



STUDENT TRAINING MANUAL

Korean Art of Self Defence



This book belongs to;

.....





SABOMNIM—STEVE MILLWOOD

I have been training in Hapkido for since 1997. As a student of Master Kim in Tasmania I was a founding member of the Hapkido International Association formed in 2000.

In August 2005 I toured South Korea with the Australian team that won the world championship. I was a guest at the sword cutting range and at demonstrations by the Korean Police Swat Team at their training base.

I started my Brisbane club in 2004.

Hapkido "Hapkido incorporates kicks, strikes, joint locks, pressure points, take-downs, sparring, weapons training and healing. Hapkido is a traditional Martial Art and not a sport. But more importantly Hapkido provides the opportunity to obtain a healthy mind and body, develop good manners and strong discipline and to contribute to the quality of the lives of others."

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My Hapkido (Hapkido for Survival)

by Master Steve Millwood

The Korean martial art, Hapkido, started 2500 years ago. Hapkido was developed inside the Kingdom to protect the King.

Korean culture is 5000 years old. Korea has many different martial arts, but only two are well known, Hapkido and Taekwondo.

There are 3600 techniques in Hapkido. Our schools teach about 1500 of these techniques.

Hapkido is used worldwide by government agencies, military Special Forces and law enforcement agencies.

Hapkido teaches that you must have only one thing in your mind when in a situation where defending yourself is imminent; protect yourself.

Hapkido techniques are for individuals for survival.

Hapkido uses internal power plus external power combined to create more powerful techniques.

Hap means collect, Ki means power, Su means technique, Do means way.

Ancient Hapkido was sometimes known as Hapkisu, but is now known by this translation; the way (do) of coordinated (hap) power (ki).

Hapkido is not about sparring or being in a competition with an opponent. Hapkido is knowing a secret technique to allow you to quickly overcome your opponent. If my opponent is bigger, I am too small for competition. If my opponent is younger, I am too old for competition. So I want to make it simple for myself.

This is what makes Hapkido unique. We don't need patterns or fancy stances etc. Our Hapkido doesn't practice patterns. We simply practice, one at a time, over and over, our techniques to improve our skill level. Always improving our ability to protect ourselves, to survive.

We don't want big egos, we don't want to show off, we don't use our art to make trouble. We just practice every day to be able to protect ourselves, our family and our friends.

Many people misunderstand this and teach fighting, we don't want that. We just practice Hapkido for ourselves.

Hapkido teaches attacking techniques such as striking, kicking, throwing etc. This is because sometimes direct attack is the best form of defence.

.....Continued





My Hapkido (Hapkido for Survival)

by Master Steve Millwood

Continued.....

Hapkido is not just blocking, hitting and locking, sometimes direct attack, i.e. striking or kicking, is needed. Attack first.

We don't want to go to the ground either, so we have to attack first. To protect ourselves.

Hapkido is a form of study, not just physical training.

Hapkido has a locking system too. This means if you are smaller, or not as strong as your attacker, you can break their arm easily, once the correct angles have been studied and practiced.

We study pressure points to break our attacker's power. If our attackers grip is too strong we use pressure point techniques to allow us to gain control as it weakens the attackers hold.

We also study how to use our opponent's power against them. We don't meet force with force, instead we evade and deflect and allow their energy to flow. We then direct that energy where we can use it to our advantage, for locking, striking, throwing etc.

Hapkido is not difficult to learn, in fact it is very easy. The key to this is constant practice. Don't try to remember everything you learn. Instead practice over and over again until the technique becomes a body habit.

That is why basics are so important. A baby can't run before it can crawl. So you have to learn the basics first. Don't be in too much of a hurry to get to the advanced techniques.

Join a new member, win a club T-shirt:

Please bring along family, friends, work mates, school buddies etc. for a free trial.

If you introduce a new member I will give you a club T-shirt.

Visitors Welcome:

Please always remember your friends and family are welcome to come and watch any night

**Training Fees are due at the *beginning* of every month.
Please be punctual with your payment.**





Hapkido Way

(Student Oath)

The Hapkido Way is to be added to class as a way of teaching students the meaning of being a Hapkido student.

It is intended to be recited at the line up at the start of class. The senior student will recite #1 followed by the group repeating, then #2 and #3 in the same manner.

The Hapkido Way will also become a part of the grading syllabus at yellow belt level. The first exam a student will be asked to recite it will be Yellow 1.

1. I will always show respect to others.
2. I will train my mind and body to the best of my ability.
3. I will always be loyal to Hapkido and to my club.



We say Hapkido as it is written; hap ki do.

