Tourism)
2. ROK Presidential Bodyguard Unit
3. ROK 27th Anti-Terrorist Unit Veteran's Association (official Military recognized founding unit of TukKong MooSool)
4. 707th Special Mission Battalion (SMB) Specialist Unit



as the true source of specialist unarmed combat research.

The current Head of the KWTa is President **COL Lim, Woong-Hwan** who has a distinguished military and martial art career. He is a graduate of several distinguished bodies, including Harvard and Central Michigan Universities; US Army Command and General Staff College and the JFK School of Government.



LTC Julian S. Lim was honored by an invitation to join the KWTa in December 2006 and currently holds the ranks of **Grand Master** and **9th Dan**, sits on the **Council of Masters**, and is the **Ambassador or Representative for Muslim countries**.



Tactical (Bladed and Impact) Weapons Intel

TaBIW

One of the hardest things one can do is to seek and identify the main shortcomings of one's particular self defense system (after mastering it, of course). The hardest thing to then do is to actually **do something constructive to correct, if not better, it.**

Most of the populist conventional or traditional martial arts (MA) have actually evolved from civilian self defense systems and focus almost exclusively on one to one unarmed combat. There are very few weapons included, let alone integrated properly with the said respective art. Some arts have added on weapons over the years to try and correct this issue, but they are at best **supplementary** (if not rudimentary) to the core art and often the practitioner feels a lack of synergy as a whole.

Some basic weapons that were added on to some mainstream styles and arts are nunchakus, sickles, chains, scythes, axes, etc. Unfortunately, these are virtually all derived from farming implements, mostly from the Okinawan side of things. Not the first tool of choice for going into deadly and bloody battle, especially against armed foes.

TKD unfortunately has **NO organic weapons** to speak of. Even the primitive rifle and bayonet techniques of the 1st generation version of TKD were Military CQC derived and **NOT** integral to the art.

HKD on the other hand has an abundance of weapons. It is also a properly derived true martial art i.e. one developed with the objective of being used on the battlefield as a backup (albeit a battlefield that existed over 500 years ago). Unfortunately, most of the weapons in use today are not the same as the original ones found in AikiJuJitsu where HKD was mainly derived from, as most of the modern HKD practitioners' today hail from the Ji family style of HKD. Perhaps those from the earlier YuKwan or even YuKwanSool era may train with more effective and synergistic weapons. Most weapons today are for show or demonstrations, and were added on in the later years, and are not organic, i.e. belt, fan, umbrella, walking stick, etc.



Tuhon Tim WAID

In order to actually realize the concept of a holistic or rounded off MA training environment, we have researched into many weapons based or focused styles to address our weapons shortcoming. With the help of Filipino Martial Arts Pekiti Tersia Kali (FMA PTK) experts (**Tuhon or Master Tim Waid and Lakan Guru Emil Fisk**) we have put together simple but **integrated complementary** weapons program for adults as well as parallel “safety n fun” system for children (soft weapon based).

The weapons we have currently selected as at 2012 are as follows:

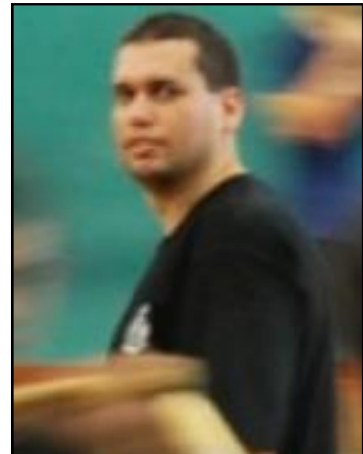


1. Short stick (28 inches; single and double);
2. Nunchaku (single and double, mostly for historical links);
3. Machete;
4. Knife (4 inches and 7 inches; single and double);
5. Samurai sword;
6. Kerambit;
7. Pistol (where allowed);
8. Rifle (includes shotgun, where allowed).

Except for the firearms, training for each impact and bladed weapon is via 3 distinct stages which include a basic pattern based on the traditional “I” format with closed “Ts” front and rear. Basic techniques and realistic drills are the core of each level. Stances are kept simple, with only 4 main ones utilized.

Since we are “Korean” in nature, we follow the Geup and Dan ranking system to suit. Graduates at the Dan level are encouraged to research further into the FMA PTK system if they show an aptitude for the weapons.

Kindly note that the Program focuses on weapons only as it forms a complementary partner to the traditional MA systems that we promote. Hence, **unless specific and integral to the weapons**, there are NO strikes, kicks, throws/takedowns, blocks, stances, etc.



Lakan Guru Emil FISK



Korean Terminology

KOREAN TRAINING COMMANDS

	<u>Cadence</u>	<u>Rank</u>	
ONE	Ha Na	Il/Cho	
TWO	Dool	Ee	
THREE	Set	Sam	
FOUR	Neat	Sa	
FIVE	Da Sot	Oh	
SIX	Yaw Sot	Yook	
SEVEN	Il Gop	Chil	
EIGHT	Yo Dol	Pal	
NINE	Ah Hop	Goo	
TEN	Yool	Ship	
STUDENT	Hak Seng	Black Belts	YunDanJa
ASSISTANT INSTRUCTOR	Cho Ryo		
JUNIOR INSTRUCTOR	BuSaNim		
SENIOR INSTRUCTOR	Sa Bom Nim		
MASTER	Kwang Jang Nim		
UNIFORM	Do Bok	LEFT	Wen
TRAINING CENTRE	Do Jang	RIGHT	Oreun
ATTENTION	Cha Reot	ONE STEP	Han Bon
READY STANCE (BEGIN)	Joon Bee	THREE STEP	Seh Bon
READY STANCE (END)	Geu Man	PATTERN	Poomse
IN YOUR OWN TIME	KoRiUpShi	BREAKING	Kyeukpa
START	She Jak	SELF DEFENCE	HoSinSool
TURN	DwiRoDora	INSTEP	Baldung

