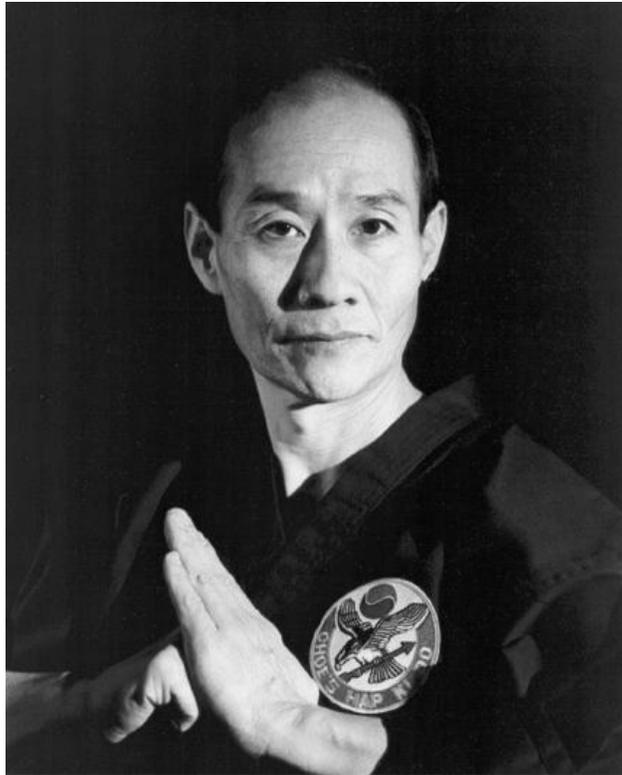


# CHOE'S HAP KI DO

WELCOME TO OUR SCHOOL



## World Renowned Grandmaster JiMong Choe

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Congratulations on taking steps to improve yourself both mentally and physically. The Choe's Hap Ki Do curriculum offers many different methods to improve one's physical health and mental development. Our school is dedicated toward improving every single student to his/her highest potential.

# How To Tie Your New Belt



The belt system symbolizes many things. The color of the belt represents the time and dedication one puts into the martial arts. The symbolism of yin yang and five elements are illustrated within each color of the belt system.

The belt color also represents the hierarchical order in the martial arts. This hierarchy necessitates the importance of respect. Without respect, everyone becomes foolish and disordered.

Some may tell you that the belt is not that important. Contrary to this belief, when a person ties her/his belt, the tightening of a knot represents determination, will power, and the discipline entailed in the martial arts.

The belt system depicts an aspect of the foundation in any martial arts method. Do not let anyone tell you otherwise!

1. Find the middle of the belt by folding it in half.
2. Place the midpoint of the belt to the center of your abdomen.
3. Wrap the belt around the waist so that the two ends come to the front.
4. Place the right side over the left side. Take the right side and tuck it under including both the left side and the midpoint of the belt.
5. There should be one end on top and one end on the bottom.
6. Take the bottom end and fold it toward your left side. Then take the top end and place it over the left. With this you have made a loop.
7. The top end is then taken through the loop, tightening the belt.

**Congratulations!**

# Meaning of the Belt System

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*White: Seed Beneath Winter Snow*  
*Yellow: Germination of Life*  
*Orange: New Growth of Spring*

*Green: Speedy Development*  
*Blue: Warmth of Sky*  
*Purple: Brilliance of Selection*  
*Black: Beginning of Next Cycle*

*Brown: Production of Fruit*  
*Red: Fully Ripened*  
*Red and Black: Final Step*

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## White Belt

The colors of the belt can be viewed philosophically as a transition throughout the seasons of the year. White belt training is equated to winter. The student is fresh like the new fallen snow. All potential for growth lies hidden beneath the surface. Basic hand techniques are the skills that are the foundation for all other techniques. A strong foundation is very important at this stage because growth in Hap Ki Do is accomplished through a building block approach.

## Yellow Belt

As winter recedes, the snow melts and the seed begins to germinate beneath the ground. The spark of potential has been ignited within the student much like the warmth of the sun upon the ground sparks the dormant seed to germinate and take root. The teachings are beginning to take root within the student while all potential still remains buried beneath the surface.

## Orange Belt

The student begins to show his/her potential. The snows of winter have receded and the very new growth of spring is now approaching. It is a time when the basic techniques of the art are expanded to include more of the attributes of the art. As an orange belt, the student learns about grace, balance, power, speed, and agility. It is these attributes that will be built up over the upcoming months of training.

## Green Belt

The snow is gone now and spring is in full bloom. The green belt can be viewed to be in the spring of his/her training. Their potential is fully visible in that we can see a rapid growth of all the green things of spring. This is when the child stops crawling and begins to walk. Like a child, the student is opened to a whole new world of experiences.

## Blue Belt

Growth can only occur with the presence of life-giving light. Blue reminds us of the blue skies of spring. As the days grow longer during the growing season, the growth of spring continues to absorb the nurturing light and warmth from the sky.

