

## Martial Arts & Self Defense



Student Handbook (adult)

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Welcome to the Christian Academy of Martial Arts! I, along with the other instructors whom you will meet, are dedicated to helping you become the best martial artist possible. More importantly, we are dedicated to helping you learn how the Fruit of the Spirit, found in Galatians 5:22, will allow you to grow in a closer relationship with our Lord Jesus Christ.

Let me congratulate you on this first step. It's not easy stepping into unfamiliar surroundings, in particular one which is focused solely on self-defense and protection. Within these walls, there are hundreds, if not thousands of hours of rigorous training that have occurred with students and instructors alike.

Martial arts are different than other activities. It entails focusing your entire self on one objective – protection and self-defense. Although we will certainly have fun while practicing and learning, please know that everything, everything we do has a common goal – to make you the most focused, best person you can become. This is only possible through a personal relationship with God.

There are ups and downs in everyone's training. But, at the end of this journey, you will be among the best martial artists on the planet. You will undoubtedly be among the very few martial artists who have Christ at the center of their training. We are currently the only certified Karate For Christ martial arts school (KFCI is the world's largest Christian martial arts organization) in Northern California. With that in mind, we will focus on Christ's character – who He was, what He did and did not do, and how we can be more like Him during our training together.

On behalf of the instructors, we are dedicated to you reaching your full potential. There is a saying we use in class that says, "If I can, I will. If I will, I must." You are among a team of people that will work with you to obtain whatever your goal may be in martial arts.

I leave you with this verse from Philippians, "But surely I can do all things through Christ who strengthens me..." May God bless you, and may you understand this strength in every step you take while training with us.

In Christ,

Eric Stieg  
Kwan Jang Nim

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## Fruit of the Spirit and Martial Arts

In **Galatians 5:22**, the Bible defines the Fruit of the Spirit as: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control, against such things there is no law.”

This list of attributes describes a person who walks in a personal relationship with Christ. Each person, through Christ, has a different share of each fruit, and each fruit has a different shape in each person – but all the fruit will show themselves in each Christian as he or she progresses in their walk with Christ.

**Love** – “And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him: **(1 John 4:16)**

Through Christ, our greatest goal is to do all things in love.

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. **LOVE NEVER FAILS.**”

**(1 Corinthians 13:4-8).**

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This ministry of Martial Arts and self-defense is a conduit allowing people to grow in the Fruit of the Spirit, and hence in a deeper relationship with Christ.

The Martial Arts are based upon the same foundation – peace, patience, courtesy, integrity, perseverance, self-control and indomitable spirit. Hollywood has twisted the integrity of martial arts into something considered evil - “aggression,” “destruction,” “meditative power,” “chi,” etc.

**A Christian martial artist builds his/her character through the Fruit of the Spirit, with the primary goal to walk closer with Christ. The secondary outgrowth of this life long process is a knowledge of self-defense.**

**Simply put, martial arts is the development of one’s character through perseverance, integrity, indomitable spirit, and self-control, all of which are attributes of the Fruit of the Spirit.**

It does not envy, it does not boast, it is not **proud** (*humble*). It is not **rude**, it is not **self-seeking** (*humble*), it is not easily **angered** (*self-control*), it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always **protects**, always **trusts** (*integrity*), always hopes, always **perseveres** (*indomitable spirit*). **LOVE NEVER FAILS...**

## Definition of the symbol (patch)



### CAMA Patch (uniform)

The symbol we use emphasizes the Fruit of the Spirit, which are the “character attributes” we strive for in this class. The symbol is the Bible with two vines surrounding the cross. The vines are signified as Christ, “I am the vine, you are the branches,” symbolizing our growth from biblical principals of the Fruit of the Spirit.

Creed to be said at the beginning of each class:

~I pledge to develop myself in a positive fashion with God’s help and to avoid anything that would reduce my mental growth or physical health

~I pledge to develop self-discipline in order to bring out the best in myself and others.

~I pledge to use what I learn in class constructively and defensively, to better myself through Christ’s help, and never be abusive or offensive.

~ Tenants of Our Teaching ~

Fruit of the Spirit

Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control.

Tenants of Martial Arts

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit



### Definition of Shinsei Hapkido Patch

(Significance of Eagle) They who wait upon the Lord shall renew their strength. They shall mount up like wings of eagles...

Be wise as a serpent but meek as a dove. (also the symbol of the Holy Spirit)

(Sun) But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall.

There will be no more night. They will not need the light of a lamp or the light of the **sun**, for the Lord God will give them light. And they will reign for ever and ever.

The tiger is a symbol for a warrior but I wanted it to be a lion and stand for the lion of Judah.

## Perfect Stillness

Training to be a martial artist is easy: learn techniques, be proficient, show respect, and you'll be liked and become a black belt. That's what the world tells you...

Becoming a Warrior for Christ is something completely different. Yes, you know martial arts techniques. The difference lie in your thoughts, actions, and reactions. As a Warrior for Christ, our journey focuses on "What Would Jesus Do" and acting accordingly. We don't give 100% because that's what our instructor tells us, we do so because that's what Christ did in every aspect of His life!

Breathing is an intricate part of becoming a complete martial artist. Proper breath-control, along with proper body posture & mechanics, is the life-blood of any system of martial arts. It's also a focus of becoming a Warrior for Christ. Like breathing, its metamorphosis is seen inside....

In a nutshell:

- Controlling your breath allows you to control your **mind** (calm)
- Controlling your **mind** allows you to control your **body** (reactions, etc.,)
- If you can control your **breath, mind, and body**, you're able to bring all three into "harmony" (as Eastern philosophy would say).

In our training, the above brings balance to our techniques, but also perfect stillness. Thus, we are able to relax. When relaxed, we can focus on what God has for our lives. Finding that "stillness" brings focus, fulfillment, and balance as we walk in relationship with Christ our Savior.

*We will practice our danjun breathing. It is that area 2 inches below our navel. It focuses our energy, and allows far more powerful strikes. Consider the "kiyop" of a kitten vs. a lion. Yes, these are extreme examples, but it reinforces the difference between a martial artist taking breaths, and a martial artist who practices breathing deliberately to control mind & body, and to produce power in techniques.*

As a martial artist, you'll need to incorporate the techniques tonight into every workout from now on. For those of you interested in obtaining your black belt, you will need to illustrate the basic fundamentals of danjun breathing and how it is significant in becoming a Warrior for Christ.

In a nutshell, danjun breathing is breathing in through the nose, and out the mouth. You fill the lower abdomen first. This increases the total amount of oxygen in our lungs, and provides more power to our technique.

Tonight, we'll focus on the following 4-corner drills:

Focus mitt combinations- This provides maximum impact, power and potential *defense*. **This breathing will be considered "short/short."**

In/Out/Downblock drill - **This is considered "long/short" breathing.**

Next will be breaking - **Consider it "long/short" breathing.**

Lastly, we'll work on our one-steps. Proper breath control is critical for maintaining our aerobic capacity. It's also critical in executing our technique properly.

## How Intimate Is God In Your Life?

When I think of God, I often dwell on the miraculous things He did in the Old Testament. It's easy for me to think, "God is so huge, so omniscient (all knowing), so powerful, and so busy; he can't possibly be concerned about every minute detail of my life."

It's unfortunate that often times in my own life I pray most diligently when something is literally "wrong," and I'm praying to God to fix it soon – in my timing.

If you're like me, there are areas of your life you have difficulty giving over to an invisible God. I think you'd agree that sometimes simply allowing an invisible God to work His way in a real life situation can be scary! Will He answer in the way I hope? Should I just make it happen and ask God to forgive me later? Should I make it happen and assume because it did work out, it was God's will all along?

In my own life, I'm learning the same lesson(s) over and over again because I need to give God the authority over my life in all areas – thank God he helps us learn out of love, and to make us better people. It's the journey that matters in the long run, and the corrective steps taken that make all the difference!

Although it's easy to give God the big troubles in life, we need to rely upon Him for the small things too! Consider these two stories: 1. Car stuck in the mud 2. Looking for the second lamp

God wants to be intimate with us. In fact, our relationship with Him should be the most personal of all our relationships! You may be asking, "How can I have a closer relationship with God than to my spouse, or my parents, or my best friend, or my gold fish?"

As we turn over areas of our life to Him, He blesses us. Probably not with silver or gold, but with patience, peace, wisdom, discernment... Consider these verses, and how they relate to God's love and willingness to be personal and intimate with us. How do the verses portray the differences between our relationship with God and our closest friends, or our family?

### **Isaiah 40: 27 - 31:**

Why do you ask, Jacob, why do you ask, oh Israel, The Lord is not aware of what is happening to me, my God is not concerned with my life? (28) Do you not know? Have you not heard? The Lord is an Eternal God, the creator of the whole Earth. He does not get tired or weary; there is no limit to His wisdom. (29) He gives strength to those who are tired; to the ones who lack power, he gives renewed energy. (30) Even youths get tired and weary; even strong young men clumsily stumble. (31) But those who wait for the LORD's help find renewed strength; they will rise up on the wings of an eagle, they will run and not grow weary, they will walk and not grow faint.

### **Matthew 11:28 – 30:**

Come to me, all you who are weary and burdened, and I will give you rest. (29) Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. (30) For my yoke is easy to bear, and my load is not hard to carry.

A yoke is a "harness" of sorts joining two animals together to pull something. Here it is talking about the larger animal being harnessed on the outside – carrying the burden of the load. The second animal, often the younger, is harnessed on the inside – where there is little to no burden of carrying the weight. The second walks with the first, who carries the burden on it's behalf.

In martial arts, as in life, there will be challenges that seem insurmountable. A form is too long or difficult to remember, or the one-steps never end... Whatever it may be in this class, or in life – give God those "stuck in the mud" moments and allow Him to help you through it. Don't ever give up. Rely on Him, not on your own understanding!

(Philippians 4:13) I can do all things through Christ who strengthens me.

## Why Do I Suffer?

Like all of you, I try to live my life as best I can – according to the Bible. I pray, I go to church, abide by the commandments (as best I can), I give of my time, money and effort. This list of “doing right” could go on and on. Yet, in my life, I still suffer.

At face value, you would think that “living rightly” would mean you wouldn’t have difficulties. Things should be easy for me if I live correctly. You would think, “good things will happen to me because I’m living the way I’m supposed to...” Well, believe it or not, but the only time you won’t have any stress in your life, is when you’ve passed from this life!

Maybe, just maybe, there’s a reason we all go through difficulties. The past few weeks, our church Pastor has been preaching on “excellence in character.” Our character isn’t made by difficulties, it is revealed. If you remember something I wrote a while back, I truly believe the mark of a good person starts when you realize you can’t control situations – you can only control the way you’re going to react. It’s the difficulties in our lives that allow us to rely upon God, and not ourselves, and allow the process of our character to be revealed.