RELAX	SheUh	BALL OF FOOT	Apchook
SHOUT	Kiap	BACK OF HEEL	DwitKoomchi
BREAK	Gar Yeo	FIST	Joomok
RESUME	Kay Sok	PALM	Batang-Son
WINNER	Sung	ELBOW	PalkoomChi
BLUE	Chong	CHEST ARMOUR	Hogu
RED	Hong	SINGLE	Hanbon
END	Pharow	DOUBLE	Deubon

STANCES

FRONT STANCE	Ap Koop Bi	Fighting Stance Kyorugi Sohgi
BACK STANCE	Dwi Koob Bi	
TIGER STANCE	Beom SohGi	
HORSE-WALKING	Joo Choom SohGi	

OTHERS

LINE UP FOR CLASS	Chipap	KICKING DRILLS	Chagi Yonsup
BOW TO FLAG	TaeGuekKi KyongAe	PUNCHING DRILLS	Chirugi Yonsup
START MEDITATION	MyongSang Sijak		
END MEDITATION	MyongSang Kuman		
START WARM UP	Joon Bi Undong Sijak		
END WARM UP	Joon Bi Undong Geuman		
START WARM DOWN	Chongni Undong Sijak		
END WARM DOWN	Chongni Undong Geuman		

KICKS

AXE KICK	Naeryo ChaGi	SHIN KICK	Jungangee ChaGi
SIDE KICK	Yeop ChaGi	PUSH KICK	Mero ChaGi
BACK KICK	Dwi ChaGi	TURNING KICK	Dollyo ChaGi
HOOK KICK	Horyo ChaGi	FRONT KICK	Ap ChaGi
SPIN KICK	Dwi Dollyo ChaGi	SLAP KICK	PyoJeok ChaGi

STRIKES

UPPER CUT	Wee JiReuGi	VERTICAL BACKFIST	ApChiGi
SIDE PUNCH	Yeop JiReuGi	HORIZONTAL B/FIST	Bakkat ChiGi
HOOK PUNCH	Dollyo JiReuGi	ELBOW STRIKE	PalKop ChiGi
OBVERSE PUNCH	BanDae JiReuGi		
REVERSE PUNCH	Baro JiReuGi		

BLOCKS

LOWER BLOCK	Ah Rae Makki
MIDDLE BLOCK	MomTong Makki
UPPER BLOCK	Ool Gol Makki
INSIDE TO OUTSIDE	Momtong Makki (same as middle block)
OUTSIDE TO INSIDE	Momtong An Makki
PUSHING BLOCK	Momtong Bakat Makki
KNIFE HAND	Sunnal Makki
DIAMOND	Geumgang Makki
MOUNTAIN	San Makki

Really Important Questions

RIQ: Really Important Questions!

These are samples of **Knowledge Test** questions that we ask all senior, black belt and instructor candidates. We are looking for **rationale, examples and debate to examine the amount of research and thought processes** executed by each individual. Very few answers are closed, and many have a multitude of open-ended answers.

- What are the main benefits of correct **breathing skills**?
- Why do we injure ourselves (bruise) when we **fall**, and how do we **minimize** this?
- What is the difference between **active and passive stretching**, and when do we correctly use them?
- How do we accurately measure the exact proper front stance stance for each practitioner?
- What are the primary and secondary functions of a **stance**?
- What are the major **differences between stable and unstable stances**, and when should we use each?
- Why do some martial arts have **patterns**, and what are their **pros and cons**?
- Why do we **Kiap**, and how would we apply this to multiple **concurrent strikes**?
- What was the original colour of the dobok and why?
- Why are our doboks now **white**?
- Why do we have **colored** (belt) ranks?
- Why are Dan belts **black**?
- Why are MooDukKwan dobok trims **blue**, as well as some MDK Kwan Dan belts?
- Why do we need to **Test**?
- Why must we have **Kyorugi** (free sparring)?
- Why is there **Kyukpa** (breaking skills)?
- What is **Ki**, and why do martial artists need to develop it **differently** from others?
- What is a **black belt; Instructor; Master; Grand Master**, and don't the **titles come automatically** with one's rank?

- What are the pros and cons of **competition biased** training?
- What are the **application and power delivery differences** between a punch and a palm strike?
- What are the reasons (and differences) for **resting our fists** either on our hips versus our upper ribs?
- What is the reason for **twisting our wrists** when completing a punch, and is this a good thing?
- Why do we use obverse punch first when we double punch formally?
- What does it say about the *DNA* of the art when most patterns use the obverse punch vs the reverse punch?
- What is the difference between **2 dimensional and 3 dimensional** applications of the 3 HapKiDo Principles?
- What is “**sine wave**”, and why do some see it as 2 dimensional?
- What **REALLY** is a martial art, and what do most of us practice?
- Why is authentic, **quality certification** especially important today?
- Why are **traditions and lineage** crucial?
- Should martial arts **evolve**, or should they be **preserved** as their respective founders designed them?
- What has been the **evolutionary path of TaeKwonDo**?
- What has been the **evolutionary path of HapKiDo**?

Certification

Questions

Certification Questions in the MAs:

Through the years there have been many key questions repeated regarding the issue of certification. Due to various factors, these questions have increased, both in their frequency and scope. In order to shed more light on these sensitive areas, we have tried to list out the key areas of concern below:

1. Why are there so many Dan levels?

We cannot speak for all styles or even arts, but in general,

- a) 1st to 2nd Dan is a reflection of having achieved a mastery or grasp of the physical **basics** of the art.
- b) 3rd to 4th Dan is normally given to those who have achieved a **complete grasp** of the advanced physical requirements of the art.
- c) 5th to 7th Dan normally means that they have achieved **mastery** of the art.
- d) 8th to 10th Dan are normally honorary grades, given for **loyalty and contribution** to the art.