## Purple Belt

As the various fruits develop, the brilliance of the color purple reminds us that there are a great deal of choices to make. Achieving this rank has taught the martial arts practitioner that choosing the correct fruit can reap many rewards. The student is taught that their skill is very special and should only be used for the advancement of worthy causes.

## Brown Belt

The student is maturing into a skilled practitioner of the art. He or she has grown from the seedling of winter, through spring, summer, and is passing into autumn. With the end of summer, the green plant shows maturity by the browning of the leaves. The emphasis now is on producing the fruit. Similarly, the student's technique is beginning to come together with the mind. The attributes of discipline, insight, mental agility, and self-control become an important phase of the training. The student should be overcoming the awkwardness felt during the early times of training.

## Red Belt

Red represents blood, life, energy, and control. This time is like the middle of autumn. The scenery all around begins to transform itself into bright colors as the fruit matures. The student's power and technique begin to work in the harmony with his or her mind, and like the flower, the student begins to ripen. The red belt also begins to prepare for the final road to black belt.

## Red and Black Belt

The final stage of development is the red and black belt. The red and black represent maturity, respect, and honor. As with the flower, the final stage of development has been reached. This final stage signifies the end of one life cycle and the beginning of a new cycle.

All previous forms of life change when the plant prepares to produce the seed. It is this seed that will carry forward the life of the flower for another generation. When the red and black belt reaches black belt, he or she will sow the seeds of his or her skill among the new white belts.



## The Methods and Etiquette of Bowing

Bowing is an Asian form of greeting. The degree of the bow shows the degree of respect and trust or the status of the recipient. Used more often in Korea and Japan, the act of bowing dates back to the beginning age of swords and metal forged weapons.

Full bow and half bow are two different types of greeting that exist today. A person executes the full bow only during special occasions and toward greatly respected people. A person does half bows every day and towards all types of people. Like all things, there are many variations to do both full and half bowing.

A student bows inside the martial arts school while entering, leaving, before, during, and after classes. Furthermore, a student bows when seeing an instructor or higher belt for the first time and for goodbyes. A student bows outside the martial arts school for first time greetings and goodbyes. Also, one can bow all of the time for a show of appreciation and pardons. However, one does not bow if there is a higher-ranking teacher in the same room except for gratitude and pardons. This applies inside and outside the martial arts school.

A bow starts from standing attention. The hands are at the side with the heels together to form an angle of 45 degrees. The eyes are forward, looking straight ahead. The body bends forward so far according to the situation.

There are three different types of half bows. These bows named are in reference to the full bow. They are named the full half bow, the quarter bow, and the one-eighth bow. A student executes the full half bow towards Grandmaster Choe. The student does the quarter half bow towards masters and instructors. The student does the one-eighth half bow toward assistant instructors and students.

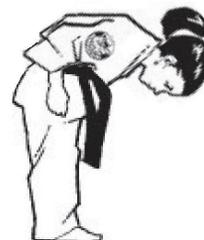
The One-eighth Half Bow



The Quarter Half Bow

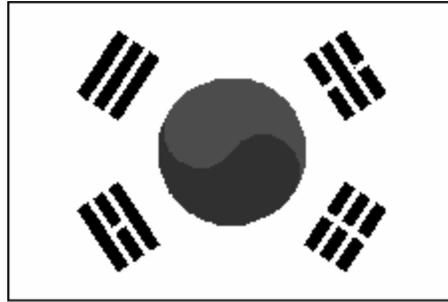


The Full Half Bow



# Tae Guk Gi

## The Korean Flag



Tae

Guk

Gi



Grand

Ultimate

Flag

Heaven

Water

Fire

Earth

Tae Guk Gi, the Korean flag symbolizes the thought, philosophy, and mysticism of the eastern culture. The center of the flag consists of a circle equally divided and in perfect balance.

The circle itself represents the complete unity of all things. The Yin and Yang illustrate the complimentary relationships contained within the universe. The upper red section is called Yang and the lower blue section is called Um (Yin) and is the ancient symbol for creation.

Furthermore, Yin and Yang represent the theory of causes and conditions. This theory shows us that all things are interdependent on each other. The central thought in the Tae Guk Gi also indicates that while there is constant movement within the universe, there is also balance and harmony.

# Chung Mu Hap Ki Do

Chung – Loyalty, sincerity, faithfulness

Hap – Coordinate, gather, combine

Do – Road, method, enlightenment

Mu – Military, martial art

Ki – Air, internal power, internal spirit

Chung Mu Hap Ki Do, pronounced Choong Moo Hop Key Doe, symbolizes many philosophical ideas. The symbolism should be taken from the whole name, each character, order of characters, and the derivative of each character.

The first meaning taken from the whole name shows the foundation of our art. The name says to be loyal to your martial art in order to coordinate the internal power to an enlightening road. Also, another meaning shows that one must have virtue toward and within his/her martial art or institution. Then one can coordinate the internal power towards spiritual growth.