In Korean language this is incorrect though.

I have attempted to explain the Korean sounds below.

Therefore we should pronounce Hapkido more like; **Harp Kee Do**



“A” has an ah sound as in father



“I” has an ee sound as in keen





Our Founder MASTER BERMAS (JONG HYUK) KIM 9th Dan

Grand Master Bermas Kim has studied Hapkido for more than thirty five years and has attained the ranking of 9th Dan, Black Belt. Making him the highest ranked Hapkido Master teaching in Australia. His Hapkido title is Joon-Bom-Nim, meaning "Correct, straight teacher."

"He has instructed the military, worked as a bodyguard to South Korean V.I.Ps and judged at International Hapkido Competitions."

Mr Kim is highly proficient with small arms and many traditional weapons including cane, staff, fan and sword.

QUALIFICATIONS:

Grand Master of Hapkido, awarded by Moo Moo Kwan Hapkido Association, 2005.
9th Dan Black Belt, awarded by International Hapkido Federation in 2004.

EXPERIENCE:

- *July 2006, Hosted first International Hapkido Competiton ever held in Australlia. The HIA Hapkido World Championship, Gold Coast Queensland, 28 July 2006.
- *August 2005, Led HIA Demonstration Team on tour of South Korea. Won 1st place in Dongdaemungu Hapkido Championship.
- *January 2004, Led HIA Demonstration Team on 1st place winning tour to Hapkido Comp in South Korea.
- *January 2000, Founded Hapkido International (Association), encompassing schools in Tasmania, Victoria, NSW, Queensland and South Korea..
- *1991 to 2000, Chief Instructor, Tasmanian Hapkido Academy in Launceston, Devonport, St. Helens & Scottsdale.
- *June 1994, Judged at the World Hapkido Championships in Seoul, South Korea.



- *1991, Founded The Tasmanian Hapkido Academy in Australia.
- *1991, Captain of Korean Hapkido Demonstration Team for tour of the U.S.A.
- *1990, Captain of Korean Hapkido Demonstration Team for tour of Canada.
- *1988-1990, Script Writer and stunt coordinator for KBS Televi-sion, Seoul.
- *1987-1988, Bodyguard to Mr Kim Young Sam, President of South Korea.
- *1985-1987, Toured with Korean National Hapkido Demonstra-tion Team.
- *1982-1984, Martial Arts Instructor to South Korean Army Spe-cial Forces.

- *1980-1981, Martial Arts Instructor to units of U.S Army Special Forces.
- *1979-1981, Instructor at Moo Moo Kwan Hapkido School, Seoul.





About Hapkido

Hapkido is a unique Korean Martial Art . While there is a lot of argument and speculation as to the origin of the art, the truth is unknown, there are no records to support any one theory.

History does show that the art , before it was called Hapkido, was used in the Royal palace for a thousand years .

The art was developed and jealously guarded by the privileged few charged with the protection of the King and the Royal Family.

Since then the art has been renamed Hapkido and enjoys huge popularity throughout Korea and many countries in the Western World. The literal translation of Hapkido is "The art (or way) of coordinated power."

The aims of the Hapkido practitioner are threefold:

To obtain a healthy mind & body, (Spiritual & Physical strength) from positive thought & physical training.

To develop good manners in all our dealings and general daily life.

To develop the ability and willingness to contribute to the happiness and well being of: One's family, One's friends and neighbours, One's Country.

While learning Hapkido the student acquires numerous skills such as hand , foot and weapons techniques together with spiritual improvements such as positive thinking and self-control.

Hapkido is not limited to punching and kicking like many martial arts. It is a complete means of self defence and incorporates many techniques that allow self defence with minimum violence and complete control of the opponent.

These techniques include joint locks, pressure points, take downs and restraints as well as the punching and kicking.

From the point of view of the ordinary person Hapkido may appear to be only self defence , however the art consists of procedures for both attack and defence.

Hapkido is a suitable means of fitness and self defence for men & women of all ages, from the young child to a retiree.

If the student of Hapkido chooses to use the attack skills he/she will quickly overwhelm their opponent.

It is not easy to put in words the richness and complexity of this ancient art.





Basic Hapkido Methodology

Most conflict starts because one party has not shown the appropriate level of respect for the other, who is naturally offended.

Your Country, in class we show respect for our country by bowing to the flags. Without respect for our country society would be rife with civil wars, riots and disputes with other nations.

Training Partners, the highest level of respect should be shown for those that we practice the martial arts with. Lack of respect when practising can result in one partner being injured. We should always appreciate the time our classmates put into training for without them there would be no class.

