

THE ULTIMATE IN KOREAN MARTIAL ARTS COVERAGE!

Vol 1. • Issue 3 • April 1996 • £2.00

# JURG ZIEGLER

## HAPKIDO CONNECTION

# TKD

## AE WON DO

### & KOREAN MARTIAL ARTS



## CARLA CHARLES

I OWE MY LIFE TO TAEKWONDO

HOW TO DEVELOP POWER IN TECHNIQUE!

GRANDMASTER HAN EUNG KYO

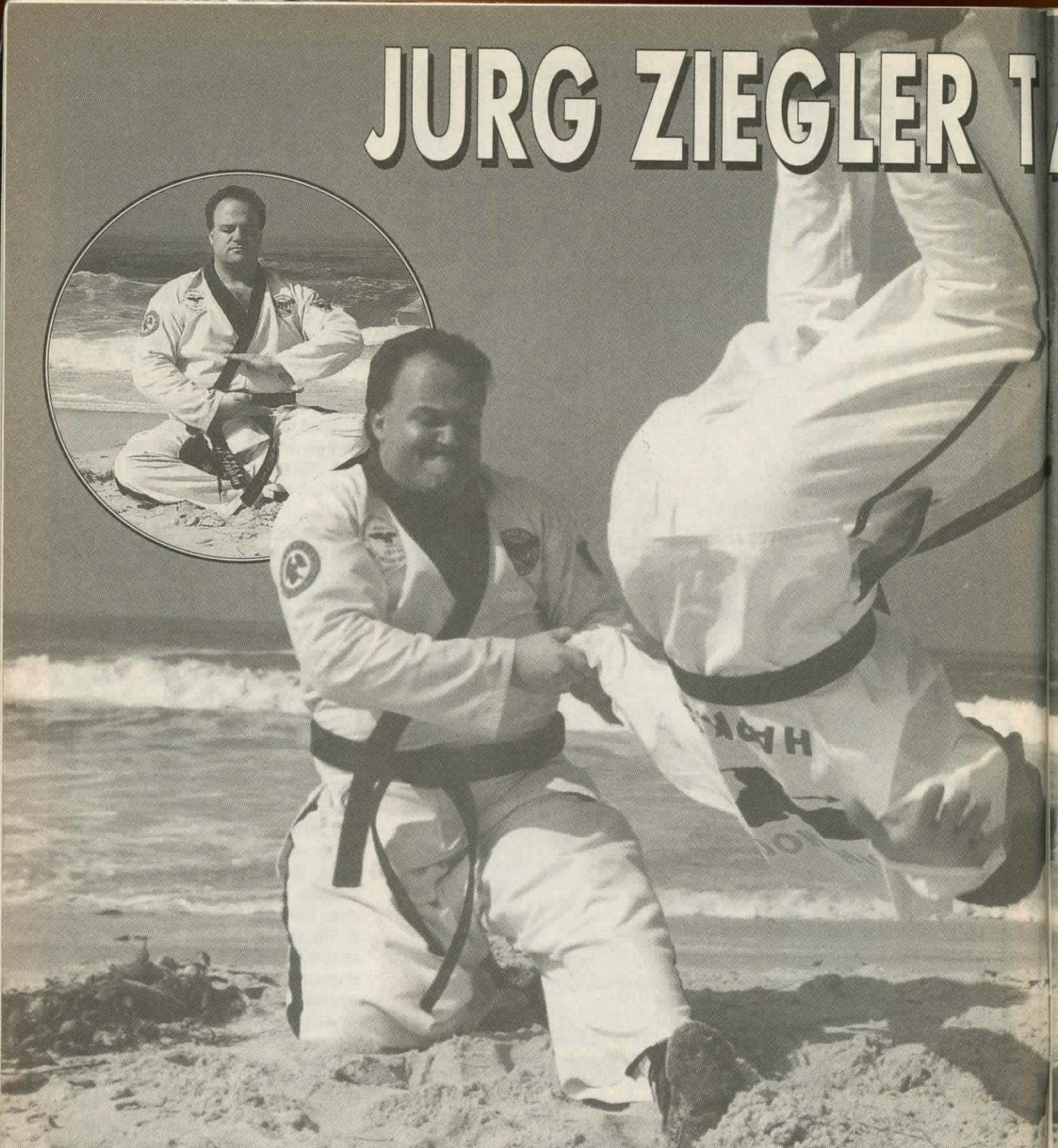
# FREE!

