

# WAY OF ORIENT MARTIAL ARTS

## RULES AND REGULATIONS

### ORANGE BELTS

#### RULES OF THE DOJANG

##### 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.

#### UNIFORM RULES

- At Orange Belt, students may now wear black or white *Hapkido* uniforms (diamond stitch pattern).
- Heavy uniforms are recommended for some throws.
- Make sure uniforms are in good condition. No torn, tattered, irreparable uniforms will be allowed on the floor. Uniforms do not last forever.

#### PHYSICAL RULES

- TRY HARD
- STAY FOCUSED
- BREATH ON EVERY MOVEMENT  
(*Look Familiar?*)
- Start all movement in your hips. The hips should push your body along, instead of your limbs pulling your hips into position.
- Target with your nose. This forces your eyes to center on your target
- ***Do not*** fire any strike until you see your target. No exceptions.
- Lift your knee with every step. Do not drag your foot.
- Lift your knee with ***every*** fighting kick. Straight knees on stretching kicks ***only!***
- Pivot on the ball of your foot. ***Do not*** step, turn, or spin on your heel.

# **REQUIRED TECHNIQUES**

## **ORANGE TO GREEN BELT**

### **TKD**

#### **PUNCHING/HAND STRIKES:**

- ❑ *CHESTNUT FIST (INDEX & MIDDLE FINGER)*
- ❑ *HAMMER FIST*
- ❑ *INSIDE HAMMER FIST*

#### **KICKING TECHNIQUES**

- ❑ DOUBLE KICKS
  - FRONT SNAP
  - OUTSIDE/BACK-SWING
  - SIDE
  - ROUND-HOUSE
  - HOOK/ROUND-HOUSE
- ❑ CROSS-BODY HEEL KICK
- ❑ CHOP KICK (1/2 ROUND-HOUSE)

#### **FORMS**

PALGWE SAHM JANG (PALGWE 3)

### **HAPKIDO**

#### **HAND SHAKES**

- ❑ FROM THE *CANE LOCK*
  - a. STERNUM LOCK
  - b. HIP-LOCK ARM BAR
- ❑ FROM THE *FAN LOCK*
  - a. TRIANGLE WRIST LOCK
  - b. REVERSE FAN ARM BAR
- ❑ FROM THE *VERTICAL PIN*
  - a. VERTICAL TRIANGLE WRIST LOCK
  - b. VERTICAL REVERSE FAN LOCK

#### **THROWS**

- ❑ HANDSHAKE TAKE-DOWNS
  - a. REVERSE OUTSIDE SHORT ARMBAR (STERNUM LOCK) THROW
  - b. OUTSIDE SHORT/TRIANGLE WRIST THROW
  - c. REVERSE FAN ARMBAR TAKE-DOWN
  - d. VERTICAL TRIANGLE WRIST THROW FROWARD/BACKWARD
  - e. 4<sup>TH</sup> POINT ARMBAR THROW

- ❑ CENTER-STEP (PIVOT OUT) HIP THROW
- ❑ INSIDE PIVOT THROW
- ❑ OUTSIDE PIVOT THROW

**CHOKE DEFENSE** (FROM THE FRONT CHOKE)

- ❑ FORWARD ESCAPE- INCORPORATE:  
ALL HANDSHAKES- YELLOW TO ORANGE  
ALL THROWS- WHITE TO ORANGE
  
- ❑ REAR ESCAPE- INCORPORATE:  
ALL HAND STRIKES  
ALL KICKS

**CHOKES**

- ❑ FRONT *GUILLOTINE* (OUTSIDE BLADE) CHOKE
- ❑ BACK *GUILLOTINE* (INSIDE BLADE) CHOKE
- ❑ U-SHAPED STRIKE & CHOKE

**COMBINED HAPKIDO AND TAE KWON DO (TKD) TECHNIQUES**

1. ONE-STEP SPARRING
2. 4-STEP SPARRING
3. FREE-SPARRING—TOURNAMENT RULES
4. FREE-SPARRING—FREE STYLE