Here’s a few verses to consider-

### **1 Peter 5:10**

And, after you have suffered for a little while, the God of all grace who called you to his eternal glory in Christ <sup>22</sup> will himself restore, confirm, strengthen, and establish you. We should therefore expect to have difficulties and challenges in our lives – it’s the only way we’ll grow.

**Martial arts** – I’m sure by now you’ve found at least 1 aspect of your training difficult – if not, let me know. When you find yourself not able to execute a hoshin sul correctly, or a form is just difficult to understand and do well, remember it’s persevering through “the process” of learning and being challenged that allows your character to grow.

### **II Corinthians 12: 9-10**

**12:9** But <sup>10</sup> he said to me, “My grace is enough <sup>11</sup> for you, for my <sup>12</sup> power is made perfect <sup>13</sup> in weakness.” So then, I will boast most gladly <sup>14</sup> about my weaknesses, so that the power of Christ may reside in <sup>15</sup> me. **12:10** Therefore I am content with <sup>16</sup> weaknesses, with insults, with troubles, with persecutions and difficulties <sup>17</sup> for the sake of Christ, for whenever I am weak, then I am strong.

**Martial arts** – although martial arts is considered an individual activity, where you earn “belts or degrees” based on your effort – it’s not entirely up to you. You need to rely upon others to become better – think about your training. You start by doing things by yourself, and progressively you do more and more drills with partners. Your training now almost entirely consists of working with someone. You ask, “So what?” Well, you have to rely upon your partners to become better than you could by yourself. Doing your hoshin sul in the mirror will only take you so far. You need to understand your weaknesses and strengths. Use your strengths to help build each other up, focus on your weaknesses to build your character (ie., make your reverse hook kick excellent on both sides).

### **1 Peter 2:20**

...But if you do good and suffer and so endure, this finds favor with God. <sup>45</sup> **2:21** For to this you were called, since Christ also suffered for you, leaving an example for you to follow in his steps. **2:22** He <sup>46</sup> *committed no sin nor was deceit found in his mouth.* <sup>47</sup> **2:23** When he was maligned, he <sup>48</sup> did not answer back; when he suffered, he threatened <sup>49</sup> no retaliation, <sup>50</sup> but committed himself to God <sup>51</sup> who judges justly. **2:24** He <sup>52</sup> *himself bore our sins* <sup>53</sup> in his body on the tree, that we may cease from sinning <sup>54</sup> and live for righteousness. **By** his <sup>55</sup> *wounds* <sup>56</sup> *you were healed.* <sup>57</sup> **2:25** For you were *going astray like sheep* <sup>58</sup> but now you have turned back to the shepherd and guardian of your souls.

We should expect difficulties. We should be thankful for the opportunity to endure hardship for Christ’s sake. Lastly, we should trust that God will restore us as it says in I Peter above.

My hope is you take hold of challenges – go “through” them instead of around them, and rely upon God to build your character through your situations, rather than relying on your own strength and understanding.

## What's the REAL Secret to Life?

This past week I received my October, 2007 "Black Belt Magazine." I don't normally read any of the advertisements, but in this month's issue I couldn't help but be astonished by a two-page advertisement highlighting, "Creotology" – the study of creation.

In the advertisement, the following questions are asked: Want the True Secret? The Secret to Creating & Realigning Reality? The Secret to Reality into Manifestation?

In the advertisement, it also makes a few chilling assertions:

1. You will be able to explore *your own truths* and then decide what *you should think*.
2. The program can *structure and restructure your reality at will* and you do it all by yourself.
3. ***You are always in control.***

I don't know about you, but if I rely upon my own understanding, and "focusing" on what "I want" and creating my own reality - I'll be in trouble! One day I may want one thing, another day something else. A scary ideology that my reality is based on my emotional state. I'll have no absolute right and wrong in life. What's good for me, may not be good for you.

What if I decide to focus on what God wants for my life? Well, then I need to ask another question.

- Is True Fulfillment about creating the life I think I want with my limited understanding, or discovering the life I was created for? We must pray and worship God, seek His will for our lives, along with surrendering to His will in order to be fulfilled in His purpose for our life.

Matthew 16:26 –

"What good will it be for a man if he gains the whole world, yet forfeits his soul? Or, what can a man give in exchange for his soul?"

Proverbs 16:9 –

"In his heart, a man plans his course, but it is the Lord who determines his steps."

2 Corinthians 12:9-10 –

"My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that the power of Christ may dwell in me. (10) Therefore, I am content with weakness, with insults, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong."

Sure, there's nothing wrong with being a positive person. My glass is almost always half-full. But, if I believe I can create my own reality by simply creating some grandiose concept in my head – what happens when my reality doesn't go as planned? I can't rely upon my own understanding – it's simply too limiting. As the verse says above, there will be times in my life where I just don't understand, or am too weak, or don't have the answer. It's at those times where I can be the strongest – but only when I give the situation to God.

I can see why the original ideology would be interesting to martial artists. As we all know, martial arts is a journey – one which starts out at white belt. The equivalent is "not even knowing what I don't know." Through experience, and understanding our limitations and strengths, and putting countless hours into perfecting technique, we may be able to accomplish black belt. Better put, "we know something, or know what we don't know."

At the end of the day, it's a belt that signifies that journey. If we focus solely on ourselves, and what we want, we're going to miss out on all that our heavenly Father has for us. We'll have a black belt around our waste that signifies we know how to kick and punch – YIPPIE! We can only become our best when we let go, and let God. Let's find the patience to allow God's plan for our lives to become apparent, and be fulfilled well beyond what our limited imaginations can dream up...let's take the emphasis off the belt, or the rank, and put our energy where it belongs – on God! The rest will take care of itself...

## Just Do It

Nike Corporation probably has one of the world's most notable taglines. I think God would consider it His motto – “Just Do It!” He wants us to rely on Him, even when His direction may at first appear strange. The Bible is full of situations where God did miraculous things through ordinary people, through extraordinary circumstances or direction.

Consider these examples:

City of Jericho (see below)

Noah and the ark (see below)

Moses leading God's people out of Egypt

David & Goliath

Abraham and Isaac

Can you name another example from the Bible?

These are all examples of God using ordinary people to do something miraculous!

### **Joshua 6: 2-8 (KJV) – City of Jericho**

(2)The LORD told Joshua, “See, I am about to defeat Jericho for you, along with its king and its warriors.

(3)Have all the warriors march around the city one time; do this for six days. (4)Have seven priests carry seven rams' horns in front of the ark. On the seventh day march around the city seven times, while the priests blow the horns. (5)When you hear the signal from the ram's horn, have the whole army give a loud battle cry...

(10): Now Joshua had instructed the army, “Do not give a battle cry or raise your voices; say nothing until the day I tell you, (Another version says, “don't let a word come out of your mouths.”)

I think you'd agree the directions given by God to destroy Jericho seemed a little odd...

### **Genesis 6:13 (KJV) (Noah's Ark)**

We all know the story of Noah's ark. He, at age 500, and his three sons (Shem, Ham, Japheth) were told by God to build a boat, because He was going to destroy all living things of the ground.

Did you know Noah was 600 when the floods finally engulfed the Earth? It took 100 years for Noah and his three sons to build the first boat ever built – in a desert no less. Just imagine all the people that walked up to Noah and his three sons during those 100 years asking, “What's a boat? Why are you building this? What's a flood? Have you gone crazy?”

Noah had the courage to do what God directed, regardless of how strange the directions seemed at the time. God certainly equipped Noah for His future plans!

### **What does this have to do with this class, or me?**

In this class, we strive to become better people by literally turning over our strengths and weaknesses to God. Our strengths can help others succeed, while giving our weaknesses to God can provide opportunities or ‘directions’ to grow in ways we never imagined (consider the stories above!) We all need to rely on others for success, or to accomplish more than we could on our own. Our hope in this class is you find freedom in doing things deliberately. That you find peace and fulfillment as you, “let go, and let God! As He directs - “Just Do It!”

## What's Indomitable Spirit?

Indomitable spirit is a hard tenet to grasp — even the words seem hard. Abominable spirit. Abdominal spirit. The words come out all jumbled. But from this tenet comes the strength to not just persevere, but to rise above one's Self and difficulties.

"There is in this world no such force as the force of a man determined to rise. The human soul cannot be chained," according to W.E.B. DuBois.

Breaking it down, indomitable means incapable of being overcome, subdued or vanquished. Indomitable spirit is perseverance over time.

Indomitable spirit is the spark that gives life. Tennessee Williams once wrote, "I think time is a merciless thing. I think life is a process of burning oneself out and time is the fire that burns you. But the spirit of man is a good adversary." As long as the indomitable spirit remains, there is little that can defeat anyone. Without the indomitable spirit, hope flies away; life becomes harder to face, even to the point of meaninglessness; there is no laughter, love, pain or truth. A life without pain sounds wonderful. But picture leaning on a stove and never feeling it. Would the gentle touch of a friend's hand mean as much if there were no tears? Indomitable spirit gives us these gifts.

Arthur Ashe was a fighter not only on the tennis courts, but in his very life. Ashe was diagnosed with HIV and talked very openly about his health and his battle. Gracious to the end, Ashe personified indomitable spirit. **"Always have the situation under control, even if losing. Never betray an inward sense of defeat,"** he said. His courage, dignity and honesty touched millions around the world.

Indomitable spirit was most brought to life for me by Cal Bayshore. I was at a taekwon-do tournament when this little kid about 7 years-old came out on the floor, feet and arms akimbo -- and a smile from ear to ear. It was obvious he was struggling to even walk unaided. But out he went and did his pattern -- bringing cheers from the crowd and tears to the eyes of many watching. He won the silver medal.

As I talked with a mom from the school where he trains she said, "There, that's the hardest thing for him to do." I looked out and saw him standing. She went on to add that he couldn't walk without a walker when he first came to the school.

At the end of a very long seven hour day of ceremonies and competition, I was slumped from exhaustion to see him out dancing to music with the Argentinian taekwon-do team, two bright green crutches lifted high in the air and still that smile from ear to ear. This is what indomitable spirit really is!

## Security & Significance

Throughout life, we all seek a variety of different tangible and intangible things. Two unseen, but critically important qualities we seek, are the feeling of being secure – or safe, and also significant – that you matter- your feelings, emotions, etc., and are important in this world.

Hopefully, you have relationships in your life where you have one or both of these qualities in your life. Whether they are your parents, brothers & sisters, or friends at work or school, we all strive to have a sense of significance and security with others.

I believe having significance and security with friends and family can be different than how God views significance and security. We should model our definition to God's.

God is the great comforter. He can and does love us unconditionally! That's often difficult for us to do – we often put parameters around our “love” (you better do this or else...) God showed how significant we are by sending His son. He also tells us over and over that we are secure in Him:

“Come to me, all you who are weary and burdened, and I will give you rest. (29) Take my yoke on you and learn from me, because I am gentle and humble in heart, and you will find rest for your souls. (30) For my yoke is easy to bear, and my load is not hard to carry. (Matthew 11:28 – 30).