2. At what Dan level can we teach, or be a Master?

Dan is a term for rank achievement generally via skill and knowledge. It is **NOT** a mark of instructional or intellectual ability, let alone capability.

Instructor status can be awarded to deserving candidates who have satisfied the requirements, normally via a set curriculum given at a course that can last 1 day to 2 weeks.

Assistant Instructors can be from 3rd Geup level onwards.

Full Instructors can be from 2nd to 3rd Dan; **International Instructors** can be certified from 4th Dan.

Master Instructors can be certified from 5th Dan (junior Master level), although they are normally awarded from 6th Dan (full Master level).

Grand Masters (GM) can be recognized from 8th Dan (juniors). GMs are traditionally awarded to those who have not only mastered the art (Master qualification), but also to those who have understood and enriched the art, and helped in its continued development and promotion.

3. Who can issue said certification?

Normally one needs to be a **Master to grade** (6th Dan). Some organizations allow 4th Dans's to **recommend**, but normally you would need a minimum of 6th Dan to sign and authenticate the grade. Normally one can grade up to one level below one's own, i.e. a 6th Dan can grade to 5th; a 7th Dan can grade to 6th, etc.

To further add weight to the rank, it helps if the issuing body is either one of the recognized world bodies (e.g. ITF or WTF; Korea KiDo, etc.) or one of the founding bodies (e.g. ChungDoKwan™, KHA, MooDukKwan, etc.) of the art. Obviously, the Examining Master should hold credible and genuine certification from at least one of these bodies him/her self.

4. Why is there a growing concern over certification?

Simply put, **fraud**, resulting from **greed and ego**. Giving out rank is now a big business. So big in fact, that we must watch out for Dan mills or worst, scams. Always have a simple checklist to verify the authenticity of various claims:

- a) the cert is given out by a panel or committee of lower Dan ranks, **usually students of the high Dan candidate**. This is becoming common, but this does not make it right (e.g. Can ten 1st Dans really authenticate a person to 9th Dan?);
- b) the cert is given out by a grand sounding body that may have some genuine (trying to be polite here, ok?) martial artists but some sign off on styles or even arts that they are not qualified under;
- c) the cert is signed by someone who themselves have suspect certification (what value a cert signed by a fraud?);
- d) the cert is in the name of a “paper” organization, i.e. one that does nothing for its members (i.e. a paper mill), probably headed by an unqualified head;
- e) some clever persons have taken paper bodies to a great extreme, e.g. I could go to Korea, and register several companies to sound like KMA bodies, e.g. “ConDoKwan HapKiDo”, “FakeDoKwan TaeKwonDo”. As an added touch, I could also register a quasi governing body, e.g. “Korean Martial Arts Masters Association” that will act as a form of national governing body. Of course since all these companies or business are legally registered under South Korean government, by law any certs issued under their name can be said to be “Korean certs” that are government recognized and “legal”;
- f) the cert is in the name of a recognized organization, e.g. KukKiWon, but the design and contents of the cert are different from the original (it's still a fake, good only for toilet paper);

- g) the cert is in the name of a recognized organization, and looks real. If so, write off to the issuing body to verify its authenticity.

Any real Master or Examiner will not object to you verifying his status, just ask politely.

5. How come some 9th or 10th Dans are around 30 years old?

Well, it could be a **religious thing**; they woke up one morning, and **God** told them that they were anointed as Grand Masters.

Seriously, some persons (including talented ones) decide to “found” their own art or style, and as founders, some organizations (for a fee) recognize them as founders, normally at 9th or 10th Dan level. Of course, some may have less than 10 years training (if at all) and questionable understanding of even the basics. However, if you want fast and immediate certification, simply apply to these “founders” with (a lot of) your money.

Generally, 8th Dans are not awarded to those below 42 years, normally 44 years; 9th Dan to those above 54 years, and 10th Dan to those at least 65 years old.

6. Why do some genuinely qualified Masters step away from their “mother” bodies?

There are a number of reasons, i.e.

- a) money, in terms of membership fees (too high)
- b) services, in terms of non-value for fees paid (too few)
- c) politics (too much)
- d) ego (way too much)
- e) a change of personal direction, etc.
- f) termination or sacked (misconduct, fraud, etc.).

Some reasons may be genuine; just ask politely. However, the master does have the prerogative to decline to answer. In which case, you have to make up your own mind.

7. Which certificates are internationally recognized?

At the end of the day, it depends on the individual’s standard and attitude as well as the person asking if you bring your rank certificate to train in another gym.

Some Masters of the same world organizations don't even recognize the same organization certificate! Some world bodies brand images have suffered because of lowering of standards and "giving" out of Dan certs.

At the end of the day, unless you are an Instructor, don't worry too much about the number of stripes on your belt. Focus on your skills, knowledge and attitude. Find a good instructor who is capable and recognized, and do your best to learn.

8. Why is proper or premium certification important?

- Certs establish lineage to the Art and one's roots (an extremely critical point);
- Certs offer a renewed emphasis on training, e.g. another worthy goal to achieve;
- Certs demonstrate minimum competence or mastering of set identifiable basic levels of ability in the art;
- Certs can sometimes identify outstanding practitioners of the art, e.g. Citations, "Outstanding student", etc.;
- Certs improve skills and knowledge;
- Certs demonstrate an individual's drive, initiative and accomplishment spirit;
- Certs demonstrate accountability to a governing entity;
- Certs also demonstrate an individual's commitment to the art and profession (if Instructing);
- Certs enhance the image of the Association, Art, and Profession as a whole as being standards and quality driven;
- Certs contribute to building self esteem and confidence in the individual;
- Certs help build trust, respect, and confidence from the students and public;
- Certs set an example and promote a culture of continuous learning and achievement;
- Certs help establish professional credentials;
- Certs improve career opportunities and advancement;
- Certs help prepare one for greater responsibilities;
- Certs offer greater professional recognition from one's peers.

