



ICHF Study Guide

The purpose of this study Guide is to provide you with a few key facts about Hapkido, and the ICHF. For a more in depth look at the subject, I recommend purchasing the book Introduction to Combat Hapkido by Michael Rowe.

Hapkido is a martial art of Korean origin. The name literally means "the way of coordination and internal power". Credit for developing Hapkido is given to Choi Yung Sool. Hapkido is essentially a combination of Daito-Ryu Aiki-Jutsu and ancient Korean kicking techniques. This makes Hapkido a sibling of other arts such as Aikido and Taekwondo.

Combat Hapkido is a style of Hapkido that was developed by Grandmaster John Pellegrini. The ICHF or International Combat Hapkido Federation was founded in 1992 and is recognized as an official kwan (Chon-Tu Kwan) by the World Kido Association / Korea Kido Association governed by Grandmaster In Sun Seo. Combat Hapkido is an eclectic martial art of practical self-defense based on scientific principles.

The Three Cardinal Principles of Hapkido:

Circular Motion -- many techniques in Combat Hapkido utilize circular motion in a horizontal, vertical or diagonal circle.

Non-resistance -- We must coordinate our body movements with those of our opponents. Work with the energy and movements given.

Flow Like Water -- Water is soft and adaptable, it never struggles with objects in its path. It instead joins with obstacles and flows with the path that is presented. We should redirect the force and flow with it.

What is Ki? Ki is a universal energy, capable of infinite expansion and contraction, which can be directed but not contained by the mind. The best way to understand Ki and cultivate it is in the uniting of the mind and body.

Description of the ICHF patch: Lion over the Taeguk. The Lion is symbolic of strength and the best of western culture. The Taeguk also called Yin and Yang is symbolic of the universal and the constant struggle and balance of light and dark, good and evil and the best of eastern culture. The symbol at the bottom of the patch is Ki.