

SEMOKWAN UK

HAPKIDO MARTIAL ARTS TRAINING

**NEWSLETTER VOLUME 1
December 2009**



Kicks 4 Kids 5-8 YEARS

Hapki Kids 9-15 YEARS

Ki Adults 16+ YEARS

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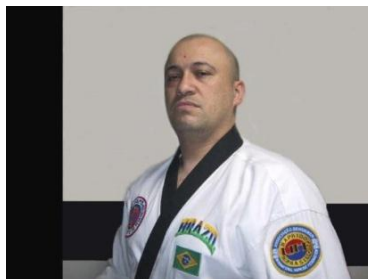
WELCOME



Editor? Welcome to Semokwan's first newsletter. I hope you all find this a fun and communicative way of keeping everyone informed of what's happening in Hapkido. I will aim to publish tri-annually with bulletin letters going out when needed.

Have a wonderful Christmas and a Happy New Year...

MASTER



My name is Sergio Fernandes. I hold the title of Master in Hapkido, now 7th Dan Hapkido, 5th Dan in Hankido. I'm from Brazil and currently live in Japan where I teach Hapkido. I'm very happy that you are all learning Hapkido in London, and look forward to meeting you one day. There will be more from me but for the time being all that I ask you is to perform Hapkido and Hankido with finesse.....Kum sa di da.

**NEWSFLASH!
WELL DONE TO THOSE WHO MADE IT DOWN
TO STRICTLY BALLROOM AT BROOMWOOD
METHODIST CHURCH ON SATURDAY
17TH OCTOBER. THE HAPKIDO DEMONSTRATION
HELPED RAISE OVER £750 FOR CHARITY**

SPOTLIGHT



Marla Kellard Jones

"I've been learning Hapkido for four and a half years and it has been full of many exciting experiences for me. In our lessons we do many things including kicks, breathing exercises, star-jumps and the practising of rolls and tumbles.

I have learnt about Ki Energy and how to use it to my advantage. When we take hold of an opponent in a Hapkido or Hankido position, we use our Ki Energy against them.....turning a negative situation into a positive one.

Hapkido has taught me about discipline. For instance, when we are in a lesson, discipline is used when we need to concentrate on what our Sabonim (teacher) Jon is telling us. Also when we do our kicks we will be shown what to do, then we try ourselves using discipline at all times to focus on what we are doing.

My lessons in Hapkido are fun but disciplined. If you are thinking of trying Hapkido I would tell you "you must". I assure you that you will enjoy every minute of it. I certainly do."



St Lukes at 4pm

SPEAKER'S CORNER



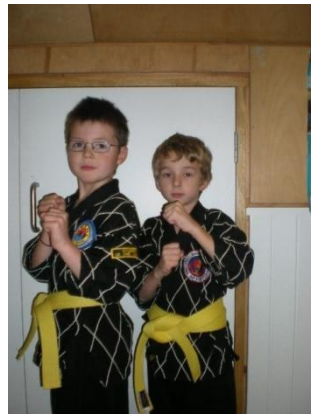
Jack McHaffie

"I like Hapkido because it gives me exercise and teaches me how to defend myself. Jon our teacher, trains us safely using crash mats, martial arts bats and padded body armour. It makes me feel confident that I can defend myself and I feel energised afterwards."

Max

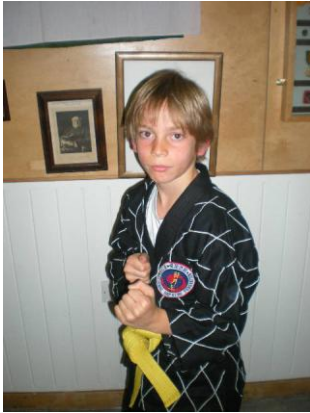
"Hapkido is really fun and I really learn a lot of different things. We learn how to fight carefully and I enjoy hearing and speaking the Korean words."

Max's Mum says "As a parent I would say classes are great for a range of ages. They balance enjoyment, improving fitness and discipline but the greatest thing has been the tremendous achievement and confidence that comes with passing grading tests. Max always looks forward to his weekly classes and bounces his way home afterwards. Jon is Clapham's answer to Mr. Miyagi!!"



Eric and Jude

Jude (right of the picture) says "I love doing the target practice with the bats best of all."



Jamie

"I like the rolls. There are two ways, one is when you don't jump, the other is with a jump!"



Concha

"I've been training for over 3 months now. As a woman, I find Hapkido an ideal Martial Art as it does not depend on great physical strength. Hapkido is helping me to build up my stamina, speed my reactions, flexibility and body coordination, and of course is a very effective self-defence system for any possible threats."