9. What certification should I get?

Our answer to this is pretty straightforward:

- a) Aim for the **best**.
- b) If this is not possible or impractical, get certified from someone who has him or herself been certified by the best.

You will need to do some initial research to establish which Bodies or Associations are recognized as the best. Some bodies may be the best in a particular aspect of an Art; you may then need to seek certification from another body that is recognized as the best in the other area that is seen as important, e.g. The **KukKIWon** is the governing

body for Olympic TaeKwonDo, but is not seen by many as being the authority in traditional TaeKwonDo (the original **Kwans** are seen as such).

Again, due to historical or evolutionary reasons, there may be **2** bodies for a particular martial art seen as the pinnacle for certification and membership, e.g. between them, the **DaeHan KiDoHae** (Korea KiDo Association) and the **DaeHan HapKiDo HyupHae** (Korea HapKiDo Federation) control **over 80%** of all HapKiDo in Korea. Membership to either body is very prestigious and virtually mandatory to have standing with one's peers. Membership with both is **very, very rare**.

10. Why do some MA Instructors claim academic certification?

This is a very odd and somewhat growing **controversial** issue. There seems to be a growing trend for Instructors to claim an academic title (e.g. "Doctor" or "Professor" or a lower academic degree e.g. MBA, BSc, etc.) in their MA. If they received their academic title for an (accredited) academic study from an accredited University, then fine.

Otherwise it's mostly a **self promoting PR exercise or worse, another con job; facts:**

- There are **precious few** academic Universities that issue academic degrees in the MAs. One is the Kyung Hee in the ROK. Even then, their course content is heavily dosed with Sports Science and Teaching methodologies;
- I believe that in many countries, the **use of academic titles without the proper and recognized credentials is an actual crime**;
- Most of these "professors" or "doctors" **don't even have a proper thesis, let alone a dissertation**. A MBA thesis can run from 50 to 80 pages, including references, graphs, maps, photos, etc. A Doctorate dissertation can run to 200 pages. This does not take into account the oral presentation and defense, which can run to 3 hours! Some leading Universities even insist on papers following specially established ISO standards (e.g. ISO 7144; 2145; 690; 31, etc.);
- A certificate that tries to pass itself as from a recognized institution but is not is a **FAKE** or counterfeit – beware;
- If the issuing institution is **not recognized or accredited** by its own government (Ministry of Education or equivalent) what value is that degree?;
- Again, an accredited institution may issue actually issue a MA degree, but **is the actual or specific course itself accredited?**;
- The normal time required for a MBA is usually 2 years full time study; for a Doctorate, it can be up to 4 years. Yet these MA "geniuses" are able to receive their academic papers with months of applying (and paying the fee of course);
- If a government accredited University officially appoints you as a Professor, then you have the legitimate right to use that title **as long as you have tenure with the University**. Once you leave, or worse, have no tenure, you aren't a "Professor" any more and cannot call yourself one unless you want to mislead people.

SOP for Islamic (Shariah) Compliance

Shariah (Islamic Law) Compliancy

The following key points need to be adhered to if classes taught can be deemed compliant (*Harus*) with Islamic or *Shariah* legal parameters. This is optional in non-Muslim majority classes, but can be mandatory (*Wajib*) for Muslim predominant classes. We are honoured to be the first organization in the world to be officially certified as *Shariah* compliant via our training activities.

1. There can be absolutely **NO** spiritual chanting (*jampi*) of any kind before, during or after class, including burning of incense (*kemian*) or any such activity.
2. There should be a (very) brief prayer (*doa*) both before and after class recited (by Muslims only) for the safety and success of the class. Participants can perform this standing facing the front of the class or in the direction of the *qiblat*.
3. Where possible, allowance must be given for those who wish to observe the **times of prayer** (*solat*) should the call to prayer (*azan*) occur during the class times.
4. Where possible, there should be an effort to provide the following: a clean area for ablution (*wudud*); a designated area for prayer (with *qiblat* shown) and a clean prayer mat (*sajada*).
5. Both males and females must **cover their prohibited areas** (*aurat*) or at a very minimum observe a fair sense of decency regarding clothing while maintaining safety at all times e.g. do not use sharp items to keep a *hijab* in place nor use excessive coverings that will hamper vision or impede movement safety.
6. Please ensure that participants **do NOT change their clothes** in public in the training center. Encourage the use of the toilets or set aside a designated changing room.
7. Where required, classes need to be **separated by sexes**, i.e. males to line up by rank in the front and females by rank at the rear.
8. Unless required by necessity (e.g. practical self defence grabs, etc.) there should be absolutely **NO physical contact** between males and females during class (except between married couples, family members or children or in an emergency situation e.g. first aid needed).
9. There must be absolutely **NO** discrimination in class against a person's religion, sect, colour, race, etc. All are to be treated equally fairly.
10. Do not tolerate the use of any **prohibited items** (*haram*) or **behaviour** by the members, especially in the training center, e.g. bringing in pork or dangerous drugs or narcotics; gambling or any sort; intoxicating drinks; cursing, etc.

11. With regards to bowing, this can be permitted in principle **IF both** parties do this mutually only as a sign of simple respect (NOT worship):

- For the **Standing bow**, both parties (Senior and Junior or Instructor and Student) **MUST** bow **mutually** to each other; eyes focus on the **knees** of the mirror partner (**NOT** the feet and certainly **NOT** the floor);
- For the formal **Kneeing bow**, this can also be accepted IF both parties bow to each other mutually **AND** the forehead must **NEVER** touch the floor. Acceptable alternatives are for the forehead to either stop just above the floor or (safer choice) to place both hands as a triangle base for the forehead to rest on during the bow.