Knowing we have security and significance in the Lord allows us to have Faith in Him and His word. “Faith is being sure of what we hope for and certain of what we do not see...” (Hebrews 11:1).

Think of the wind – you can't see it, but you know it is there and you see the effects of the wind. It is often like this with God – He is there. We may not be able to see Him, but He does provide comfort, significance, and security through other people, and through our personal relationship with Him.

To have faith, or be a Christian, you do not have to be perfect. Perfection is not what Christianity is all about. You do your best and God does the rest... (Dr. Gene Scott)

Faith in God doesn't mean mystical powers, or something supernatural, or reserved for those who are pastors or “important.” Faith is given freely to all. It's our choice if we choose to grab a hold of it, and be obedient to God's will. “Without faith it is impossible to please God” (Hebrews 11:6).

When we have faith in God, and are obedient to His will, our interest and desires change. We don't dwell on the superficial. We don't dwell on the things of this world.

While you train here in this class, don't focus on the superficial – the next “belt.” Know you are significant, and secure in this room. Better yet, know you are loved unconditionally through Christ our Lord! There's not one atom or thing you can add that would make God love you any more than He already does! “For it is by grace through faith that we are saved.” (Ephesians 2:8).

## Thoughts as we move forward

I want to share a few things with you that have recently inspired me - I hope they help you as well as you continue to strive for whatever goals you may have, regardless of whether they are in martial arts, or better yet, in your walk with Christ.

A quote from Hill Harper's book "Letters to a young brother"...

"Being Balanced is...

Secure enough to be vulnerable (there's always room for improvement)

Strong enough to be gentle (consider meekness)

Wise enough to be humble (there is always someone that knows more)

and Powerful enough to serve others" (we are called to serve others)

I haven't heard another quote that quite captures the essence of what our training is all about. By finding our balance, fostering the Fruit of the Spirit, and seeking to serve others as Christ did, our training will hopefully lead us to what a place where we are secure, strong, wise and powerful in the Lord, and yet welcome to vulnerability, gentleness, humbleness and taking up His Cross each day. Please consider how the quote above relates to your life, your walk with Christ. To a much lesser extent, how it relates to your martial arts training.

Also, I've been seeking wisdom and counsel from some folks on situations in my own life, and an analogy was shared with me that helped me to confirm I believe we're on the right path with the program. These questions can really help focus the path you are on. They are shared by a good friend, and the principles come out of the maritime industry...

- Guiding buoy lights are used to help the captains of large vessels assess whether they are in the channel. When three lights are aligned he has the comfort of knowing he's in the channel. In life I've used these three principles in a similar way:

1. Is what I'm considering within, as I understand it to be, the Lord's will?
2. Do I have a sense of confidence/peace about the decision to proceed? A lot of time this comes from prayer and getting counsel.
3. To the best of my ability to know, is the timing good? When all three of these align, I generally go forward.

### **A few verses and quotes that have always inspired me.**

Philippians 4:13 – "I can do all things through Christ who strengthens me"

John 14:6 – "I am the way, the truth and the life. No one comes to the Father except through me."

II Corinthians 12:9-10 – "He said to me, my grace is sufficient for you., for my power is made perfect in weakness." "Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weakness, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

Isaiah 40:31 – "Those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary. They will walk and not be faint."

Lombardi – "a man's quality of life is in direct proportion to his commitment to excellence."

"God's future plans are brought about by the present vision of His people."

"God doesn't call the equipped – He equips the called..."

## **Strongest Dad in the World - a Modern Day Dad doing the incredible out of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control!**

[From Sports Illustrated, By Rick Reilly]

### **What's a simple definition of the Tenants of martial arts:**

Self-control – an act of will to consciously do, or not do something – “bowing in”

Perseverance – read the story below – true perseverance must come from love, not stubbornness.

Integrity – doing the right thing whether someone's around or not. Asking yourself, what's right and wrong, and living with the highest regard.

Courtesy – read below

Indomitable Spirit – perseverance over time – to rise above oneself. Incapable of being overcome. “Lot's to think about, nothing to worry about...”

Eighty-five times he's pushed his disabled son, Rick, 26.2 miles in marathons. Eight times he's not only pushed him 26.2 miles in a wheelchair but also towed him 2.4 miles in a dinghy while swimming and pedaled him 112 miles in a seat on the handlebars--all in the same day.

Dick's also pulled him cross-country skiing, taken him on his back mountain climbing and once hauled him across the U.S. on a bike. Makes taking your son bowling look a little lame, right?

And what has Rick done for his father? Not much--except save his life.

This love story began in Winchester, Mass., 43 years ago, when Rick was strangled by the umbilical cord during birth, leaving him brain-damaged and unable to control his limbs.

"He'll be a vegetable the rest of his life;" Dick says doctors told him and his wife, Judy, when Rick was nine months old. "Put him in an institution."

But the Hoyts weren't buying it. They noticed the way Rick's eyes followed them around the room. When Rick was 11 they took him to the engineering department at Tufts University and asked if there was anything to help the boy communicate. "No way," Dick says he was told. "There's nothing going on in his brain."

Rigged up with a computer that allowed him to control the cursor by touching a switch with the side of his head, Rick was finally able to communicate. First words? "Go Bruins!" And after a high school classmate was paralyzed in an accident and the school organized a charity run for him, Rick pecked out, "Dad, I want to do that."

Yeah, right. How was Dick, a self-described "poroker" who never ran more than a mile at a time, going to push his son five miles? S till, he tried. "Then it was me who was handicapped," Dick says. "I was sore for two weeks."

That day changed Rick's life. "Dad," he typed, "when we were running, it felt like I wasn't disabled anymore!"

And that sentence changed Dick's life. He became obsessed with giving Rick that feeling as often as he could. He got into such hard-belly shape that he and Rick were ready to try the 1979 Boston Marathon.

"No way," Dick was told by a race official. The Hoyts weren't quite a single runner, and they weren't quite a wheelchair competitor. For a few years Dick and Rick just joined the massive field and ran anyway, then they found a way to get into the race officially: In 1983 they ran another marathon so fast they made the qualifying time for Boston the following year.

Then somebody said, "Hey, Dick, why not a triathlon?" How's a guy who never learned to swim and hadn't ridden a bike since he was six going to haul his 110-pound kid through a triathlon?

Still, Dick tried.

Now they've done 212 triathlons, including four grueling 15-hour Ironmans in Hawaii. It must be a buzzkill to be a 25-year-old stud getting passed by an old guy towing a grown man in a dinghy, don't you think?

Hey, Dick, why not see how you'd do on your own? "No way," he says. Dick does it purely for "the awesome feeling" he gets seeing Rick with a cantaloupe smile as they run, swim and ride together.

This year, at ages 65 and 43, Dick and Rick finished their 24th Boston Marathon, in 5,083rd place out of more than 20,000 starters. Their best time? Two hours, 40 minutes in 1992--only 35 minutes off the world record, which, in case you don't keep track of these things, happens to be held by a guy who was not pushing another man in a wheelchair at the time.

"No question about it," Rick types. "My dad is the Father of the Century."

And Dick got something else out of all this too. Two years ago he had a mild heart attack during a race. Doctors found that one of his arteries was 95% clogged. "If you hadn't been in such great shape," one doctor told him, "you probably would've died 15 years ago."

So, in a way, Dick and Rick saved each other's life.

That night, Rick will buy his dad dinner, but the thing he really wants to give him is a gift he can never buy.

"The thing I'd most like," Rick types, "is that my dad sit in the chair and I push him once."

This is truly a modern day example of perseverance and indomitable spirit!

## Self-Improvement & Self-Preservation

Many of you are involved in specific activities such as martial arts, baseball, golf, piano, etc., for a variety of reasons. Upon undertaking a new “activity,” it’s generally understood the “practitioner” is hoping to improve.

Martial arts is a perfect example. I’ve never met a martial artist that simply could “do it all” without practice. We all start out as beginners, learning our stances, blocks, strikes, etc. Upon learning and advancing in belt rank, self-improvement or technical improvement go hand-in-hand.

In this program, a majority of the curriculum up to and including red belt is considered “self-improvement” activities. You are constantly honing your technique – generating more and more power, speed and focus every time you do something. Forms are designed specifically to help improve the fundamentals, or attributes, of the practicing martial artist.

Although self-improvement is a critical aspect of martial arts, it must be accompanied with self-preservation in order to become a true martial artist, or master. Consider the following:

### Self-Improvement:

White through black belt – you’ve learned your curriculum and tested well throughout your training. You have earned black belt rank by doing the techniques correctly, with power, speed, and focus, etc.,

### Self-Preservation:

You understand that instincts will take over in a confrontation, and only through “self-improvement” repetition and muscle memory can self-preservation occur. Self-preservation is the extension of your forms, blocks, strikes, and allows your body to instinctively “do” what it has been taught without second guessing or hesitation.

As you move closer to black belt rank, more and more of your training will focus on close quarter combat drills, and literal “self-preservation” tactics, which include the following considerations:

- What is my response when I’m kicked/punched in the head
- What is my response if someone punches me, or at me while trying to do me harm
- What is my response if I clinch with my attacker, or find myself in a position I’m not familiar with
- What is my response if someone pulls a knife on me and I cannot run

Over the next month(s), we are going to begin taking your fundamentals, or attributes (speed, focus, flexibility, etc) and combine those with intermediate and advanced close quarters combat drills to make our training more life-like. It will be a challenge to everyone, but if your basic fundamentals are solid, you will be able to feel comfortable in the drills and situations we introduce.

To be successful, practice your basics – rolling, falling, footwork, kicks, strikes. They must be instinctive and without hesitation, and always with mercy when called upon.

My hope and prayer is everyone enjoys these drills, and understands they play an integral role in becoming a martial artist. What sets us apart is our focus on God, and our striving to do our best with His help, and not relying on ourselves. By persevering through difficult times, our journey becomes that much more enriched when we achieve our goal. May He guide you. May He determine your steps as in Proverbs 16:9.

## What Does It Mean To Be Transformed

The word “transformed” means many things, to many people. A life changing event can transform you, a new job, a new outfit...you name it, and somebody would probably agree with any definition thrown out there without any introspection.

Last week, I suggested the following about our training in the martial arts:

1. **If you focus your training with just your hands and feet, you are what I would consider a “laborer.”** That is to say your training is purely physical in nature.
2. **If you focus your training with your hands, feet, and include your mind, you are what I would consider a “tactician”, or strategist.** You have gone beyond the physical, and realize training your mind to do that which you have taught it becomes not only a reflex, but also a habit.
3. **If you train with your soul; then, you are transformed.** Why do I say this? Because you realize to fully express yourself, you must in essence “become” the technique. You no longer have to think about what to do next – it comes naturally because your “physical” training, “mind-training” have become one. More importantly, you are transformed because you realize the road ahead has no destination.

