

# HISTORY

Of Korea and Hapkido

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Dr. He-Young Kimm

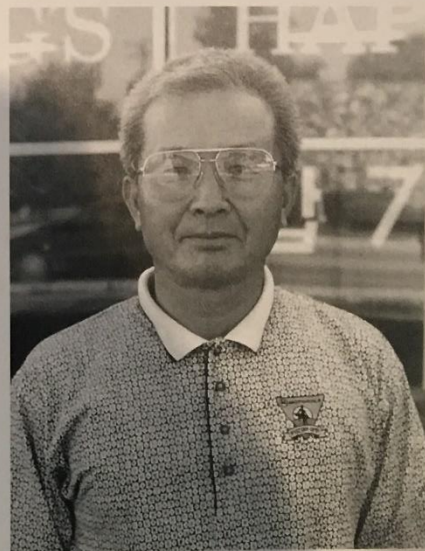
Regarding promotion tests and competition, Joong Do Ryu emphasizes that an outside facility should be used which is close to nature. Kim Yong Seok used to go to match. He also held championships in the same parks. The lawn on the city parks was soft enough to protect from falling. He held the promotion test and championship in the morning and had a Bar-B-Que party during the lunch hours with the parents, students and instructors, and then in the afternoon, they held various games among the parents and students. This kind of outdoor activities not only consolidated everyone connected with the school, but also many passersby had the chance to see Joong Do Ryu activities and they could join the school. Also, Kim Yong Seok encouraged the parents and students to bring their friends for this activity.

Finally, Joong Do Ryu is concerned very much about the health of the parents and students. According to Oriental medical research, Kim Yong Seok discouraged the eating of the three "Ws"; white salt, white sugar, and white flour. He also encourages the eating of the three "Gs"; Green salad, Garlic, and Ginza.

### Jang Ge Do

Jang Ge Do was born in 1940. He started Hapkido under Ji Han Jae while he was attending Kon Kuk University in Seoul. He opened the Hapkido School in Geumsan City, Chungnam Province. When he immigrated to the United States, 1973, he sold the Hapkido School to his students, Kim Yun Sang and Lee Yong Soo. Kim Yun Sang felt that he did not have enough techniques to be a teacher. So he visited Choi Yong Sul to learn more Hapkido techniques. Kim Yun Sang became the last student of Choi Yong Sul and appointed his as the third Hapkido Doju.

In the United States Jang Ge Do studied juvenile problems and moved to Chicago, Illinois, where he served as a counselor for the Illinois Juvenile Delinquent Department and opened Jang's Hapkido Academy. Jang traveled to hundred of



Jang Ge Do



Universities, Churches, organizations, Physical Education departments, and martial art organizations to give his famous lectures on "Ki."

In Jang's hapkido Academy, Jang, or his assistant, conducts the Ki training classes from 5:00 until 6:30 every day. Using Ki breathing exercises, students practice how to relax their bodies and minds. Jang believes that the cultivated Ki energy could be used in Hapkido practice, in making a peaceful life, in cultivating wisdom and in loving other people.

Jang feels that Hapkido training gives a great benefit to the western people. Westerners used to seek happiness from material gains and physical strength. Hapkido training provides an inner peace, wisdom, love and discipline, which is equally important to seek happiness. Therefore, Jang feels that if western happiness brought about by material gains, and eastern happiness brought about by inner cultivation balance one another, it could be a perfect way to find happiness.

Jang thinks that Ki training helps our body and mind to relax like flowing water. When our body and mind are relaxing and gentle, we express love, but when our body and mind are constricted, our blood pressure goes up, our breathing gets short, and our energy turns into destruction so we should relax our body and mind at all times to maintain good health, peace, and love.

Jang gives examples of power coming from water. Water is weaker than the rocks, but, over time, it can make a hole in the rock. The reason the water makes a hole in the rock is not because the water is harder, but rather that it is softer than the rock. The principle of Hapkido joint-locking or throwing techniques is coming from Ki flow, like water, which means that softness or gentleness can overcome hardness.

Jang advises the leaders of martial arts or political organizations. He gives examples of flowing water. The water flows from the higher place to the lower river and finally to the ocean. The leader should consider himself to be as an ocean where it is the lowest place, not a highest place as in the mountains valley. The ocean receives all the dirty water and cleans it. The leader should consider himself as a man for helping others, rather than taking advantage of others for his personal gain. As the ocean cleans the dirty water, the leader should clear his self-centered mind of greed, arrogance, and stubbornness. He can then cultivate love, frugality, and humility.

Jang, as a counselor for juvenile delinquents, takes special interest in parent's roles over

their children. Today's education emphasizes how to make more money. Many parents want their children to go to school to make more money without considering their interests or abilities. In the schools, the parents force their children to attain the first, second, or third place in classroom achievement. Jang says that we understand the parents' minds, but it is the wrong way to approach the child's education. The parents should be a role model in the home. Also, parents should understand that each individual person has different talents, so parents have to find out what are their children's talents and then help them to develop those talents. In this way, children can develop their potential talents for the future and become successful adult members of society.

## EXCELLENCE IS NOT AN ACTION, IT IS A HABIT!

*Tammy Parlour*

**T**ammy Parlour teaches hapkido in Lincoln and she is a student of Master Gedo Chang (8th dan). For further information please contact her at 89 Carholme Road, Lincoln, LNI 1RT, or telephone her at 0152 253 9468 (evenings).

During the summer months, or possibly after a grading, you often see a drop in attendance at classes. Fact is, the warm weather is very good at drawing people outdoors for a game of football! As their excuse, students will variously claim that it is too hot/too cold whichever and if this is the case, when exactly is it time to practise?

Gedo Chang (8th dan hapkido) believes that allowing factors like the weather to dictate your training schedule shows a level of immaturity which is incompatible with serious martial practice. If we truly wish to become expert martial artists, then we must never lose focus and allow ourselves to be controlled by circumstance. For it is a fact that the expert martial artist will always be disciplined and will never permit circumstances to divert him.

Through discipline, we take control of our lives. Total obedience to the instructor plus the traditional etiquette of bowing to the flags and instructor are ways through which we defeat our ego, and only by defeating our ego do we open up our true self to the unlimited potential within. And when we succeed in uncovering our true potential (ki) we realise that it is we who control and create each situation, not circumstances controlling us. Through this realisation comes confidence and self-esteem.



Master Chang often reminds his students that "Excellence is not an action. Excellence is a habit!" Discipline creates habits, which lead in turn to excellence.

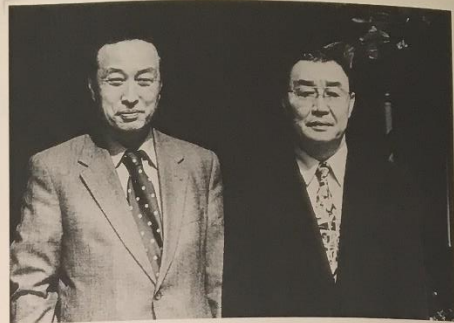
TKD & KOREAN MARTIAL ARTS September 1986 /

Jang's article at British martial arts magazine.





Myung Kwang Sik, Los Angles, USA



Choi Seh Oh, Los Angles, USA



Kang Moo Young, San Diago, USA



Kim Yong Seok, San Diago, USA



Jang Ge Do, Chicago, USA



Jung Won Sun, Rockford, USA



Kim Jung Soo, Daegu, Korea



Kim Moo Hong, Seoul, Korea