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Flying Tigers
Martial Arts Academy
Student Manual

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U.S. Hapkido Association



U.S.A. Tae Kwon-Do Federation

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1.0 PURPOSE: The Flying Tigers Martial Arts Academy Student Manual is to be used as a guide for all students. The purpose of this academy is to teach martial arts and self-defense techniques to those interested in martial arts as well as those who want to just focus on basic self-defense techniques. The Korean martial arts upon which this organization is founded are Hapkido and Tae Kwon-Do in their traditional forms. The techniques taught are oriented more toward "real life" situations and occasions you might encounter on the street. This academy will include students who test for martial arts belt ranks and individuals who are interested only in basic self-defense techniques.

*"Confidence through knowledge in the mind,
honesty in the heart, and strength in the body."
-- The Flying Tigers philosophy.*

2.0 WHO CAN ATTEND: Anyone from ages 8 years old and up. Also, we ask that anyone under the age of 13 not be taught the Hapkido portion due to possible injuries. There is no upper age limit and no requirement for previous martial arts experience. You can even practice this if you have disabilities; we can focus around any injuries or disabilities.

3.0 INSTRUCTORS: There are several individuals who will be the primary instructors and currently hold black belts in Hapkido, Tae Kwon-Do, or both. Grandmaster Richards and Grandmaster Cecil will provide additional supervision and instruction for these black belt instructors.

- Mr. Scot Curry (4th Dan TKD, HKD)
- Mr. Harry Gabler (2nd Dan TKD)
- Mr. Patrick Kozub (1st Dan TKD)

4.0 AFFILIATION: The current Academy was formed by Master Rich Anton and is founded under the US Hapkido Association and the USA Tae Kwon-Do Federation under the leadership of Grandmaster Li Ki-Duk (Duke Lee) and Grandmaster Eric Richards. All belt rank testing is conducted at the Bloomington SportsPlex basement aerobics room and will be conducted by Mr. Scot Curry and/or Grandmaster Richards and Grandmaster Cecil. The Martial Arts Lineage for the Academy is included as Appendix A.

5.0 CLASS INFORMATION: The following paragraphs will discuss the particulars of the class. Woven through every lesson is the idea that integrity, honesty, and kindness are qualities that should guide all action. With proper training and guidance, a foundation is established that provides students with the poise and character needed to succeed in all aspects of their lives. From the diligent practice of the physical techniques, comes confidence in yourself, personal discipline, and respect for both yourself and others.

5.1 ATTENDANCE: Regular attendance is a requirement if you are testing for belt ranking in accordance with this document. We recommend you attend as often as possible to maintain flexibility and improve and maintain your skills. Those who plan to test will be required to attend a fixed number of classes between ranks as a minimum. If you do miss a class or two, the material is reviewed regularly so you will not "get behind." Attendance is taken at each class and each student is responsible to sign the attendance roster every class you attend.

5.2 SCHEDULE: The current schedule is every Tuesday and Wednesday from 8pm to 8:45pm and Sunday from 1pm-3:30pm in the aerobics room located in the basement of the Bloomington SportsPlex. Any changes or cancellations, barring emergencies, will be posted and emailed at least a week before. A monthly schedule will be posted outside the classroom and on the information table so students can plan and prepare for each class. In general, promotion tests will be held on Sundays during regular class time. You can change in the appropriate rest rooms located in the basement and standard martial arts uniform or loose clothing such as sweats and protective sports equipment for those areas prone to easy injury are recommended. Students should arrive no later than 10 minutes before the scheduled class start time to warm-up.

5.3 CLASS STRUCTURE: Each class will be a little different, but will maintain the same basic outline as follows:

5.3.1 Formal opening. Instructor calls the students to lineup, followed by a "**yes sir/ma'am**" from the students. Students will line up in a single line facing the instructor, according to rank and in ready (choon bee) position. Instructor will call the students to attention (cha ree ott) and bow (kyung yea). Next will call

- everyone to face and bow to the flags/Grandmasters, and then bow to the students again. (1 minute)
- 5.3.2 Explanation of activity. Instructor will greet students, introduce new students, make announcements, and explain the activity for this class time. (3 minutes)
- 5.3.3 Warm-up. This is a very important part of class in order to insure all joints and muscles are ready for the specific activity of the class. Will start each class with joint rotations to lubricate all the major joints, followed by some aerobic activity to get the muscles warm and the heart pumping in the form of dynamic stretches, kicks, punches, forms, push ups, crunches, etc. tailored to the specific activity for that class time. (15-25 minutes)
- 5.3.4 Specific activity. Each class will focus on a specific skill or set of skills to either increase/improve balance, strength, kicks, falls, punches, defense, forms/poomse application, stances, etc.
- 5.3.5 Cool down. A cool down period will be a gradual reduction of the intensity of the activity. This is an excellent time to practice and learn the forms/poomse.
- 5.3.6 Static Stretching. The last 5-minutes of class will be static stretching of the major muscles exercised during the specific activity. This is a very important part of the class to increase individual flexibility and also to reduce muscle pain. Students should make an effort to insure they gently stretch the muscles used during class. This is the best time to static stretch.
- 5.3.7 Formal closing. A formal closing with a call to lineup in ready position (choon bee) followed by a recap of the class. The instructor will instruct students to attention and then bow, then the 2nd highest ranking gup student, will state "face senior student/black belts" and bow to the senior student/black belts, then senior student/black belt will instruct students to bow to the instructor, and then instructor will bow to students (saying Go Map Sahm Ni Da - Thank you) students will bow and reply (Kahm Sa ham Ni Da - Thank you for teaching us), followed by a final bow out of (Chamanayo - You are welcome). Additional phrases you may hear are "An Yong He Kyeh Say Oh" (Go in Peace) or "An Yong He Ga Say Oh" (Stay in Peace). Additional references: Grand Master Lee's Martial Arts Personal Interrelationships is included as Appendix A and a Korean Terminology table is included as Appendix B.