In our walk with Chris, I believe we could consider being transformed as:

1. When we have sustained commitment to God’s plan and will over time, without concern for personal return.
2. We act deliberately, without cognitive thought: we are moved by the spirit by faith given by God, and not wavered by emotion, or daily situations.
3. When you know you are saved by grace alone, and not by actions, thoughtful words, showing empathy towards other’s situations, or saved by faith.

These are simply meant for discussion.

How do you define “transformed” as a martial artist, or as a Christian?

Personally, transformed for me is epitomized by accepting Christ into my life as my personal savior, and recognizing I need to rely upon Him -

‘In his heart, a man plans his course, but it is the Lord who determines his steps...’ Proverbs 16:9.

## **Martial Arts History**

Although it is beneficial to understand the history of the martial arts, it is important not to let it limit the potential of the arts today. Because the governments of East Asia permitted few freedoms before the nineteenth century, people developed martial forms and styles in secret to fight in regional combat and wars. These forms and styles primarily grew up out of four areas of East Asia: China, Japan, Okinawa, and Korea.

### **China**

Shaolin monks developed the first unarmed and effective form of self-defense around the 5<sup>th</sup> Century. It is known as the predecessor of all systematic Chinese martial arts. In 1848, during the Gold Rush, Chinese immigrants brought kung fu to the US for the first time – and still practiced in secrecy.

Kung fu literally means “an acquired skill” in Cantonese. Known as a soft style martial art, for its circular, non-linear movements, or hidden movements with exceptional power based on footwork and propelling the body with a given technique. Bruce Lee’s 1 and 3 inch punch has become infamous for the power that can be generated from short distances. This punching technique originated from the Kung Fu system and is incorporated into many martial art forms today.

One aspect of Chinese martial arts is known as “chi.” This is considered the “inward” control of power through breathing. In truth, chi is nothing more than a developed awareness and focus of electro-chemical energy present in the body. While the concept of chi helps students push their minds and bodies to the limit, nothing short of divine intervention helps them surpass those limits.

While martial arts developed differently all over China, the differences are more apparent between the northern and southern parts of the country. The Northerners tended to kick about 70% of the time and punch about 30% of the time, and the Southerners tended toward just the opposite. In the North, people had tall bodies and long arms and legs. Thus, their center of gravity was relatively high. They were inclined to speed and focus because it was part of their every day lives to hunt and raise animals in order to survive. As martial artists, they were good with weapons, they had strong flying kicks, and they were more prone to practicing their arts through pre-arranged sequences than sparring.

In the South, people were short and small and their center of gravity was lower than that of the Northerners. They fished and cultivated crops, such as rice. They had strong ground techniques; they were skilled with their hands; and they were more prone to practicing their arts through sparring than pre-arranged sequences.

In spite of the differences between northern and southern China, there are more than 300 distinct styles. These styles emphasized different techniques, which may or may not include strikes, kicks, pressure points, weapons, grappling, throws and ground fighting. They are rich in history that began around 3500 B.C.

### **Japan**

The martial arts developed out of the samurai tradition of the 12<sup>th</sup> century. They were trained from early childhood, and adhered to a warrior code known as Bushido. Very “proper” in their style of combat, it could be considered similar to how the early British and English fought – lining up, taking aim, and shooting. It was very orderly and done with respect to the opponent. Many current forms of martial arts get their name from Japanese ancestry. Jujutsu was changed to judo, kenjutsu was changed to kendo, and aiki-jutsu was changed to aikido. In essence, these name changes were made to reflect their new meanings; the “art” became the “way” of the martial disciplines, and the purpose shifted from combat to self-defense. Consequently, new sport-like traditions evolved.

## **Korea**

In Korea, the martial arts traced back to the Silla Dynasty, 668 to 935 A.D. During that time, hwarang warriors were trained in a type of hand-to-hand combat. From 1909 to 1945, Korea was under the control of Japan. During this period, the Japanese confiscated all weapons and left the people helpless to defend themselves against attacks. Many fled from Korea, and were exposed to the rise of Karate in Japan and kung fu in China. World War II freed Korea, and shortly after masters within these various arts returned to teach what they had learned from Japan and China.

In 1955, many of the “kwan” (known as schools) merged to form Tae Kwon Do, and in 1961, they formed the Korea Tae Kwon Do Association. Another system that was formed out of contention of the Association was known as **Tang Soo Do**.

**Hapkido** is a culmination of Japanese Aikido (Steven Seagal) mixed with Korean **Tae Kwon Do** and Tang Soo Do – an eclectic art combining hard style skills with soft style techniques. Hapkido is one primary art we focus on within this class.

The father of hapkido is Doju Choi Yong Sul (1904-1986), who was born in the Chingbuk province near Taegue, in a village named Yong Dong. As a young boy, Choi was taken from his family and lived on the streets until a monk brought him to a temple. After 2 years of living in the temple, he was sent to the monk’s friend, Takeda Sokaku, the 32nd patriarch of Daito Ryu aikijujutsu (jui-jitsu). Choi Young Sul was given the Japanese name Yoshida. It is disputed as to whether Takeda Sokaku treated him as an adopted son, although Choi Young Sul did consider Takeda Sokaku his father. We do know that Choi Young Sul was originally assigned to be Takeda’s houseboy and later became a personal manservant. Ueshiba Morihei who founded the Japanese martial art of aikido was an older contemporary of Choi Young Sul and studied under Takeda Sokaku briefly while Choi Young Sul was in Takeda Sokaku’s service. Although Korean hapkido and Japanese aikido have similar origins and even some similar techniques, there is a difference in the philosophy of the two martial arts. Upon the death of Takeda in April 25, 1943 Choi Young Sul returned to Taegue, Korea. He opened the first public dojang on February 12, 1951 named the Daehan yukwonsul hapki dojang. (Reprinted from Scott Shaw).

For theories on Hapkido:

<http://www.hapkidoselfdefense.com/theories.htm>

## **Okinawa**

The predominant factor in the development of Okinawa’s martial arts was due to the Japanese takeover from 1609 to 1945; during this period, the Japanese confiscated all weapons and left the Okinawans helpless to defend themselves. The Okinawans retaliated by learning **karate**, a mix of various arts from China, Japan, and India. World War II also helped Okinawa, as it did Korea, by freeing it’s people. Although Okinawa is essentially the birthplace of karate, Japan played a major role in polishing it for the masses. Gichin Funakoshi, the father of modern day karate, was invited to Japan to perform a karate demonstration and introduce the art to a country that knew nothing about it. The Japanese loved what they saw, and enveloped Funakoshi into their society as a teacher of the arts. Many of today’s modern styles include **goju-ryu** and **shotokan**.

## **Korean Terms (actual technique terms found in back)**

An Jo – Sit down  
Chul sa – Line up  
**Do-jang** - Training hall  
**Do-bok** - Uniform  
**Dee** - Belt  
**Bong-su** - Six-foot staff  
**Jap-gi** - One who throws (defender, also known as Tori in Japanese)  
**Bat-gi** - One who is thrown (attacker, also known as Uke in Japanese)  
**Dahn-jak** - Inseparable friend (fellow student)  
**Dan** - Black belt  
**Gohman** - Stop  
**Gup** - Colored belt  
**Ho Shin Sul** – Self-Defense techniques  
**Hyel Do Sul** – vital point techniques  
**Ki Bon Sul** – basic techniques  
**Cho Dahn-boh** - Red/black belt  
**U-dahn-jah** - Black belt holder  
**Jo-kyo-nim** - First degree black belt  
**Kyo-sah-nim** - Second degree black belt  
**Kyung Yea** - Bow  
**Pu-sah-bum-nim** - Third degree black belt  
**Kwan Jang nim** – Head instructor of training  
**Kwan** – School  
**Kwan Jyel Sul** – joint manipulation techniques  
**Kiyop** – Martial yell  
**Hapkido** - Way of Coordinated Power  
**Mu-do** - Martial Arts  
**Nak Sul** – falling techniques  
**Ho-shin-sool** - Self-defense  
**Ki Power** - (inner strength)  
**Sae jak** – Begin  
**Sul** - technique  
**Tu-do** - Gentle Way

## **Class Protocol**

1. Upon entering the training area, students shall salute the flag (where applicable) and bow to the instructor (out of respect). Do not wait for the instructor's acknowledgement if he/she is busy.
2. Be on the training floor as quickly as possible, at least 5 minutes before the class begins. Once on the floor, there should be no unnecessary noise or talking, observing the instructor or person speaking to the class.
3. When class begins, students line up according to rank, with the highest ranking members to the right side. The instructor will begin class by calling attention, bowing, and reciting the class creed (found above).
4. Students will line up in the same position/row in each class. If someone is not present, the students will shuffle over to fill the "void."
5. When a student comes late to class, he/she should wait until recognized by the instructor, and get permission to join the class.
6. When a student must leave during training, he/she should first receive permission from the instructor unless other instructions were given at the start of class. It is not necessary to receive permission to leave the floor if ill or for the bathroom.
7. Respect and self-control/discipline is essential to our training and should be shown to others at all times. Our training is not confined to the class, and should emulate your walk with Christ.
8. There should be no unnecessary noise. Students or visitors seated on the sidelines should remain quiet so as not to disturb those on the floor. This is also requested out of courtesy as the techniques taught can only be fully understood if heard and seen fully without distraction.
9. Students should exercise care to keep their uniforms clean and pressed at all times. The white uniform and belt symbolize purity, and having a clean and pressed uniform indicates the respect you have for yourself and others. Fingernails and toenails should be kept short to prevent injury to oneself and to others while in class. No metal of any sort except eyeglasses or rings should be worn in class. Only instructors may wear colored uniforms during class.
10. Uniforms are to be worn only for training, competitions or demonstrations. Do not wear to class or carry on a hanger. Uniforms must be treated with respect – consider it the armor you wear while in class.
11. Before and after exercises or competitions, the student should turn around (to the right) adjust their uniforms, and return to class once the uniform is adjusted.
12. Free sparring (when and where applicable) is to be conducted with good technique, control, and under supervision of adults or instructors. There is no competition within class. We are here as a team, to grow and strengthen each other's character while practicing self-defense. Consideration is always given to the junior partner.

## Sparring

### Rules:

Please do not punch or kick other students. In this class we work together, laugh together and learn together in an honor code. **Treat others as you wish to be treated.**

Please listen to the instructor speaking – it is for your safety. **You will be asked to sit and watch if you cannot follow the above two sparring rules.**

**During sparring session, there is NO PUNCHING to the face AT ANY TIME.** No punching or kicking below the belt. If you are not wearing protection – buy it immediately and wear it during class!

### Sparring Is:

Sparring is an opportunity for you to be an example for other students by showing the fruit of the spirit –

~Show your partner love by helping him or her

~Show joy for the experience of learning

~Show humility if your technique is better, faster, etc.

~Find peace as you practice

~Sparring is an opportunity to grow your level of **patience** and **self control**

~Show **kindness** to your partner by building them up, and not tearing them down.