Instructors & Teachers, students who are disrespectful of their school or teacher never learn. They waste their time and money and that of other classmates who are distracted by others fooling around. Show respect for your teacher by keeping good order and obeying their instructions.

Meditation, dear your mind, control breathing, focus on one thing (sounds). Meditation is used to clear the mind and enable us to focus and concentrate. With practice this techniques can not only be used for martial arts but also for every day events like sport, school and general relaxation. Meditation can be done alone or in a group whether it is for five minutes or an hour

Ki-up, Ki-power of the mind, Up-to project that power. Loosely translated, Ki-up means to project your inner power Your Ki-up should make you feel strong and confident. While making your opponent feel afraid and unsure of their capabilities.





Steve's Hapkido Academy - Moo Moo Kwan - Hapkido International Association - Grading Syllabis - Quick Reference										
Technique	Yellow 1	Yellow 2	Yellow 3	Blue 1	Blue 2	Blue 3	Red 1	Red 2	Red 3	1st Dan
Stepping Form	Pang Hyung Jun Fwan			Ee Bon Jun Fwan						All
Break falls	Jun Bung Nuk Bop	Fwoo Bung Nuk Bop	Chip Bung Nuk Bop (L & R)	Jong Gul Nuk Bop	Go Young Ee Nuk Bop	Go Young Ee Nuk Bop	Go Young Ee Nuk Bop	Go Young Ee Nuk Bop	Fwe Jun Nuk Bop	All
Son Bag Ki (Basic Hand Techniques)	1-6									1-6
Pal Chagi (Kicking)	1-7	1-8	1-12	1-13	1-13	1-14	1-14	1-14	1-14	1-14
Yon Kuel Pal Chagi (Combination Kicking)	1-3	1-3	1-3	1-6	1-6	1-6	1-7	1-7	1-7	1-7
Kwon Sool (Block/Punch)	1-3	Sa Bung Jirugi	Chung Sung Dan Jirugi 3							All
Kwon Bop (Block/Strike)	1-4	1-4								1-4
Makko Chigi (Step/Block/Counter)	1-3	1-6	1-10							1-10
	Il Bon (1)	Il Bon (1)	Ee Bon (2)	Ee Bon (2)	Sam Bon (3)	Sam Bon (3)	Sam Bon (3)	Sam Bon (3)	Sa Bon (4)	1-4
Fwall Young Sool (Patterns)										
Jumook Makki (Block/Counter/Restrain)		1-4	1-8	1-10	1-12	1-15	1-18	1-20	1-21	1-21
Kibon Su (Basic Technique)		1-5	1-10							1-10
Son Mok Su (Single Hand Grabs)				1-3	1-7					1-7
Sun Chi Su (Cross Hand Grabs)						1-6				1-6
Joon Bong Su (Medium Stick)				2	4	6				1-6
Ee Bok Su (Clothing Grabs)							1-10			1-10
Twe Su (Grabs from Behind)								1-10		1-10
Yang Chi Su (Double Hand Grabs)									1-10	1-10
Pang Tooki (Before Grabs)									1-5	1-10
Pal Makki (Kicking Blocks)									1-5	1-10
Kal Makki (Knife Block)							1	1-3	1-6	1-6
Gyok Pah (Board Breaking)			Ap Chagi			Yop Chagi			Sun Dan Antari	Hadan Dollyo Chagi + Dol- Iyo Chagi



School Customs

Different to the *school rules* this code applies to training only and is based upon the traditional manner of training in Korea. They are to be followed during class.

Dojang is Korean for a martial arts school,

1. Bow to your Dojang before entering or leaving class.
2. Bow to the flags of your country before and after class.
3. Bow to your instructor before and after class.
4. Always wear full uniform; don't walk around half dressed.
5. Uniform must be clean and ironed.
6. Bow to your partner before and after training together.
7. Never lie down or slouch around the Dojang floor.
8. Bare feet or training shoes only are to be worn on the Dojang floor.
9. Shoes and bags must be lined up neatly to one side of the Dojang.
10. Show respect for yourself and others at all times.



School Rules

1. Rules apply to all students, in and out of class.
2. No illegal drug use, including underage drinking or smoking at any time.
3. No swearing or bad language.
4. No fighting unless in defence of self or others.
5. Always be punctual to class.
6. Students will obey the laws of their community at all times.
7. Students will display good Dojang manner during training.
8. Students will not openly denounce other martial arts or schools.
9. All students must be honest, fair and well mannered in all of their lives dealings by showing respect for others and their property.

