



Green Dragon Martial Arts Student Guide



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Legal and Ethical Issues

Martial arts skills should only be used for self-defense, the protection of others, or in a safe an organized martial arts classroom (or Dojo). When defending yourself in real situations, respond appropriately. A drunken acquaintance does not deserve a bone-breaking, devastating attack when a simple restraining technique will suffice. An armed assault might require substantially more force to safely resolve the situation without endangering yourself. Nonetheless, be aware that lawsuits revolving around "justifiable use of force" are being increasingly resolved in favor of assailants and criminals, particularly when the victim knows martial arts.

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PRINCIPLES AND CONCEPTS

There are three concepts and 10 principles to High Motion Hapkido™. As illustrated below, each principle lends itself to a particular concept. Each concept lends itself to the other. For example, we can not gain manipulation without first utilizing motion and we can not gain control without first utilizing manipulation. Ultimately the goal in any altercation is to control the situation or your opponent. But moreover we find these concepts evident in everyday life. Another example would be the manipulation of funds in order to gain control of your finances. Human beings are by-nature control freaks. As we *move* through life, we are constantly *manipulating* things or even people to give ourselves a sense of *control* in our lives.

High Motion Hapkido™ Concepts and Principles

1. Motion

- a. Balance
- b. Evade and Deflect
- c. Rotate and Redirect

2. Manipulation

- a. Distraction
- b. Action and Reaction
- c. Energy Exchange

3. Control

- a. Sticking
- b. Constant Resistance
- c. Two-way Action
- d. Blending



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DOJO RULES AND STUDENT CREEDS

The martial arts are a fun and enjoyable way to exercise and learn self-defense, self-confidence, and self-discipline. There are also some inherent risks; therefore, the rules of the Dojo will be strictly adhered to by all students. This will ensure that you and your classmates have a fun, and safe experience.

1. Strict obedience and attention will be given to the instructor at all times.
2. Proper courtesies must be observed at all times to the instructor and fellow students.
3. The 3-R Safety Rules will be followed at all times during practice.
- Relaxation, Resistance and Reaction.
4. Absolutely no horseplay or unsupervised sparring while in the Dojo.
5. Students should begin the class clean and with a clean uniform.
6. Any injury, no matter how small, should be reported to the instructor immediately.
7. Students will not sit or lie down unless told to do so by the instructor.
8. The student creeds will be strictly adhered to. If you fail to follow the student creeds you could be suspended from class.

Student Creeds

I INTEND TO DEVELOP MYSELF IN A POSITIVE MANNER, AND AVOID
ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR MY PHYSICAL
HEALTH.

I INTEND TO DEVELOP SELF-DISCIPLINE IN ORDER TO BRING OUT THE
BEST IN MYSELF AND OTHERS.

I INTEND TO USE WHAT I LEARN IN CLASS CONSTRUCTIVELY AND
DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN, AND NEVER TO
BE ABUSIVE OR OFFENSIVE.



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Advancement Criteria To

Yellow Belt

Balance (Motion)

General Studies

Explain Principle #1

Rules of the Dojo

Be familiar with the Student Creeds

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Hapkido Roll (Right & Left side)

Combative Taekwondo

Kicking Ready Stance

Horse Riding Stance

Ready Stance

Green Dragon Punch (1/4 Turn)

Knife Hand

Basic closed-hand TKD blocks

Non-pivoting kicks (rear leg)

High Motion Hapkido™

*High Motion Wrist Extension Exercise

*Torque, Compression and Extension

*High Motion Concept Pivot #1 (with assistance)

*The first two wrist techniques of “Wing of the Dragon”

Free Sparring

Pad wrestling

(Students attempt to redirect the attacker's energy
and move them off the mat without grabbing.)