~Show **faithfulness, perseverance**, by always doing your best and not giving up – Remember - **Integrity is doing the right thing when others aren't around**

~Sparring is an opportunity to show or learn a greater sense of self control

~Sparring is an opportunity to glorify God by doing your best with the skills He has given you.

### Sparring Is Not:

~An opportunity to vent your anger or frustration from the day – on the contrary, it is the time you focus your energy the most and use it to build oneself and others.

~An opportunity to take advantage of your partners weaknesses – whether taller, bigger, etc.

~Sparring IS NOT FIGHTING – which is destructive, you are building your skill and your fellow students by helping.

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There are a few types of sparring – you are learning Point Sparring. Another is known as full contact. Point Sparring deals with obtaining points by using your technique correctly, through focus, proper execution, timing, balance and power. Learning to Point Spar is not learning how to fight.

Full contact sparring is more similar to actual combat – where takedowns, grappling, boxing, bighting and other forms of “combat” are encountered.

**Relax, breathe normally, remember self-control** and know everyone in the class is wishing the best for you. Most of all, have FUN!!

## One Step Self Defense Principles

General Information to remember when practicing pre-determined self-defense techniques:

- You must be able to adapt the techniques based on your own strengths and weaknesses.
- Each one-step has different timing, balance and power.
- Sheer strength and power will loose every time – remove “tense-ness” and flow
- Training during first five belts is “static” and not combative, upon blue/brown, ho shin sul techniques become more lively and must be accompanied by precise footwork.

Dead Zone Principle: (Green Zone vs. Red Zone)

- Controlling the dead zone means winning
- “Dead Zone’ is based on angles of evasion, invasion and controlling
- Linear attacks are most common, therefore control the dead zone with circular angles – which will disrupt the attack and confuse the untrained opponent.
- Remove the angles and control the dead zone by evading the attack, invading his defenses, and controlling the opponent at joints or manipulation of power.
  - #1 removes angles of attacker and disrupts their energy – example of invading
  - #2 absorb and/or accept their energy and control with takedown
  - #4 absorb by evading while accepting their energy, then use against them to invade and eventually control
  - #6 control the dead zone / angles of attack to disrupt the attackers balance
  - #8 absorb by accepting energy and using it to takedown.

Concentric Circles (sphere of influence)

- Most powerful blocks, strikes, combos or throws are focused through breathing and Dan Jun (center).
- As you perform techniques further from the center (dan jun = dan jun breathing) the faster the technique, but the less power it has – (consider the body blow we began doing – it basically starts and stays at the center – consider how much power it has compared to a jab..)

Remember, the last thing we want to do is fight. We train so we don’t have to fight. Our mind should be disciplined, and our body will follow. Follow Christ in all you do.

## Belt Tying



1. Start with belt on right hip. End of belt should be at knee height.



2. Bring remainder of belt behind back and cross “# 1 “ above in center of waist.



3. Bring remainder of belt around waste a second time. This loose portion will will be tucked under the entire belt in # 4 below.



4. Loose portion of belt goes underneath the entire and is pulled up toward right shoulder. Lower portion hangs down toward left knee.



4b. This is another example of the loose portion being tucked underneath the entire belt at the center and being pulled through toward the right shoulder.



5. Final example of what belt should look like prior to final knot being tied.



6. Note how both halves are the same length when pulled down. Ensure both sides are the same length. Note how I cross the two halves in order to begin the final knot. The half on the right side (which was on top, previously pulled toward your shoulder) remains on top.



7. Simply tuck the top portion of the belt through the hole from # 6 above, and pull to each side.



8. Completed knot – note how the single loop is on the left side of the knot.





## White to Yellow Belt Testing Requirements

For beginner students 11 years old and up

### Positions:

1. Attention (Charyet) – position for focusing
2. Ready Stance (Junbi) – preparation stance
3. Parade Rest (Shoit) – listening stance
4. Protocol for demonstrating form(s) - Attention | Ready Stance | Begin

### Stances:

1. Front Stance / Kicking Stance – Chun-Gool Jaseh
2. Horseback Stance – Kee-Mah Jaseh
3. Back Stance – Nuinja Sogi

### Basic blocks:

1. Down Block
2. Up Block
3. Inside Block
4. Outside Block

### Basic Kicks:

1. Front snap Kick
2. Roundhouse Kick
3. Stepping Side Kick (from back stance)

### Basic Strikes:

1. Knife hand Strike
2. Inverted Knife hand Strike
3. Middle Punch / Reverse punch
4. Double Punch
5. Jab / Cross

### Breakfalls:

1. Rocking exercises
2. Left and Right side breakfalls from seated/laying position

### Combinations:

Basic kicking and strike combinations in sets of three

Switching stances

\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\*

### Locking Drill / SD against grab introduction

# Yellow to Orange Belt Testing Requirements

Bold text denotes new technique for belt

## Terminology:

**Name the Fruit of the Spirit**

**Name the Tenants of Martial Arts**

## Positions:

**One step sparring protocol** – facing partner | bow | fall back into down block

## Footwork:

- 1. Shuffle step forward and backward**
- 2. Double and triple switching stances from front stance and back stance**
- 3. Sidestep – inside & outside, left & right**
- 4. Advance shuffle step**
- 5. Quick Advance**

**Basics From Front Stance: \*(considered basics for remainder of requirements)**

- 1. Backfist**
- 2. Ridgehand**
- 3. Double Punch**
- 4. Triple Punch**
- 5. Jab/Cross/hook**
- 6. Kicks using quick advance** (front snap, roundhouse, side kick)
- 7. Rear leg side kick**

## Self Defense - One Step Movements:

### **-Backfist-**

1. Step Outside | Outside block | Alternate Hand punches under attacker's arm to floating ribs | Punching arm checks attackers arm | shuffle step forward with backfist.

### **-Arm Lock-**

2. Step Outside | Outside block | Alternate Hand punches under attacker's arm to floating ribs | Rotate block to control wrist | Alternate arm above elbow to lock attackers arm and control with takedown and step with your left foot in front of the attacker in order to bring them down..

## Breakfalls:

- 1. Forward and backward roll**
- 2. Side breakfalls from standing position**

## Combinations:

**Kicking Line – 3-5 step sparring**

Three to five techniques with jab/cross

Includes: jab/cross | jabbing arm follow with ridgehand | step forward backfist.

## Self-Defense Series # 1

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## Orange to Green Belt Testing Requirements

Bold text denotes new technique for belt

### Positions:

1. Demonstrate one step sparring protocol
2. **Demonstrate sparring protocol – face partner | bow to each other | bow to referee fall back to kicking stance.**

### Footwork:

1. Shuffle step forward and backward
2. Side step left and right, inside & outside
3. Advance shuffle step
4. Quick Advance

### Basics From Front Stance / On guard position:

Same as above, also includes –

Jab / cross / **hook**

**Spear hand attack**

**Palm Heal Strike**

**Back Kick**

**Knife hand middle block**

**Knife hand low block**

### Self Defense – One Step Movements

Same as previous, but also include # 3-5

- #3.
1. Step inside punch by moving with right foot to horseback stance and execute left arm down block to oncoming punch. (or outside block).
  2. Double punch to mid-section (right then left), single right punch to head with kiyop.

#4.

1. Step outside punch by moving left foot into horseback stance and execute inside block to oncoming punch with left arm.
2. Rotate (block) hand into downblock. Use (Right hand) to execute an “X” block while rotating attackers punching arm clockwise.
3. Use (Right hand) to execute an “X” block while rotating attackers punching arm clockwise. Use both hands on opponents wrist to a controlled joint lock (center lock). “Pull” out slack of attackers arm, creating an arm bar.
4. Right kick to mid-section – either front snap with toes down or roundhouse kick with kiyop

- #5.
1. Step outside of punch with left foot in horseback stance and execute right arm down block or outside block.
  2. Double punch to rib-cage (left than right). Third punch (high punch) to attackers neck with kiyop.

**Breakfalls:**

1. **Forward breakfall from kneeling position (face plant)**
2. **Rear breakfall from crouched position**
3. **Forward roll into backward roll**

**Sparring:**

**Kicking line – stationary with alternating basic kicks and also kicking on line while**

**Shield Training:**

1. Jab / cross / hook
2. 25 punches
3. Basic kicks demonstrating power, form, focus

**Conditioning:**

1. 10 push ups for students under 18 or over 50 | 20 for students between 18-50
2. Crunches/sit ups = 25 for students under 18 | 20 for students between 18-50
3. Set of 15 (total of 30) scissor crunches

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

**Self Defense series # 2**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## Green to Purple Belt Testing Requirements

### Class topic:

#### 1. Share with class

### Basics From Front Stance / On guard position:

**Knife hand low block**

**Palm “pressing” block**

Knife hand middle block

**Double hand low block**

**Double hand middle block**

**Reverse side kick & step reverse back kick**

**Double kicks – low/high**

**Jab / cross/hook / inverted knifehand / step forward knife hand / 360 hammerfist**

### Self Defense – One Step Movements

#### 1. All previous one step including:

##### #6

1. Step with left outside of punch with right arm up block or spear hand.
2. Grab attackers punch with blocking hand (right) & pull - simultaneously execute middle punch with left arm to floating ribs.
3. Transition left hand after punch to grab attackers shoulder and pull - with simultaneous right hand palm heel to face or chin.
4. Step inside with right leg behind attacker, maintain right arm controlling position around attackers head (headlock). Ensure you maintain balance so not to be thrown.
5. Ensure position to attacker is “hip to hip” to execute hip throw with kiyop. Throw attacker to ground and maintain control of attackers punching arm. Then, stand up in ready position.

##### #7

1. Step inside with right leg to back stance and execute knife hand middle block with left hand.
2. Execute palm heel strike with right hand to attacker’s face.
3. Pull attacker’s left punching arm and simultaneously deliver inverted (reverse) knife hand strike to opponents neck (attackers right side).
4. After delivering inverted knife hand strike to neck with right arm, knife hand strike to attacker’s elbow – bending their punching arm up. At time of elbow strike, rotate left hand up (palm facing you) and grab attackers punch, now in a V-lock or hammer lock.
5. Control wrist by rotating your left hand to control attacker’s right arm (punching arm) Take attacker down using wrist lock using one or both hands.

## #8

1. (Palm block down to attackers middle punch (left hand) & simultaneously step back by doing a pendulum block | land with left foot into cat stance, left foot forward.
2. Rotate waste and deliver straight blast (right hand) to mid-section of attacker.
3. Rotate left hand over opponents punch/grab while simultaneously taking right arm to control attackers punch. Rotate to your left keeping elbows in and take down attacker with control!! This is considered an outside wrist lock.

