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ABOUT THE AUTHORS



Nina Blackmon is a Registered Veterinary Technician with a technician Specialty certification in Anesthesia. She has been studying Kyuki-Do under the guidance of Master Ken Blumreich at AKF Athens in Athens, Georgia. She recently achieved her 1st Dan at the Blackbelt Extravaganza in Wisconsin in November 2012. She enjoys spending time with her husband Paul and their 2 Boston Terriers, Kaci and Harley, renovating their home, gardening and cooking. She plans to continue working towards her 2nd Dan in Kyuki-Do and looks forward to honing her martial arts skills.

QUOTES AND WORDS OF WISDOM

"The measure of a man is not in how he gets knocked to the mat, it is in how he gets up."
– **Unknown**

"A superior man is modest in his speech, but exceeds in his actions."
- **Confucius**

"Those who practice control always continue to improve"
- **Sun Yi**

The Art of Hapkido by Nina Blackmon

합기도

Hapkido is a dynamic Korean martial art form that utilizes joint locking techniques, kicks, punches, blocks and deflections and striking techniques, as well as takedowns, pain compliance or pressure point techniques. The art employs both long and close range fighting techniques and emphasizes circular motion, non-resisting movements and control of the opponent. Advantage is gained through footwork and body positioning in order to gain leverage without needing to utilize strength against strength. The name Hapkido literally means “coordinated (Hap)” “internal energy or spirit (ki)” “way (do)” or the way of coordinating energy. It is thought to share a common history with the Japanese art of Aikido, but the two arts remain separate and distinct from one another.

The beginnings of Hapkido can be traced back to Korean nationals in the post Japanese colonial period in Korea, with Choi Yong-Sool as its founder. As a young boy, Choi Yong-Sool was sent to Japan where he ended up working as a servant in the home of Takeda Sokaku. Under the guidance of Takeda Sokaku, Choi studied Aiki-Jijitsu at the Daito-ryu school until 1943 when Master Takeda committed suicide. He then returned home to Korea. While attempting to purchase grain from the Seo Brewery Company, Choi was forced to defend himself against a group of men after an argument broke out. The son of the brewery chairman, Suh Bok Sup, witnessed the altercation and was most impressed as Choi’s prowess in defending himself. Suh Bok Sup, already a black belt in Judo, asked Choi to train him in the martial arts. The two went on to open the first dojang in 1951.

The man credited with popularizing Hapkido was Ji Han-Jae. His physical skill, technical contributions along with his promotional efforts and political connections as head hap kido instructor to the presidential bodyguard under Korean President Park Jeong-Hee served to bring attention to the art first in Korea and then internationally. Ji Han-Jae’s core training was under Choi Yong- Sool, but he also studied under a man known as Taoist Lee and an old woman he knew as Grandma. When he began teaching Hapkido, Ji also incorporated kicking techniques learned from Taoist Lee and additionally added punching techniques 1957. In 1963 the Korea Kido Association was founded with Choi Yong-Sool as Chairman and Kim Jeong-Yoon as Secretary General and Head Instructor. While Ji was a founding member of the Association, he was unable to hold much influence over the Association and with the support of the Head of the Security Forces, Park Jong-Kyu; he founded the Korea Hapkido Association with great success. In 1973, Ji’s organization joined together with the Korea Hapki Association and the Korean Hapkido Association founded by Kim Moo-Hong to form the Republic of Korea Hapkido Association which became quite extensive and most influential. There is some controversy based on Ji’s assertion that he was the true



founder of Hapkido in Korea. Whether his assertion is true or not, he has undeniably been a major contributor to the art of Hapkido, with his introduction of kicking and weapon techniques, as well as his promotion of the art worldwide.

Another major contributor to the kicking curriculum in Hapkido was Kim Moo-Hong. Kim, who originally trained under Choi Yong-Sool. He took the basic kicks that he had learned from Choi and continued to develop them to a much greater degree. As an original member of the Korea Kido Association, Kim was sent to the United States to teach Hapkido in 1969. When he returned to Korea in 1970; Kim founded the Korean Hapkido Association with the encouragement of his students. This organization would later merge to form the Republic of Korea Hapkido Association mentioned previously.

There are three principles of Hapkido. The first principle, Hwa, or non-resistance focuses on relaxation and not using strength against strength. If an opponent were to push the defender, the defender would not push back, but avoid the confrontation by moving in the same direction as the opponent and utilizing his forward movement to throw the opponent. The second principle is Won, or the circular principle. This principle serves as a way to gain momentum using natural, free flowing movements. If an opponent were to attack with a linear movement, such as a punch, the defender would redirect the opponents force by making his attack circular and adding the opponent's power to his own. Once this power is redirected the defender can incapacitate his opponent using any number of techniques. The third principle Yu, the water principle, utilizes techniques that are as soft as water and as strong. The defender will deflect an opponent's strike in such a way as water is divided by a stone only to return and envelop the stone.