Chung means one must have loyalty, sincerity, and faithfulness. These qualities depict the necessary essence of human being. The character Mu stands for the military. In Asia, depending on the context, Mu can stand for martial arts, country, and the struggles one faces in life. Hap illustrates harmony within human beings. This character shows us how we can change to create harmony within ourselves and in our community. Ki shows us the most important source of internal power—air. One can last many days without food, less without water. However, one can last only a couple of minutes without air. Do depicts the transcendental wisdom of enlightenment. This transient concept, ever elusive, guides us toward many roads in which we choose the path to travel.

Another important factor to consider is the order. Chung Mu Hap Ki Do says that person must have virtuous behavior toward the institution (family, country, martial arts school and teacher). Then the person must achieve coordination with their body before he can search for Ki and Do. If practiced out of order, one attracts disharmony and misfortune. A martial art without order becomes empty, without true essence.

Last, we must understand how each of the characters was derived. This analysis becomes necessary in order to capture the full meaning of a martial art. Center of heart and mind is depicted within Chung. This means that loyalty and virtue comes from the center of the heart. Mu means to stop movement. The movement character surrounds the stop character. The movement shown here is aggressive movement and there by signifies protection. A man must have one mouth is portrayed by the character Hap. In order to coordinate and combine, one must be honest and true, not only with his word but to his word as well. Ki shows us that the internal power we seek is transitory like water. A person must realize that transitory things can never be grasped and should not be heavily desired for. Do portrays the road that one can see brightly. This shows us that in order to reach the state of wisdom, one should seek good knowledge.

# What is Chung Mu Hap Ki Do?

Chung Mu Hap Ki Do is an original and traditional style of martial art. This means the martial art has not been combined with other styles or adopted techniques from other styles, resulting in a new one. This martial art has been kept intact through the course of history. However, Chung Mu Hap Ki Do was further developed by the Choe family through the ages.

We are of the hard (external) and soft (internal) school. The external schools of thought concern themselves with the disciplines of the body. Making the body hard and strong, resistant to impact, using linear force for attack and defense, and training for speed are the philosophies of the external school. On the other hand, the internal schools of thought concern themselves with the disciplines of Ki. Making the body flexible, supple, using circular force for attack and defense, and training for Ki endurance are the philosophies of the internal school.

The direct self-defense techniques in our style contain three distinct categories. They are empty hands against empty hands, empty hands against weapons, and weapon against weapon. Each of these categories includes escaping, joint locking, grappling, pressure point strikes or cavity press, striking, punching, kicking, and throwing techniques.

The indirect self-defense techniques in our style are comprised of three categories. They are Ki development, health and fitness, and philosophy of the body, mind, and spirit. Each of these categories include Ki Gong, meditation, Soo Ki (the root of acupuncture), nutrition, aerobic and anaerobic exercise, moral conduct, and paths of virtue.

Chung Mu Hap Ki Do developed its techniques from Taoist and Buddhist philosophies. The defensive techniques are based on circular motion rather than linear motion. Linear defense sometimes causes injury and may not be effective against a greater power. However, the circular defense learned in Hap Ki Do requires little power and is very effective against greater forces. One can learn these defensive techniques with persistence, for they require much knowledge and skill. Once learned, the delicate techniques of Hap Ki Do can overcome brute force.

Some of the advanced techniques of Chung Mu Hap Ki Do include Finger Art, Whip Punch, Powerless Movement, Cotton Folding Method, Shadowless Kicks, Golden Hammer Fist, Pressure Point Sealing, Black Tiger Method, Chain Whip, Rope Dart, Cane, Short Staff, Sword Play, Cudgel, Fan, and many others. We sincerely hope that you find Chung Mu Hap Ki Do every bit as enjoyable and fulfilling as we do.

# Essence and Spirit of Martial Arts

Integrity is necessary to the being of a martial artist. The qualities listed here uphold the ideal of an honorable person. They are the building blocks of a martial artist. The martial techniques become empty and meaningless without them. Although each quality may be assigned to a belt, a student should study each one and try to cultivate these within his/herself always. Consider each attribute carefully and purposefully.

White Belt	<u>Respect</u> -- an act of giving particular attention.	<u>Loyalty</u> -- faith in a custom, ideal, or institution.
Yellow Belt	<u>Honor</u> -- a good name with integrity.	<u>Family</u> -- people united by a common goal.
Orange Belt	<u>Sincerity</u> -- honesty of mind.	<u>Friendship</u> -- one attached to another by affection.
Green Belt	<u>Trust</u> -- to place confidence on someone.	<u>Confidence</u> -- faith that one will act right and properly.
Blue Belt	<u>Love</u> -- unselfish concern for the good of another.	<u>Forgiveness</u> -- to give up resentment.
Purple Belt	<u>Courage</u> -- mental strength to persevere.	<u>Responsibility</u> -- able to answer for one's conduct.
Brown Belt	<u>Kindness</u> -- state of being helpful in nature.	<u>Consideration</u> -- thoughtful and sympathetic regard.
Brown Senior Belt	<u>Perserverance</u> -- action in spite of opposition.	<u>Moderation</u> -- observing reasonable limits.
Red Belt	<u>Virtue</u> -- conformity to a standard of right.	<u>Understanding</u> -- to grasp the meaning of.
Red Senior Belt	<u>Excellence</u> -- to surpass in accomplishment.	<u>Self-discipline</u> -- regulation of self toward improving.
Red and Black Belt	<u>Ethics</u> -- study of moral duty and obligation.	
Black Belt	<u>Truth</u> -- Sincerity in action, character, and utterance.	