- 5.4 **INJURIES AND ILLNESS**: It is your responsibility to inform the instructor(s) if you have an injury or illness. You will not be asked to perform any activity that will aggravate your injury or illness. We ask that you only do what you are comfortable with and do not come to class when you are sick and/or contagious.
- 5.5 **PROTECTIVE EQUIPMENT**: Men, you are advised to wear a cup! When free sparring, a cup, mouth guard, hand pads, and head guard are required and rib guard/chest protector, footpads, and shin guards are recommended.
- 5.6 **ATTITUDE**: Most of all, we ask that your martial arts training be enjoyable to you. We the instructors will do our best to keep things moving and help you improve your skills. The more you practice and the more effort you put into your training, the more you will enjoy and benefit.

5.7 CLASS GUIDELINES:

- Common practice is to bow to the flags upon entering and exiting the practice area (Do Jang), and when greeting or taking leave of an instructor or senior student. Refer to the Appendices for more info on terminology, the flag, forms meanings, etc.
- Address all instructors and senior students by their proper title (Sir, Ma'am, Mr., Ms., Miss).
- Classes will begin and end with the formal open/close ceremony. Where students shall line up according to rank with the highest belt farthest to the right at attention.
- When shaking hands, place the palm of left hand on top of the right forearm just below the elbow, and bow from the waist.
- There are two acceptable sitting positions: the kneeling position where you sit on your heels, and "Indian" style with legs crossed in front of you. When standing during periods of instruction, stand at an informal attention with feet apart and hands behind back or resting on belt knot.
- Talking in class should be only as related to class subjects.
- No eating, drinking, or chewing of gum allowed in the Do Jang.
- Be serious at all times, we are not here to play; horsing around distracts others, can lead to injuries, and positively will not be tolerated. When waiting your turn or when not actively engaged in practice, watch senior students closely.
- Please get permission for an instructor before using any equipment. Do not play with, touch, or use the Jazzercise equipment.
- Do not free spar without the permission and supervision of an instructor.
- Please arrive early and begin warming up with joint rotations, dynamic stretches, and forms review.
- Jewelry that may catch on clothing must be removed prior to class. Glasses and contacts are OK.
- No profanity or inappropriate talk is allowed in the Do Jang.
- Refer to Grand Master Lee's Martial Arts Personal Interrelationships list in Appendix A for more guidelines.

5.8 FREE SPARRING: There are many different ideas of what free sparring is and its purpose. It is important that we all understand the reasons for free sparring and the attitude you should bring to it.

Free sparring is a session where two people attempt to complete techniques of their own while evading, blocking, or redirecting the techniques of their partner.

Note: I said "**partner**". The other person is **NOT** an opponent, or an adversary; they are your **partner**. You are both working together/cooperating in order to gain knowledge about techniques and how to use them effectively.

The point of free sparring is to experiment with techniques, new and old, and observe how to use them against a moving and motivated target. You are learning how to set someone up, how to adjust for their movement, how to evade, defend, block, redirect, react, and respond to their movements, and overall, how to deal with a moving target that does not do what you want or expect it to do.

You **DO NOT** jump in and attempt to pummel your partner, overwhelming them with a barrage of techniques, and driving them across the mat. You **DO NOT** ignore their techniques because they are pulling them so you will not get hurt, because "it would not have stopped me," or any other reason.

It is a give and take session and a chance to learn. You attack occasionally, you give your partner a chance to attack occasionally, you let them start something and see if your technique can interrupt theirs, if you can setup a series/combination - and give them a chance to do the same. We will also work drills where one person is only on offense and the other on defense as well as kick only sparring.

Free sparring is a learning lesson - where you are learning what happens when your target is trying to get out of your way and when your target has targeted YOU.

We do not give out points for sparring, there are no declared "winners," and there are no trophies. The ending question of sparring is simply this: Did you both learn something about the use of your techniques during the sparring session?

Because we are both moving and throwing kicks, blocks, punches, etc., we wear pads and other protective equipment to

reduce the chance of injury. A **must** for anyone that will be sparring is a mouth guard, groin protector, headgear, and hand pads. Shin guards, rib guards, and footpads are also beneficial in reducing bruises. The school has at least two sets of pads for those occasionally participating in sparring, but personal equipment is recommended for those wanting to regularly participate.

- adapted from the one of our sister school's handbook, the Nebraska Hapkido Association's Handbook.

6.0 TIME IN RANK REQUIREMENTS: The table below is considered the **MINIMUM** time required to advance in belt rank. This time will vary with the student's ability and class attendance. Generally, children advance at a slower pace than adults.

Hapkido/Tae Kwon-Do Rank	Time Required To Advance In Rank
9 th Gup White Belt	MINIMUM
8 th Gup Yellow Belt	2 months (20 classes)
7 th Gup Orange Belt	2 months (20 classes)
6 th Gup Green Belt	2 months (20 classes)
5 th Gup Purple Belt	2 months (20 classes)
4 th Gup Blue Belt	4 months (40 classes)
3 rd Gup Brown Belt	4 months (40 classes)
2 nd Gup Red Belt	4 months (40 classes)
1 st Gup Red with black stripe	6 months (72 classes)
1 st Dan (Il Dan) Black Belt	6 months (72 classes)
2 nd Dan (Ee Dan) Black Belt	1 year (120 classes)
3 rd Dan (Sam Dan) Black Belt	2 years (240 classes)
4 th Dan (Sah Dan) Black Belt	3 years (360 classes)
5 th Dan (Oh Dan) Black Belt	4 years (480 classes)
6 th Dan (Yook Dan) Black Belt	5 years (600 classes)
7 th Dan (Chil Dan) Black Belt	6 years (720 classes)

7.0 COST/FEES: The fees are \$45.00 per month for all children under 12 years old and \$50 per month for those over 12 years old taking classes. The SportsPlex members' fee is \$40. Family discounts and multiple month rates are also available. There is a test fee associated each time a student tests for a higher belt ranking as follows:


Yellow	8 th	gup	- \$35
Orange	7 th	gup	- \$35
Green	6 th	gup	- \$35
Purple	5 th	gup	- \$35
Blue	4 th	gup	- \$40
Brown	3 rd	gup	- \$40
Red	2 nd	gup	- \$45
Red/Blk	1 st	gup	- \$50
Black	1 st	dan	- \$300

Private lessons are also available at an hourly rate of \$50 or a half hour rate of \$30. Uniforms and equipment can be ordered through the school. See the instructor for prices. Uniform prices are based on weight or thickness of the uniform and its style.