SOP for Instructors'

Qualifying Seminar

(IQS)

TAEKWONDO CHUNGDO KWAN: INSTRUCTORS QUALIFICATION SYLLABUS (BASIC)

Objectives

1. To inculcate **minimal acceptable standards** of **Skills and Knowledge** for Instructors at different levels, partly **dependent** on Dan rank and time in rank.
2. To **raise the instructing ability** levels of participants.
3. To promote better TKD **leaders**.

Duration

1. The standard duration for non-experienced candidates is 16 hours.
2. It is recommended that participants invest a minimum of 32 hours prior reviewing the basic course material.

Grade Levels

1. Minimum level for **attendance** is 4 Geup.
2. Minimum level for **Dojang** level certification is 2 Geup.
3. Minimum level for **State** level certification is 1 Dan.
4. Minimum level for **National** level certification is 3 Dan.
5. Minimum level for **International** level certification is 4 Dan.

Qualification for Participation

1. Current **active** TKD CDK members of the appropriate rank class.
2. Persons of good **character and attitude** recommended by their respective Head or Master Instructors.

TKD Content Modules

1. History of TaeKwonDo and the Kwans.

- **Pre 1944;**
- **Post 1944;**
- **Politics;**
- **Direction;**
- **Players**

2. Dojang Development.

- **Set up;**
- **Authority;**
- **Location;**
- **Promotion;**
- **Target Market;**
- **Benefits.**

3. Class Operations.

- **Prep work;**
- **Etiquette;**
- **Training Types and Stages;**
- **Warm ups and Cool downs.**

4. Roles and Duties of the Instructor and Students.

- **Leadership;**
- **Obedience;**
- **Religious issues.**

5. Basic Terminology and Motions.

- **Counting;**
- **Names and Pronunciation;**
- **Stances;**
- **Blocks;**
- **Strikes;**
- **Kicks.**

6. Competition Rules.

- **Olympic;**
- **ITF (optional);**
- **Dojang.**

7. Patterns (Poomsae, Hyung and Tuls).

- Importance;
- Development;
- Interpretations;
- Execution.

8. Promotion Regulations (CDK and KukKiWon).

- Time in Grade;
- Attendance;
- Attitude;
- Reason.

9. Pre-Hospital Injury Treatment.

- Bruises;
- Sprains;
- Muscle pulls;
- Trauma;
- Dislocations;
- Groin;
- Head.

10. Local Authority regulations.

- Coaching certification;
- Insurance;
- Safety;
- Religious;
- Organization.

HAPKIDO SUNGMOOKWAN: INSTRUCTORS QUALIFICATION SYLLABUS (BASIC)

Objectives

1. To inculcate **minimal acceptable standards** of **Skills and Knowledge** for Instructors at different levels, partly **dependent** on Dan rank and time in rank.
2. To **raise the instructing ability** levels of participants.
3. To promote better HKD **leaders**.

Duration

1. The standard duration for non-experienced candidates is **16 hours**.
2. It is recommended that participants invest a minimum of **32 hours** prior reviewing the basic course material.

Grade Levels

1. Minimum level for **attendance** is **4 Geup**.
2. Minimum level for **Dojang** level certification is **2 Geup**.
3. Minimum level for **State** level certification is **1 Dan**.
4. Minimum level for **National** level certification is **3 Dan**.
5. Minimum level for **International** level certification is **4 Dan**.

Qualification for Participation

1. Current **active** HKD SMK members of the appropriate rank class.
2. Persons of good **character and attitude** recommended by their respective Head or Master Instructors.

HKD Content Modules

1. History of HapKiDo.
 - Choi Yong Sool;
 - Ji Han Jae;
 - Direction of Evolution;
 - Major Players (Kwans; KiDo; KHA; KHF; others).

2. Dojang Development.

- Set up;
- Authority;
- Location;
- Promotion;
- Target Market;
- Benefits.

3. Class Operations.

- Prep work;
- Etiquette;
- Training Types and Stages;
- Warm ups and Cool downs.

4. Roles and Duties of the Instructor and Students.

- Leadership;
- Obedience;
- Religious issues.

5. Basic Terminology and Motions.

- Counting;
- Names and Pronunciation;
- Break falls and Rolls;
- Stances;
- Blocks and Parries;
- Locks;
- Throws and Takedowns;
- Strikes;
- Kicks;
- Weapons.

6. Competition Overview.

- KiDo;
- Dojang;
- Reason.

7. One Step.

- Importance;
- Development;
- Interpretations;
- Execution.

8. Promotion Regulations (SMK and KiDoHwe).

- Time in Grade;
- Attendance;
- Attitude;
- Reason.

9. Pre-Hospital Injury Treatment.

- Bruises;
- Sprains;
- Muscle pulls;
- Trauma;
- Dislocations;
- Groin;
- Head.

10. Local Authority regulations.

- Coaching certification;
- Insurance;
- Safety;
- Religious;
- Organization.