Breaches of these rules may result in discipline, suspension or expulsion from classes





School Rules and Regulations

Warm up first, using stretching exercises.

Slowly practice kicking and punching techniques.

Never use force on your partner- serious injury may result.

If you ever experience pain when practicing with your partner, signal your partner by tapping your thigh twice. If you ever experience pain when practicing with your partner on the mat, signal your partner by hitting the mat twice. These signals indicate you are in pain and your partner should stop immediately

You will always bow to the Master Instructor when entering and leaving the training hall (Do Jang).

You will always salute the flags when entering and leaving the training floor.

When the Master Instructor arrives in the class, the first student that notices the Master's presence will clap their hands and call the class to attention. The highest-ranking student will call out the commands: "Cha Ryuht" (attention) then "Kyung Neh" (bow).

Always bow to the instructor that is in charge of the class.

You will address all instructors by their rank name or by "Sir or Mam".

There will be no profane or abusive language used in the dojang at any time.

There will be no shoes worn on the training floor at any time.

Do not teach higher-ranking techniques to lower ranks unless instructed to do so by the Master Instructor.

While at the Do Jang (school), do not practice any techniques that have not been taught by the Master Instructor or Class Leader.

Do not face the Master Instructor, other students, or the flags when adjusting your Do Bak (Uniform) or belt.

Korean terminology is to be used as much as possible while in class.

All injuries are to be reported immediately to the Master Instructor or the Class Leader.

If you become ill during class, or have to leave class for any reason, you will notify the Instructor in charge before leaving.





School Rules and Regulations...continued

You must get permission from the Master Instructor before participating in any tournament or demonstrations.

Smoking, drugs, chewing gum, or wearing jewellery is prohibited in the Do Jang.

There will be no idle chatter or horseplay in the Do Jang. This is a place to learn, not to play around.

If you damage any equipment, report it to the Master Instructor Immediately. The costs of damages are the responsibility of the person or persons responsible for the damage.

Hygiene is extremely important. Always keep you and your Dobok (uniform) clean. Keep your finger and toenails cut short and clean at all times. Remember that you will be in close contact with others.

Help in keeping the Do Jang clean without being told. We all pay dues, and are responsible for the up keep of the school.

Only students may use the Do Jang and the equipment. However there must always be an instructor present in the Do Jang when students are using it.

Mobile phones should be turned off or left in vehicles unless there is a possible emergency. You should inform the instructor if there is a need for your phone to be on.

Only weapons used in training are allowed in the school. NO EXCEPTIONS!





Commonly Used Korean Terms

<i>Korean</i>	<i>English</i>	<i>Pronounced (please write your pronunciation here)</i>
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General

Charyot	Attention	
Kyung Nae	Bow	
Jhoon Be	Ready	
She Jak	Begin	
Koo Man	Stop	
Ki Up	Yell	
Do Bok	Uniform	
Do Jang	School	
Jog Yo Nim	Instructor	
Sa Bom Nim	Master	
Shim Sa	Grading	
Ho Hup Bop	Breathing Techniques	
Jya Ja Say	Left Stance	
Oh Ja Say	Right Stance	
Nuk Bop	Break Fall	
Chagi	Kick	
Sool	Punch	
Sung Dan	High Level	
Joong Dan	Mid Level	
Ha Dan	Low Level	

Counting

Hanna	1	One
Dool	2	Two
Set	3	Three
Nei	4	Four
Das Sot	5	Five
Yas Sot	6	Six
Il Gup	7	Seven
Yoh Dul	8	Eight
Ah Hop	9	Nine
Youl	10	Ten



합기도





Kicking Names (Chagi)

<i>Korean</i>	<i>English</i>	<i>Pronounced (please write your pronunciation here)</i>
1. Up Chagi	Front Kick	
2. Yup Chagi	Side Kick	
3. Chiga Chagi	Turning Kick (Roundhouse)	
4. Antari Chagi	Low Oblique Shin Kick	
5. Gurro Chagi	Low Sweeping Turning Kick	
6. Jukie Chagi	Groin Kick	
7. Morup Chagi	Knee Strike	
8. Sun Dan Antari	Outside Crescent (Axe heel) Kick	
9. Pukka Dari	Inside Crescent (Axe heel) Kick	
10. Up Chago Twe Chagi	Front Kick/ Back Kick	
11. Dwe Dora Yup Chagi	Back Kick	
12. Kumma Chagi	Hook Kick	
13. Dolyo Chagi	Spinning Heel Kick	
14. Hadan Dolyo Chagi	Low Spinning Heel Kick	
15. Pal Dung Chagi	Outside-in Kick (strike with sole)	
16. Pal Dung Chagi	Inside-out Kick (strike with top)	
17. Ee Dan Chiga Chagi	Spinning Roundhouse Kick	