Checks should be made payable to: **Scot Curry: Flying Tigers Martial Arts Academy.**

8.0 TESTING FOR RANK (HAPKIDO): The Academy will conduct a test approximately once every two months. At the recommendation of the instructors, students are selected for testing. Once selected for testing, the student will be required to attend the next scheduled test and complete the test form for the appropriate belt level (Appendix F). This completed form along with the test fee is to be submitted no later than the class before test day.

The following requirements are established for each student who wishes to participate in testing for the next higher level and students are expected to perform any technique from prior levels:

For Promotion from **Hapkido** White Belt to **Yellow** Belt
(2 months/20 classes minimum) 

1. Roll outs
2. Side Falls
3. Back fall
4. Front fall (from kneeling), 7-count drill
5. Punches: Reverse, Palm heel, knife hand
6. Kicks: Front snap, shin, crescents, side, hook
7. Break away, 4 minimum (mil-gi)
8. Re-grab, 4 minimum (chop-ki)
9. Joint Locks, 4 minimum (goo-ki)
10. One step sparring, 4 defenses, 1 throw
11. Board breaks: palm heel strike, front snap kick
12. Breathing

For Promotion from **Hapkido** **Yellow** Belt to **Orange** Belt
(2 months/20 classes minimum) 


1. Roll outs
2. Side Falls
3. Back fall
4. Front fall (from standing)
5. Punches: elbow strike, ridge hand, tiger claw
6. Kicks: half-moon, twist, round house
7. Break away, 6 minimum (mil-gi)
8. Re-grab, 6 minimum (chop-ki)
9. Joint Locks, 6 minimum (goo-ki)
10. One step sparring, 6 defenses, 2 throws
11. Board breaks: elbow strike, side kick

For Promotion from **Hapkido Orange** Belt to **Green** Belt
(2 months/20 classes minimum) 


1. Roll outs (forward and backward)
2. Side Falls
3. Back fall
4. Front fall (from standing)
5. Punches: Hammer fist, ridge hand
6. Kicks: back-side, back-spin, drop back spin
7. Break away, 7 minimum (mil-gi)
8. Re-grab, 7 minimum (chop-ki)
9. Joint Locks, 7 minimum (goo-ki) into take-down
10. One step sparring, 7 defenses, 3 throws
11. Board breaks: Hammer fist strike, round house kick

For Promotion from **Hapkido Green** Belt to **Purple** Belt
(2 months/20 classes minimum) 


1. Roll outs
2. Side Falls
3. Back fall
4. Punches: Upper-cut, hook
5. Kicks: jump front snap, jump side
6. Front fall (from standing)
7. Break away, 8 minimum (mil-gi) same and opposite grab
8. Re-grab, 8 minimum (chop-ki) same and opposite grab
9. Joint Locks, 8 minimum (goo-ki) with take-down
10. One step sparring, 8 defenses
11. Board breaks: Knife Hand strike, Backside kick

For Promotion from **Hapkido Purple** Belt to **Blue** Belt
(4 months/40 classes minimum) 

1. Roll outs
2. Side Falls
3. Back fall
4. Front fall (from standing)
5. Punches: Back fist, spinning hammer
6. Kicks: Double front snap, Thunder
7. Break away, 10 minimum (mil-gi) same and opposite grab
8. Re-grab, 10 minimum (chop-ki) same and opposite grab
9. Joint Locks, 8 minimum (goo-ki) same and opposite grab, take-downs and come-along
10. Defense against knife, 2 defenses
11. Kick Defense - defense against front snap kick
12. One and two-step sparring, 10 defenses
13. Board breaks: reverse knife hand strike, back spin kick

For Promotion from **Hapkido Blue** Belt to **Brown** Belt
(4 months/40 classes minimum) 

1. Roll outs
2. Side Falls
3. Back fall
4. Front fall, jumping front fall
5. Kicks: Back spin + Drop back spin, skip + jump side
6. Break away, 10 minimum (mil-gi) random grabs
7. Re-grab, 10 minimum (chop-ki) random grabs
8. Joint Locks, 9 minimum (goo-ki) random grab
9. Defense against knife, 4 defenses
10. Defense against Gun, 2 defenses
11. Kick Defense - defense against front snap and side-kick
12. One and two-step sparring, 12 defenses
13. Board breaks: ridge-hand strike, jump front snap kick

For Promotion from **Hapkido** Brown Belt to Red Belt
(4 months/40 classes minimum) 

1. Roll outs
2. Side Falls
3. Back fall
4. Front fall, jumping front fall
5. Kicks: tornado, jump back spin
6. Break away, 12 minimum (mil-gi) random grabs, chokes
7. Re-grab, 12 minimum (chop-ki) random grabs, chokes
8. Joint Locks, 10 minimum (goo-ki) random grab
9. Defense against knife, 4 defenses
10. Defense against Gun, 4 defenses
11. Defense against stick, 2 defenses
12. Kick Defense - defense against front snap, side, and round-house kicks
13. One and two-step sparring, 12 defenses
14. Defense against 2 opponents
15. Board breaks: 2 boards palm heel, 2 boards side kick

For Promotion from **Hapkido** Red Belt to Red/Black Belt
(6 months/72 classes minimum) 

1. Roll outs
2. Side and Back Falls
3. Front fall, jumping front fall, diving front fall
4. Punches: all previous
5. Kicks: all previous
6. Break away, 12 minimum (mil-gi) random grabs, chokes, 2 opponents
7. Re-grab, 12 minimum (chop-ki) random grabs, chokes
8. Joint Locks, 10 minimum (goo-ki) random grab, chokes, clothing grabs
9. Defense against knife, 4 defenses
10. Defense against Gun, 4 defenses
11. Defense against stick, 4 defenses
12. Ground fighting defenses from choke
13. Kick Defense - defense against front snap, side, and round-house kicks
14. One and two-step sparring, 12 defenses
15. Defense against 2 opponents
16. Board breaks: 2 boards reverse hammer, double jump front kick


For Promotion from **Hapkido Red/Black** Belt to **Black** Belt
(6 months/72 classes minimum) [REDACTED]

1. Roll outs
2. All previous Falls
3. Punches: all previous
4. Kicks: all previous
5. Break away (mil-gi) from any situation
6. Re-grab (chop-ki) from any situation
7. Joint Locks (goo-ki) from any situation
8. Defense against knife, 5 defenses
9. Defense against Gun, 5 defenses
10. Defense against stick, 5 defenses
11. Ground fighting defenses
12. Kick Defense any kick
13. One and two-step sparring
14. Defense against 2 opponents
15. Board breaks: 7 station, two stations with 2 boards,
single 2" concrete block


Students are also required to turn in a Kunja (Black Belt Paper)
a 500-1000 word essay about yourself and Martial Arts.