66

FULL COLOUR HAPKIDO POSTER INSIDE  
PLUS **FREE** PULL OUT AND KEEP TAEKWONDO PATTERN  
PERFORMED BY COBRA FROM GLADIATORS

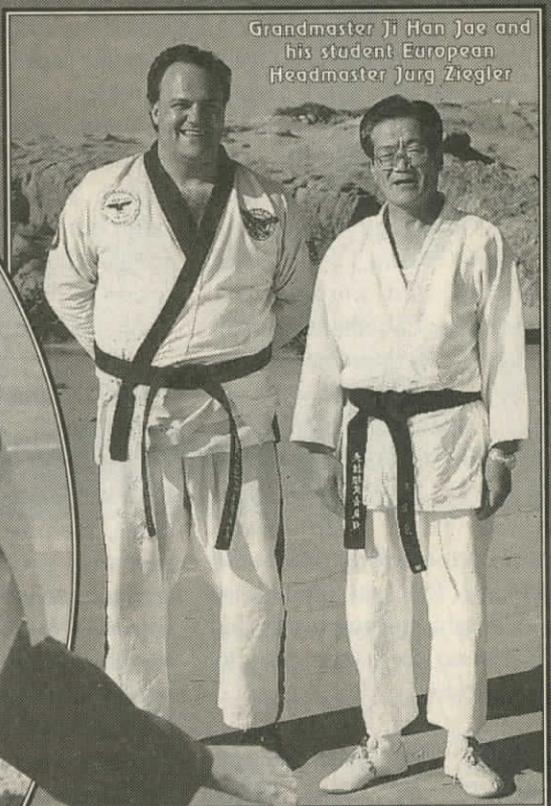


# JURG ZIEGLER TA



# THE EUROPEAN HAP

# TALKS FRANKLY ABOUT



Grandmaster Ji Han Jae and his student European Headmaster Jurg Ziegler

Jurg presently holds a Master grade in Sin Moo Hapkido (7th Dan) and Wing Chun Kung Fu an 8th dan in in Southern Shaolin Lohan and an 8th dan in SEZ-Jitsu/Jiu Jitsu. He has also received no fewer than three Hall of Fame Inductions and Awards, and holds a current world and European record in brick breaking.

# P KIDO CONNECTION

**TKMA:How did you come to take up hapkido?**

J.Z: I began training with some friends nearly twenty years ago, starting with Swiss wrestling ('Schwingen'), judo and karate. Later on I began intensively studying Chinese martial arts and began teaching them in 1982. I've travelled worldwide to further my skill and knowledge, training in places such as China, Malaysia, Singapore, Taiwan, Hong Kong, Indonesia, Thailand, USA and Europe, etc. Then my teacher of Southern Shaolin Lohan Kung Fu - Grandmaster Kang Ban Chuan - introduced me to my first hapkido teacher, Master Sunny Tan Sar Bee (7th dan). Master Sunny privately taught me Flying Eagle Hapkido, Sar Hyun Ji Do Kwan Taekwondo and wrestling. He came to Switzerland for two months in 1988 and taught me every day for around 7 hours, so I was able to learn very quickly!

**TKMA: How did you begin your study of Sin Moo Hapkido?**

J.Z: I met Grandmaster Ji Han Jae for the first time in June 1990 and he agreed to give me an intensive spe-

cial private seminar of nearly two weeks duration with about 8-10 hours of daily practice with him. In July 1990 I became his permanent European headmaster/ representative and then in December 1992 he asked me to be his permanent headmaster/representative for all Eurasian and Middle Eastern Countries too. In November 1993, he personally awarded me my 7th dan in Sin Moo Hapkido. I should point out that there are only two persons in the world holding 7th dan grade in this school, the other being Yung T. Freda from California.