Break Fall Names (Nuk Bop)



<i>Korean</i>	<i>English</i>	<i>Pronounced (please write your pronunciation here)</i>
Jong Bang Nuk Bop	Front Break-fall	
Foo Bang Nuk Bop	Back Break-fall	
Jya Chik Bang	Left Side Break-fall	
O Chik Bang	Right Side Break-fall	
Jong Gul Nuk Bop	Rolling Break-fall	
Go Yanggee Nuk Bop	Jumping Rolling Break-fall	
Ho Jon EE Nuk Bop	Flipping Break-fall	





Weapons Names (Mu Ki)

Korean

Po Bak Ool
Boo Che Sool
Kum Do
Dan Jung Sool
Chung Bong Sool
Joong Bong Sool
Dan Bong Sool
Kal Makki
Please note:

English

Rope or Belt Technique
Fan Technique
Sword Technique
Cane Technique
Long Stick Technique
Medium Stick Technique
Short Stick Technique
Knife Blocking
Sul = Technique MAKKI = Block



Class Terminology

Warm Up

Knees – Leg Stretches (Short Stance & Long Stance), Windmills, Hip Circling, Shoulders, Wrists, Neck, Ankles

Body Stretch

Ho Hup Bop

Tan jun Breathing:

- 1) No Joki (Lo Jockey)
- 2) An MilGi
- 3) Yop MilGi
- 4) Hanson Area MilGi
- 5) Supung MilGi

Breathing Techniques 1, 2, & 3

Jya Ja Say – OH JA SAY

Pang Hyung Jun Fwan

Fwall Young Sool

Kwon Sool

Sa Bon Jirrugi

Chung Sun Dan Jirrugi

Kwon Bop

Apkubi Stance – Thrust hands forward from hips while breathing out – back to hips while breathing in, filter air with tongue behind teeth.

Juchum Sugi – Hands at front - breath in – hold – push open hands out to front level with midsection - release – return hands to front

Juchum Sugi – Hands by side – breath in – hold – push open hands out to side simultaneously, level with hips – release – return hands to side

Apkubi Stance – One hand held on belt – other open hand makes large high circle – breathe in going up front – hold – tension going down back – release

Juchum Sugi – Open hands to front side – breath in – hold – hands move from one side to other in a straight line level with midsection – Release

Changing

Il Bon & E Bon

Il bon – E Bon – San Bon – Sa Bon

Block Punch X 1, 2, & 3

Punch Block Direction Change

Middle Punch, Back Fist To Face X 1, 2 & 3

Techniques in horse stance X 1, 2 & 3





YON KUEL PAL CHAGI – Combination Kicking

1st Dan

- 1/ Ap Chago – Yop Chago – Dwe Dora Yop Chagi
- 2/ Antari Chago – Yop Chago (same leg without touching ground) – Dwe Dora Yop Chagi
- 3/ Low Chiga Chago – Chiga Chago – Dolyo Chagi
- 4/ Chiga Chago – Dolyo Chago – Chiga Chagi (same leg as Dolyo Chagi)
- 5/ Chiga Chago – Edan Chiga Chagi (same leg)
- 6/ San Dan Antari Chago – Edan San Dan Antari Chagi (same leg)
- 7/ Hadan Dolyo Chago – Dolyo Chagi (same leg)

YON KUEL PAL CHAGI – Combination Kicking

2nd Dan

- 1/ Ap Chago – Yop Chago – Step Forward - Dwe Dora Yop Chagi
- 2/ Antari Chago – Yop Chago (same leg without touching ground) – Step Forward - Dwe Dora Yop Chagi
- 3/ Low Chiga Chago – Chiga Chago – Step Forward - Dolyo Chagi
- 4/ Chiga Chago – Dolyo Chago – Skipping Chiga Chagi (with front foot)
- 5/ Chiga Chago – Edan Chiga Chagi (Land on 1 foot)
- 6/ San Dan Antari Chago – Edan San Dan Antari Chagi (Land on 1 foot)
- 7/ Hadan Dolyo Chago – Step Forward – Jumping Dolyo Chagi (same leg)
- 8/ Gurro Chago – Kumma Chagi
- 9/ Ap Chago – Jumping Ap Chagi (same leg)
- 10/ Ap Chago – Jumping Chiga Chagi (same leg)
- 11/ Ap Chago – Jumping Dwe Dora Yop Chagi
- 12/ Ap Chago – Jumping Yop Chagi (same leg)





Techniques

There are five basic steps to Hapkido fighting techniques

1. Think (defence or attack)
2. Move (45 degrees to side)
3. Block (Hand, foot or body)
4. Technique (Strike, kick, throw, punch)
5. Finish



Water Principal

The weakest things in the world can overmatch the strongest things in the world.