Board Break

Instructor's discretion



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Advancement Criteria To **Orange Belt** Evade and Deflect (Motion)

General Studies

Explain Principle #2
Know Student First Student Creed
Flexibility and strength evaluation
Korean terminology associated with below techniques

Falls/Rolls

Basic Back Fall
Basic Side Fall
Side to Sides Exercise

Combative Taekwondo

Form A
Non-pivoting Kicks (Front leg)
Basic Open-hand TKD blocks
Flying Side Kick
Jumping Front Snap Kick
Back Fist Techniques
Angular Blocks

High Motion Hapkido™

Basic Arm Bar Techniques
Breaking free (Same-side and cross-arm grab)
Reverse grab (Same-side and cross-arm grab)
*The first four wrist techniques of “Wing of the Dragon”
*High Motion Concept Pivot #1 (without assistance)
Basic Restraint and Pin Techniques

Free Sparring

Stage 1 HKD Sparring (Finishes when partner is taken down)
Stage 1 TKD Sparring (Light contact free sparring with the instructor)

Board Break

Instructor's discretion



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Advancement Criteria To **Green Belt** Rotate and Redirect (Motion)

General Studies

Explain Principle #3
Know Student Creed #2
Flexibility and strength evaluation
Korean terminology associated with below techniques
Korean Counting (1st - 10th)

Falls/Rolls

HKD Dive
Reverse HKD Roll

Combative Taekwondo

Form B
Pivoting Kicks
Attacking Blocks
Hammer Fist
Ridge Hand
Elbow Strike
Combination Kicks

High Motion Hapkido™

*“Wing of the Dragon”
*High Motion Concept Pivot #1 (full understanding)
Basic Pressure Point Techniques
*Demonstrate a multi-step wrist lock drill
Basic Finger Lock Techniques

Free Sparring

Bad Pad Exercise

Board Break

Instructor's Discretion



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Advancement Criteria To **Blue Belt** Distraction (Manipulation)

General Studies

Explain Principle #4
Know Student Creed #3
Flexibility and strength evaluation
Korean terminology associated with below techniques
Korean Counting (1 – 10)

Falls/Rolls

Back fall from shove
Break fall from a dive

Combative Taekwondo

Fan Blocks and Elbow Blocks
Elbow Rotation Strikes
Basic Reverse Kicks
12 TKD Pivot Directions

High Motion Hapkido™

*First three wrist techniques of “Flight of the Dragon”
*Basic Leg Lock Techniques
*High Motion Concept Pivot #2 (with assistance)
HKD Punch

Free Sparring

Stage 2 HKD Sparring (Back to Back)
Stage 2 TKD Sparring (Combative TKD sparring with the instructor)

Board Break

Instructor's Discretion



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Advancement Criteria To **Purple Belt** Action and Reaction (Manipulation)

General Studies

Explain Principle #5

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Break fall from a flip

Combative Taekwondo

Front Sweeps

Combination Strike & Kick Attacks

TKD Pivot's 1-4

Basic Kick Defenses

High Motion Hapkido™

*"Flight of the Dragon"

Basic Throws/Flips

*Demonstrate a multi-step wrist lock drill

*Intermediate Restraint and Pin Techniques

*High Motion Concept Pivot #2 (without assistance)

Free Sparring

Redirectional Free Sparring (Redirect attacker to target)

Board Break

Instructor's Discretion



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Advancement Criteria To **Brown Belt** Energy Exchange (Manipulation)

General Studies

Explain Principle #6

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Oblique Rolls

Combative Taekwondo

Intermediate Reverse Kicks

3 Principles of using an attacker's block (Striking, Avoiding and Using)

Intermediate Kick Defenses

High Motion Hapkido™

*First three wrist techniques of "Hidden Dragon"

*Intermediate Arm Bar Techniques

*Intermediate Finger Lock Techniques

*High Motion Concept Pivot #2 (full understanding)

Free Sparring

Stage 3 HKD Free Sparring (Start standing continue to tap or pin)

Stage 3 TKD Free Sparring (Free spar with fellow student)

Board Break

Instructor's Discretion



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Advancement Criteria To

Red Tip Belt

Sticking (Control)

General Studies

Explain Principle #7

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Using falls and rolls to defend from an attack

Combative Taekwondo

TKD Pivot's 5-8

Reverse Sweeps

Advanced Kick Defenses

High Motion Hapkido™

*"Hidden Dragon"