### **Breakfalls:**

1. **Forward flip into breakfall with slap on mat (red mat)**

### **Sparring:**

One minute sparring session

### **Shield Training: (Or bag work)**

1. Jab / cross / hook / knife hand strike / backfist / palm heel / spear hand
2. Basic kicks demonstrating power, form, focus

### **Conditioning:**

1. **Push ups for 30 seconds**
2. **Sit up / crunches for 30 seconds**

### **Breaking:**

**Break with a hand technique**

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

### **Self-Defense Series # 3**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## Purple to Blue Belt Testing Requirements

### Class topic:

1. Share with class
2. Korean terminology – counting 1-10, basic kicks and strikes in Korean

### Basics From Front Stance / On guard position:

Muy thai roundhouse

Elbow strike

Slide step forward kicks with switch

Demonstrate In/Out/Down block combo drill blocking while partner throws continuous straight punches (straight blast)

### Self Defense – One Step Movements

All previous one step defensive techniques using **double pass block** (if applicable)

### Breakfalls:

All previous breakfalls and rolls from standing position

### Sparring:

One minute sparring session

### Conditioning:

1. Push ups for 30 seconds
  2. Sit up / crunches for 30 seconds
- Punching bag punching/kicking combos for 15 seconds

**Breaking:** Use a hand technique or kick executed after a shuffle step or step in.

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***  
**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

### Self-Defense Series # 4

Also see additional sheets for hubud drills, boxing patterns, etc.,

## **Blue to Brown Belt Testing Requirements**

### **Footwork:**

1. **Shadow boxing using all footwork drills and strike combinations (2 x 30 seconds).**

### **Basics From Front Stance / On guard position:**

**Basic kicks with advanced shuffle step**

**Crescent Kicks**

Jump roundhouse or “pop up” roundhouse

### **Self Defense – One Step Movements**

1. All previous one step defensive techniques from right side using pass blocks – while also demonstrating takedown or throws.

### **Conditioning:**

1. Push ups for 30 seconds
2. Sit up / crunches for 30 seconds

**Punching bag punching/kicking combos for 30 seconds**

### **Shield Training: (Or bag work)**

1. Jab / cross / hook / knife hand strike / backfist / palm heel / spear hand
2. Muy thai round house kick and elbow strikes

### **Sparring:**

**Spar 2 different opponents using TKD and Full style (if applicable).**

**Breaking: Break a board with a kick and strike (blue board or higher) and break a board with a reverse kick**

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

**Self-Defense Series #5**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## **Brown To Red Belt Testing Requirements**

### **Basics From Front Stance / On guard position:**

**Reverse Hook kick**

**Reverse Wheel kick**

**Side kick / Jump Reverse Back or Side Kick combo (on bag)**

### **Self Defense – One Step Movements**

1. All previous one step defensive techniques from right side with **appropriate takedown**

### **Conditioning:**

1. Sit up / crunches for 30 seconds
2. **Alternate kicks on bag for 30 seconds (roundhouse right, roundhouse left, etc)**

### **Shield Training: (Or bag work)**

1. Jab / cross / hook / knife hand strike / backfist / palm heel / spear hand
2. Muy thai round house kick and elbow strikes

### **Sparring:**

**Sparring 2 opponents (oreo)**

### **Breaking:**

**Break with rear leg side kick or reverse kick**

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

### **Self-Defense Series # 6**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## **Red To Cho Dan Bo High Red Testing Requirements**

### **Basics From Front Stance / On guard position:**

**100 Continuous straight blasts or punches**

### **Self Defense – One Step Movements**

1. All previous one step defensive techniques from right side only with takedown from elevator drill.
2. All previous one step defensive techniques with additional finishing moves – 18\* total or as requested by kwan jang nim.

### **Conditioning:**

1. Sit up / crunches for 30 seconds
2. **Advanced kicking combinations**

### **Shield Training: (Or bag work)**

1. **Free combination bag work with all techniques (demonstrate as many as possible with correct footwork, balance, body placement, etc).**

### **Sparring:**

**1 minute sparring session using as many techniques (with control) as possible (45 seconds). Also, spar 2 people.**

### **Breaking:**

**Break a board with a rear leg side kick or reverse kick**

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\*  
Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

### **Self-Defense Series #8**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

## **Cho Dan Bo High Red to Cho Dan Bo High Black Testing Requirements**

### **Footwork:**

- 1. Shadow box using all footwork drills (1 minute).**
- 2. Demonstrate parrying & feinting technique(s), when to use, include bob & weave, etc.**

### **Basics From Front Stance / On guard position:**

**Tornado kick**

**3-step drop jump side kick**

Spin reverse hook kicks

Jump Reverse side kick

Jump or “pop up” round house kick

**Multiple spin reverse hook kicks either rotating and stepping from left kick to right kick in straight line, or one-side continuous x 3-5.**

### **Self Defense – One Step Movements**

- 1. All previous one step techniques with takedown and control/finishing moves from elevator drill (same as above). Includes king’s chair, guillotine (dragon’s tail), gooseneck with shoulder trap or press, monkey swing, reverse monkey swing, etc.**
- 2. Self defense against grabs – basic wrist grabs, bear hug, full nelson, etc.**

### **Sparring:**

**Spar using takedowns (either onesteps or self-defense against kicks - with control) 1 minute.**

### **Breaking:**

**Break 3 boards, one hand technique, 1 with reverse kick, 1 with rear leg side kick**

### **Additional:**

**Journal your additional training (while at home)**

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\*  
Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

### **Self-Defense Series #9**

**Also see additional sheets for hubud drills, boxing patterns, etc.,**

**Cho Dan Bo to Black Belt Testing Requirements  
(Considered advanced student)**

**Footwork:**

1. **Shadow box with partner using all techniques (1 minute), using feints, distractions, etc.**

**Terminology in Korean:**

**Basic commands – bow, begin, ready position, turn, counting, basic techniques**

**Articulate verbally the history of TKD and HKD and their importance in culture**

**Articulate verbally how Korean arts are different than Japanese & Chinese arts**

**Articulate verbally the differences between a Christian martial arts ministry and a secular martial arts school**

**Articulate verbally the Tenants of Martial Arts**

**Articulate verbally the Fruit of the Spirit**

**Articulate verbally the evade/invade/control principle**

**Basics From Front Stance / On guard position:**

All prior techniques

**360 Tornado kick with 3 rotations**

**Multiple spin reverse hook kicks. Both from same side and also straight line alternating sides.**

**Self Defense – One Step Movements**

All previous one step defensive techniques from right side. Demonstrate proper takedown. Demonstrate proper control techniques once attacker is on ground (see below):

2. **All prior one-step techniques from 4-corner elevator drill & Bull pen**
3. **Explain techniques, how each works, etc.**
4. **Self defense against grabs from elevator drill**
5. **Basic kodokan judo throws (5).**
6. **Demonstrate locking drill – minimum of 8-10 locks on right side.**

Elevator drill with grab defenses

Elevator drill with throws

Traditional elevator drill

**\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder! \*\*\***

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws, and locking drill.**

### **Control moves:**

- 1. King's Thrown or King's Chair** - arm bar while sitting back. You have a couple options:
  - A. Place both legs below attacker's body - under shoulders/under belt. Push your hips high in the air.
  - B. One leg over attacker's throat, one leg under attacker's belt. Push your hips high in the air.
  - C. "Figure 4" with your legs and place attacker's elbow to "near side" of your crossed leg.

Reverse Kings thrown or Reverse Guillotine – while attacker is on back, put your foot behind their head (right foot) and rotate them over onto their face while you sit back (basically sit back while pulling their head over using your foot). Once they are on their face, rotate up and sit on the back of their neck, ie., “guillotine.”

On all three, ensure attacker's thumb is up - otherwise you do not have an arm bar and cannot put pressure on the tendon between the elbow and the tricep muscle (back of arm).

### **2. Guillotine or Dragon's tale:**

Pull up on attacker's controlled arm to "let the slack out."  
Step over head while keeping heel of foot next to attacker's throat.  
Step over with other leg, ensuring attacker's arm is inbetween your legs, thumb pointing down. This step should be a "larger step" with your foot anywhere between 6-18" from attacker's body.  
During 2nd step, begin to kneel down and straighten the attacker's arm.  
Pull attacker over to ensure their throat is resting on your Achille's heel. Attacker is on stomach now.  
Once attacker has rolled over and throat is on heel, take that foot (your's) and sit back on their neck, while pulling your foot up to rest on the ball of your foot - this particular action compresses attackers throat (as opposed to allowing attacker's throat to rest on your foot flat on the ground).

### **3. Monkey swing:**

Ensure attacker is controlled as you are put into a compromised position while doing this move.  
Let the slack out of the attackers arm while maintaining wrist lock  
Take your right foot and step between their shoulder and head  
Maintain wrist lock, turn attacker's arm and create arm bar against your leg (below your knee).  
If needed, rest your "right" knee on attacker's face so they cannot counter.  
You can also step and rotate your wrist lock to Mr. Nasty.

To disengage, step over with your "left" leg - or the leg being used to create the arm bar.

### **4. Reverse Monkey Swing:**

(2) options  
A. Attacker is on back - Japgi transitions to backstance while pulling/rolling attacker's arm over  
Lock attacker's arm (elbow above your knee) by pulling their arm, and transitioning your weight to front leg.  
Elbow should be pointing out or "down" for correct pressure.

(Also known as a flopping fish or Reverse Monkey Swing B):

(B). Attacker is on back - quickly step with left foot over/around attacker's head.  
Follow with "clockwise" step with right foot - this movement should rotate attacker to "on stomach" position (also known as a flopping fish).  
Next, control attacker's wrist, fall into a backstance, and create arm bar by placing attacker's elbow "above" your shin and place pressure against the tendon directly behind the arm. You can also pin the the attacker's arm about 1" from the ground while thumb is pointing toward ground. pull up on arm to maximize pressure.

During an arm bar where you are placing pressure on the elbow joint, you are "practicing" putting pressure against the tendon - which connects muscle to bone. This is important to know, as putting pressure on the wrong part of the "tricep" will not provide the correct pressure/pain. Also, pressure to a tendon is more painful, "easier to find" and can cause more damage if required than pressure to a ligament (which connects bone to bone).

FYI, most of our pressure points are found between tendons - where the muscle attaches to the bone).

See: <http://www.mothenature.com/images/library/books/PeakCond/ElbowJoint.GIF>

### **5. Gooseneck with Shoulder Trap:**

Attacker is on back while you have control of their wrist/arm.

Place one knee on their head/ear, and place other knee under their controlled arm - "floating rib" area. ensure you have a gooseneck hold. You are implementing the gooseneck correctly by:

1. Driving knees onto attacker, while.
2. Rotating right hand so thumb rests under attacker's palm. Left hand maintains pressure during transition.
3. Left hand joins right hand to create "2-handed gooseneck" OR left hand slides down to attackers elbow, followed by grabbing your right hand - this creates a hammer lock (as in # 7).
4. Attacker's elbow should be pinned against your abdomen while you slowly breathe out (NOT IN).

## **6. Shoulder press:**

Very similar to "flopping fish" (alternate reverse monkey swing) but you rotate attacker's arm and pin on their back.