Nothing in the world can be compared to water for its weak and yielding nature; yet in attacking the hard and the strong nothing proves better than it. For there is no alternative to it.

The weak can overcome the strong and the yielding can overcome the hard.

This all the world knows but does not practise.

Tao Te Ching By Lao Tzu

Hapkido's Eagle Symbol



Eagle gripping an arrow

This emblem is meant to symbolise strength, speed, perseverance, superiority, and freedom.

The wings symbolise the ability to soar, physically and spiritually, without restrictions.

The arrow represents a weapon or attack.

The eagle's talons seize the arrow and control it, symbolising speed, power, decisiveness, strength of grip, and clarity of purpose.





Kihap:

The distinct shout many Martial Artists emit when executing techniques is essentially Tan-jon breathing converting to dynamic action.

In Korean this energy harmonising shout is referred to as Kihap.

Ki means universal energy, Hap means coming together or coordinating, thus the Kihap shout is a means of coordinating our actions with the flow of energy and events of which we are part.

All individual actions and events merge into a single flow.

This is what is meant by being at one with the universe.

The true Kihap goes far beyond mere shouting or yelling.

Most energy will naturally produce a noise that is dynamically released.

Thunder, gunfire and explosions can all be thought of as Kihap shouts produced by natural energy events.

When you execute a punch, kick, or throw, or block a strike, energy is released, typically as a rush of air from the lungs.

This exhalation of air, coordinated with muscular tension in the body and throat, creates the deep, roaring growl of the true Kihap shout.

When first learning Hapkido, the Kihap will help students to breathe properly, focus their mind and coordinate a variety of complex physical movements.

When being thrown, the Kihap also helps protect the body from injury, keeps the air from being knocked out of the lungs, and causes the body to naturally relax on impact.

Shouting also keeps students from holding their breath or worrying about counter attacks.

The true Kihap is often characterised as a low, deep, harsh roar that emerges from the diaphragm, instead of the throat.





How to tie your belt



Start with one end of the belt and place it near the navel. This end will remain static for most of the belt tying procedure.



Hold one end in place and wind the other, long end around your body.



Place the long end over the short end while holding the short end in place in the center of your body.



Now wrap the long end around your body a second time.



Bring the long end towards the centre.





How to tie your belt, continued....



Place the long end of the belt over the short end.



Push the long end under both layers of the belt.



Now position the long end over the short end (also to the left, from your point of view).



Now grab the short end and move it to the other side (it was on the left, from your point of view, now pull it to the right).



Move the short end over the long end, we're about to tie a knot.





How to tie your belt, continued....



Pull the short end through the loop you formed in the previous step.



That's pretty much it, we now have the right type of knot!



Now tighten the knot firmly so it doesn't loosen during the training session.



Ta-da!! We're done. This is a perfectly tied Hapkido belt. Your peers will admire you!



 	Hapkido Brisbane		 
	Class Timetable		
Headquarters			
	Tuesday	Thursday	Friday
Kids Hapkido (Little Tigers)	5:30pm to 6:20pm	5:30pm to 6:20pm	N/A
Adults Hapkido	6:30pm to 8:00pm	6:30pm to 8:00pm	N/A
Black Belt Training	N/A	N/A	6:30pm to 7:30pm
Kumdo	N/A	N/A	6:30pm to 7:30pm
Women's Self Defence	N/A	N/A	5:30pm to 6:30pm
			6:30pm to 7:30pm
Branch - St. Agnes Hall			
Kids Hapkido (Little Tigers)	3:30pm to 4:30pm	N/A	N/A
Effective 01/09/2013			