Hapkido at its best is a comprehensive fighting style that incorporates a wide range of tactics. There are both hard techniques, such as strikes and kicks, and softer techniques, such as joint locks, throwing and pinning. Some styles of Hapkido incorporate ground tactics, but these tactics are generally used to escape or regain footing or control, enabling the defender to finish their downed opponent. These techniques are in no way similar to the grappling or ground fighting found in Judo. If an opponent is at a distance, the defender might use a series of kicks and strikes in order to close the distance between the two and then to immediately control the balance of the opponent. At this point the defender can finish the opponent by applying a joint lock to throw the opponent or a take down by manipulating the head or neck. Applying pressure to certain points of the body can also be used to create pain and upset of the opponent's balance or produce unconsciousness. The kicks used in Hapkido, while similar to kicks used in Tae Kwon Do, are distinctly different due to the emphasis on circular motion. Many kicks in Hapkido are low (below the waist) and hooking or sweeping kicks.

Hapkido is an effective and complete martial art that is designed to utilize an attacker's energy and motion against himself for the purpose of self-defense. The execution of both hard and soft techniques make Hapikdo a versatile martial art and allows the defender to save energy by deflection and the gaining of control of the situation. The Art of Hapkido as we know it today is due to the dedication and perseverance of its founding members and their desire to bring that art to a world of students.

History of Taekwondo

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(Editor's Note: The following is provided for information purposes only and is one account of the history of Tae kwon do.)

The earliest records of Martial Arts practice in Korea date back to about 50 B.C. These earliest forms of Korean martial arts are known as "*Taek Kyon*". Evidence that Martial Arts were being practiced at that time can be found in tombs where wall-paintings show two men in fighting-stance. Others reject this evidence and say that these men could be simply dancing.

Back then, there were three kingdoms:

1. Koguryo (37 B.C. - 668 A.D.)
2. Paekje (18 B.C. - 600 A.D.)
3. Silla (57 B.C. - 935 A.D.)



Silla unified the kingdoms after winning the war against Paekje in 660 A.D. and Koguryo in 668 A.D. The Hwa Rang Do played an important role at this unification. The Hwa Rang Do was an elite group of young noble men, devoted to cultivating mind and body and to serve the kingdom Silla. The best translation for HwaRang would probably be "flowering youth" (Hwa ="flower", Rang="young man"). The HwaRang Do had an honor-code and practiced various forms of martial arts, including Taekyon and Soo Bakh Do. The old honor-code of the HwaRang is the philosophical background of modern Taekwondo.

What followed was a time of peace and the HwaRang turned from a military organization to a group specialized in poetry and music. It was in 936 A.D. when Wang Kon founded the Koryo dynasty, an abbreviation of Koguryo. The name Korea is derived from Koryo.

During the Koryo Dynasty the sport Soo Bakh Do, which was then used as a military training method, became popular. During the Joseon-dynasty (also known as the Yi-dynasty. 1392 A.D. - 1910 A.D.) this emphasis on military training disappeared. King Taejo, founder of the Joseon-dynasty, replaced Buddhism by Confucianism as the state religion. According to Confucianism, the higher class should study the poets, read poems and play music. Martial arts

were something for the common or even inferior, man.

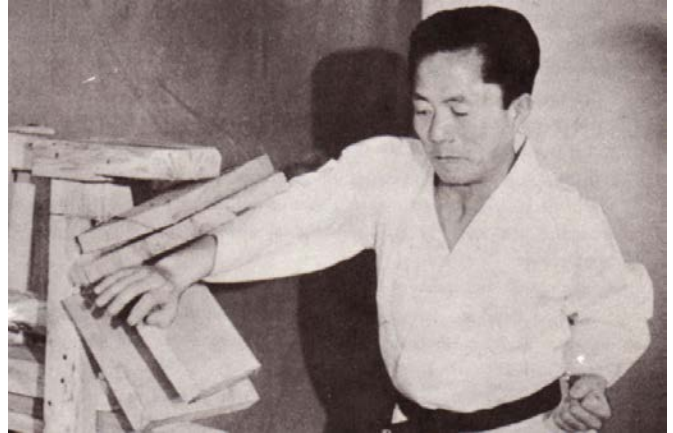
Modern-day Taekwondo is influenced by many other Martial Arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea during 1910 until the end of World War II. During WWII, lots of Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influences that Japan has given to Taekwondo are the quick, linear movements that characterize the various Japanese systems. After World War II, when Korea became independent, several kwans arose. These kwans were:

- Chung Do Kwan
- Moo Duk Kwan
- Yun Moo Kwan
- Chang Moo Kwan
- Oh Do Kwan
- Ji Do Kwan
- Chi Do Kwan
- Song Moo Kwan



The Kwans united in 1955 as Tae Soo Do. In the beginning of 1957, the name Taekwondo was adopted by several Korean martial arts masters, for its similarity to the name Tae Kyon.