# Chung Mu Moral Code

## Purpose of Training

1. Self-defense – We train to protect ourselves and the ones we love, not to harm or oppress others. This purpose describes moral conduct.
2. Health – One can not endeavor to do good without a healthy body. This purpose represents essential conduct.
3. Completion of Self-Culture – Personal integrity epitomizes the nobility in the human spirit. This purpose characterizes obligatory conduct.

## Precepts of Hap Ki Do

1. We discipline our minds and bodies. Focus and discipline are the essential qualities of success.
2. We develop good wisdom and sagacity. Wisdom helps us to distinguish the difference between right and wrong.
3. We cultivate a high quality of personality. Our personality becomes noble when we make choices without blaming outside conditions.
4. We serve the community. This act brings about the unity within the soul as well as the community.

## Ten expanded ideals of the Hwarang

1. Be loyal to your country. Our country is our very soul; treat it well.
2. Be loving and show fidelity to your parents. They gave us the most precious gift, life.
3. Be loving between husband and wife. Marriage symbolizes oneness in the universe.
4. Be cooperative between brothers and sisters. They will always be there when we are at bottom.
5. Be faithful to your friends. A person can always succeed in life with one true friend.
6. Be respectful to your elders. Care for them as they have for us.
7. Establish trust between teacher and student. One cannot learn without trust.
8. Think before killing any living thing. Always remember that all life is precious.
9. Never retreat in battle. Show courage and vigilance in face of opposition.
10. Always finish what you start. Our accomplishments tell of who we are.

The Hwarang of the Silla dynasty were an elite paramilitary youth corps that existed during the Three Kingdoms period of Korea. They were given rigorous military training involving archery and horsemanship. The Hwarang are similar to Ottoman Janissaries or young knights as instituted by Suleman the Magnificent.

# Student Pledge

I do hereby pledge to keep the following ten promises to my fellow students, my school, and myself.

1. I understand that Choe's Chung Mu Hap Ki Do program strives toward the improvement of the whole person. Therefore, it insists on constant learning and the interaction between the spiritual and the physical. I will emulate the high ideals of ancient cultures, such as non-violence, tolerance, respect for the self and my peers, dedication to duty, and honor to my superiors.
2. I will always maintain a good rapport with my school. I will be loyal to the spirit of Hap Ki Do as well as to those who have already been inspired by the spirit of Hap Ki Do. Since I have chosen to become a student of Hap Ki Do, I am obligated to be loyal to its spirit.
3. I will not negatively criticize or slander other students. An important rule of Hap Ki Do requires that students speak positively and well of other students.
4. I will be extremely cautious about making promises, and I shall keep the ones I do make.
5. I will follow the rules and regulations set before me by Choe's Hap Ki Do. Furthermore, I will not doubt, question, or argue the content of the rules and regulations. Last, I will be punctual to class.
6. I will behave in a mature manner during every event, regardless of whether it is favorable, frustrating, or disastrous, as I represent the excellence of our school.
7. My conduct will contain sincerity, purpose, and virtue.
8. I will endeavor to overcome any shyness I might feel about being in front of an audience. In this effort I will assist my instructors whenever possible.
9. I will not hesitate to take actions necessary to develop into an ideal martial artist.
10. I will always finish what I have started. I will reach my goals and set new ones!



# RULES and REGULATIONS

## CONDUCT

1. Salute to the flag and bow to the highest ranking instructor whenever entering or leaving the Do Jang.
2. Follow the guidelines set forth in the Proper Manners inside and outside the Do Jang.
3. Address the Master, instructor or assistant instructor with the proper title or Sir/Ma'am.
4. Conduct inside and outside of the Do Jang must be in the spirit of the purposes of training, precepts of Hap Ki Do, and the ideals of the Hwarang.
5. Memorize the Purposes of Training, the Precepts of Hap Ki Do, and the ideals of the Hwarang.
6. Do not wear shoes in the workout area.
7. No excessive talking in the Do Jang during class.
8. Do not hold demonstrations or teach Hap Ki Do without prior approval of the instructor.
9. Prior approval of the instructor must be obtained before competing in any tournament.
10. No free sparring allowed without federation approved protective sparring gear and instructor's permission.
11. Report to the instructor or call the school when unable to attend the scheduled class.
12. Follow the sparring rules, championship rules and the belt test rules.
13. Register with the International Chung Mu Hap Ki Do Federation and renew each year.
14. Arrive at least five minutes before class and be punctual to all events. Late students may have to do push ups or stances before they can join class. Please call if you will be tardy.
15. No classes will be held during belt test days, tournaments and national holidays.

