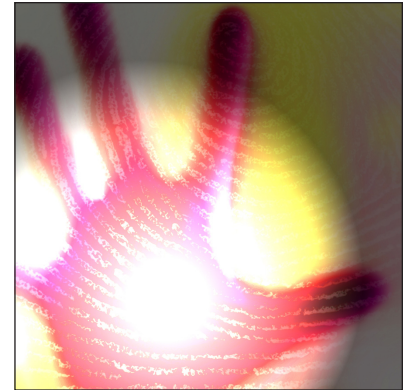


Sidekick

The American Judo-Hapkido Institute Newsletter

the “KI” to a Stronger Spirit

One of the classic signatures of martial artists is the “weird” noises they make when executing their moves. To the uninitiated, the sounds may seem a bit awkward or silly at first. However, once a student develops a better understanding of ki-up techniques, they soon realize the importance of such in their training. The ki-up is a crucial tool in your self-defense arsenal. A well-timed ki-up adds energy and focus to your technique and can momentarily weaken your attacker’s resolve. This combination can have devastating effects. Furthermore, the hapkido ki-up is a fervent expression of spirit. Hapkidoists strive to train in three basic facets of understanding: mentally, physically, and spiritually. Mentally, the memorization of technique and understanding of theory helps fine-tune the mind. Regular and purposeful practice of moves helps develop strength, endurance, and speed—the physical realm of training. But, how does a hapkidoist fortify their spirit? The ki-up is one way. It is this explosive expression and harnessing of energy, especially when the body is weakening, that serves to strengthen spiritual resolve in the face of adversity. When caught off guard, or when facing an imposing physical obstacle, calling upon the spirit through a meaningful ki-up can provide the boost you need to overcome.



But just like any other technique, the effectiveness of the ki-up is only enhanced through practice. If it is taken for granted and assumed “I’ll ki-up when I really need it,” the technique will suffer, as will the spiritual aspect of your training. So, next time you’re in the midsts of numerous kicking drills on the count, and your body is aching and your focus is waning, add your spirit to the mix and belt out a nice strong ki-up. It will add energy to your practice and help to develop the spiritual strength of your inner power.

Hapkido 1-2-3

One of the most effective kicks in the Hapkidoist’s arsenal is basic kick #10, the front thrust heel kick. With the alignment of the muscles, a linear motion and the hard striking surface of the heel,

a well-placed kick #10 can be quite effective in bringing an attacker to his knees. The kick begins by first chambering your knee (bringing your knee close to your chest). Then, with a swift and powerful forward thrust, the kick is delivered to an opponent’s solar plexus. A properly executed kick #10 also uses the added thrust and drive of the Hapkidoist’s hips. This increases the power and range of the technique and allows for more muscle synergy.



Korean Speak

DO BOK - uniform

A hapkidoist should take pride in their appearance. A clean and neat do bok, held closed by a properly tied belt, shows that a student is respectful of their art, themselves and their peers. Hapkido tradition requires that no other clothing be worn under the do bok except for undergarments and, in the case of women or sickness, a clean, white t-shirt.



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