**TKMA:How do you rate Ji Han Jae?**

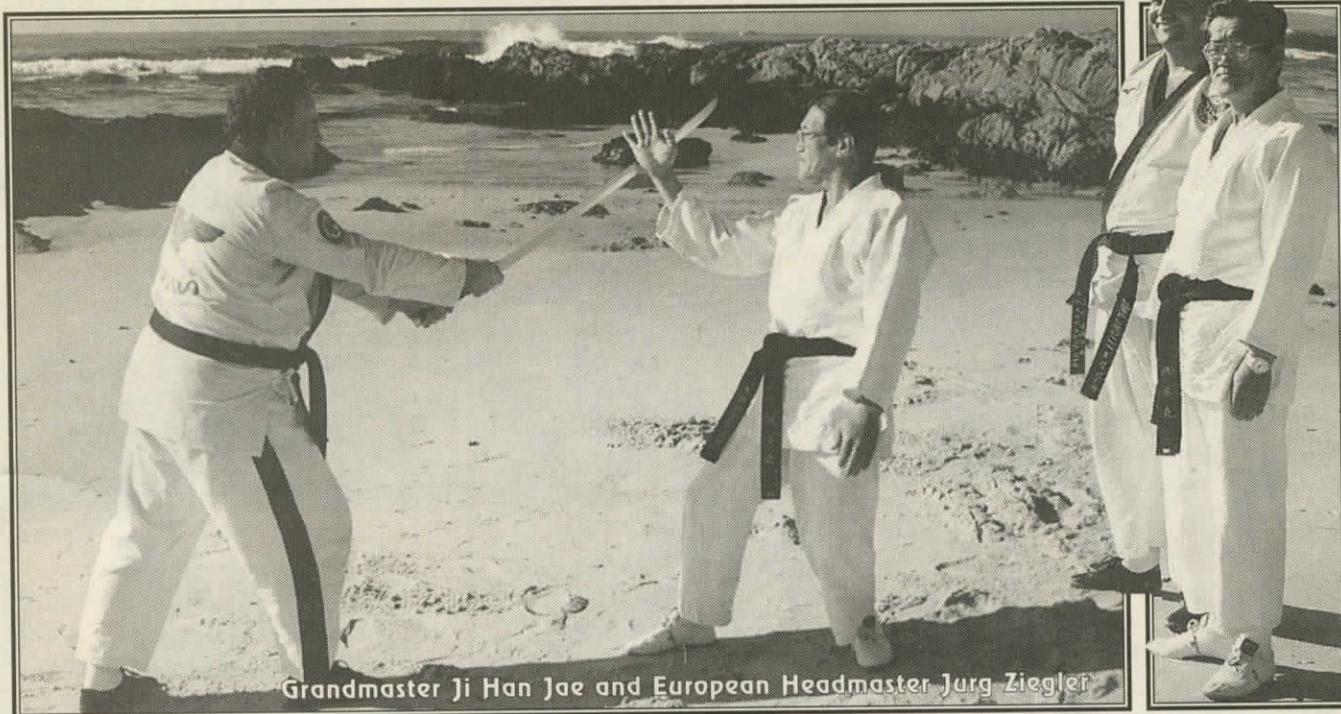
J.Z:If someone has a lot of good students, then he is a good teacher. If someone produces a lot of good teachers, then he is a good master. If someone produces a lot of good masters, then he is a good grandmaster! Only one man fits the bill in hapkido and that is Ji Han Jae - 10th dan and the true founder of hapkido. His students include such well known names as Bruce Lee, Angela Miao, Hwang In Sik, Carter Wong, Samo Hung, Myung Kwang-Shik and Han Bong-Soo. There are others too numerous to mention!