9.0 TESTING FOR RANK (TAE KWON-DO): The Academy will conduct a test approximately once every two months. At the recommendation of the instructors, students are selected for testing. Once selected for testing, the student will be required to attend the next scheduled test and complete the test form for the appropriate belt level (Appendix F). This completed form along with the test fee is to be submitted no later than the class before test day.


The following requirements are established for each student who wishes to participate in testing for the next higher level and students are expected to perform any technique from prior levels:

For Promotion from **Tae Kwon-Do** White Belt to **Yellow** Belt
(2 months/20 classes minimum) 


1. Forms: Kicho Il Jang and Kicho Ee Jang
2. Forward Roll outs from kneeling
3. Punches: Proper way to make fist, Jab, Reverse, Palm heel
4. Kicks: Front snap, crescents, stretch
5. One step sparring, 4 defenses
6. Board breaks: palm heel strike, front snap kick
7. Terminology (Charyot, Kung Ye, Choon Bee, Ahp Chagi)

For Promotion from **Tae Kwon-Do** **Yellow** Belt to **Orange** Belt
(2 months/20 classes minimum) 


1. Forms: Kicho Sam Jang and Palgwe Il Jang
2. Forward Roll outs from standing
3. Back fall
4. Punches: elbow strike, hammer fist, knife hand
5. Kicks: moving kicks, side, round-house, flying tiger
6. One step sparring, 6 defenses
7. Board breaks: elbow strike, sidekick
8. Terminology (Yoop Chagi, Dolyo Chagi, Count to 5, Dojang, She jak)

For Promotion from **Tae Kwon-Do** Orange Belt to Green Belt
(2 months/20 classes minimum) 


1. Forms: Palgwe Ee Jang
2. Forward Roll outs
3. Side Falls
4. Back fall
5. Front fall (from kneeling)
6. Punches: ridge hand, spear hand
7. Kicks: backside, backspin, drop backspin
8. One step sparring, 7 defenses
9. Board breaks: Hammer fist strike, backside kick
10. Terminology (Kahm Sa ham Nida, Ha dan, Choon dan, Sang dan, Pahro, Dolyo Chagi)

For Promotion from **Tae Kwon-Do** Green Belt to Purple Belt
(2 months/20 classes minimum) 


1. Palgwe Sam Jang and Palgwe Sah Jang
2. Roll outs
3. Side Falls
4. Back fall
5. Punches: Upper-cut, hook, back fist, spinning hammerfist
6. Kicks: jump front snap, jump side, half moon, twist
7. Front fall (from standing)
8. One step sparring, 8 defenses
9. Board breaks: Knife Hand strike, Roll out Back-side kick
10. Terminology (Kema Ja Seh Choon Dan Jirugi, Dwi dolyo chagi, Dwi Yoop Chagi, Goman, Count to 10)

For Promotion from **Tae Kwon-Do** Purple Belt to Blue Belt
(4 months/40 classes minimum) 


1. Palgwe Sah Jang and Palgwe Oh Jang
2. Roll outs
3. Side Falls
4. Back fall
5. Front fall (from standing)
6. Punches: C punch, side knife, tiger claw
7. Kicks: Double front snap, Thunder, Hook
8. Terminology (Sabu nim, Sheo, Tae Kwon-Do, Dee)
9. One and two-step sparring, 10 defenses
10. Board breaks: reverse knife hand strike, back spin kick

For Promotion from **Tae Kwon-Do** Blue Belt to Brown Belt
(4 months/40 classes minimum) 

1. Palgwe Yook Jang
2. Roll outs
3. Side Falls
4. Back fall
5. Front fall
6. Punches: knuckle punch, tiger jaw
7. Kicks: Back spin + Drop back spin, skip + jump side
8. One and two-step sparring, 12 defenses
9. Terminology (Kwa ja nim, Poomse, Count to 20)
9. Board breaks: ridge-hand strike, round house kick

For Promotion from **Tae Kwon-Do** Brown Belt to Red Belt
(4 months/40 classes minimum) 

1. Palgwe Chil Jang
2. Roll outs (forward and backward)
3. Side Falls
4. Back fall
5. Front fall, jumping front fall
6. Kicks: tornado, jump back spin, back crescent, shin
7. One and two-step sparring, 12 defenses
8. Defense against 2 opponents
9. Terminology (Count to 30, Ki hap, dan, gup)
10. Board breaks: 2 boards palm heel, 2 boards side kick

For Promotion from **Tae Kwon-Do** Red Belt to Red/Black Belt
(6 months/72 classes minimum) 

1. Palgwe Pahl Jang
2. Roll outs (forward and backward)
3. Side Falls
4. Back fall
5. Front fall, jumping front fall, diving front fall
6. Punches: all previous
7. Kicks: all previous
8. Kick Defense - defense against front snap, side, and round-house kicks
9. One and two-step sparring, 12 defenses
10. Defense against 2 opponents
11. Terminology (all previous terminology)
12. Board breaks: 2 boards reverse hammer, double jump front kick

For Promotion from **Tae Kwon-Do** Red/Black Belt to Black Belt
(6 months/72 classes minimum) XXXXXXXXXX

1. Koryo and Na Pa Jin Chodan
2. Roll outs (forward and backward)
3. Side Falls
4. Back fall
5. Front fall, jumping front fall, diving front fall
6. Punches: all previous
7. Kicks: all previous
8. Ground fighting defenses
9. Kick Defense any kick
10. One, two-step, and three-step sparring
11. Defense against 2 opponents
12. Free Sparring
13. Terminology (all previous terminology)
14. Conduct a class in mostly Korean
15. Board breaks: 7 station, two stations with 2 boards,
single 2" concrete block

Students are also required to turn in a Kunja (Black Belt Paper)
a 500-1000 word essay about yourself and Martial Arts.

