

WELCOME TO THE HOME OF THE

SINMOO HAPKIDO JUNG SHIN KWAN

TERMINOLOGY

× SinMoo

* Hapkido

Jung Shin Kwan

Son Won Sool

HAPKIDO PHILOSOPHY AND RULES

Righteousness

* Courtesy

× Patience

SKILLS TO BE WORKED ON TODAY

Fundamentals (the way of coordinating power)

Empty Hand vs Empty Hand

Empty Hand vs Weapon

Weapon vs Empty Hand

× Weapon vs Weapon

HAPKIDO GEOMETRY IN MOTION

FUNDAMENTALS

Hwa (harmony) – Won (circular motion) – Yu (flow)

Proper stand

Proper body use

Basic Techniques of Release, unbalance and attack

44 Self Defense Skills

EMPTY HAND VS EMPTY HAND

1. Arm bar (shoulder grab)

Reverse arm bar (cross punch)

3. Inverted arm bar (wrist grab from boxer stance)

4. Sin Moo under arm bar arrest tech (cross hand)

ELBOW LOCKS (3)

(SECTION COMPLETED)

Elbow press (side wrist grab)

2. Reverse elbow press (cross grab)

3. C- Lock Elbow Press arrest tech (attacking)

WRIST LOCKS (4)

(SECTION COMPLETED)

Nikyo (wrist grab)

Nikyo reverse (writs grab)

3. Elbow Nikyo (writs grab)

4. Cross hand Grab Nikyo

WRITS AND ELBOW LOCKS (5) PAGE 1 (SECTION

COMPLETED)

1. Outer wrist lock (outer leaf) (punch)

2. Inverted Wrist press with knee to elbow press (cross wrist grab)

3. Eagle Claw (punch)

4. Figure 4 (attacking)

Goose Neck (writ grab)

WRITS AND ELBOW LOCKS (3) PAGE 2

1. All point throw (wrist grab) (completed)

Outer Tornado (Cross grab)

3. Swing Set (attacking) (completed)

WRIST AND ELBOW LOCKS (3) PAGE 3

Advance Swing Set (judo two hand grab) (completed)

Heaven & Earth (Punch)

Sword Cut Heaven and earth (cross hand grab)

ARRESTING SKILLS (4)

Hammer Lock SinMoo Arresting technique (cross knife hand)

2. Hammer Lock (punch)

3. WHF Arresting hammer lock (attacking)

4. Advance hammer lock (hook to body)

SWEEPS AND THROWS (7) PAGE 1

- Hapkido style Leg Sweep (haymaker)
 - + Dae Dong Ryu Style Sweep

- Hapkido style Hip Throw (back fist)
 - + Yudo Inverted Style Hip Throw (haymaker)
 - + Daito Ryu Style Hip Throw

- Shoulder throw (wrist grab from Boxer stance)
 - + Yudo Stile Shoulder throw

SWEEPS AND THROWS (4) PAGE 2

Behind the back shoulder throw (wrist grab)

- Fire Mans carry (cross wrist grab)
 - + Yusool Inside Fireman's Carry
 - + Dae Dong Ryu Fireman's Carry

Sacrifice throw back Leg lift sweep throw (lady Hapkido)

HAPKI (AIKI) TECHNIQUES (4)

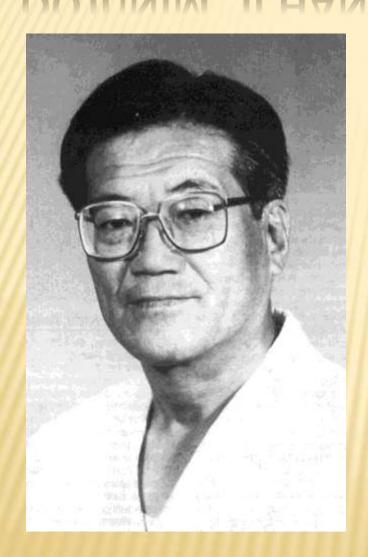
The Wave (punch) (Presented at the end)

Body as a sword (1,2 punch) (Presented at the end)

Show them the door (judo grabs) (completed)

Pendulum (attacking)

DOJUNIM JI HAN JAE - SHIN SON NIM



Born: 1936, Andong, South Korea

Rank: Grandmaster

Trained by: Choi Yong-sool

Residence: United States of America

Organization founded: Korea Hapkido

Federation

DOJUNIM YONG SUL CHOI



Born: November 9, 1904, North Chungcheong

Province, South Korea

Died: June 15, 1986

Trained by: Takeda Sōkaku

Residence: Daegu, South Korea

Other name(s): Choi Yong-Sul, Yoshida Asao,

Yoshida Tatujutsu



EMPTY HAND VS WEAPON

BANG CHONG SUL

GUN DISARM

DANG BON SUL

SHORT STICK (completed)

WEAPON VS EMPTY HAND



CHANG BON SUL

STAFF (completed)

WEAPON VS WEAPON

GUM SUL

SWORD (completed)