## UNIFORM

- 1 Do Bok with school patches must be worn during class unless otherwise noted.
- 2 Personal cleanliness and a high degree of hygiene must be kept. Nails should be trimmed. Clothes and body should be kept clean.
- 3 Do Bok must be ironed and cleaned before every class.
- 4 Do not chew gum during class or belt test.
- 5 Bring sparring gear to all classes. The sparring gear must be federation approved and purchased from the school.

## **VIOLATIONS**

1. Violation of the rules or a display of poor attitude may result in detention for a period of one to two weeks. During this time, I will think about my offense.
2. Continued violation may result in a probationary period of thirty days. During this time, I will show an effort to understand and follow the rules.
3. If there are no improvements during or after this time, a suspension from the school may result. The suspension period will be set according to the discretion of the instructor. During this time, I will type a letter of apology to the school explaining my offense and what I will do to improve.
4. Further violations will result in an expulsion. To be reinstated back into the school, a type written letter of apology will be reviewed by a panel of Black Belts. If reinstated, I will improve myself one hundred percent. Expulsion does not release me from my financial obligations.
5. I will respect my instructor's decision no matter what penalty I may receive.

## **IN THE SCHOOL**

1. Students may not use the office phone (if there is an emergency, please explain). The school cannot take personal messages or call home to request a ride.
2. The school and its employees are not responsible for the loss of valuables. Items left overnight may be redeemed for five push ups and \$1.00 donation to the student fund.
3. Students must participate in all Choe's Hap Ki Do tournaments. Unexcused absences will bring about a \$10.00 fine to go to the student fund.
4. Returned checks will result in a \$30.00 fee. A \$10.00 late fee must be paid for late tuition payments and late belt test payments.
5. No video taping or flash photography without permission from the manager or instructor.
6. School age students must submit their most recent report card. The student may be suspended or disciplined if the grades need to and do not improve.
7. Always wash your hand after visiting the toilet. We must show courtesy to other students.



# Proper Manners

At the school, we are proud of the good behavior of our students and expect them to set an example for all to follow. Correct manners are an important part of the Hap Ki Do spirit. These mannerisms have existed in the royal courts for over 2000 years. We will emulate the founding ancestors of our martial art and bring back traditions. Students and parents should follow the guidelines below.

1. Bow whenever entering or leaving the office if an instructor is there.
2. Whenever an instructor calls, come to attention, respond "Yes, Sir!", and run to them.
3. Always bow and greet the highest rank first.
4. Be silent and listen when an instructor speaks. Never interrupt, speak over, or raise your tone at the instructor.
5. Never argue with or question your instructor, share and discuss your ideas respectfully.
6. Never address your instructor as man, dude, etc. Proper titles show respect order and discipline.
7. One must sit crossed legged in front of the instructor when sitting on the floor.
8. Sit with the knees together and the back straight (good posture) in front of the instructor when sitting in a chair, do not slouch.
9. Do not point your feet toward an instructor. In ancient times, pointing your feet meant that the person is lower than the ground you are walking on. That is why people take off their shoes when entering in the Asian culture.
10. Stand when the highest rank enters or leaves the room. You may then sit when they sit or have left the room. Remain sitting and just acknowledge an instructor if the highest rank is already present in the room.
11. At public functions, sit in descending order from the middle when you sit at a large table.
12. The lowest belt should open doors for the instructor outside of the school.
13. You must use two hands when giving or receiving anything from the instructor.
14. Do not show your back side when leaving the presence of the instructor.
15. If someone bad mouths the school, talk with them so that they may understand the school.
16. Turn away from the flag or anyone when fixing your uniform.
17. Wait for the instructor's hand before shaking hands.
18. Always do your best in all of your endeavors.



# Parent Responsibilities

These rules are set forth so that the learning process of your child will go as smoothly as possible. Making sure that our children grow up enriched is everybody's responsibility. They shape our future and are the hope of every parent. Let's make it count!

1. I will not disturb my child or the instructor during class. I will not remove my child from class. If there is an emergency, the office staff will assist me in removing my child from class.
2. If I have a question or concern about my child's progress, I will make an appointment to speak to the instructor. I will not interrupt class or otherwise distract the instructor.
3. I will treat my child courteously at all times. I will give my child no reason to disrespect me. I will not scold, strike or argue with my child in the school. If I bring another child into the school, I will keep them under control.
4. I will not argue with, criticize, or question the rules, the school or the instructor. If I have any questions or concerns pertaining to the school I will make an appointment with the manager or head instructor to resolve the issue.
5. I am committed to supporting my child and the studio one hundred percent and agree with my role as a Chung Mu Hap Ki Do parent. I will purchase sparring gear through the school for my child as soon as possible, and no later than yellow belt. If I am unable financially, I will talk to the manager about the gift certificate program.
6. I will abide by the same rules and regulations as my child and set a good example for my child to follow. I will call and inform the school if for some reason my child is unable to make it to class.
7. I will periodically look at the bulletin boards to be current with upcoming events.
8. I will not take my child out of martial arts as a form of punishment. I will have a conference with the instructor to resolve the issue if there is a problem.