10.0 HAPKIDO: Hapkido, a Korean art of self-defense coordinates balance, power, breath, and harmonious body movement to provide its practitioners with not only a variety of self-defense strategies, but also a means of addressing the stresses of life in a calm and clear-headed manner. One of the trademarks of Hapkido is the broad diversity of techniques. It combines pressure points, joint locking, and circular throws with strong kicks and hand strikes. Hapkido teaches both hard and soft techniques, emphasizing circular as well as linear movement.

11.0 TAE KWON-DO: Tae Kwon-Do is a Korean fighting art, which employs almost all parts of the body. Flying Tigers Martial Arts Academy teaches the traditional Ji Do Kwan style of Tae Kwon-Do. This non-competitive style emphasizes balance, flexibility, self-discipline, and respect as students become skilled in self-defense techniques. Students are taught basic drills in stances, kicking, striking, blocking, and pre-arranged forms (poomse). Consult the Chief Instructor for written copies of the forms in the forms manual. There are more practitioners of Tae Kwon-Do worldwide than any other martial art.

APPENDICES

- Appendix A. Grand Master Lee's Words of Wisdom
- Appendix B. Korean Terminology
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Appendix A

TAE KWON DO MARTIAL ARTS PERSONAL INTERRELATIONSHIPS

1. Honor and support your family, with sacrifice and without expectation of return. Next to your family, honor and support your teacher as a parent. Give your fellow students your help as you should your brothers and sisters. In giving, you will become stronger.
2. Senior students should treat junior students as peers and equals. Junior students should treat senior students with respect and understand that the humility of the senior student is a sign of a deeper understanding of the martial art.
3. No matter how long you have trained, if you begin to think of yourself as knowledgeable, you commit an error. Display humility, which comes from an understanding of the long and apparently endless path to true accomplishment.
4. Respect the strengths of others and help them with their weaknesses. This will strengthen you as well.
5. Senior students are responsible for setting an example by their behavior, even outside of class. This shows an understanding that the martial art is part of life and will strengthen both your practice and your ability to teach the martial art.
6. Regardless of your current agreement with your teacher's policies, do your best to understand and support them. Never criticize your teacher to others. This is the same attitude juniors should have toward seniors. Progress in the martial art may bring a new understanding of others.
7. Allow your teacher to be human, rather than the ideal of perfection. Your teacher's errors and problems will provide you with another opportunity to grow internally, if you can treat them with understanding and kindness, and if you can respect your teacher as a person growing toward an ideal of the martial art.
8. Regardless of the length of time you have trained in the martial art, do your best to show proper courtesy whether in or out of class. You will thereby gain respect and strength.
9. Gratefully accept and seriously consider criticism, even by juniors. Often it is the case that a helpful truth can only be seen from the outside. Long experience may not be necessary for such observations. Disregarding criticisms because of pride in knowledge is a sign of ignorance.
10. At all times, in class or out, on the telephone, etc., show respect to black belts and instructors by addressing them as "Sir" or "Ma'am."

