



### **Jung Sim (*Jung Shin*)**

The terminology Jung Sim means *Straight Mind* or *Single Heart*. This philosophy means that the practitioner can accomplish whatever they decide as long as they set their mind to it. Those who practice Jung Sim exemplify the highest level of respect and courtesy to the art themselves and others.

### **Principles of Hap Ki Do**

1. Water principle – Even though, water is soft it can be a great force. It can become hard when frozen and evaporate when heated. In order to practice HapKiDo one must flow like water.
2. Circular principle – The main principle of HapKiDo is to use circular motions in order to use the opponent's force against them. Natural physiology and off balancing is what the Hapkidoist must use to ensure proper technique.
3. Sum principle – The sum principle represent the combination of the Water principle and Circular principle. There are many examples of this principle in nature. The Korean term for the principle of balance is Um and Yang.

### **Numbers**

1	:	hanah
2	:	dool
3	:	set
4	:	net
5	:	dasot
6	:	yasot
7	:	ilgop
8	:	yadol
9	:	ahop
10	:	yool

## Belt Requirements

### Orange Belt (9<sup>th</sup> Gup) (4 months)

- HapKiDo – Basic
- Kicking – Front Snap Kick (Aup Chagi), Outside Crescent Kick (Bahndall Chagi), Inside Crescent Kick (Bahn dolrya chagi).
- Falling – Front Fall
- Dan Jong Breathing 1

### High Orange Belt (8<sup>th</sup> Gup) (4 months)

- HapKiDo – Inhand
- Kicking – Side Kick (Yup Chagi), Back Kick (Dwi Chagi), Hammer Kick (Nerio Chagi)
- Falling – Side fall
- Dan Jong Breathing 2

### Yellow (7<sup>th</sup> Gup) (4 months)

- HapKiDo – Cross grip
- Kicking – Turn Kick (Aup Dolyo Chagi), Hook Kick (Golro Chagi)
- Falling – Back Fall
- Dan Jong Breathing 3

### High Yellow (6<sup>th</sup> Gup) (4 months)

- HapKiDo – Cloth
- Kicking – Back Hook Kick (Dwi Dolrya Chagi), Spin Kick (Hoohrio Chagi)
- Falling – Side Fall multiple people
- *Ogoshi* (Hip throw)
- *Osotogari* (Major outside sweep)
- *Ouchigari* (Major outside reap)
- Terminology – Counting 1-10

### Green (5<sup>th</sup> Gup) (4 months)

- HapKiDo – Behind
- Kicking – Jumping Combinations
- Hanpal Ubochigi / *Ippon seonagi* (Shoulder throw)
- Horihoorigi / *Harai goshi* (Major hip sweep)

- *Uchimata* (Inner thigh reap)
- Terminology – Instructor (SaBumNim), Flag (Taeguk Ki)

### **High Green (4<sup>th</sup> Gup) (4 months)**

- HapKiDo – Two Hand
- *Kouchigari* (minor inside sweep)
- *Ouchigari* (major inside sweep)
- Ukeromechigi / *Kata guruma* (Wheel throw)
- Terminology – Thank you (Kahm Sa Hamnida), You are welcome (Cheon Maeneyo)

### **Blue (3<sup>rd</sup> Gup) (4 months)**

- HapKiDo – Embrace
- *Tawara Gaeshi* (Rice bag throw)
- *Tomoe Nage* (Suicide throw)
- Duromechigi (lift and drop throw)
- *Taiotoshi* (Body drop)
- Terminology – Kicks (Explain)

### **High Blue (2<sup>nd</sup> Gup) (4 months)**

- HapKiDo – Ground
- Six pins (with variations)
- Knee bar / Ankle bar
- Terminology – Throws (Explain)

### **Red (1<sup>st</sup> Gup) (4 months)**

- HapKiDo – Sitting
- Chokes
- Arm Bars
- Terminology – Principles of HapKiDo

### **High Red (1<sup>st</sup> Gup / Continuation) (6 months)**

- HapKiDo – Kneeling /Standing
- Punch/Kick Defense
- Terminology – History of HapKiDo