I hereby state that I have read and understand these rules. My family and I will abide by these rules set forth by Choe's Hap Ki Do.



Sign \_\_\_\_\_

Date \_\_\_\_\_

## Being A Chung Mu Hap Ki Do Parent

The list does not reflect mandatory rules. They only show one set of ideals. No one becomes less of a parent if they are not able to do these things. We are always busy with many things to do. At one time or another, I'm sure we've had financial responsibilities or other obligations that are without mercy. However, the school is a place of martial arts, where one can learn many physical and mental disciplines. This is not a place of baby-sitting. We believe that a parent's time and effort are crucial to the development of a child. Just paying for lessons does not make a good parent. We must always do our best to provide for our child morally as well as financially. Remember, you are taking the martial art with your child as well as being a fundamental part of their growth.

1. I will attend my child's belt tests, tournaments, and other events while giving him/her moral support.
2. I will attend my child's martial art classes and give praise when he/she does well.
3. I will help and support the school whenever possible. Since my child has joined the school, I have signed aboard with the instructors to further my child's physical and mental education.
4. In order for the school to become as effective as possible, I will help during tournaments, picnics, parties, or other extracurricular functions.
5. I will give praise about the school and refer new members so that Choe's Hap Ki Do can constantly improve their facility for my child.
6. I will keep a good rapport with the school about the progress of my child at home.
7. I will become good friends with the instructors and employees of Choe's Hap Ki Do since we both have the goal of enriching the life of my child.



# Nutrition

Educate yourself on proper eating habits. Proper eating habits contribute to happiness, discipline, and overall well-being. Our body processes good food into fuel and building blocks we need to function every day. Unfortunately, the body does the same for bad foods. You wouldn't use sand to build a house, nor would you put sugar in the gas tank. So we must take care of our body, it's the only one we have. The time to begin is NOW!

Improper eating habits cause depression, lethargy, moodiness, and weak will power. It can make you look pale, overweight, underweight, and unpleasing to the eye. You will become prone to disease and mental disorder, become more stressed, and age more quickly.

Proper diet can contribute to energy, happiness, optimism, and strong will power. Combined with good exercise, they can make you look vibrant, tone, healthy, and can be very pleasing to the eye. Our martial arts program can help in reducing stress, slowing down aging, increasing immunity to disease, increasing cancer protection, and faster recovery from illness.

The foods we eat should contain at least one of the things listed below.

1. Vitamins and minerals – fruits and vegetables.
2. Protein – nuts, meats, fruits and vegetables.
3. Fiber – beans, whole grain cereals, fruits and vegetables.
4. Fats – dairy products, meats, and oils.
5. Carbohydrates – fruits, vegetables, and grain.

A good diet consists of carbohydrates and fructose (fruit sugar) which produce the energy we need. High fiber foods aid in digestion and waste removal. Vitamins, minerals, and proteins contained in food build new cells and repair the old ones. Limited amounts of fat can aid digestion and provide a secondary source of energy. Most importantly, water can burn extra calories, increase the immune system, replenish the fluids lost, prevent dehydration, and cleanse the whole body. Drinking eight to ten glasses of water per day can do wonders!

Bad foods you should avoid contain excess amounts of cholesterol, which contribute to heart disease. Sugar (glucose) provides quick energy for thirty minutes then depression and fatigue, not to mention cavities. Foods containing polyunsaturated fats cause heart disease and cancer.

Watching what you eat is essential to good health and well - being. Remember, the keys of success include moderation, balance and practice!



# RULES FOR BELT TEST

The instructor shall notify each qualified student of eligibility for promotion after analysis of that student's level of training. The student must take a belt test within a reasonable amount of time, notice, and eligibility. Any excuse for missing their next testing date should be made in writing to the instructor before the testing date (i.e. doctor's statement, illness in the family, etc.). Otherwise, the student shall remain at the current level for three months or the amount of time allotted by the instructor according to his/her discretion.

*A testing application and payment should be submitted to the institute at least seven days prior to the testing date. Requirements for each belt test are as follows:*

## 1. White Belt to Brown Sr. Belt

- a. Students must take at least 24 lessons in no less than three months at the current belt level.
- b. Good physical and mental ability according to the standards of the head instructor.

## 2. Red Belt to Red and Black Belt

- a. Students must take at least 32 lessons in no less than four months at the current belt level.
- b. Good physical and mental ability according to the standards of the head instructor.

## 3. Special Classes

- a. One special class may replace up to four regular classes at the discretion of the instructor.
- b. If you have missed several classes and need to take a special class, ask the head instructor to arrange a time that is convenient for both of you.