*Intermediate Pressure Point Techniques

*Demonstrate a multi-step wrist lock drill

*Intermediate Throws/Flips

*High Motion Concept Pivot #3 (with assistance)

Free Sparring

Guarded Redirectional Free Sparring (Prevent student from reaching target)

Board Break

Instructor's Discretion



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Advancement Criteria To **Red Belt** Constant Resistance (Control)

General Studies

Explain Principle #8

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Countering Rolls

Combative Taekwondo

Advance Reverse Kicks (Aerial)

High Motion Hapkido™

*First three wrist techniques of “Dance of the Dragon”

*Advanced Finger Lock Techniques

*Advanced Restraint and Pin Techniques

*High Motion Concept Pivot #3 (without assistance)

Free Sparring

Green Dragon Stage 4 Sparring (Comb HKD/TKD stages)

Board Break

Instructor's Discretion



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Advancement Criteria To **Black Tip Belt** Two-Way Action (Control)

General Studies

Explain Principle #9

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Tominagi Roll

Combative Taekwondo

TKD Pivot's 9-12

High Motion Hapkido™

*"Dance of the Dragon"

*Advanced Arm Bar Techniques

*Demonstrate a multi-step wrist lock drill

*Advanced Throws/Flips

*High Motion Concept Pivot #3 (full understanding)

Free Sparring

Redirectional Free Sparring Against Multiple Attackers

Board Break

Instructor's Discretion



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Advancement Criteria To

Black Belt

Blending (Control)

General Studies

Explain All Ten Principles

Flexibility and strength evaluation

Korean terminology associated with below techniques

Falls/Rolls

Use of dives and flips to counter, control and conclude

Combative Taekwondo

Develop variations of the 12 TKD Pivots

High Motion Hapkido™

*All Four Dragon Exercises

*Advanced Pressure Point Techniques

*All three High Motion Concept Pivots (w/ 3 C's continuation)

Free Sparring

Green Dragon Stage 4 Sparring with multiple attackers

Board Break

Instructor's Discretion

Brick Break



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HIGH MOTION HAPKIDO™ CONCEPT PIVOTS

Motion

<u>Belt</u>	<u>Principle</u>	<u>Level of Learning</u>	<u>Related Pivot</u>
		Demonstrate	
Yellow Belt	Balance	with assistance	Right hand shove to chest - While stepping back with right foot, grab their right hand with your left and pull them. - Continue to step back with left foot and redirect into wristlock #1 takedown.
Orange Belt	Evade and Deflect	without assistance	
Green Belt	Rotate and Redirect	understanding	

Manipulation

		Demonstrate	
Blue Belt	Distraction	with assistance	Right finger point. - Grab attackers finger with left hand and finger lock downward. - Switch grabs into #3 arm bar applying hand pressure point. - Execute triple technique.
Purple Belt	Action and Reaction	without assistance	
Brown Belt	Energy Exchange	understanding	

Control

		Demonstrate	
Red Tip Belt	Sticking	with assistance	Right hand punch. - Fan block -wristlock #1 takedown. - Right hand finger lock (palm to palm) bent arm roll-over. - Finger lock extension (bring attacker up) twist into wristlock #4.
Red Belt	Constant Resistance	without assistance	
Black Tip Belt	Two-way Action	understanding	
Black Belt	Blending	Demonstrate full understanding	3 C's continuation of Control Concept pivot.



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GREEN DRAGON HIGH MOTION EXERCISES

Exercise #1 “Wing of the Dragon”

(1) Start from a cross wrist grab. (2) Twist to left into wristlock #1 using torque and compression. (3) Rotate to right using constant pressure into wristlock #12 using compression. (4) Rotate wrist using constant pressure into wristlock #6 using compression. (5) Twist right bringing the elbow up into wristlock #5 using torque and extension. (6) Switch to left hand grab at the meaty part of the thumb into wristlock #15 using compression. (7) Rotate into chicken wing using torque and compression.

