

Hapkido Info Sheet

Hap-Ki-Do – “The Way of Coordinated Energy”

Hap –
To coordinate

Ki –
Energy or Power

Do –
The way

Chun-Moo Hapkido History

Founders:

Founder: Yong-Sul Choi

Named: Ji Han-Jae

U.S. Founder: Bong Soo Han

3 Basic Principles:

Yu – Water

Won – Circle Principles

HWA – Non-resistance or
Harmony

Hapkido was founded by a Korean, who was a slave in Japan, and is derived from Daito-Ryu Aikijujutsu. Choi returned to Korea after his Japanese master's, Takeda Sokaku, death after World War II. Choi taught Ji Han-Jae, who named the art Hapkido. Ji Han-Jae taught Bong Soo Han who is considered the “Father of Hapkido” in America.

18 Weapons of Hand

- | | | |
|-----------------|---------------------|-------------------|
| 1. Fore fist | 7. Two Finger Spear | 13. Back Hand |
| 2. Leopards Paw | 8. One Finger Spear | 14. Back Fist |
| 3. Two Knuckle | 9. Palm Strike | 15. Tiger's Mouth |
| 4. Phoenix Eye | 10. Hammer Blow | 16. Bear's Claw |
| 5. Thumb Thrust | 11. Suto | 17. Ox Jaw |
| 6. Spear Hand | 12. Snake Fist | 18. Chicken Head |

Korean Counting

- 1 – Hana
- 2 – Dul
- 3 – Set
- 4 – Net
- 5 – Tul-Set
- 6 – Yul-Set
- 7 – Il gop
- 8 – Yul dul
- 9 – Ah hoop
- 10 – Yul

Basic Korean Terminology

- Chair-ri-ot** - Attention
- Kyong-yet** – Bow
- Pah-rho** – Return to Ready
- Yuk-Jin-Shult** – Parade Rest
- Ta-Dah-Sult** – About Face
- Eden-Nult** – Stand up
- Hay-Chill** – Class Dismissed
- Toro** – Turn to Instructor
- Chimbee** – Ready Position
- Ahn-Jo** – Sit Down

Gi-Yup – Loud Shout of
Enthusiasm

Dan – Instructor rank

Gup – Student rank

Dun-Gil – United as One

Toe-Balk – Training Uniform

Doe-Chong – Training Area

Pilsung – Certain Victory

Pilgay - Eight Characters

Dan-Jun Breathing

It is an important martial arts technique that helps center you. Deep breaths in through your nose and out through your mouth. Translated it means, “**Center of Energy.**” Physical movements of Dan-Jun breathing include stretching the arms and legs. Legs bend with your breath and straighten out with your exhale. On exhale your arms move away from the body either in above your head, in front of your head, or to the sides of your body.

Blocks

High Block
Inside Middle Block
Outside Middle Block

Lower Forearm Block Outside
Lower Forearm Block Inside
Knife Hand

Close Fist Block
Dragon's Tail
X Block

Stances

Square Stance
Walking Stance
L-Stance
T-Stance
50/50 and 80/20

Fighting Stance
Defense Hapkido Trapping Stance
(80/20)

Cat Stance
Horse Stance

Falling Ways

Side Fall
Back Fall
Forward Fall – kneeling and standing

Forward Roll – left and right shoulder
Rear Roll Up –
Self-Throw – left and right shoulder

Kicks – Regular, Shuffle, Pivot, Spin, Jump, Jump Spin

- | | | | |
|---------------------|------------------|------------------|-----------------------|
| 1. Front (Snap) | 7. Shuffle Front | 13. Pivot Side | 19. Jump Front |
| 2. Round | 8. Shuffle Round | 14. Pivot Hook | 20. Jump Round |
| 3. Side | 9. Shuffle Side | 15. Spin Side | 21. Jump Side |
| 4. Inside Crescent | 10. Shuffle Axe | 16. Spin Hook | 22. Jump Spin Side |
| 5. Outside Crescent | 11. Shuffle Hook | 17. Spin Outside | 23. Jump Spin Hook |
| 6. Clinch Knee | 12. Inverted | Crescent | 24. Jump Spin Outside |
| | | 18. Spin Wheel | Crescent |

Shuffle: kicks with the front leg

Pivot: Pivot forward and kick with the rear leg; heel on the ground acts as an aiming device (heel points at target)

Jump Kicks: Kick with rear leg (Step, Drive, Kick)

Step-Over Hook Kicks: Step-behind kick from Front Leg

Spin: Spin over back shoulder and kick with the rear leg

Joint Locks

- | | | |
|-----------------------|----------------------------------|----------------------|
| 1. Outside Wrist Lock | 6. Goose Neck Lock | 11. Chicken Wing |
| 2. Arm Bar | 7. Elbow Press | 12. Corkscrew |
| 3. Bent Arm Takedown | 8. Z-Lock to chest (center lock) | 13. Figure 4 Arm Bar |
| 4. Center Lock | 9. Hammer Lock | 14. Twisting Elbow |
| 5. Reverse Arm Bar | 10. Police Lock | 15. Break Elbow |