Grand Master Lee

03-30-91

Appendix B Korean Terminology

<table style="width: 100%; border-collapse: collapse;"> <tr><td>Hap Ki Do</td><td>The way of coordinated power</td></tr> <tr><td>Tae Kwon-Do</td><td>The way of the hand and foot</td></tr> <tr><td>Sa ba nim</td><td>Instructor</td></tr> <tr><td>Kwa ja nim</td><td>Master Instructor</td></tr> <tr><td>Kyo sa</td><td>Assistant Instructor</td></tr> <tr><td>Charyot</td><td>Attention</td></tr> <tr><td>Kung yea</td><td>Bow</td></tr> <tr><td>She jak</td><td>Start or begin</td></tr> <tr><td>Goman</td><td>Stop</td></tr> <tr><td>Choon bee</td><td>Ready position</td></tr> <tr><td>Sho</td><td>Relax</td></tr> <tr><td>Do jang</td><td>Practice hall</td></tr> <tr><td>Gup</td><td>Below black belt ranks</td></tr> <tr><td>Dan</td><td>Black belt ranks</td></tr> <tr><td>Do bak</td><td>Uniform</td></tr> <tr><td>Dee</td><td>Belt</td></tr> <tr><td>Ki hap</td><td>Yell</td></tr> <tr><td>Poomse/Hyung</td><td>Forms</td></tr> <tr><td>Pahro</td><td>Return to ready</td></tr> <tr><td>Makgi</td><td>Block</td></tr> </table>	Hap Ki Do	The way of coordinated power	Tae Kwon-Do	The way of the hand and foot	Sa ba nim	Instructor	Kwa ja nim	Master Instructor	Kyo sa	Assistant Instructor	Charyot	Attention	Kung yea	Bow	She jak	Start or begin	Goman	Stop	Choon bee	Ready position	Sho	Relax	Do jang	Practice hall	Gup	Below black belt ranks	Dan	Black belt ranks	Do bak	Uniform	Dee	Belt	Ki hap	Yell	Poomse/Hyung	Forms	Pahro	Return to ready	Makgi	Block	<table style="width: 100%; border-collapse: collapse;"> <tr><td><u>Seh</u></td><td><u>Stance</u></td></tr> <tr><td>Kee mah seh</td><td>Horse stance</td></tr> <tr><td>Chung gul seh</td><td>Front stance</td></tr> <tr><td>Mil bak seh</td><td>Cat stance</td></tr> <tr><td> </td><td></td></tr> <tr><td><u>Chagi</u></td><td><u>Kicks</u></td></tr> <tr><td>Ap chagi</td><td>Front kick</td></tr> <tr><td>Dol ya chagi</td><td>Roundhouse kick</td></tr> <tr><td> </td><td></td></tr> <tr><td>Yup chagi</td><td>Side kick</td></tr> <tr><td>Bandal chagi</td><td>Half moon kick</td></tr> <tr><td>An dolyo chagi</td><td>Inside crescent</td></tr> <tr><td>Pakkat dolyo</td><td>Outside crescent</td></tr> <tr><td> </td><td></td></tr> <tr><td><u>Makgi</u></td><td><u>Blocks</u></td></tr> <tr><td>Han-dan makgi</td><td>Down block</td></tr> <tr><td>Choong-dan makgi</td><td>Middle block</td></tr> <tr><td>Sehng-dan makgi</td><td>High block</td></tr> <tr><td> </td><td></td></tr> <tr><td><u>Chigi</u></td><td><u>Strike</u></td></tr> <tr><td>Stol</td><td>Knife hand</td></tr> <tr><td>Yuk soto</td><td>Ridge hand</td></tr> <tr><td>Cha kwan</td><td>Palm heel</td></tr> <tr><td>Kwan su</td><td>Spear hand</td></tr> </table>	<u>Seh</u>	<u>Stance</u>	Kee mah seh	Horse stance	Chung gul seh	Front stance	Mil bak seh	Cat stance	 		<u>Chagi</u>	<u>Kicks</u>	Ap chagi	Front kick	Dol ya chagi	Roundhouse kick	 		Yup chagi	Side kick	Bandal chagi	Half moon kick	An dolyo chagi	Inside crescent	Pakkat dolyo	Outside crescent	 		<u>Makgi</u>	<u>Blocks</u>	Han-dan makgi	Down block	Choong-dan makgi	Middle block	Sehng-dan makgi	High block	 		<u>Chigi</u>	<u>Strike</u>	Stol	Knife hand	Yuk soto	Ridge hand	Cha kwan	Palm heel	Kwan su	Spear hand	<table style="width: 100%; border-collapse: collapse;"> <tr><td colspan="2"><u>Forms</u></td></tr> <tr><td>Keecho 1</td><td>Keecho Il Chang</td></tr> <tr><td>Keecho 2</td><td>Keecho Ee Chang</td></tr> <tr><td>Keecho 3</td><td>Keecho Sam Chang</td></tr> <tr><td> </td><td></td></tr> <tr><td>Palgwe 1</td><td>Palgwe Il Chang</td></tr> <tr><td>Palgwe 2</td><td>Palgwe Ee Chang</td></tr> <tr><td>Palgwe 3</td><td>Palgwe Sam Chang</td></tr> <tr><td>Palgwe 4</td><td>Palgwe Sah Chang</td></tr> <tr><td>Palgwe 5</td><td>Palgwe Oh Chang</td></tr> <tr><td>Palgwe 6</td><td>Palgwe Yook Chang</td></tr> <tr><td> </td><td></td></tr> <tr><td>Palgwe 7</td><td>Palgwe Chil Chang</td></tr> <tr><td>Palgwe 8</td><td>Palgwe Pahl Chang</td></tr> <tr><td> </td><td></td></tr> <tr><td>1st Dan</td><td>Koryo, Neh Bo Jin Chodan</td></tr> <tr><td>2nd Dan</td><td>Keumgang, Neh Bo Jin Ee Dan</td></tr> <tr><td>3rd Dan</td><td>Taebaek, Neh Bo Jin Sam Dan</td></tr> <tr><td>4th Dan</td><td>Pyongwon, Bal Pae Sol</td></tr> <tr><td>5th Dan</td><td>Sipjin, Bal Pae Dae</td></tr> </table>	<u>Forms</u>		Keecho 1	Keecho Il Chang	Keecho 2	Keecho Ee Chang	Keecho 3	Keecho Sam Chang	 		Palgwe 1	Palgwe Il Chang	Palgwe 2	Palgwe Ee Chang	Palgwe 3	Palgwe Sam Chang	Palgwe 4	Palgwe Sah Chang	Palgwe 5	Palgwe Oh Chang	Palgwe 6	Palgwe Yook Chang	 		Palgwe 7	Palgwe Chil Chang	Palgwe 8	Palgwe Pahl Chang	 		1 st Dan	Koryo, Neh Bo Jin Chodan	2 nd Dan	Keumgang, Neh Bo Jin Ee Dan	3 rd Dan	Taebaek, Neh Bo Jin Sam Dan	4 th Dan	Pyongwon, Bal Pae Sol	5 th Dan	Sipjin, Bal Pae Dae
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# of Lessons	Test for this belt	Gup	Form(s)	Kicks	<u>Board Breaks</u> Hands/Arms
0	White	9	(no test)		
20	Yellow	8	Keecho 1 & 2	Front, 1 board	1 board
20	Orange	7	Keecho 3, Palgwe 1	Roundhouse, 1 board	1 board
20	Green	6	Palgwe 2	Side, 1 board	1 board
20	Purple	5	Palgwe 3 & 4	Back Side, 1 board	2 boards
40	Blue	4	Palgwe 5	Spin, 1 board held	2 boards
40	Brown	3	Palgwe 6	Spin, 2 boards held	2 boards
40	Red	2	Palgwe 7	Spin, 1 board suspended	2 boards
72	Red/Black	1	Palgwe 8	Spin, 2 boards suspended	2 boards
72	Black	1 st Dan	Koryo, Neh Bo Jin Chodan	Multi-station break Concrete	7 boards 1 block

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Hapkido/Tae Kwon-Do Vocabulary - Below is a small list of Vocabulary. If you have trouble with the pronunciation, ask a senior rank in class.

Hap-Ki-Do

Hap: coordination, harmony
Ki: spirit, power, energy, breath
Do: the way

Tae-Kwon-Do

Tae: to kick or smash with foot
Kwon: hand/fist to punch/block
Do: the way

General Terms

Pahro: Return to ready
Cha ree ott: attention
Cha man ayo: you're welcome
Choon bee: Ready Position
Dan: grade of black belt
Dan jan ho hup: abdomen breathing
Dee: belt
Dobok: uniform for training
Dojang: place of training
Go mahn: Finish/Stop
Gup: rank below black belt
Go Mop Sahm Ni Da: thanks
Kahm Saham Ni Da: thanks for teaching us
Keemah yah-say Choon dan Jiru gi: Horse Stance Middle Punch
Yasay: Stance, position
Kihap: yell of power
Kyung yea: bow
Shay zak: Begin
Sheo: Return to ready position
Dwit dora: Turn/Spin (woo -right, jwa -left)
Paqua: Switch stance or other side

Cha gi: kick
Jiru gi: punch
Ma gi: block
Mil gi: Escapes
Chop gi: Regrabs
Geuk gi: Joint Locks
Dunja gi: Take downs/throws

Ahp: Front
Bandal: Half Moon
Bee: Twist
An Dolya- Inside Crescent
Pakkat Dolya: Outside Crescent
Dolyo/Baldoon: Round/Instep
Yoop: Side
Naeyro: Axe/Downward