Hapkido Brisbane				
Club Merchandise (Updated 04/08/13)				
Item	Description 1	Description 2	Description 3	Price
Sew on Patch	Round Logo	80mm Diameter	Includes Website	\$ 3.00
Sew on Patch	Rectangle	85mm x 115mm	Logo & Club Name	\$ 5.00
Hapkido Brisbane Car Stickers	Round	125mm Diameter		\$ 5.00
Hapkido Brisbane Car Stickers	Rectangle	210mm X 65mm		\$ 5.00
Pen	Printed logo			\$ 6.00
Breaking Boards	Pine	290mm X 290mm X 19mm		\$ 6.00
Stubby Holder	Printed logo	White		\$ 9.00
Self Defence Booklet				\$ 10.00
Student Training Manual				\$ 15.00
T-Shirt	Screen Printed Logo	Front and back	White on Black	\$ 19.00
T-Shirt	Screen Printed Logo	Front and back	White on Navy	\$ 19.00
Shorts	Screen Printed Logo	White on black	Hapkido Brisbane	\$ 19.00
Cap	Embroidered Logo	White on black		\$ 25.00
Stretches Book	For Martial Artists	Written by Stephen Millwood		\$ 25.00
Scarf (Polar Fleece)	Embroidered Logo	One End Only	White on Black	\$ 35.00
T-Shirt	Embroidered Logo	Front only	Choice of colour	\$ 39.00
Shorts	Embroidered Logo	Front only	Choice of colour	\$ 39.00
Polo Shirt	Embroidered Logo	Front only	White on Black	\$ 49.00
Jumper	Screen Printed Logo	Front and back	White on Navy	\$ 59.00
Black Belt	Embroidered	HIA	In Korean	\$ 65.00
Black Dobok	Moo Moo Kwan			\$ 75.00
Poly Fleece Jacket	Embroidered Logo	Front only	White on Black	\$ 79.00
Hoodie	Embroidered Logo	Front only	White on Black	\$ 79.00
Track Suit Top	Embroidered Logo	Front only	Choice of colours	\$ 79.00
Jacket	Embroidered Logo	Front and back		\$ 129.00
Black Tiger Dobok	Black Belt Dobok			\$ 220.00
To order: Email hapkidobrisbane@gmail.com or Call 0421 633 233				





Constitution of Hapkido Brisbane

Revised November 28th 2011

Club Goals and Description

Hapkido Brisbane is first and foremost a martial arts club, united by the common desire to improve ourselves, both mentally and physically, through the learning and practicing of Hapkido. The need for a positive attitude and a disciplined atmosphere must all be recognized for us to create a noncompetitive learning environment where we can all progress and grow in Hapkido, according to our own abilities and desires. The purpose of this constitution is to set forth the structure and system of our club, in order to keep Hapkido Brisbane an ongoing and ever-expanding club which continuously fulfills the desires and needs of its members, and provides benefits made available through training in Hapkido.

Instruction is undertaken through instructors trained and appointed by Master Steve Millwood.

Membership and Members' Responsibilities

1. New Members

Throughout any given year, Hapkido Brisbane accepts, on a continuous basis, new members who have had no previous martial arts experience as well as members with experience. Hapkido Brisbane offers these new students 1 free trial lesson. After which, the new students are given the option to officially join the club. They are then expected to pay club dues, purchase a uniform and pay membership fees. A Waiver form is then to be filled out.

Acceptance into any class will depend on class size and structure, defined by the current Instructor for that class.





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2. Member Responsibility

- A. All Hapkido Brisbane members must pay the training fee each month.
- B. All members are expected to be in class on time, dressed in their dobok and appropriate belt rank. Members must remove their shoes, socks, coats, hats, and bow before entering (and leaving) the training room (dojang). Members must remove all jewelry, including watches, rings, earrings, necklaces, bracelets, and other piercings and objects that could have the potential to cause injury to that individual or others when engaging in a martial art. To minimize distraction and to avoid offending other members, no gum chewing, food eating, smoking, or wearing of heavy perfumes or cologne is allowed. Members should keep their hair either neatly cut, or bound in a way to prevent it from being a nuisance. Fingers and toenails must be kept trimmed by members to avoid any possible injury to any individual when engaging in contact activities.
- C. It is the members' responsibility to know their own physical limitations. They should not engage in any activity that is prohibited by their physician. Members should be aware of any injuries, or any other physical condition that may prevent them from engaging in certain activities, and participate accordingly to their limitations to prevent further injury or health problems.
- D. All members must follow the commands of the instructor of the class. If the instructor asks a member to leave class, for any reason, that member should leave immediately without conflict to the instructor. All conflicts or personal problems with the instructor should be taken care of outside of class, and be kept outside of class in order not to disrupt the instruction of students.





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Revised November 28th 2011

E. Members may be dismissed from the club for any of the following actions:

1. Engaging in arguing or fighting in class.
2. Attending the class under the influence of drugs or alcohol.
3. Engaging in any illegal or immoral act, whether on or off the dojang premises.
4. Anyone using foul language, spreading rumors, or defaming the character or reputation of any student, instructor, or the dojang itself.
5. Any demonstration of gross disrespect to fellow students, seniors, instructors or the dojang. This includes the failure to comply with requests/orders of senior belts and instructors, or acting/failing to act in an acceptable manner as required in these articles, especially after warnings.