**TKMA:Some people claim that Choi Yong Sul is the founder of hapkido, so why do you claim that Ji Han Jae is?**

J.Z:Ji Han Jae himself explained to me the circumstances leading to the founding of hapkido and they are as follows: Choi Yong Sul is not, in fact, the founder of hapkido, though he is worthy of great respect. He was not the first to use the term 'Hapkido' and further, he didn't teach the majority of kicking techniques which are so much a part of hapkido. Choi's parents died when he was around 8/9 years of age and he was taken from Korea to Japan by a Japanese candy maker. Later he was turned out into the streets and became a beggar, fighting for his very existence. Then his luck changed and he was adopted by a wealthy and educated Japanese man. However, Choi didn't adapt very well to what was for him a foreign language and he was frequently in fights with other boys at school. His adopted father offered him the chance to learn a fighting system and he ended up enrolling with Takeda Sogaku-sensei (who, incidentally, also taught the founder of Aikido



Seminar participants during Oct 94 seminar in California



Grandmaster Ji Han Jae and European Headmaster Jurg Ziegler

Morihei Ueshiba-sensei). But realising that Japan was losing the war, Takeda sent Choi back to Korea in early 1945.

Choi taught Yawarra in post-Occupation Korea but the Japanese name wasn't popular with Koreans, so a student of Choi's (named Soo Bok Sup) changed the Japanese to the Korean expression 'Yu Kwon Sul', which means 'hard and soft punching technique'.

In 1949, when he was just 13, Ji Han Jae began training under Choi in Tae Ku City, Korea. Choi was then in his 50's and he taught Ji Yawara for a period of about 5 years. At the same time as he was learning Yawarra, Ji also took instruction from Buddhist Monks in the art of meditation and when he was 18, he learned the use of the stick, staff and taekyun kicks from 'Taoist Lee'.

In 1959 Ji combined his knowledge of all these techniques into a system, which he was the first to call 'Hapkido'. 'Hap' means 'together', 'Ki' means 'physical/mental/spiritual energy' and 'Do' means 'way'. He was 23 years old when he opened his first school in his home-

town but within a year, he relocated to Seoul. In 1962 he was appointed as chief instructor of the 300 bodyguards of the then Korean President Park Chung Hee. He taught at the president's house (The 'Blue House') for 18 years, finding time to teach the Korean Police, military and special forces.

In 1962 Ji came across a book on Japanese aikido and noticed that the Japanese character for aikido was the same as hapkido. So he quickly dropped the 'Hap' from his school name, calling it simply 'Kido'. He went on to form The Kido Association, which numbered Choi Yong Sul amongst its membership. Unfortunately an unscrupulous student forged a certificate and Ji felt obliged to leave the Kido Association which he had founded. To underline his separation, he put the 'Hap' back into 'Kido'. Meanwhile, Choi continued to teach the Yawara he had always practised, though he now referred to it as Yu Kwon Sul, Kido or Hapkido. Very confusing!

