

WAY OF ORIENT MARTIAL ARTS

RULES AND REGULATIONS

BROWN BELTS

RULES OF THE DOJANG

(1, 2, and 3 are taken directly from your Orange Belt workbook. Review again.)

1. RESPECT THE STUDIO (Dojang)

- Lead by example. Always perform your best. This inspires others to do so and raises the overall energy in the dojang to higher levels.
- Volunteer to help with projects around the dojang. Strive to keep *your* training facility the very best it can be.

2. RESPECT YOURSELF

- Accept no misbehavior from other students, regardless of rank. Misbehavior draws you and your instructor's attention away from your workout. If one student is goofing off, do not join in. Stay focused on your own studies and do not let anyone deter you from it.
- Read as much information as you can on the martial arts. Not only *TKD* and *Hapkido*, but all martial arts. There are many magazines and books on the arts. Ask your instructors for recommendations. Educate your mind as much as your body.

3. RESPECT OTHER STUDENTS

- Treat new students with respect. They are just getting started and are as confused, excited, and intimidated as you were. Help those students with the basics.
- Do not laugh at other students when they make mistakes. You make plenty yourself. Do not make learning *TKD* and *Hapkido* any more difficult than it is by adding humiliation.

4. TAKE PART IN LEADERSHIP

- Be prepared to lead- not only warm-ups, but all other drills as well. These are the same drills you have been doing since you started; now it is time to help your instructors, fellow students, and yourself by becoming a leader.
- Instructors may turn to you at any time to take over the class while they answer the phone, speak to a new student, etc. Take this responsibility seriously and respectfully, and perform to the best of your abilities.
- As stated above, lead by example. Stay focused and do your best.

UNIFORM RULES

- At Brown Belt, students may now wear red or blue uniforms.
- Heavy uniforms are recommended for some throws.
- Make sure that your uniform(s) is in good condition. No torn, tattered, irreparable will be allowed on the floor. Uniforms do not last forever.

EQUIPMENT RULES

- Students must now have their own weapons. The fighting stick is the only required weapon for rank, but any other weapon(s) you plan to learn and use should be acquired as soon as possible.
- Weapons Sparring gear (fencing mask, hockey gloves, etc.) should be purchased by students who plan to increase their weapons skills.
- Grappling Gloves are now allowed in Hapkido Sparring.

REQUIRED TECHNIQUES
BROWN TO BROWN II

TKD

KICKING:

BACK SWING SWEEP

DROP KICKS:

FRONT SNAP

INSIDE

OUTSIDE

SIDE

HOOK

FORMS:

PALGWE YOOK JANG (PALGWE 6)

HAPKIDO

FALLS:

HIGH SIDE FALL

FLIPPING SIDE FALL

BRIDGE FALL

ROLLS:

TREE FALL

FLYING (SUPERMAN) ROLL

JACK-KNIFE (HIGH DIVING) ROLL

KICK DEFENSE:

PLEASE NOTE: The kick defenses listed here are "soft" in nature. The "hard" kick defenses have been, and will continue to be covered during your chase-check-choke, blocking, and sparring drills.

PUSH & PASS AGAINST:

ROUND HOUSE

HOOK

BACK SWING

OVERHOOK CATCH- INSIDE/OUTSIDE

UNDERHOOK CATCH- INSIDE/OUTSIDE

HAND-SHAKES:

FROM CANE:

REVERSE CANE

REVERSE CANE TRIANGLE-WRIST

CONTROL/ESCORT:

½ CANE

½ REVERSE CANE

½ FAN

½ REVERSE FAN

LEG LOCKS:

LEG-BAR (CANE)

ANKLE TWIST WITH KNEE PIN (FAN)

THROWS:

OVERHOOK INSIDE-PIVOT THROW
OVERHOOK OUTSIDE-PIVOT THROW
OVERHOOK INSIDE-SHORT THROW W/ TWIST
OVERHOOK INSIDE-SHORT THROW W/SIDEKICK
UNDERHOOK INSIDE-RISING THROW
UNDERHOOK OUTSIDE-RISING THROW
HIP THROW FROM NECK TRAP
DROPPING HIP THROW (SACRIFICE)
REAPING OUTSIDE SHORT
REAPING INSIDE SHORT
REAPING HIP

CHOKES:

REAR CLOCK CHOKE
FRONT LAPEL CHOKE
REAR LAPEL CHOKE
TRIANGLE CHOKE (TRAPPED ARM)
APPLIED WITH ARMS