## **7. Vice;**

While controlling attacker's arm (let's say, off # 8), step over your attacker with your left foot only, and place it directly next to their throat. Execute a "wring the cloth" with your hands, while kneeling. As you "wring the cloth," the attacker will automatically turn toward your left foot, creating the vice between your foot, and kneeling with your right leg.

Suggestions for control moves per hoshin sul technique. Again, it's dependent on your position to your attacker. Quick Note - you can transition to ANY control move with attacker is in "high side" position (on back looking up).

# 2 - gooseneck with shoulderpress - you should already be doing the "hammerlock" version by the time the attacker goes down.

# 2 alternate - any - I will show you new control moves for this.

# 4 - any of them - as attacker is in position for king's chair, gooseneck, OR you simply step over and get attacker onto "flopping fish" position (on stomach) and "have fun."

# 6 - Any move - quickest is gooseneck with shoulder press.

#7 - hammerlock / gooseneck shoulderpress as attacker should be going down once hammerlock is set.

# 7 - alternate - I will show you new control moves. OR, basically take right knee and slam into their armpit while pinning their wrist on the ground.

# 8 - any move

## **Conditioning:**

Use weights

Wall stances

Multiple push up positions – knuckle, reverse wrist, triangle, 10-step.

## **Forms:**

**Koryo**

## **Sparring:**

**Spar using takedowns (with control) 1 minute using hubud drill and/or trapping.**

**Spar 2 opponents**

**Spar using only footwork to evade attacks**

## **Breaking:**

**3 breaks. 1 hand, 1 reverse, 1 jump reverse kick. No rest in between.**

**Adults 17+ - break a brick**

## **Additional:**

**Compete in a minimum of 1 tournament in either; sparring, breaking, or forms.**

## **Journal your additional training (training at home)**

### **Paper:**

**Either turn in or discuss a description of the following;**

**How martial arts training has helped you in your walk with Christ? (1 page)**

**What have you learned about yourself throughout this process? (1 page)**

**What does a black belt mean to you (1 page)?**

**How can each of the Fruit of the Spirit be demonstrated through martial arts? (1 page)**

**Describe the History of martial arts / TKD / HKD. (1 page)**

**Describe the tenants of martial arts training and how it applies to your Christian walk. (1 page)**

**What is the significance of the black belt form movements?**

**Describe the ideology of “Laborer, Strategist, and Transformed” as it relates to your training.**

**Describe how energy is attained through proper breath control**

**Describe the differences between linear or straight, circular, soft and hard energy, and how they are important in mastering the martial arts.**

### **Hoshin Sul Review for First Dan:**

# 1 - total of 3 variations

# 2 – total of 2 variations

# 3 – total of 1

# 4 – total of 3 variations

# 5 – total of 1

# 6 – total of 1

# 7 – total of 2 variations

# 8 – total of 1

# 9 – total of 1

#10 – total of 1

Grand total for First Dan – 16

Grand total for Second Dan – 21 (see below for additions), AND/OR 42 (Left Side)

### **Locking Drill:**

1. Outside wrist lock
2. Plain the field
3. Wring the cloth
4. Under arm, arm bar
5. Over arm, arm bar
6. Double arm/hand hammer lock
7. Gooseneck
8. Single arm/hand hammer lock
9. Rotate through (turn elbow toward face + turn face counter clockwise motion)
10. Outside wrist lock (start over) and/or take to floor.

**First Degree Black Belt to Second Degree Black Belt Requirements**  
(2<sup>nd</sup> degree considered junior instructor or advanced student)

1. All previous techniques, forms, breaking from past tests as requested.
2. **All one-step techniques from Right Side with takedown and control (see below for additional)**
3. **Self-defense against knife (see below)**
4. **Locking drill (kwon jyel sul) from both sides “real-speed” (10 movements)**
5. Palgwe #7 & Poomse KuemGang (2<sup>nd</sup> degree form – known as ”diamond”) Describe form.
6. **7 total kodokan judo throws**
7. Minimum 1 year continual training as first degree black belt
8. Instruct an entire class-session or kwan jang nim approval.

Elevator drill with grab defenses  
Elevator drill with throws  
Traditional elevator drill

\*\*See Series on hubud, boxing patterns, throws, and grab defenses for remainder!  
\*\*\*

**Includes hubud to locks and pins, partner boxing patterns, grab defenses, throws**

**Additional Hoshin Sul for Second Dan:**

(From # 2): (3<sup>rd</sup> finishing move)

- ~ After stepping in and breaking attacker’s elbow against your shoulder...
- ~ Rotate clockwise by taking a step with your right foot – step back or to outside of attacker.
- ~ Simultaneously rotate attacker’s arm/hand in violent motion clockwise to lock. (Up, followed by out, followed by straight down). Pull your elbows IN!
- ~ Attacker MUST do a sacrifice fall/flip in order to eliminate elbow damage.

(From # 4): (4<sup>th</sup> finishing move – called the “Curl”)

- ~ After kicking attacker in mid-section with right foot, step over their arm with left foot.
- ~ Ensure attacker’s locked arm/elbow is facing up, or thumb is facing down.
- ~ Rotate attacker’s arm counter-clockwise and position it on your thigh.
- ~ Ensure attacker’s palm is facing up (at you), and sit down against their shoulder – on top of their bicep.

(From # 4):

- ~ Once you have attacker in gooseneck, they may try to use their other arm to punch you.
- ~ As you leverage the gooseneck, and they begin walking with you, pull them across
- ~ Remove your right hand and pivot to an outside wrist lock.

(From # 4):

- ~ From a gooseneck, if the attacker is taller than you and you don't believe the other moves will work given the height disparity.
- ~ Remove your left hand from the gooseneck, and control their elbow.
- ~ Simultaneously left their elbow up using your left hand, while pivoting to your right and under their arm.

(From # 4): (5<sup>th</sup> finishing move – called the “Crab”) **(Not Necessary for test)**

- ~ After kicking attacker in mid-section with right foot, step over their arm with left foot.
- ~ Ensure attacker's locked arm/elbow is facing up, or thumb is facing down.
- ~ Turn clock-wise while taking a step with right foot into attacker.
- ~ Use right arm to push up on attacker's thigh, as you continue to rotate clockwise and lay down quickly – sending attacker into a forward roll/flip (failure of attacker to flip MAY/WILL cause serious elbow injury).
- ~ Once attacker has flipped, you should be in a ready position to roll.
- ~ Lock the attacker's arm against your leg, OR go to a king's thrown control moves.

(From # 6): (2<sup>nd</sup> finishing move)

- ~ Similar to original, but prior to throw...
- ~ Take your left hand and cup your right hand after (right) palm heel to face (behind head).
- ~ Press your head against their head, while pulling your arms against their neck. You are putting pressure against their carotid artery.
- ~ Once attacker taps, immediately execute a eagle claw into attacker's scapula with right hand.
- ~ Simultaneously kick out their leg with your right leg (as original) while using left hand spear hand under their “shoulder blade.”

(From # 9 – Sonkyo finishing move)

- ~ Once you have the attacker up on their toes (from wrist lock) get them to begin turning away from your lock.
- ~ Once they begin turning, rotate under their arm to an outside wrist lock and take them down.

(From # 10): (2<sup>nd</sup> finishing move)

- ~ Similar to original, but continue circular footwork and execute a clothes line on attacker. Can also sweep their right foot out with your right foot while executing clothes line.

## THROW INFORMATION

5- First Degree (minimum)

7 – Second Degree (minimum)

10 – third Degree (minimum)

The information below is written generically for people to get a sense of the various throws. For detailed explanations, please attend class. Soke Lumpkin (head of Shinsei) also provided an instructional video which is now available on our website under Media Gallery, there he reviews each of these throws and many others in depth.

### Things to remember about a throw, sweep, etc:

A. Unbalance the attacker while keeping your balance. Unbalancing may start with something as simple as a distraction technique. Could also be a 1-pull “dumog” technique to setup unbalance and throw.

B. Lock the Uke’s/batgi’s spine (attacker, or one being thrown). You do this by pulling one shoulder forward and down, while simultaneously pushing back and up on the other.

Similar to your one-steps (hoshin sul) practicing the body mechanics of these movements is very important, but should not be considered the equivalent of a live partner where weight distribution and balance is critical.

### (Large Hip Throw)



### O goshi / Major Hip Throw

basically a hip throw with right hand on belt... traditional judo throw... Uke is “thrown over a fence” (up then down) as opposed to over a boulder (not thrown away from you).

Both feet at same angle/parallel.

Scoop under opponents hip

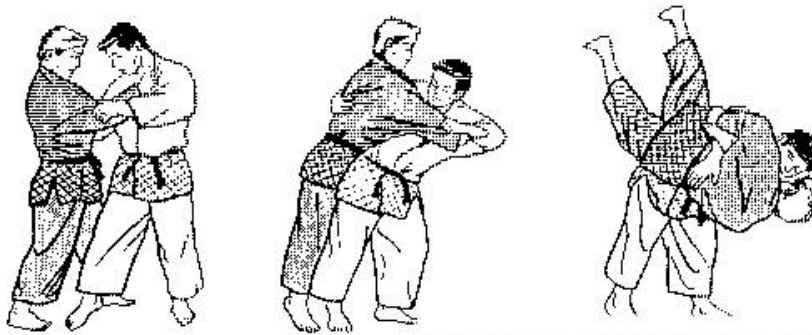
Rest them on your “right” hip

Throw over right hip - opponent should be between upper hip and under arm!

Literally pick up on hip and throw over hip (not shldr) Pick up Uke and rest on 60/40 split weight on your hips, then throw - since you're unbalancing using both hips vs. the right, it's a "major hip throw"... both legs on ground for throw. Both legs carry the weight, 60/40.

<http://www.suginoharyu.com/html/video/kihonwaza/o%20goshi.mpg> (note the tori doesn't get very low with his hips. Tori should prop Uke up on hips in order to unbalance and gain control).

### (Floating Hip)



Similar to **Uki Goshi** – Floating Hip -

<http://www.judoinfo.com/images/animations/blue/ukigoshi.htm> -

Opponents leg is forward

You step in and turn

Right leg kicks their right leg back at ankle (so ensure their leg begins forward so you're able to kick it back and unbalance opponent)

While doing sweep, come under their hip to unbalance them as you turn toward your throw

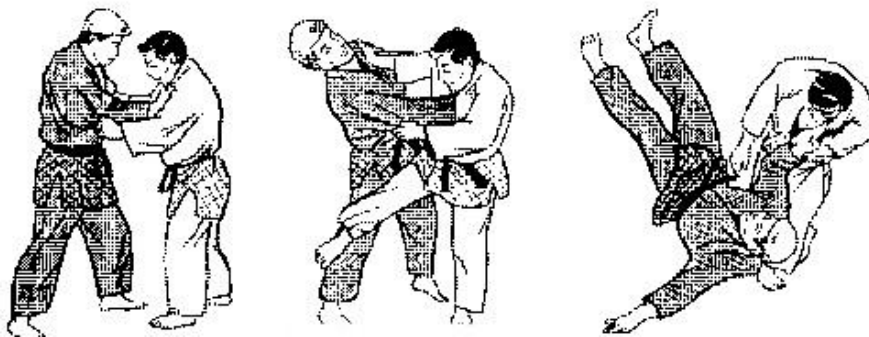
Left leg bears the burden of weight during throw

Basically in a deep front stance when you throw

Sweeping leg stays on ground (trip).