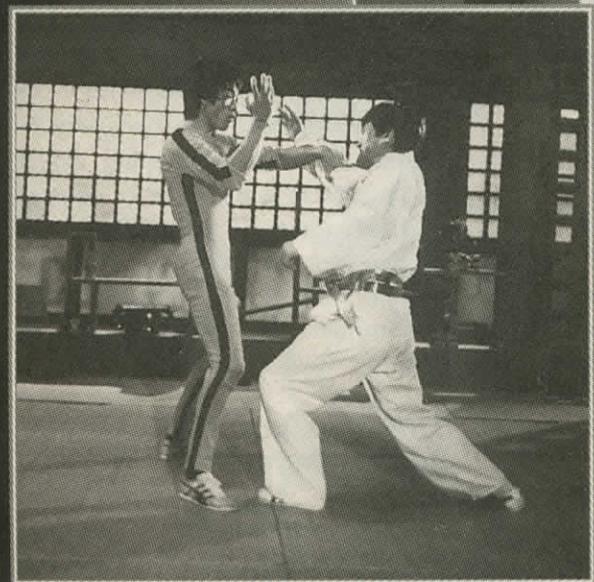
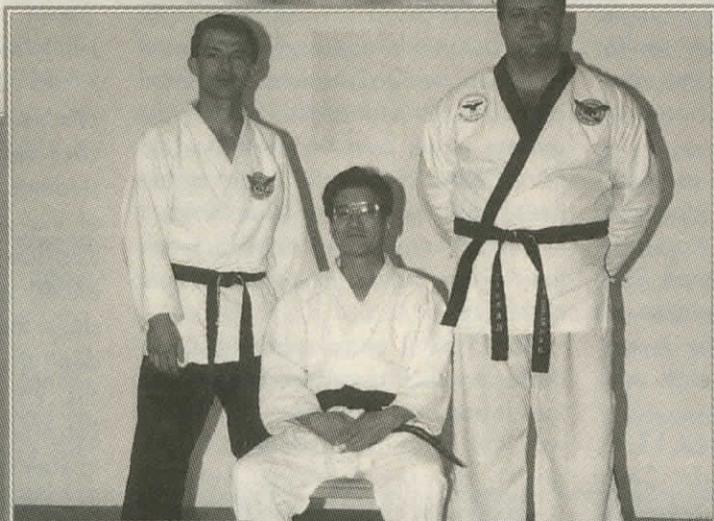
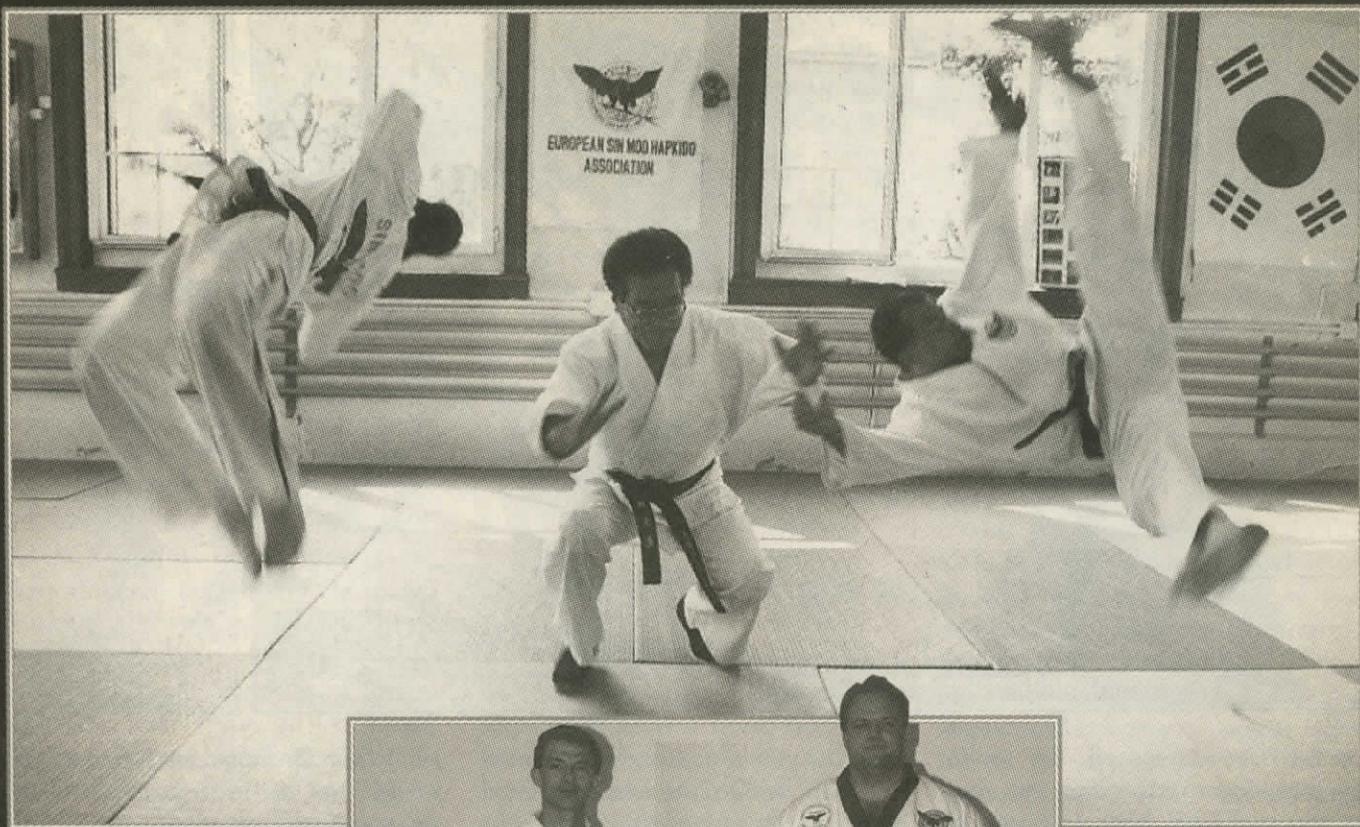
**TKMA:Where have all the different styles of hapkido come from?**