General Choi Hong-hi required the army to train Taekwondo, so the very first Taekwondo students were Korean soldiers. The police and air force had to learn Taekwondo as well. At that time, Taekwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Taekwondo Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Taekwondo Union and in 1965 the name was changed to Korean Taekwondo Association (K.T.A.). General Choi was president of the K.T.A. at that time and was asked to start the I.T.F. as the international branch of the K.T.A. The southern government was overthrown in 1961. General Choi Hong-hi left for America and established the International Taekwondo Federation Taekwondo, as a separate entity, two years later.



Demonstrations were given all over the world. It took a while before real progress was made, but eventually, in 1973, the World Taekwondo Federation (W.T.F.) was founded. In 1980, W.T.F. Taekwondo was recognized by the International Olympic Committee (I.O.C.) and became a demonstration sport at the Olympics in 1988. In the year 2000 taekwondo made its debut as an official Olympic sport. There were several attempts to unify I.T.F. and W.T.F. Taekwondo, but unfortunately, these failed. In the year 2000 taekwondo made its debut as an official Olympic sport.

The Korea Taekwondo Association (KTA) is the National Governing Body (NGB) for Taekwondo in the Republic of Korea (ROK), just like the United States Taekwondo Union (USTU) is the National Governing Body for Taekwondo in the United States of America. The World Taekwondo Federation (WTF) which was formed in 1973 is made up of Taekwondo NGBs. These NGBs are members of the WTF, and not individuals. Individuals may be affiliated to the WTF through their NGB, but individuals cannot join the WTF directly. As mentioned earlier, Gen. Choi established ITF-Taekwondo (which practices a more traditional form of taekwondo) while WTF-Taekwondo (which has a strong emphasis on sparring) became an Olympic sport in 2000.

A good-will trip to North-Korea in 1966 caused General Choi to fall in disgrace in the eyes of the South-Koreans. Choi resigned as president of the K.T.A. and founded the I.T.F. on March, the 22nd of that same year. The headquarters of ITF were established in Canada.

ITF started concentrating on the forms developed by General Choi, while the KTA (which later, on May 28, 1973, became the WTF) concentrated on the Palgwe's. Later the WTF abandoned the Palgwe's and started concentrating on Taeguks. Slowly, the WTF emphasis turned to sparring. This is also the reason why a lot of people rather call (WTF) Taekwondo a martial sport than a Martial Art.

The American Taekwondo Association (ATA) is a smaller organization, and has many similarities to the ITF. The ATA has a copyright on the forms of the organization, so these forms cannot be used on competitions by non-members. There are many organizations, but the three mentioned above have the most members.

ITF practices the so-called 'semi-contact' part of Taekwondo, while WTF practices the so-called 'full-contact' part. ITF focuses more on the traditional way of taekwondo. Since the break-up, there have been many attempts to reunite WTF and ITF, so-far without success. There probably will never be a union within Taekwondo.

NEWS AND ANNOUNCEMENTS

The VOICE will be going to a new format for 2013. There will be one edition every other month for a total of six editions for the year. Regretfully there has not been enough article participation to keep it going every month without me writing all the articles. I am sure that would become tiresome so I have reduced the number of editions relative to the amount of articles I am receiving. Want more VOICE? Then I need greater participation for articles. –Ken Lones, Editor

DID YOU KNOW?



The movie “Billy Jack” is a cult icon movie from 1971. It is the second in a series of movies that follow the title character through his journies. The character was part Native American and a returning Vietnam War veteran searching for his place in society. He was also a master of the art of Hapkido. But did you know that his stunt double was the Hapkido Grandmaster Bong Soo Han.



SAYING OF THE MONTH

A famous series from the movie “Billy Jack”

[Billy Jack is surrounded by Posner's thugs]

Mr. Posner: You really think those Green Beret Karate tricks are gonna help you against all these boys?

Billy Jack: Well, it doesn't look to me like I really have any choice now, does it?

Mr. Posner: *[laughing]* That's right, you don't.

Billy Jack: You know what I think I'm gonna do then? Just for the hell of it?

Mr. Posner: Tell me.

Billy Jack: I'm gonna take this right foot, and I'm gonna whop you on that side of your face...

[points to Posner's right cheek]

Billy Jack: ...and you wanna know something? There's not a damn thing you're gonna be able to do about it.

Mr. Posner: Really?

Billy Jack: Really.

[kicks Posner's right cheek, sending him to the ground]