## 4. Early Testing

- a. Some students who qualify may take their belt test earlier than scheduled.
- b. The qualifications are:
  - i. Blue belt or higher level rank from another style.
  - ii. The Grandmaster's, Master Choe's, or the head instructor's recommendation and permission for accelerated testing.

## 5. Required Equipment

- a. Sparring gear, uniform, ID card, and good attitude are mandatory.

## 6. Pre-tests

- a. The student must take a pre-test several weeks before the testing date.

## 7. Testing Fees

- a. Any delinquent fees must be paid before the belt test.
- b. A belt test fee will be charged for the expenses that include:
  - i. A belt representing the new rank
  - ii. A Hap Ki Do Federation certificate
  - iii. A Choe's Hap Ki Do ID Card
  - iv. A report to the Hap Ki Do Federation of current status

## 8. Belt Testing Date

- a. No classes will be held on the belt testing date.



## **POINTS SPARRING RULES AND REGULATIONS**

1. **Contact Area** • Contact can be made from the belt up to the protected facial area. No contact is allowed to the back or the back of the head.
2. **Degree of contact** • Light body contact is allowed.
3. **Head Contact** • Head contact is for **black belt** students only. Controlled techniques to the headgear are allowed (not fully extended techniques).
4. **No Head Contact** • Head contact is not allowed for students with red/black belt or below.
5. **Legal Techniques** • The following techniques are valid:
  - a) Punching striking with the forefist and backfist.
  - b) Ridge hand and knife hand.
  - c) All major kicking techniques.
6. **Safety Equipment** • Head gear, gloves, shoes, shin pads, chest pad, groin cup, and a mouthpiece are mandatory.  
**\*(All sparring equipment must both be approved by the International Hap Ki Do federation and display the Choe's Hap Ki Do Logo, for the purpose of reducing injury and for conforming to insurance regulations.)**
7. **Illegal Techniques** • Techniques that are **forbidden** by the Federation:
  - a) Severe contact where the head is snapped back by the force of the blow and severe body contact.
  - b) Any technique that draws blood.
8. **Controlling Your Techniques** • Control must be exercised towards lower belt students, women, children, light weight students, walls, mirrors, etc.
9. **Forbidden Sparring** • Conditions in which sparring is forbidden.
  - a) Black belt member sparring pre-black belt member.
  - b) Sparring without the permission of Grandmaster Choe, Master Choe, or a full time black belt instructor.
10. **Allowed pre-sparring types** • Different forms of pre-sparring that is approved.
  - a) Kick/punch combos, sparring rhythm, and defense drills.
11. **In case of injury** • You must **report injuries** immediately to the head instructor or the general manager.

**Effective: 06/25/01**

# CHOE'S HAP KI DO CHAMPIONSHIP RULES

Grandmaster Choe has been holding successful championships every year for over 20 years. These tournaments are for members of the Choe's Chung Mu Hap Ki Do family. The purpose of the Championships is to offer the students an opportunity to display their strengths and learn where they need to improve. The competition helps build confidence and self-esteem, as each place in every division is rewarded with a trophy.

1. **Attendance.** Participation is a required part of the Choe's Hap Ki Do curriculum. Those unable to attend must provide a written excuse and/or explanation. i.e. Doctor's note.
2. **Registration.** Students may register for as many events as they wish. Registration should be completed as soon as the tournament date is posted.
3. **Competitor Fees.** A fee will be charged for each event. All competitors must check in at the entrance table.
4. **Student Requirements.** Students must have a clean uniform, up to date International Chung Mu Hap Ki Do Federation membership, a good attitude, and the necessary equipment for competition.
5. **Special Training Classes.** Special training classes will be offered at no extra charge once the registration has been completed.
6. **Sparring.** All sparring will be done in accordance with the "Choe's Hap Ki Do Point Sparring Rules and Regulations". All safety gear must be approved by the International Chung Mu Hap Ki Do Federation, and in good condition. No sparring will be allowed without all required gear, including headgear, gloves, footgear, shin pads, chest protector, groin cup, and mouthpiece.
7. **Breaking.** All breaks must be approved by your Instructor and in accordance with the "Choe's Chung Mu Hap Ki Do Championship Rules and Regulations". Breaking boards will be provided at the tournament for a nominal, per board fee.
8. **Spectators.** Family and friends are encouraged to attend. There is no limit to the number of guests/spectators that you may invite. There will be an entrance fee for non-competitors. Use of cameras and video recorders is allowed only with previous permission from the International Chung Mu Hap Ki Do Federation. All spectators must conduct themselves as family and friends of Choe's Hap Ki Do students and in accordance with the "Parents Rules". For everyone's comfort and convenience, there will be a concession stand at the championship site.

Through the continued support of Choe's Hap Ki Do students, family, and friends the International Chung Mu Hap Ki Do Federation will be able to sponsor events like the championships for the benefit of its members. Thank you and good luck!