J.Z: When Grandmaster Ji first established hapkido in Korea, everyone practised the same techniques, but over the years, many of his talented students emigrated to various parts of the world and began promoting hapkido. However, personal differences and preferences began to show themselves because when you don't train under your teacher for 5, 10, 15 or even 20 years, obviously you start to adjust your teaching style to your own person, and slowly modify, alter, forget and/or introduce techniques. That's how styles change and that's how different schools and new styles arise from just one original. The only way to prevent this from happening would be through regular instructor courses and seminars.

Sin Moo Hapkido contains the original form of techniques as taught by Grandmaster Ji and it hasn't been watered down in any way.

**TKMA:So are hapkido and aikido similar?**

J.Z:As I said before, both hapkido and aikido originally came from the



Above:  
Grandmaster  
Ji Han Jae  
and his two  
top students  
Master Yung J  
Froda and  
Master Jurg  
Ziegler

Left & Right:  
Granmaster  
Ji Han Jae  
with  
Bruce Lee

Daito Ryu Aikijujitsu of Takeda Sogaku-sensei but Ueshiba-sensei took his study in a different direction. He believed that harmony between attacker and attacked could not be obtained through the application of brute force and that's why aikido contains no strong techniques. Hapkido stresses pure self defence and unlike aikido, its syllabus contains special kicking techniques.

**TKMA:How did Ji Han Jae come to meet the late Bruce Lee and other martial film stars?**

J.Z:In 1969, Ji travelled to the USA where he taught hapkido to President Nixon's bodyguard and to agents of the FBI. Whilst in America, Ji was introduced to the late Bruce Lee and Bruce was so impressed with hapkido that he took lessons from him! In the 70s, Ji was hired by Golden Harvest Film Company as technical advisor and fight director. It was intended that he should feature in Bruce's last film, GAME OF DEATH but after Bruce died, many scenes were cut and Ji's involvement can now only be seen in the original uncut version and in the video BRUCE LEE - THE LEGEND.