Attacker's foot is also forward, and your sweeping leg pushes it back while "sweeping" - throw over your right hip, unlike O Goshi which keeps your feet at same angle and parallel. UKI Goshi, the Tori's right leg is further back (because it kicked uke's leg back). You're also going to be "further in" to the opponent because you're kicking their lead leg (right) back, and coming up under their hip and throwing, so your sweeping leg is behind your left leg, which carries 90% of the weight during the throw!

### (Leg Wheel)



**Ashi Garuma** – Leg wheel dropping them to the side

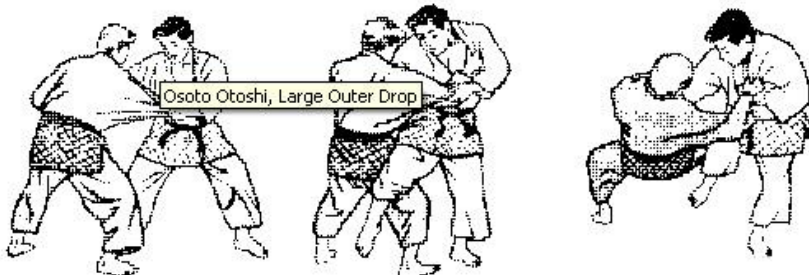
<http://www.judoinfo.com/images/nauta/ashiguruma.htm> - attacker's leg is back...(right leg is back)

<http://www.judoinfo.com/images/animations/blue/ashiguruma.htm>

Tori uses right leg behind Uke's knee, throws down to side (direction Tori is facing). Uke will fall/roll on side of Tori as opposed to being on top of Tori's hip.

Right leg may take a little hop in in order to get the sweep. Sweeping leg stays off the ground once the step inside (to sweep) occurs. Or Uke will potentially hurt their knee.

### (Large Outer Drop)



OR **Osoto Gari (#6)**- (sweep leg is on thigh and comes down as throw) aka major outer drop – you land on opponent with a solid headlock ☺

Neutral stance or attacker's leg is forward. You also drop onto the opponent on the mat, so like a Ashi Garuma, but you slam ontop of the opponent, and have their head in a lock with right arm. Both arms are up, not around back. Holding lapel/tricep. Take a step forward, then back, to get them to move and get right leg forward, then sweep... just like # 6.... For this to work, your balance and legs must be in the proper position. Hand position is less of a concern as we'll demonstrate in class, ie., you can execute this as a "clothes line" as well, ie. Aikido.

<http://www.suginoharyu.com/html/video/kihonwaza/o%20soto%20gari.mpg>

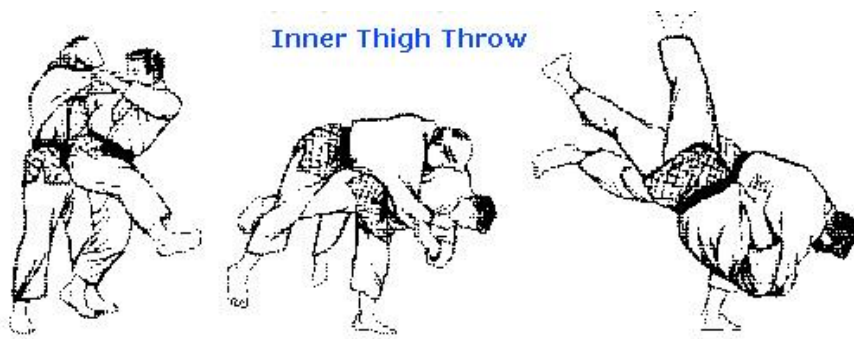
### (Spring Hip Throw)



**Hane Goshi** – Spring Hip Throw

<http://www.suginoharyu.com/html/video/kihonwaza/hanne%20goshi.mpg>

Right arm around head or under shoulder/armpit....not belt! Their right leg is forward. Sweeping leg is on the **INSIDE** of their right leg!!! PowerHand is on opponents shoulder/lapel When you bring your leg in, you also throw your butt into their hip They should fall over your hip as your leg is raised. Weight stay on the left leg.



Inner Thigh Throw

Similar to Uchi Mata – Inner Thigh Throw - [http://www.judoinfo.com/quiz0297\\_1.htm](http://www.judoinfo.com/quiz0297_1.htm)

It often uses considerable hip action as well and some references therefore consider it a hip throw. You enter by pivoting or hopping in until you are standing on one leg between your opponent's feet facing the same direction as the opponent. Sliding the other leg between your opponent's legs you stretch it out and raise it up as you lean forward and pull your opponent onto your upper thigh. You will then bounce the opponent up and continue to turn and roll forward to complete the throw.

## Tomoe Nage

(Circle Throw)



Tomoe Nage, Circle Throw

**Tomoe nage** – circle throw – you will eventually do this one off # 7, as you're already inside the opponent.

Lift opponents shoulders elbows up/out

<http://www.judoinfo.com/images/nauta/tomoenage.htm>

<http://www.judoinfo.com/images/animations/blue/tomoenage.htm>

# Osoto Guruma

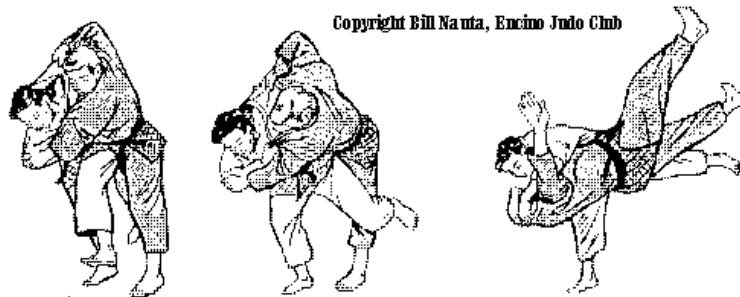
(Large Outer Wheel)



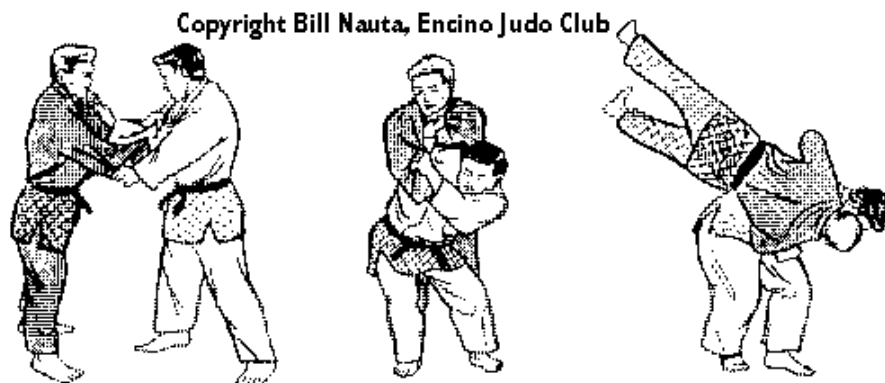
You sweep out both legs. However, you start by brushing past the inside leg to remove it as an obstacle, then you hook and left the opponent from the back leg.

# Harai Goshi

Sweeping Hip Throw



Similar to many of the other throws, however your sweeping foot comes up and to the outside of the uke. Consider « kicking out » the planted leg – « calf to shin » and « spring up » with your leg as you rotate over.



Seoi Nage (shoulder throw)

## **Second Degree Black Belt to Third Degree Black Belt Requirements (3<sup>rd</sup> degree considered instructor)**

1. All previous techniques, forms, breaking from past tests as requested.
2. All HSS techniques - includes a minimum of 6 with 6 movements or more - with takedown and control from 4-corner Elevator Drill (may include boxing patterns and compound trapping/strike combinations as part of 6).

Example: # 9 – sankyo, transition to hammer lock or outside wrist lock – takedown – transition uke to stomach – to gooseneck – rotate under, spin, and drop from hammer lock (total of 6 movements here).

3. Poomse Tae Baek (3<sup>rd</sup> degree form – known as “lightness”). Describe form.
4. Weapons (where applicable) including, knife, cane.
5. Pressure Points (18 major) with functional application.
6. Minimum 2 years continual training as second degree black belt.
7. Instruct an entire class-session.

Elevator drill using grab defenses

Elevator drill using throws

Traditional Elevator Drill via haymaker, hubud, load up, etc.,

### **Self-Defense vs. Knife: (2<sup>nd</sup> – 3<sup>rd</sup> Dan)**

**Things to consider –**

- A. Remove the weapon from its intended target**
- B. Control the weapon/arm**
- C. Control the balance of the opponent (drop a shoulder, twist spine).**

1. Knife at side of neck – explode out while controlling arm with eventual outside wrist lock/takedown.
2. Knife at neck - Straight on – hammerlock after reverse pendulum.
3. “Snake to 8” or from angle “1” – outside pass with full curl to outside wrist lock to forearm fillet, elbow slam and takedown with mechanical control.
4. Reverse Grip Flow with gooseneck – with and without counter.
5. Stalemate 1 – “X arm trap” off a thrust (#5) with upward knife strike.
6. Stalemate 2 – “Stick to liver” – off a thrust (#5) with a step in and under arm with thrust to liver.
7. Others as required by KJN.

Additional notes regarding knife defense (see also instructor manual):

Knife Basics:

- Saber Grip – traditional grip – more offensive as it provides greater reach. Tip points toward Allows for open high, open low, closed high and closed low among other options.
- Reverse or Hammer Grip – more defensive and useful for “very” CQC. Advantage is hooking, protects forearm, additional angles, among others.

Considerations:

- Reach Green Zone whenever possible – don't stand in front of attacker where all angles are open.
- Stick or control the arm yielding the knife. Separate (and run) when possible.
- Mechanical Compliance is preferred over pain compliance.
- Defang if possible, otherwise remove weapon from target | control weapon & arm | MC
- Control attacker by dropping a shoulder, and turning spine + lock.

Exercises: to be taught in succession

1. Inside and outside pass – both single and double arm with full curl.
2. Figure eights / serpent (reverse grip) – with inside and outside pass. Work off angle 1 and 2.
3. All angles – 16 total
4. Angles with pass with and without knife
5. Snake to an 8
6. Reverse grip flow with gooseneck – 3 rotations
7. Stalemate 1 – X arm trap with upward strike
8. Stalemate 2 – Stick to liver
9. Others as required

**Third Degree to Fourth Degree Black Belt Requirements**  
**(4<sup>th</sup> degree considered junior master)**

Must participate in a KFCI or Shinsei sponsored test with official testing board  
Approval of Kwan Jang Nim.

Must include preliminary test of all HSS from punch and grabs via bull pen

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