Ha dan: Low
Choon dan: Middle
Sang dan: High
Dwit: Back
Sudo: Knife hand

Numbers

Hana: 1
Dool: 2
Set: 3
Net: 4
Dassut: 5
Yassut: 6
Ilgop: 7
Yoldul: 8
Ahope: 9
Yol: 10
Yol hana: 11
Sumul: 20
Suron: 30
Mahon: 40
Schwin: 50

Conversational Korean

An-Nyeog Ha-Se-Yo (How are you?)
Jeo-neun Scot im-ni-da (I am Scot)
Man-na-seo ban-gap-seum-ni-da (Pleased to meet you)
An-nyeong-hee ga-se-yo (Goodbye when leaving)
An-nyeong-hee gyeh-se-yo (Goodbye if staying)
Shil-le-ham-ni-da (Excuse Me)
Ah-sah o-se-yo (Come on in)
An-jeu-sey-yo (Please sit down)
Mi-an-ham-ni-da (I'm sorry)

Appendix C

Stances and Attack Points

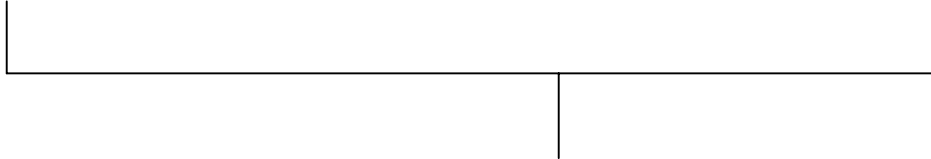
1. Front stance has 70% of the weight on the front leg and 30% on the back leg.
2. Horse stance has 50% of the weight on each leg.
3. Cat stance has 30% of the weight on the front leg and 70% on the back leg.
4. Back stance has 40% of the weight on the front leg and 60% on the back leg.
5. Palm heel attack strikes the chin and cheek.
6. Long fist attack strikes the nose.
7. Tiger claw strikes the eyes.
8. Tiger jaw strikes the adams apple/throat.
9. Flat hand attack strikes the trachea.
10. Spear thrust attack strikes the sternum.
11. Upper cut attack strikes the nose.
12. Inverted knife hand attack strikes the trachea.
13. High punch attack strikes the nose.
14. Middle punch attack strikes the sternum.
15. Low punch attack strikes the groin.
16. Ridge hand attack strikes the mandible.
17. Inside knife hand attack strikes the neck.
18. Overhand knife hand attack strikes the collarbone.
19. Overhand hammer fist attack strikes the collarbone.
20. Side knife hand attack strikes the throat.
21. Side back fist attack strikes the jaw.
22. Overhand back fist attack strikes the nose.

Appendix D

Flying Tigers Lineage

Choi Yong Sool
Founder of Hapkido

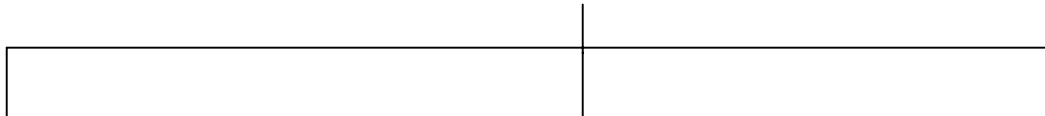
Pyang Yon-Kue
Founder of JiDoKwan TaeKwonDo



Li Ki-Duk (Grand Master Duke Lee)
9th dan, World Tae Kwon-do Federation (WTF)
9th dan, Korean Hapkido Association
6th dan, Korea Kom Do Association
Founder
US Hapkido Association
USA Tae Kwon-Do Federation

Grand Master Eric Richards
9th dan HKD, 8th dan TKD
President
US Hapkido Association
USA Tae Kwon-Do Federation

Grand Master Dennis Cecil
8th dan (HKD, TKD)



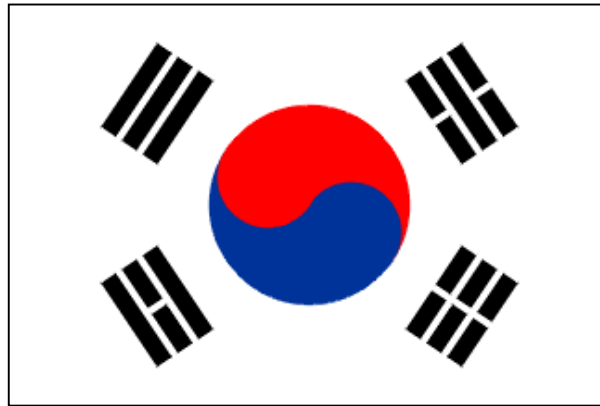
Lee's Martial Arts
Master Lee Land, 5th dan HKD
4th dan TKD

Crane Self Defense Club
Mr. Scott Johnson, 4th dan HKD
2nd dan TKD

Flying Tigers Martial Arts Academy
Founded by Master Rich Anton, 5th dan TKD, 3rd dan HKD
Mr. Scot Curry, 4th dan (HKD, TKD)

Appendix E

FLAG AND FORMS MEANING



Flag is called the TAEGEUK KI

Yin/Um and Yang represent the opposites

YANG – red, positive, bright, hot, sun, heaven, summer

 HEAVEN – K' UN



 WATER – KAM

 FIRE – YI

 EARTH – K' ON

YIN/UM – blue, negative, dark, cold, moon, earth, winter

WHITE BACKGROUND – peace and purity

UM AND YANG together embody balance and harmony

FORMS MEANING

What follows is a brief description of the background and definitions of our Academy's and the USA Tae Kwon-Do Federation forms/poomse. The first forms learned by every student at the Flying Tigers Martial Arts Academy (Flying Tigers) are the Keecho forms. Keecho can be translated into beginning or basic. There are three Keecho forms.

The Keecho Forms. These are the basic forms that all students at Flying Tigers Martial Arts Academy are required to learn.

Keecho Il jang. – (Yellow) **Keecho Ee jang.** – (Yellow) **Keecho Sam jang.** – (Orange)

The following is taken from <http://www.natkd.com/palgawe.htm>.

The Palgwe forms are one of two options used for color belt gradings in olympic Tae Kwon Do. These were the first set of forms the WTF created. The Taegeuk forms are used more often in modern WTF/Olympic curriculums. Many WTF schools teach the Palgwe forms to supplement their curriculum. The main difference between the Taegeuk forms and the Palgwe forms is that the Palgwe form use more of the deeper traditional stances than the Taeguek forms which use the shorter walking stances.