1



2



3



4



5



6



7





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Exercise #2 “Flight of the Dragon”

1) Start with a same-side grab. (2) With right hand grab at pinky finger side of hand and rotate into wristlock #2 using torque. (3) Continue to twist using constant pressure into inverted wristlock #15 using extension. (4) Twist and bring elbow level into inverted wristlock #6 using extension. (5) Continue to twist into inverted wristlock #12 bringing attacker to his knees using extension. (6) Rotate hand to the left and up into wrist lock #14 bringing the attacker up on his toes using extension. (7) Rotate downward into bent arm wrist lock #3 while applying pressure to wrist with left hand using compression and a floating base.

1



2



3



4



5



6



7





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Exercise #3 “Hidden Dragon”

(1) Start from a cross wrist grab. (2) Reverse grab into wrist lock #3 activating LI-4 using compression on wrist. (3) Rotate and switch hands into inverted wrist lock #7 using torque and extension. With right hand thumb activate H-2. (4) Rotate downward, switch hands into wrist lock #8 using torque. (5) Grab with left hand and twist inward causing the elbow to bend and execute wrist lock #2 behind the back using torque and again activate H-2 with right hand thumb. (6) Rotate hand downward into wrist lock #7 using torque and compression. (7) Rotate upward into wrist lock #9 using compression and H-2 with right hand thumb.

1



2



3



4



5



6



7





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Exercise #4 “Dance of the Dragon”

1) Start with a same side grab. (2) Grab with right hand and rotate into wrist lock #4 bending the wrist and the arm using compression and torque. (3) With left hand transition into inverted wristlock #11 taking hand towards back using extension. (4) Rotate outward, switching hands and straightening the arm into wristlock #16 using torque, compression and extension. (5) Grab under the arm as if transitioning into chicken wing but transition into wristlock #11 using compression. (6) As they turn allow the attacker to pass under the arm, stop the elbow and execute wristlock #13 using torque and compression. (7) Straighten the arm using torque and compression into wristlock #10 as the attacker turns allow them to pass under the arm again returning to wrist lock #4 with a top grab.

1



2



3



4



5



6



7

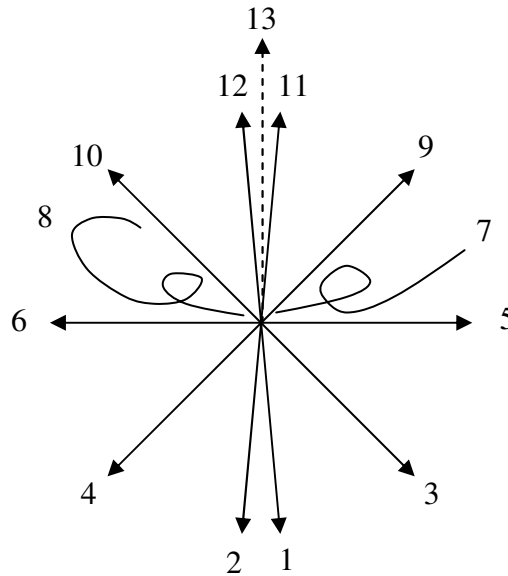




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12 TAEKWONDO PIVOTS



1. Jump back on RT foot; Rt inside crescent to fist; step forward to cross stance; Rt back fist
2. Step back LT at same time Rt side kick with Rt arm over leg for block / grab
3. Step back Rt; slide Lt foot back; Front snap kick to groin with Rt (Advanced = Immediate jumping front snap kick)
4. Step back Lt at same time round house Rt to stomach; block with Rt hand over leg
5. Step back Rt; Lt outward fan block; circle arm for arm trap with Lt; twist body Rt
6. Step Lt; Rt outward fan block; circle arm to arm bar with Lt hand assist
7. Spin backwards on Rt; Rt outward middle block with spin; keep distance; Lt backfist to face
8. Spin backwards on Lt; Lt outward middle block with spin; stay in close for Rt elbow strike to spine
9. Step Rt; Rt inward knife strike block and chop to neck with Rt knife hand
10. Step Lt under punch; Rt high block punch; Lt punch to ribs
11. Step Rt; double hand block; Rt grab elbow; Lt outward block to arm brake
12. Step Lt; double hand block and arm bar (Rt on wrist, Lt at elbow); pick up Rt foot spin backwards to throw



