



HAPKIDO AND COMBAT HAPKIDO ESSENTIAL READING FOR GHMA STUDENTS

Hapkido is among the newer martial arts. It was developed in the 20th Century. A Korean man, taken to Japan as a boy in 1912, is credited with originating the art. His name is Choi Yong-sul. While in Japan, he studied *Daito-ryu aikijujutsu*, which features joint locks, throws and some strikes. It formed the basis of Hapkido, to which were added techniques and concepts from ancient Korean arts, such as *Su Bak*, and other modern fighting systems. Some types of Hapkido use high and complicated kicks. Others have basic, simple kicks.

Combat (*Chon tu kwan*) Hapkido's history dates to 1990. Grandmaster John Pellegrini modernized traditional Hapkido into a self-defense system practical for virtually all types of people to use- young and old, men and women, adults and children, big and small. He added elements of still other arts, including western boxing and *Jeet Kune Do*. He eliminated some of the techniques, such as acrobatic kicks, that are flashy but less useful for real fighting.

Combat Hapkido includes both stand-up and ground fighting. Combat Hapkido ground fighting is called "Ground Survival." Mostly, it is used when an opponent takes you to the ground- not to initiate ground fighting. Most Combat Hapkido practitioners prefer to stop an opponent without having to grapple on the ground. Combat Hapkido relies on extensive joint locking, effective strikes with hands, feet and other parts of the body, and uncomplicated throws. It is recognized as an official kwan, or style, of the World Kido Federation, chartered by the South Korean government to record and promote legitimate martial arts.

Hapkido techniques are based on ancient Asian thought and principles. "Hap" means to combine, unite, join, blend. "Ki" is the term used for what Asian thought considers the basic energy of a person's life force. In Chinese, the word is spelled "Qi" or "Chi." (As in Tai Chi.) "Do" is the way. In Chinese, it is spelled "Tao." Chinese philosophy based on the Tao considers it the ordering principle of the universe, the way in which things work. It can be considered a path. Bruce Lee's most famous writing is *The Tao of Jeet Kune Do*. A good way to describe Hapkido is "the way of harmonious (coordinated) energy."

HAPKIDO BASICS

Hapkido techniques are based on three ideas or principles. The **HARMONY** principle means staying relaxed in mind and body; not thinking or reacting. Instead, the way to respond to an outside force is not to meet it with force but blend with it, flowing with it. Beyond fighting, this concept encourages people to exist in harmony with life and nature.

The WATER PRINCIPLE means "go with the flow." Think of water moving in a stream or even in a steady drip. It is soft but extremely powerful. It can wear away stone. It flows into everything, everything, from huge spaces to thin cracks. It never stops pressuring. In fighting, Hapkido tries to penetrate the defense of an opponent by flowing in, over, around and under his attacks - by occupying his space. Hapkido tactics use constant pressure and movement, penetrating defenses and adapting to whatever happens. These skills help in one's everyday life as well.

The **CIRCULAR MOTION** principle means moving in a circular fashion to increase momentum and power. If a baseball bat is swung in a circle the barrel of the bat is moving with more speed and power than the grip. Circular motion also helps redirect an opponent's force.

Instead of using power against power, Hapkido redirects power. We deflect, absorb and join with it. Power can be opposed but using force against force is not the way of our art. Continual movement with varied rhythm is a key to using Hapkido, especially Combat Hapkido. Vary the speed of attack. Change tactics. Use many different techniques, combining those such as strikes, locks, throws and feints.

KI energy is important in Hapkido. It is expressed in the live hand and the Ki finger that are taught to Combat Hapkido students.

DISTRACTION is one of the new ideas that Grandmaster Pellegrini has brought to Combat Hapkido. Striking at a part of a person other than where one plans to use a technique distracts the opponent's brain from what you are about to do. It scrambles the opponent's reaction.

OUR SCHOOL

In 2000, after extensive training under Grandmaster Pellegrini, and Master Caruso in Madison, CT, Arthur Blair founded Green Hill "Combat Hapkido." It was named for the school's location on Green Hill Rd. in Killingworth, which was also Mr. Blair's home. In 2011, he became ill and could no longer run the school. His four black belt students, Edward Ricciuti, John Himmelman, David Townsend, and Sean Gallimore, with the help of the other students, kept the school alive and reincorporated it as Green Hill Martial Arts. The new name reflects the inclusion of Jun Fan Gung Fu/Jeet Kune Do in our curriculum. The school is a 501(c) 3 non-profit organization run by a board of directors. In October of 2014, we moved to the historic Old Town Hall on the grounds of the Killingworth Congregational Church.

INFORMATION FOR COMBAT HAPKIDO STUDENTS

ICHF MEMBERSHIP

In order to be promoted in rank, a Combat Hapkido student must have an up-to-date membership card in the ICHF. Expiration date is noted on your card. Students must post a valid card on test day. No exceptions. It is the responsibility of students to keep membership up to date. Annual membership is \$50, payable with contract for new students.

CLASS APPAREL

Students must wear a school T shirt/sweatshirt and black trousers or leggings, no pockets. Black shorts are acceptable in summer. A stripe is acceptable but not recommended. We suggest Gladiator 8 oz. Combat Pants, black, from Asian World of Martial Arts (www.awma.com - SKU 32210). No hoodies except when authorized by the instructor for special self-defense classes.

EQUIPMENT

Students must bring mouthpiece and shin guards to class. Failure to have such may result in a student being held out of certain elements of training. We suggest Pro Force shin guards, inexpensive. Asian World of Martial Arts is a good supplier. **For Headgear:** Thunder Vinyl Full-Face Boxing Headgear - Black - Small/Medium (SKU 84023) – **must** be purchased from AWMA

JOINTS

In Hapkido, we practice "joint locking" techniques. By the time you earn your yellow belt, you know a few of them. To really understand joint locks, you need to know exactly how a joint works.

A joint is a part of your body where one bone meets and joins another. Some, such as those in your hips, are big. Others, like those in your toes, are small, even tiny. Joints enable bones to move when muscles attached to them tighten and relax. When your bicep muscle tightens and tricep muscle relaxes, your elbow joint allows your arm to bend towards you. When you straighten your forearm, the bicep relaxes and tricep tightens. Muscles move the bones while working in pairs.

A joint can move only so far before it breaks. Your elbow joint allows your arm to straighten but not bend backwards. If forced backwards, it breaks. That is why an arm bar hurts. The more you know about joints, the better you will be able to do joint locks.