**TKMA:And Ji decided to stay in the USA?**

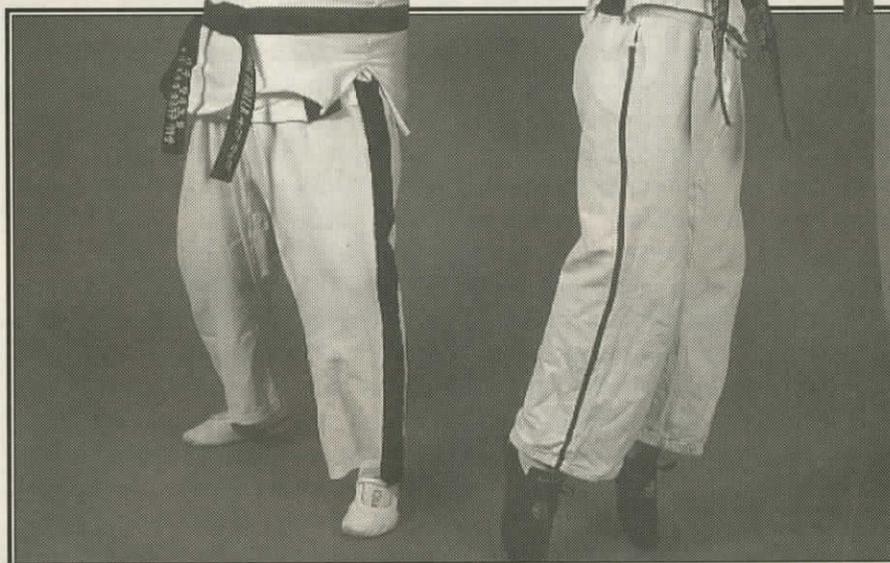
J.Z: Ji was President Park's bodyguard for 18 years and after his death, it became difficult for Ji to remain in South Korea. So he left that country, going first to Germany, and then, in 1984, to the United States of America.

**TKMA:Where did the 'Sin Moo' come from?**

J.Z:Ji added the words 'Sin Moo' to hapkido, where 'Sin' means 'higher mind' and 'Moo' means 'fighting art'. So the full meaning of 'Sin Moo Hapkido' is 'Harmony and co-ordi-



Flying scissor kick



Master Jurg Ziegler Jurg Ziegler sends two attackers flying! (literally)



nation between the mind, body and spirit'. This harmony is to be achieved through meditation and ki power development. Because strength is not a critical factor in this art, Sin Moo Hapkido is suitable for people of all ages and both sexes.

Sin Moo Hapkido contains no forms, preferring instead to stress actual street applications. I think it is a more complete system than many other arts because it encompasses both internal and external aspects, plus throws, joint-locks, pressure point techniques and special kicks and strikes. Weapon training using cane, staff and other implements is also available.

**TKMA: Is Sin Moo Hapkido concerned with competition at all?**

J.Z: Surely a martial art should mean more than just teaching how to punch and kick, or how to score a point? This is why Sin Moo Hapkido is not practised for competitions - it is practised for your life! As I said, we stress self defence and not sports techniques; we teach survival and not point fighting strategies Sin Moo Hapkido teaches you how to make your physical, mental and spiritual self stronger and how to become

healthier. It helps you to improve yourself, to become a better person and to go beyond your own limits.

Precisely because of its completeness, Sin Moo Hapkido has become a very fast-growing system. Grandmaster Ji has analysed its success by looking at the past. Thus, 1940-1960 was 'Judo Time'; 1960-1970 was 'Karate Time'; 1970-1980 was 'Kung Fu Time'; 1980-1990 was 'Ninja/ Taekwondo Time' and 1990 onwards is 'Sin Moo Hapkido Time'!

And Sin Moo comes to Europe through the European Sin Moo Hapkido Association. I founded it in 1990 because Grandmaster Ji wanted a strong association in the European Area to establish Sin Moo Hapkido. The SMHA is a non-profit association offering its members expert instruction throughout the grade range. It also provides a wide range of promotional material such as uniforms, badges, belts, flags, pennants, pins, etc, plus a series of good instructional videos. SMHA also organises a full calendar of seminars and I'll be happy to supply readers with details of dates/venues.

Membership is open to all martial artists who are willing to help to promote Sin Moo Hapkido and who want to learn this highly effective

Korean martial art of self defence. At present, we have members in Spain, Portugal, France, Germany, Switzerland, Austria, England, Ireland, Finland, Sweden, Norway, Denmark, Bulgaria, Malta, Italy, Russia, Israel, Kuwait, Iraq, Pakistan, UK, Iran, Chile, Hawaii, Iran, USA, Singapore, New Zealand, Malaysia and Australia. Around 22,000 students are now affiliated with us.