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KOREAN TERMS

Basic Terms

Uniform	To-bok
Martial Arts School	To-jang
Korea	Han-guk
Instructor	Sa-bom
Instructor, Sir (Ma'am)	Sa-bom-nim
Master	Kwan-jang
Master, Sir (Ma'am)	Kwan-jang-nim
Grandmaster	Kuk-sa
Grandmaster, Sir (Ma'am)	Kuk-sa-nim
Inheritor	To-ju ("leader of the way")
Inheritor, Sir (Ma'am)	To-ju-nim
Founder	Ch'ang-nip-cha
Thank you	Kamsa ham-ni-da
Hello	An-nyong ha-shim-ni-kka
Goodbye (to person leaving)	An-nyong hi ka-ship-si-yo
Goodbye (to person staying)	An-nyong hi kye-ship-si-yo
Art, Method	Sul
Martial Arts	Mu-sul
Way of Martial Arts	Mu-Do
Warrior	Mu-sa
Peace	P'yong-hwa
Self-Defense	Ho-shin
Competition (sport)	Shi-hap
Energy-Harmonizing	Ki-hap
Energy-Shout	Ki-Hap
External Power	Ki-Hap
Body (physical)	Shim-ch'e / Mom
Mind	Ma-um
Spirit	Chong-shin
Philosophy	Ch'ol-hak
Attention	Cha Ryut
Bow	Kyong Yet
Ready Stance	Jun Bee
Return to Ready Stance	Ba Ro
Sit Down	Ahn Ja
Turn Around	To Ra
Begin	Si Jak
Stop	Si Kan



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Jumping
Back/Reverse
Student

Yi Dan
Dwee
Je Ja

Stance Terms

Ready Stance
Front Stance
Side Stance
Sparring Stance
Cat Stance
Horse Riding Stance
Kicking Stance
Switch Feet

Jun Bee Ja Sae
Ap Sae Ki
Yup Sae Ki
Kyo Reu Ki Ja Sae
Dwee Sae Ki
Kema Ja Sae
Ap Cha Gi Ja Sae
Ba Ro Ga Sa

Hand Technique Terms

Punch
Hammer Fist
Knife Hand
Spear Hand
Back Fist
Ridge Hand
Elbow Strike

Kong Kyuk
Yuk Kwon
Soo Doo
Kwan Soo
Kap Kwon
Yuk Soo
Pal Kum Chi

Numbering Terms

First
Second
Third
Forth
Fifth
Sixth
Seventh
Eighth
Ninth
Tenth

Il
Yi
Sahm
Sah
Oh
Yuk
Chil
Pal
Ku
Ship

Counting Terms

One
Two
Three
Four
Five
Six

Hana
Dool
Set
Net
Tasut
Yausat



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Seven
Eight
Nine
Ten

Ilgope
Yaudul
Ahope
Yaul

Kicking Terms

Kick
Side Stretch Kick
Low Kick
Front Kick
Middle Kick
Side Kick
High Kick
Roundhouse Kick
Jumping Kick
Back Pivot Kick
Back/Reverse Kick
Inside Crescent Kick
Front Stretch Kick
Axe Kick
Outside Crescent Kick

Cha Gi
Yup Cha Oi Li Gi
Ha Dan Cha Gi
Ap Cha Gi
Chung Dan Cha Gi
Yup Cha Gi
San Dan Cha Gi
Doi Yo Cha Gi
Yi Dan Cha Gi
Dwee Doi Ah Cha Gi
Dwee Cha Gi
An Ban Dal Cha Gi
Ap Cha Oi Li Gi
Do Ki Cha Gi
Bakat Ban Dal Cha Gi

Blocking Terms

Block
Low Block
Middle Block
High Block
Knife Hand Block
Side Block

Mahk Ki
Ha Dan Mahk Ki
Chung Dan Mahk Ki
San Dan Mahk Ki
Soo Doo Mahk Ki
Yup Mahk Ki