

GI CHO AND ITS PHILOSOPHY - USE OF HIP (HU RI)

There are many factors that make our Moo Duk Kwan style very unique under our Founder Hwang Kee. One factor is our unique way to emphasize use of hip, both in demonstration and explanation. Use of hip is extremely important in helping you to understand coordination of speed, power and balance. Proper use of hip will help you achieve higher levels in your martial arts training and in many other physical activities you may become involved with in the future.

Remember to practice the Moo Duk Kwan way and enjoy the results you will experience at all times. This is a great gift from the Moo Duk Kwan and its Founder Hwang Kee and we are all proud to be a part of the Moo Duk Kwan discipline. Please pay close attention to the instructions for proper use of hip. It will help you increase your in every area of your performance

Defensive Use of Hip – Chun Gul Jaseh

Beginning Posture – Begin from a left leg forward Chun Gul Jaseh.

Intermediate Posture - As you advance the right hip is held forward in preparation. Inhale through your nose, your body should be relaxed.

Completed Posture – Right hip snaps backward as your weight drops to the front leg into completion of the front stance. Exhale.

Defensive Use of Hip – Hul Gul Jaseh

Beginning Posture – Begin from a left leg forward Hul Gul Jaseh.

Intermediate Posture - As you advance the right hip is held forward in preparation. Inhale through your nose, your body should be relaxed.

Completed Posture – Right hip snaps backward, internal tension drops to the rear leg into completion of the back stance. Exhale.

Offensive Use of Hip – Chun Gul Jaseh

Beginning Posture – Begin from a left leg forward Chun Gul Jaseh.

Intermediate Posture - As you advance the right hip is held back in preparation. Inhale through your nose, body is in a relaxed position.

Completed Posture – Right hip snaps forward as your weight drops to the front leg into completion of the front stance. Exhale.

Direct Hip

Direct hip is used when the hip and hand move in the same direction. For example both arms in Choong Dan Kong Kyuk use direct hip.

Reactive Hip

Reactive hip is used when the hip and hand move in opposite directions. For example the retraction side when performing a Ha Dan Mahk Kee (the block side uses direct hip).

SOO BAHK DO GI CHO

1. Hwak Kuk – Seize, smash
 - a. Hwak Kuk Jang Kap Kwon – Yang Kap Kwon, Tuel Oh Yang Kap Kwon (ref. Du Moon Hyung).
 - b. Hwak Kuk Jang Kwon Do – Yang Kwon Do, Tuel Oh Tang Kwon Do, Single Kwon Do.
2. Do Mahl Sik – Paint smear rule / method
 - a. Choong Dan Soo Do Mahk Kee, Du Moon Hyung's smear pushing moves.
 - b. Joong Jul Dan Jun admire move.

Note: All circular moves
3. Ta Ko Sik – Beating drum rule / method
 - a. Sang Dan Mahk Kee, last move of Ta Ko Sik in Chil Sung Sam Ro.
 - b. Ta Ko Sik in Sal Chu Hyung, Tuel Oh Sang Dan Kong Kyuk / Tuel Oh Dwi Kwon Do Ha Dan Kong Kyuk.
4. Pol Wol Seh – Embracing Moon, force (poise, position)
 - a. Beginning moves of Pol Wol Hyung.
 - b. Beginning moves of Chil Sung Yuk Ro (or Il Ro), Ha Dan sweep.
5. Yo Sik – Shake rule / method
 - a. Tuel Oh Ha Dan Yuk Soo Do Kong Kyuk / Tuel Oh Ha Dan Dwi Soo Do Kong Kyuk, Ha Dan Yuk Soo Do Kong Kyuk / Ha Dan Dwi Soo Do Kong Kyuk, Yo Sik Ha Dan Mahk Kee, Yo Sik Tuel Oh Choong Dan Kong Kyuk.
 - b. Yang Pal Koop Mahk Kee (both sides), Yo Sik Ahneso Phakuro Mahk Kee, Kwan Soo Kong Kyuk (when advancing turn to rear).