SOP for Sparring

Training

SPARRING WORKSHOP CONTENT

OBJECTIVES

1. Targeted at TaeKwonDo athletes and coaches
2. Neutral in terms of style specific (covers ITF and WTF)
3. Improve awareness and adaptability of TKD players sparring abilities
4. Improve specific performance ability of attendees

ELIGIBILITY

1. Experienced TKD practitioners (minimum 2 years basic)
2. Focused towards 3rd Geup to 4th Dan ranks
3. In good health and able to spar
4. Workshop briefing will be Bi-lingual (English and Malay)
5. Willingness to spar lightly numerous times with own safety gear and dobok

SUBJECT AREAS (7)

Rules Familiarization

1. ITF standard
2. ITF local
3. WTF basic
4. Dojang or Traditional

Pre-Conditioning

1. Diet for Health and Weight Management
2. Supplements
3. "Total" Rest times
4. Training scheduling

Conditioning

1. Endurance Building (Stamina requirements)
2. Strength Building (3 Key Muscle groups for TKDists)
3. Technique optimization
4. Speed Generation (Basic, Reaction, Sprint)
5. Power Generation (Breathing, Body and Joint alignments, Hips, Delivery Angle, Speed multipliers)
6. Punishment negation and absorption

TRAINING REQUISITES

Stances and Footwork

1. Purpose of stances and footwork
2. Linear and non-linear usages
3. Generating and using kinetic energy efficiently

Competition Sparring Actual: Key Points

1. Why Blocking must be avoided
2. Why Hip movement is critical
3. Why Flow and Timing are more important than outright speed
4. Agility of Techniques
5. Understanding your Opponent: Rapid Threat Assessment
6. Understanding the Rules; and the Roles of the Referees, Judges, Coaches and Managers
7. Using Psychology to your advantage
8. How to maximize your scoring opportunities and to minimize your opponents
9. Sparring Statistics: the Good and the Bad

Punching Optimization

1. Why Fundamentals are critical
2. The 6 primary punches: What to know, Which to master
3. Bio Mechanical optimization and weak points of basic punches
4. Auto set up or “locked and cocked” positioning
5. Penetrating power vs pushing power

Kicking Optimization

1. Why Fundamentals are critical
2. The 6 primary kicks: What to know, Which to master
3. Bio Mechanical optimization and weak points of primary kicks
4. Auto set up or “locked and cocked” positioning
5. Penetrating power vs pushing power

SOP for Gradings And Examiners

Gradings Compliancy

The following key points need to be adhered to if rank gradings or tests are to be run and results recognized.

1. The actual minimum rank allowed to administer grade tests or gradings is 5 Dan although it is preferable for the examiner to be a full Master level or 6 Dan.
2. Senior members who join the network who have previously graded their students can be allowed to continue doing this providing they adhere to the SOP proper and the familiarization template before being qualified as an approved Examiner.
3. Due to our reciprocal arrangements with both WTF and ITF, certified holders of both Geup (ITF) and Dan grades under TKD CDK can apply for respective ITF and WTF certification (KKW and KCDK) *providing they comply with the respective rank's technical requirements*. Final approval lies with the respective issuing bodies.
4. The initial **Examiner Familiarization Program (EFP)** begins with the respective examiner candidate sitting with a current approved Examiner for a minimum of 3 official Gradings (3 months spacing minimum) for hands-on experience and tutelage.
5. Upon having the necessary observer experience, the candidate Examiner needs to attend an **Examiner Qualifying Seminar (EQS)** to be conducted by the CI or his representative.
6. Having passed the Examiner Seminar, the appointed Examiner (probationary) is then able to conduct 3 official gradings for ranks up to half the Geup levels (i.e. 12 to 7 Geup).
7. If feedback is positive, the (now qualified) Examiner will then be able to grade up to 1 Geup.
8. Only those with a minimum rank of a 6 Dan Master are allowed to administer Dan rank gradings.
9. Unless waived, the CI or his representative needs to be present for **ALL** Dan tests.
10. Test procedures are standardized, and need to be followed closely.
11. It is the primary objective of the test to determine publically to one and all if the candidate is ready and worthy of the rank tested for; tests are **not** to be used as a "*rubber stamp*" for promotion.
12. TKD and HKD Examiner qualification are *separate* and need to be obtained independently of each other.

SOP for Examiners'

Qualifying Seminar

(EQS)

Topic Areas Checklist:

What are the **primary reasons** for us to need Tests for rank grades?

1. To assist the students in progressing through the various content requirements of the art in bite sized stages, at their own pace.
2. To motivate the students via tangible achievements (rank grades and belt colors).
3. To inculcate positive values within each student (focus; overcoming; discipline; perseverance; confidence; etc.)
4. As a measure of the system's effectiveness to impart values, standards, skills and knowledge.

What is the requirement **template to follow for each rank?**

1. Each art follows the respective set syllabus content.
2. Each candidate follows the guide in terms of time in grade; age; training commitment; skills and knowledge ability.

What are the **main requirements for the actual testing formats?**

1. Primary objectives are to achieve transparency, accuracy, consistency, efficiency and effectiveness.
2. Senior candidates (Black belts) can be tested via world body testing template if there is one (KukKiWon).
3. Junior candidates should be tested via the standard testing template.

Primary Testing components checklist for Candidates:

1. There are **5** main areas overall: **Techniques; Poomse** (TKD only); **Kyorugi (Sparring); Self Defense; Kyukpa (Breaking) and Weapons** (HKD only).
2. Techniques can be sub-divided into **6** areas: **Stances; Strikes; Kicks; Accuracy; Gracefulness; Overall Skill.**

Full Testing component checklist for Candidates:

1. Physical Endurance component (Optional).
2. Historical knowledge section (Optional).
3. Basic technical knowledge for Geup level candidates.
4. Advanced technical knowledge for Dan level candidates.
5. Patterns (TaeKwonDo candidates only).
6. Technical Skills (as per rank requirements) execution.
7. HoShinSool or Applied Self Defence (as per rank requirements; includes multiple opponents).
8. Kyurugi or Free Sparring (as per rank requirements; includes multiple opponents).
9. Kyukpa or Breaking (as per rank requirements).
10. Weapons (HapKiDo or Weapons Program candidates only)
11. Thesis paper (as per High Dan rank requirements) presentation and discussion.

Where should we conduct the events?

1. Preferably indoors, in a controlled environment with good lighting.
2. Temperature comforts should be available (fans, air-conditioners, heaters, etc.).
3. Capable of handling not only candidates but their following (family and friends).
4. Parking, seating and toilets are important issues for most events.
5. If possible, mats should be provided.

