



WELCOME TO THE HOME OF THE

**SINMOO HAPKIDO JUNG SHIN KWAN**

# TERMINOLOGY

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✘ SinMoo

✘ Hapkido

✘ Jung Shin Kwan

✘ Son Won Sool

# HAPKIDO PHILOSOPHY AND RULES

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✘ Righteousness

✘ Courtesy

✘ Patience

# SKILLS TO BE WORKED ON TODAY

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- ✘ 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

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- ✘ 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**

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# ARM BARS (4)

(SECTION COMPLETED)

1. Arm bar (shoulder grab)
2. 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)

1. Elbow press (side wrist grab)
2. Reverse elbow press (cross grab)
3. C- Lock Elbow Press arrest tech (attacking)

# WRIST LOCKS (4)

(SECTION COMPLETED)

1. Nikyo (wrist grab)
2. Nikyo reverse (wrist grab)
3. Elbow Nikyo (wrist grab)
4. Cross hand Grab Nikyo

# WRITS AND ELBOW LOCKS (5) PAGE 1 (SECTION COMPLETED)

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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)
5. Goose Neck (writ grab)

# WRISTS AND ELBOW LOCKS (3) PAGE 2

1. All point throw (wrist grab ) (completed)
2. 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)

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1. 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)

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- ✘ 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 Tatujujutsu

# KAL SUL

KNIFE (completed)

## EMPTY HAND VS WEAPON

# BANG CHONG SUL

GUN DISARM

# DANG BON SUL

SHORT STICK (completed)

## WEAPON VS EMPTY HAND

# PO BAK SUL

ROPE /CHAIN/ HANDKERCHIEF

# CHANG BON SUL

STAFF (completed)

## WEAPON VS WEAPON

# GUM SUL

SWORD (completed)