St Lukes at 5pm



Leonardo at the Contact Centre



**Chigal chagi
by Barnaby and Poppy**



**Contact Centre
Thursdays at 5pm**



**Broomwood Hall
Fridays at 7.30pm**



**Look out on your TV screens,
Polly coming to the "Bill"
soon....**



**Broomwood Hall
Mondays at 5pm**

THE TRAINING OF JACKIE CHAN AND OTHER HONG KONG FILM STARS

BY JANE HALLANDER



Have you ever wondered where Hong Kong action film stars Jackie Chan, Angela Mao, Carter Wong, and Samo Hung got their martial arts training?

It wasn't from some wizened Chinese Kung Fu master who specialized in "secret" techniques. Actually, all four of these actors, as well as other film stars, learned their fighting techniques from a South Korean Hapkido instructor -- himself a noted martial arts film star in Hong Kong.

The teacher's name is Jin Pal Kim, a high-ranking instructor under Hapkido's great Ji Han Jae. In the 1960's, Kim was a member of South Korean President Chung Hee Park's secret service defence force, and in 1966, Kim drew the job of personal bodyguard for the United States President Lyndon B. Johnson during the latter's visit to South Korea. In the early 1970s, Kim moved to Hong Kong, opening a Hapkido school and pursuing an acting career. Kim, who now resides in Westminister, California, eventually starred in eight martial arts films, all produced by Hong Kong's third largest film company, Kai Fa Productions.

Kim's high, precise kicking techniques drew a number of Hong Kong film stars to his Kowloon Hapkido school. Until Bruce Lee exploded on the screen, most Hong Kong movies featured the low-to-mid-range kicks of Kung Fu. But Lee excited audiences with his high, jumping kicks, creating a demand for more dynamic kicking techniques in Hong Kong martial art movies.

"In those days, most Hong Kong martial arts movies contained only traditional Chinese weapons and many animal hand techniques taken from Kung Fu animal forms," Kim notes. "Their hand techniques were fast and powerful enough, but something else was needed to make them more realistic. Then Bruce Lee came along and made a name for himself with high, flashy jump kicks that he learned from Tae Kwon Do stylist Jhoon Rhee. The audiences liked Lee's high, powerful kicks so well that the other actors had no choice but to learn Korean kicking techniques." Kim, who uses a combination of speed, mind and body to produce relaxed, whip-like high kicks, also enjoyed instant success among Hong Kong audiences. His high-kicking style was so popular that he earned the nickname "Flying Tiger", a title that eventually became the name of his Hapkido school.

According to Kim, most Kung Fu stylists do not pivot on their stationary leg when kicking, making it difficult to kick high.

Although their low kicks are effective, they don't measure up on screen to Lee's powerful, flashy techniques. Traditional Chinese styles don't contain jumping or flying double or scissors kicks of the variety made famous in later martial arts films by Jackie Chan and Samo Hung.

Chan, Hung and Mao all got their starts in Chinese opera, a stylized storybook combination of acrobatics, martial arts, singing, and acting. Chan attracted public attention in the early 1970s with his martial arts comedy *Drunken Monkey*. He began Hapkido training under Kim soon after that film, and still attributes his only official martial arts training to Kim.

"When Jackie first came to my school, his kicks were not very good," Kim recalls. "Most of his stunts involved rolling and gymnastic techniques from Chinese opera. However, with his flexibility and tumbling experience, Jackie quickly learned Hapkido." Chan eventually earned a black belt in Hapkido, learning all facets of the art and specialising in self-

defence kicking techniques. He was especially partial to aerial manoeuvres such as flying side and back kicks, double front kicks, and flying scissors kicks.

Chan's favourite Hapkido technique is probably the kick known as "eagle jumps and catches its prey." This technique is used against an oncoming opponent, and the hapkido stylist first jumps on the adversary's thigh, using it more or less as a step ladder. From there, the Hapkido practitioner delivers either a kick to the head or an axe kick takedown form on top of the opponent's back.

Chan has even taught Hapkido to the 20 stunt men who work for him. Chan demands realism in his movie fight scenes, and each of his stunt men are skilled in kicking, joint locking, and throwing.

Today, Chan is the top box office attraction in Asia, thanks in large part to his Hapkido training under Kim. "Even after he became famous, Jackie was one of the hardest-working people I've met," Kim states. "He took his Hapkido

seriously, practicing for hours at a time."



**A FREE
PRIVATE LESSON!**

**YES, IN 2010
A PRIVATE LESSON
WILL BE AVAILABLE
FOR STUDENTS THAT
HAVE BEEN WITH
HAPKIDO FOR OVER
A YEAR. PLEASE CALL
FOR MORE DETAILS**

HAPKIDO SHOP

Xmas presents!



Sporty Hapkido T-shirts only £12.
No shrink, no ironing needed and
made in Korea!
All sizes available.

NEW TERM

Term dates 2010

There will be a total
of 24 lessons between
January 11th and July 16th.

Below are the holiday
days for Hapkido.

Feb 15th - 21st
(Half-term)

April 5th - 18th
(Easter)

May 31st - June 6th
(Mini Summer break)

CONTACT DETAILS

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