**TKMA: In conclusion, is there anything else you'd like to mention?**

J.Z: Yes - I'd like all martial artists to keep in mind that though we teach different styles, we are nevertheless all part of the martial family and if we want to become stronger, then we must work together. We will achieve this when each of us achieves self-peace and becomes able to control our physical, mental and spiritual aspects. So let's be united (Hap), develop more energy (Ki) and try to attain a peaceful way of life (Do)!

*If you want to know more about Sin Moo Hapkido and its many opportunities/activities, contact Jurg Ziegler at Frobelstr. 4, 9500 Wil (SG), Switzerland, tel: 41-71-925 30 60, fax: 41-71-925 30 61.*



# KOREAN MARTIAL ARTS PRACTICE

This is the first of a regular series of articles contributed by Jurg Ziegler from Zurich, Switzerland. Jurg is the European Headmaster of Sin Moo Hapkido and trains under Ji Han Jae (10th dan), who is regarded by many as the founder of Hapkido (Sin Moo).



**F**irst of all I would like to welcome you to my new regular column in **TAEKWONDO & KOREAN MARTIAL ARTS**. I'm glad to have this opportunity to give you a deeper insight into martial arts and today, I'd like to tell you about Sin Moo Hapkido.

As you may know, hapkido is a Korean martial art which combines the soft styles of aikido, kung fu and judo with aggressive Korean kicking techniques. Hapkido was developed by Grandmaster Ji Han Jae.

Grandmaster Ji came to the USA from Korea in 1984 and established a new school of hapkido which he named Sin Moo Hapkido. 'Sin' means mind or spirit, and 'Moo' indicates warrior. Grandmaster Ji describes it thus: 'Sin Moo Hapkido is a higher technology within martial arts; one which emphasises internal training and strengths rather than external attributes'. Internal training is facilitated both through meditation and ki power development.

Sin Moo Hapkido contains no forms or katas. It prefers, instead, to stress actual street applications rather than forms which contain a number of unnecessary movements. Sin Moo Hapkido is more complete than many other arts because its syllabus includes both internal and external aspects. Plus the syllabus is wider than that of other martial arts. In addition to punches, strikes and kicks, Sin Moo Hapkido also contains throws, joint-locks and pressure point techniques. It also incorporates weapons training using the cane, short stick, pole, sword and knife.

Because strength is not a critical factor, Sin Moo Hapkido is suitable for people of all ages and both sexes. Practice will greatly increase the strength

and flexibility of your mind and body, and you will develop self-confidence.

Many people think that martial art training encourages violence/aggression in those who practise it. With few exceptions, the opposite seems to be true. Children discover an inner confidence and strength which enable them to move beyond the need to prove themselves physically. Adults and children frequently find they have the courage to walk away from an explosive situation. There's no doubt that discipline in martial arts is beneficial both to other children and adults.

The average Sin Moo Hapkido class lasts a bit longer than an hour and it usually comprises four segments:

1. *The very basics of hapkido kicking - 25 basic kicks from a stationary position.*
2. *Meditation - very important in Sin Moo Hapkido.*
3. *Advanced kicking - jumping and combination kicks.*
4. *Hand techniques - joint locks, breaks and throws.*

The following are prime tenets of the Sin Moo Hapkido:

- Understanding comes when one is calm. Anxiety arises out of passion.
- Misfortune comes from worldliness. Mistakes come from recklessness. Sin comes from impatience.

Be cautious not to look at someone's evil doing; choose your words carefully and do not speak untruthfully. Speak only the truth, kindly and softly. Don't keep company with untrue people; rather, be close to people who are compassionate and kind. Respect your elders and forgive those who are ignorant and uneducated. Do not refuse that which comes to you and do not try to hold on to things which leave you. Do not expect to be treated as though you are better than others. Don't hold a grudge about what is already done. Remember: When one hurts another, one hurts oneself. And when you depend on someone else's influence, you will meet misfortune. Control your temper! Evil is conquered by good deeds and by always giving, one is able to control selfishness. Truth will master hypocrisy!

*If you would like any further information on Sin Moo Hapkido, then please contact Jurg Ziegler at Frobelstr. 4, 9500 Wil/SG, Switzerland.*