What are the **Examiners minimum requirements** in terms of Rank and Qualification?

1. **6 Dan minimum of the respective art.**
2. **Certified as a Master Instructor of the respective art.**
3. **Signed off on the Examiners' Familiarization Program (EFP).**
4. **Signed off on the Examiners' Qualifying Seminar (EQS).**
5. **Qualified as an Examiner of the respective art.**

What are the testing rank limits for each Examiner?

1. One Dan below their current rank e.g. 6 Dan can grade to 5 Dan; 7 Dan to 6 Dan, etc.
2. 8 and 9 Dan rank gradings are normally conducted at the Korean HQ.
3. In areas where a special exception has been made, a qualified and certified 5 Dan special Examiner can grade all Geup grades but NOT Dan grades.

How many candidates can an examiner test at each time?

1. Number of candidates seen by each Examiner can be 1 minimum to 6 maximum, with 4 as an optimum.

Should candidates' individual results be made known to them after the test?

1. Yes.
2. Both rank Group and Individual results should be released to the respective Instructor base for later downloading to the candidates.
3. This will increase overall understanding and help improve future performance standards.

Why do we advocate a standard "Fail" percentage for all test candidates?

1. This is a guide suggestion, for the examiner's application.
2. To improve the overall quality control of standards.

What is the dress code for Examiners?

1. Official dobok (with all appropriate badges) washed, cleaned and pressed.
2. Alternative is a dark colour suit, with a white long sleeved shirt and tie with polished dark leather shoes.

What is the dress code for candidates?

1. Official dobok (with all appropriate badges) washed, cleaned and pressed.

Are there any Conduct Guides for the event?

1. Applicable to **ALL** involved.
2. Punctuality is critical.
3. Absolutely **NO** non-prescription drugs are to be tolerated.
4. **NO** alcohol allowed.
5. **NO** chewing or bubble gum allowed.
6. **NO** smoking (included chewing tobacco) allowed.
7. **NO** eating allowed.
8. Drinking allowed, but from non-glass containers.
9. **NO** glass containers of any kind allowed near or on the grading floor area.
10. **NO** profanities allowed.
11. **NO** loud, provocative or aggressive behavior allowed.
12. **NO** videotaping except with the express permission from **BOTH** the organizer **AND** the Examiner.
13. Only candidates and officials are allowed within the grading floor areas.
14. There should be a designated first aid officer present with the appropriate kit.
15. Instructions from designated Officers or Controllers should be clear and adhered to immediately.

When are Assessments (as opposed to formal Gradings or Tests) allowed?

1. Gradings are to be used when there are a minimum number of feasible candidates available.
2. Minimum number thresholds or levels can vary, but normally start at 20 candidates.
3. When there isn't an acceptable minimum number available, the Examiner can use his/her discretion to conduct a less formal Assessment.
4. Another condition for an Assessment is when there is a special event, and the examiner can make an ongoing Assessment during said event.
5. Assessments can be made on the spot (known candidates), over a short marked time period (1 to 4 hours) or over an extended time period (up to 1 year) depending on circumstances.

Can other rank certificates be accepted to establish a base rank for the individual candidate before the grading?

1. If they are from our **parent governing Korean Martial Art bodies**, **YES!**
2. If they are from **other world class bodies** that we recognize out of goodwill, **YES.**
3. If they are from **Master Instructors certified from the above** bodies that have positive goodwill, **YES.**
4. **All others are NO;** please check with the HQ for confirmation if unsure.

Procedural checklist for Examiners:

1. Suitable date, time and venue for the event.
2. Minimal number of candidates confirmed.
3. Booking, checking and announcement of the venue.
4. Fulfilment of the Pre-event syllabus requirements (e.g. endurance testing).
5. Appointment of Event Coordinator or Officer in Charge (OIC).
6. Appointment of Sub section officers.
7. Confirmation of any and all event equipment needed (e.g. mats, tiles, planks, safety gear back-ups, first aid kit, toiletries, etc.).
8. Confirmation of any specialist personnel needed (paramedics, etc.) or their quickest location (i.e. medical clinic or hospital).
9. Confirmation of a cleanup crew for before and after and basic tools needed (mops, bin bags, etc.).
10. Confirmation of any VIPs attending and if so, basic requirements for them (e.g. ushers, light refreshments, etc.).
11. Is any Local Council or Authority permission required (e.g. Police)?
12. Is there any generic event signage that can be temporarily erected (good PR) on site on the day?
13. If grading sheets are off line (hard copy) are these prepared and distributed prior?
14. If grading sheets are standardized on line, are there backup systems ready (have we also checked power availability)?

Military Alpha Codes

A	Alpha
B	Bravo
C	Charlie
D	Delta
E	Echo
F	Foxtrot
G	Golf
H	Hotel
I	India
J	Juliet
K	Kilo
L	Lima
M	Mike
N	November
O	Oscar
P	Papa
Q	Quebec
R	Romeo
S	Sierra
T	Tango
U	Uniform
V	Victor
W	Whiskey
X	X-ray
Y	Yankee
Z	Zulu

Murphy's Laws of Combat

MURPHY'S LAWS OF COMBAT

These are a few “truths” that warriors find out in the battlefield. Better to know them now than to have to find out the hard way. With a little imagination and adaptation, they can be used to reflect parallel “truths” for the office, on the field, on the mat. Think about it.....

This list is not exhaustive. If you have a few points to share with us, please do drop us a line.