Palgwe Forms (Poomses): Detailed Descriptions and Histories

W.T.F. uses Poomses for patterns. Poomses originate from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the chinese language, the unity of Yin and Yang is called 'taich'i'. In the Korean language, the unity is called *T'ae-guk*. This explains the term Poomse Taeguek. The eight trigrams together are called *Pal-gwe* as in Poomse Palgwe.

Poomse Taeguek/Palgwe Il Jang -- Heaven (Orange Belt)



(*South, Father*) The first Taeguek/Palgwe is the beginning of all Poomses. The associated trigram represents Yang (heaven, light) therefore, this Poomse should be performed with the greatness of Heaven.

Poomse Taeguek/Palgwe Ee Jang -- Lake (Green Belt)



(*South East, Youngest daughter*) In the depths of the lake are treasures and mysteries. The movements of this Taeguek/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

Poomse Taeguek/Palgwe Sam Jang -- Fire (Purple Belt)



(*East, Second daughter*) Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

Poomse Taeguek/Palgwe Sa Jang -- Thunder (Purple Belt)



(*North East, Eldest son*) Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taeguek/Palgwe should be performed with this in mind.

Poomse Taegeuk/Palgwe Oh Jang -- Wind (Blue Belt)



(*South West, Eldest daughter*) Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Poomse Taegeuk/Palgwe Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.

Poomse Taegeuk/Palgwe Yook Jang -- Water (Brown Belt)



(*West, Second son*) Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.

Poomse Taegeuk/Palgwe Chil Jang -- Mountain (Red Belt)



(*North West, Youngest son*) Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.

Poomse Taegeuk/Palgwe Pal Jang -- Earth (Red/Black Belt)



(*North, Mother*) The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taegeuk/Palgwe, one should be aware that this is the last Taegeuk/Palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc.

Both Palgwe's and Taegeuk's are numbered from one to eight. After this point, there is no longer any major difference between the patterns. The patterns below follow the Poomse Taegeuks as well as the Poomse Palgwes.

Poomse Koryo – 1st dan

Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols. *Our version is slightly different.*

Poomse Keumgang – 2nd dan

The definition of Keumgang is "Too strong to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as strong as Keumgang-seok (diamond). *Our version is slightly different.*

Poomse TaeBaek – 3rd dan

The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition of Taebaek is "lightness". Every movement in this Poomse must not only be exact en fast, but with determination and hardness. *Our version is slightly different.*

Poomse Pyongwon – 4th dan

The definition of Pyongwon is "stretch, vast plain": big, majestic.

Poomse Sipjin – 5th dan

Sipjin stands for decimal. This Poomse represents the orderliness of the decimal system. It also means the endless development and growth in a systematic order: stability.

Poomse Jitae – 6th dan

Jitae is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life.

The preceding was taken from <http://www.natkd.com/palgawe.htm>.

Poomse Cheonwon – 7th dan

Poomse Hansoo – 8th dan

Poomse Ilyo – 9th dan

FYI, many of the forms used today appear to have origins in China and then were formalized in Okinawa between 1600 and 1850.

The Other Forms/Poomse of Our Style.

The Neh Bo Jin Forms. The Neh Bo Jin forms to the best of our knowledge are similar to and the basis for the Okinawan Isshinryu, Shorinryu, and Wadoryu Naihanchi Forms. Our Neh Bo Jin Chodan is closest to Shorinryu and Tekki Chodan katas due to our stance being closer to a horse stance versus the narrower toed-in Naihanchi stance. Korean Characters and word meanings: Neh (Inward) Bo (Step) Jin (Stance)

Neh Bo Jin Chodan – 1st dan. This form is almost identical to the Wadoryu Naihanchi Chodan and Tekki Choda katas in motion.

Neh Bo Jin Eedan – 2nd dan. This form is appears to be derived from the Wadoryu Naihanchi Nidan form and has some similarities.

Neh Bo Jin Samdan – 3rd dan. This form is appears to be derived from the Wadoryu Naihanchi Sandan form and has some similarities.

Bal Pae Sol – 4th dan. This form is unique to our style and was adapted/created by Grandmaster Lee. This is the small or short Bal Pae form. Also found references as Bassai Sho or Bal Se Sho with a nick name of “the Small Cobra Form.” According to Grandmaster Uk Lee this form was devised approximately 450 years ago and brought from Southern China. It has a few similarities in movement to the Okinawan and Japanese kata Bassai and Passai Dai. Bal Se - Korean Characters and words meanings: Bal - means Selection of Best Choice, Fast, to shoot through; Se - means to collect, to Close.

Bal Pae Dae. – 5th dan. This form is unique to our style and was adapted/created by Grandmaster Lee. This is the long Bal Pae form also known as the Breaking Form. Also found references as Bassai Tae or Dae with a nick name of “the Large Cobra Form.” According to Grandmaster Uk Lee this form was devised approximately 450 years ago and brought from Southern China. It has very similar movements to the Shorinryu Rohai or Rohi Poomse also known as Tomari-Te kata. It also has a few similarities in movement to the Okinawan and Japanese kata Bassai Dai and Passai Dai.

Appendix F

Sample Belt Level Test Forms



US Hapkido Association



Flying Tigers Martial Arts Academy – Hapkido

Name _____ Test Date _____
 Address _____ Current Rank _____
 Birth Date _____ Age _____ Desired Rank _____

I recognize that advancement in rank is awarded only when the student meets these criteria, adequate class participation has been documented, and fees have been paid in full. If I do not achieve this desired rank, I may test again at no cost at the next testing session. I recognize that these standards are uniform and that each belt reflects a specific level of competence.

Student Signature _____

FALLING		Comments	PUNCHES		Comments
Side					
Back					
Front					
7-count					
KICKS			REGRABS		
BREAK AWAY			THROWS		
JOINT LOCKS			WEAPON DEF		
BREATHING			BREAKS		
HKD Style			Hand		
To the Flag			Foot		
ONE-STEP SPARRING			ATTITUDE		
			TERMINOLOGY		
Special Work:					

Pass/Fail _____

Black Belt Judge _____

NOTES