3. Dojang Etiquette

All members have the responsibility to act properly and accordingly in the dojang:

1. Take off shoes before entering the training area.
2. Bow towards the training area before entering and leaving the room.
3. If a member arrives late, they are to wait at the front door after bowing for an instructor or assistant to bow to them and allow them to join.
4. Whenever moving around the dojang, members are to move to the outer edge of the room as to not disturb any other member from practicing.
5. After working with a partner, a member is supposed to bow to them in appreciation. After each practice, all members bow to the black belts before leaving.





Constitution of Hapkido Brisbane

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Instruction and Belt Promotion

1. Instruction

Entitlement to instruction is by monthly fee and provided by individuals who have been trained and appointed by Master Steve Millwood.

2. Belt Promotion

A. All members are expected to grade in order to progress in belt rank. Grading and promotion take place according to the schedules and requirements set by Master Steve Millwood.

B. Requirements include minimum time period between grades (which vary with belt rank), minimum number of class attendances (number to be set by instructor), and knowledge of specific belt techniques.

C. Applications for grading must be filled out, signed by instructor, and turned in with appropriate grading fee by the date set by the club. Grading fees are non-refundable.

D. Successful performance at the grading will result in promotion of either one- or two-grades.





Social Media Guidelines

These guidelines apply to Hapkido Brisbane members who create or contribute to online social media including, but not limited to:

Blogs and Blog Comments
Wikis
Twitter
Reviews and News Comments
Facebook
YouTube
Or any other kind of Social Media.

While all HAPKIDO BRISBANE members are welcome to participate in Social Media, we expect everyone who participates in online commentary to understand and to follow these simple but important guidelines. These rules might sound strict and contain a bit of legal-sounding jargon but please keep in mind that our overall goal is simple: to participate online in a respectful, relevant way that protects our reputation and of course follows the letter and spirit of the law.

Any pictures or videos posted online will reflect directly on our clubs reputation. Before you upload pictures or videos please consider how it will be seen by others.

1. Be transparent and state that you are a member of HAPKIDO BRISBANE. Your honesty will be noted in the Social Media environment. If you are writing about HAPKIDO BRISBANE or a competitor, use your real name, identify that you are a member of HAPKIDO BRISBANE, and be clear about your role. If you have a vested interest in what you are discussing, be the first to say so.
2. Never represent yourself or HAPKIDO BRISBANE in a false or misleading way. All statements must be true and not misleading; all claims must be substantiated.
3. Post meaningful, respectful comments, in other words, please, no spam and no remarks that are off-topic or offensive.
4. Use common sense and common courtesy: for example, it's best to ask permission to publish or report on conversations that are meant to be private or internal to HAPKIDO BRISBANE. Make sure your efforts to be transparent don't violate HAPKIDO BRISBANE's privacy, confidentiality, and legal guidelines for external commercial speech.
5. Stick to your area of expertise and do feel free to provide unique, individual perspectives on non-confidential activities at HAPKIDO BRISBANE.

Continued...





Social Media Guidelines...continued

6. When disagreeing with others' opinions, keep it appropriate and polite. If you find yourself in a situation online that looks as if it's becoming antagonistic, do not get overly defensive and do not disengage from the conversation abruptly: feel free to ask Master Steve for advice and/or to disengage from the dialogue in a polite manner that reflects well on HAPKIDO BRISBANE.
7. If you want to write about the competition, make sure you behave diplomatically, have the facts straight and that you have the appropriate permissions.
8. Please never comment on anything related to legal matters HAPKIDO BRISBANE may be in.
9. Never participate in Social Media when the topic being discussed may be considered a crisis situation. Even anonymous comments may be traced back to your or HAPKIDO BRISBANE's IP address. Refer all Social Media activity around crisis topics to Master Steve.
10. Be smart about protecting yourself, your privacy, and HAPKIDO BRISBANE's confidential information. What you publish is widely accessible and will be around for a long

Hapkido Brisbane Mission Statement

Hapkido Brisbane is committed to teaching the Korean arts of Hapkido and Kumdo the traditional martial arts way, with mutual respect and self discipline.

Our mission is to implement the philosophy, practices and syllabus of Grand Master Joon Bom Kim and his method of Hapkido.

We train in a disciplined but friendly environment, providing an equal opportunity for all ages and fitness levels to gain personal development as a Hapkido or Kumdo practitioner.