1. Without a sound plan, there is little hope.
2. The best plans do not survive the first contact intact.
3. Doing something productive right now is better than figuring out the best plan tomorrow.
4. Tactics are for amateurs; professionals study logistics.
5. If you can keep your head while those around you are losing theirs, you've definitely misjudged the situation.
6. Perfect is the mortal enemy of good enough.
7. There has never been an “impregnable” defense.
8. Train as you wish to fight; fight as you train.
9. Do not prepare for the next war by training for the last one.
10. The important things are always simple.
11. The simple things are always hard.
12. KISS – Keep it simple, stupid!
13. If it's stupid but works, then it's not stupid.
14. He said “Cheer up, it could be worse!” So we cheered up. Sure enough, it got worse.
15. The easy path is inevitably mined.
16. Every command that can be misunderstood will be.
17. Success occurs when no one is looking, screw ups when the General is watching.

18. The more stupid the leader, the more important the missions he will be tasked with.
19. Try to look unimportant; the enemy may be low on ammo.
20. If you're drawing fire, it may be because you're conspicuous.
21. It's not the one with your name on it that's important; it's the one with "to whom it may concern".
22. Try not to draw fire, it irritates those around you.
23. Teamwork is essential; it gives the enemy other people to shoot at.
24. Density of fire is proportionate to the curiosity of the target.
25. Suppressive fire only works best on abandoned positions.
26. The most dangerous thing on a battlefield is a 2nd Lieutenant with a map and compass.
27. Never underestimate the ability of the brass to screw things up.
28. You have 2 mortal enemies in combat; the opposing side, and your rear echelon.
29. Walking point = sniper bait.
30. Incoming fire has right of way.
31. Tracers work both ways.
32. You can never have too much ammo.
33. When in doubt, empty your magazine.
34. When really in doubt, call in fire support.
35. Radios will always fail when you desperately need fire support.
36. No matter what radio frequency you're on, everyone else is on the other.
37. The only thing more accurate than incoming enemy fire is incoming friendly fire.
38. If you are forward of your position, the artillery will always fall short.
39. Anything you do can get you shot, including doing nothing.

40. If the enemy is in range, **SO ARE YOU!**
41. The seriousness of a wound (in a fire fight) is inversely proportional to the nearest cover.
42. If you are short of everything except enemy, you're in combat.
43. If you lose contact with the enemy, look behind.
44. When you have sufficient supplies and ammo, the enemy takes 2 weeks to attack.
45. When you don't have sufficient supplies and ammo, the enemy is sure to attack tonight.
46. If your positions are set and you are ready to take the enemy's assault, he will bypass you.
47. The enemy will attack on only 2 occasions: when they are ready, or when you are not.
48. Never share a foxhole with anyone braver than you.
49. There is no such thing as an atheist in a foxhole.
50. "Live" and "Hero" are normally mutually exclusive terms.
51. A Purple Heart means that you were smart enough to think of a plan; stupid enough to try it; lucky enough to survive.
52. If your attack is going really well, it's probably an ambush.
53. All 5 second grenade fuses will burn out in 3.
54. The bursting radius of a grenade is always 1 foot further than your jumping range.
55. Remember: Your weapon was made by the lowest bidder.
56. The complexity of the weapon is inversely proportional to the operator's IQ.
57. Field experience is something that you don't get until just after you need it.
58. You are not a superman/wonder woman.
59. If at first you don't succeed, call in an air strike.
60. The ultimate close support weapon is a B52.

61. Mines are equal opportunity weapons.
62. Napalm, CBU's and FAE's are area support weapons.
63. All weather close support doesn't work in bad weather.
64. The only truly secure terrain is the one you are currently standing on.
65. When you have secured an objective, don't forget to let the enemy know about it.
66. If you take more than your fair share of objectives, you'll have more than your fair share of objectives to take.
67. No combat ready unit ever passed inspection.
68. The combat worth of a unit is inversely proportional to the smartness of its outfit and appearance.
69. Never tell a platoon sergeant that you have nothing to do.
70. If you need an officer in a hurry, just take a nap.
71. The quartermaster only has 2 sizes; too large and too small.
72. Things that must be together to work usually can't be shipped together.
73. One of the most critical pieces of equipment that you will need in battle is the one you left behind at base.
74. No matter how careful you pack, the rucksack is too small.
75. No matter how small, the rucksack is too heavy.
76. No matter how heavy, what you need is never there.
77. Whatever it is you want, it's always at the bottom.
78. There is no limit to how bad things can get.
79. Loud sudden noises in a helicopter WILL get your attention.
80. The further you fly into Indian country, the louder the noises get.
81. It is a very bad thing to run out of altitude, airspeed and ideas at the same time.
82. It is mathematically impossible for hummingbirds and helicopters to fly. Fortunately, neither is aware of this.

83. The mark of a truly superior pilot is to use his superior judgment to avoid situations that will require him to actually use his superior skills.
84. The peak of Mt. Everest would flood if an Army unit was told to set up on it.
85. Beer Math: 2 beers times 37 men equal 49 cases.
86. Body Count Math: 2 guerillas plus 1 portable plus 2 pigs equal 37 enemy KIA.
87. When both sides are convinced that they are about to lose, they are both right.
88. Professional soldiers are predictable, but the world is full of amateurs.
89. The enemy almost never follows the Rules of Engagement.
90. Always honor the threat.
91. Killing for peace is like screwing for virginity.
92. War is like love. To triumph, you must make contact.
93. Stealing data from a person is called plagiarism; stealing it from the enemy is called intelligence gathering.
94. If enough data is collected, a Board of Inquiry can prove anything.
95. There is always a way, except that it usually doesn't work.
96. Any ship can be a minesweeper... once.
97. There is only 1 rule in war; he who wins makes the rules.
98. Whoever said that the pen is mightier than the sword obviously never encountered automatic weapons.
99. If all else fails, hide.
100. You don't win a war by dying for your country; you do it by making the other poor bastard die for his.
101. Murphy was definitely a grunt.

CERTIFICATE SAMPLES

CERTIFICATE SAMPLES