# Terms Used in the Martial Arts

Term	Pronunciation	Meaning
Do Jang	Doe Jahng	Martial arts school
Do Bok	Doe Boak	Uniform
Ki or Chi	Gi or Chee	Internal power (energy)
Wei Gong	Weh Gong	External study (techniques)
Nei Gong	Neh Gong	Internal study (techniques)
Hwal Bop	Hwahl Bup	Internal healing technique
Soo Ki	Soo Gi	Internal healing technique
Ho Shin Sul	Hoh Sheen Suel	Joint locking self defense
Guo Sal Soo	Ge-o Sahl Soo	Choking self defense
Go Jung Sul	Goe Jung Seul	Finishing techniques
Kwon Bup	Kwon Bup	Fist techniques
Jok Sul	Joak Suel	Leg techniques
Cha reo	Cha re-ot	Attention
Kyung nae	Kyung neh	Bow
Ki hop	Gi hop	Yell (pertains to things martial)
Guk gi	Gook gi	Flag
Sa bum nim	Sah bum neem	Instructor
Kwan jang nim	Kwan jhang neem	Master
Guk gi eh Kyung nae	Gook gi eh Kyung neh	Saulte to the flag
Sa bum nim ge Kyung nae	S.b.n. geh Kyung neh	Bow to the Instructor
Kwan jang nim geh Kyung nae	K.j.n. geh Kyung neh	Bow to the Master
Ba ro	Bah roh	At ease
Hae san	Heh sahn	Fall out
Soo go hae sum ne da	Soo goh heh soom nee dah	You did wel for me
Yin Yang/ Um Yang	Yin Yang/ Oom Yang(Kor. pron.)	Negative-Positive
Dan Jun	Don Jun	Abdominal point (accu-point)
Dan Jun Houp	Don Jun Hoh oop	Dan Jan breathing
Neh	Neh	Yes, sir/ma'am
Ah ne yo	Ahn nee yoh	No sir/ma'am
Mol la yo	Mole lah yoh	I don't know
Shil le hom ne da	Shil leh hahm nee dah	Excuse me
An nyoung ha sae yo	Ahn nyoung hah seh yoh	Hello
An nyoung he gae sae yo	Ahn nyoung he geh seh yoh	Farewell if you are leaving
An nyoung he ga sae yo	Ahn nyoung he gah seh yoh	Farewell if you are staying
Gahm sa hom ne da	Gahm sah hahm nee dah	Thank you if you didn't need
Go mop sum ne	Goe mop soom nee dah	Thank you if you needed it
Chun man hae yo	Chun mahm heh yoh	Your welcome
Ma-sheet ge d sae yo	Mah-sheet geh d seh yoh	Please eat well



## Counting in Korean

ENGLISH	KOREAN	KOREAN-CHINESE
One	Hah nah	El
Two	Duel	E
Three	Set	Sahm
Four	Net	Sah
Five	Dah sut	Oh
Six	Yuh sut	Yook
Seven	El gop	Cheel
Eight	Yuh Dull	Pal
Nine	Ah hope	Goo
Ten	Yaul	Sheep
Eleven	Yaul hah nah	Sheep el
Twelve	Yaul deul	Sheep el
Thirteen	Yaul set	Sheep sahm
Fourteen	Yaul net	Sheep sah
Fifteen	Yaul dah sut	Sheep oh
Sixteen	Yaul yah sut	Sheep yook
Seventeen	Yaul el gop	Sheep cheel
Eighteen	Yaul yuh dull	Sheep pal
Nineteen	Yaul ah hope	Sheep goo
Twenty	Su mul	E sheep

### F.A.Q.

- Q) Do I bow outside of the school? Also, do I follow the rules of the Do Jang outside of the school?
- A) Yes to both questions. Your instructor is still your instructor no matter where you are. Also, just because your outside of the school doesn't mean your no longer a member.
- Q) Why is respect so emphasized in the martial arts?
- A) Respect is the basis of any martial art, without it, a martial art just becomes a tool to beat someone up with. In a few words, you could not learn, teach, have fun, laugh, share friendship, and etc.
- Q) My friend doesn't take martial arts, but does he/she have to call my martial arts teacher by their proper title?
- A) Yes, because that person has devoted a part of his/her life to a field of study. Just as you would call your friends doctor (or anyone with a Ph.D.) with the proper title, you would call a martial arts teacher Instructor. It would be considered rude not to. If someone does have trouble with it, they really have a problem with respect.
- Q) My child takes martial arts at the school, how important is my respect level?
- A) This is very important because a child is very impressionable and will usually follow the actions of a role model. Besides, no one wants to be a hypocrite.
- Q) I feel as if my martial arts teacher is mean sometimes, why is this?
- A) Hopefully this is not the case. Usually a teacher wants to push his/her student to their maximum potential.
- Q) What will I be learning here?
- A) Hopefully, you will be learning to be the best you can be.

# CHUNG MU PHILOSOPHY

IN – PERFECT VIRTUE

UI – JUSTICE

YEH – ETIQUETTE

JI – WISDOM

仁義禮智