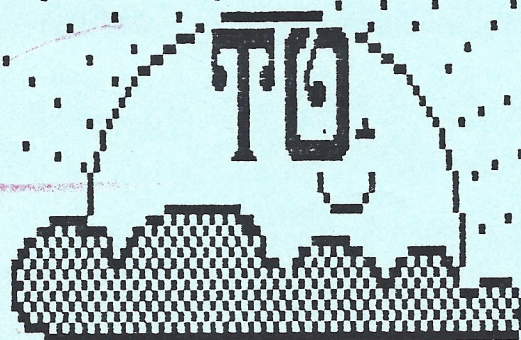
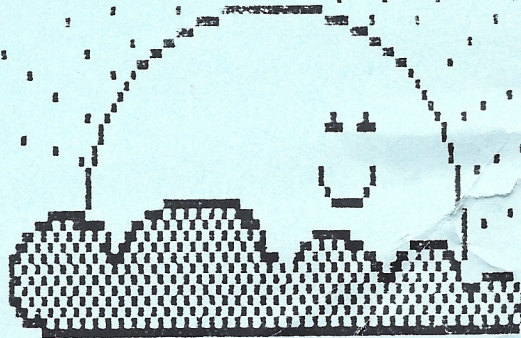
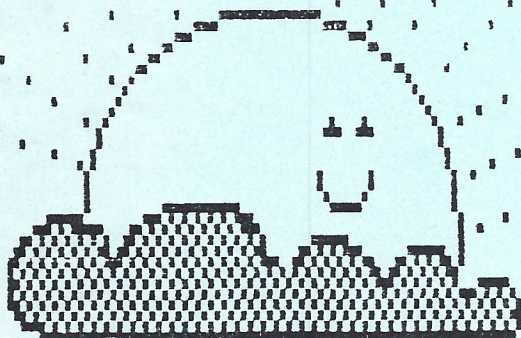


WELCOME



SHIN'S ACADEMY



ESTABLISHED 1972

SHIN'S

JUDO

TAEKWONDO

HAPKIDO

ACADEMY

MASTER INSTRUCTOR SUK KI SHIN

SEVENTH DEGREE BLACK BELT - TAEKWONDO

SEVENTH DEGREE BLACK BELT - JUDO

SIXTH DEGREE BLACK BELT - HAPKIDO

THIRD DEGREE BLACK BELT - KUMDO

2424 SO. 120TH STREET

OMAHA, NEBRASKA.

393 - 1033

AS PRESIDENT OF SHIN'S JUDO, TAEKWONDO, AND HAPKIDO
ACADEMY, I WANT TO WELCOME YOU TO THE SCHOOL WHICH HAS BEEN
IN OMAHA SINCE 1972.

THE TRAINING YOU RECEIVE SHOULD BENEFIT YOU BOTH
PHYSICALLY AND MENTALLY WITH INCREASED STRENGTH, SELF-
DISCIPLINE, BALANCE, AGILITY, AND GOOD HEALTH AS WELL AS
SELF-CONFIDENCE IN YOUR ABILITY TO DEFEND YOURSELF.

BEST OF LUCK TO YOU IN YOUR TRAINING AT THE SCHOOL.
I'M LOOKING FORWARD TO WORKING WITH YOU TO INCREASE YOUR
KNOWLEDGE OF THE MARTIAL ARTS.

SINCERELY YOURS,



MASTER SUK KI SHIN

PRESIDENT

TO THE NEW STUDENTS:

THIS PAPER IS PRESENTED TO NEW STUDENTS WHO ARE INTERESTED IN LEARNING TAEKWONDO, JUDO, AND HAPKIDO. THE FOLLOWING IS A BRIEF ORIENTATION OF TAEKWONDO, JUDO, AND HAPKIDO ARTS AND THE PROCEDURES OF SHIN'S JUDO, TAEKWONDO, AND HAPKIDO ACADEMY, INC.

MY NAME IS SUK KI SHIN. I AM A 8TH DEGREE BLACK BELT IN TAEKWONDO, 7TH DEGREE BLACK BELT IN JUDO, 7TH DEGREE BLACK BELT IN HAPKIDO, AND 3RD DEGREE BLACK BELT IN KUMDO. I HAVE BEEN ASSOCIATED WITH MARTIAL ARTS FOR 33 YEARS. I GRADUATED FROM, AND FOR FOUR YEARS WAS ASSISTANT INSTRUCTOR OF, THE KOREAN JUDO COLLEGE (FOUR YEARS OF PHYSICAL EDUCATION COURSES -- ARTS AND SCIENCES DEGREE). SOME OF MY EXPERIENCES HAVE BEEN WINNING THE KOREAN NATIONAL CHAMPIONSHIPS AND 1ST ASIAN CHAMPIONSHIP, AND TRAINING THE KOREAN SPECIAL FORCES IN MARTIAL ARTS, ETC.

I CAME TO THE UNITED STATES IN 1968 AND GAVE INSTRUCTION TO THE OMAHA KARATE SCHOOL. IN 1972 I FOUND THE SHIN'S JUDO, TAEKWONDO, AND HAPKIDO ACADEMY. SINCE 1971 TO THE PRESENT TIME I HAVE BEEN GIVING INSTRUCTION TO THE UNIVERSITY OF NEBRASKA AT HUNDRED DEMONSTRATIONS IN THE UNITED STATES.

MY GOAL AT SHIN'S JUDO, TAEKWONDO, AND HAPKIDO ACADEMY IS TO DEVELOP YOU NOT ONLY PHYSICALLY AND MENTALLY, BUT SPIRITUALLY AS WELL. THIS GOAL IS REACHED BY A COMBINATION OF THE TRADITIONAL AND MODERN MARTIAL ARTS TEACHING TECHNIQUES.



MASTER SUK KI SHIN

GENERAL INFORMATION

THIS WAS PREPARED WITH THE INTENTION TO PRESENT TO NEW STUDENTS SOME GENERAL INFORMATION THAT WILL BE OF USE IN THEIR TRAINING. IT WOULD BE IMPOSSIBLE TO COVER ALL OF THE DOCTRINES IN THIS SHORT PAMPHLET, SO CONSIDER THIS ONLY AN OUTLINE AND ASK YOUR INSTRUCTOR FOR MORE DETAILS

WHEN YOU DO SPEAK TO YOUR INSTRUCTOR, MAKE SURE THAT YOU FIRST COME TO ATTENTION AND SALUTE BY BOWING POLITELY FROM THE WAIST. ALWAYS CALL YOUR INSTRUCTOR 'MR.', THEN HIS LAST NAME. NEVER CALL YOUR INSTRUCTOR BY HIS FIRST NAME. IF THAT PERSON IS YOUR BEST FRIEND, PROVE IT BY SETTING A GOOD EXAMPLE FOR THE OTHER STUDENTS.

IN MOST MARTIAL ARTS GYMS, THERE WILL BE HUNG THE FLAG OF YOUR COUNTRY, THE KOREAN FLAG AND THE SCHOOL FLAG, OR A COMBINATION OF THESE THREE. WHEN ENTERING OR LEAVING THE TRAINING AREA, POLITELY BOW TO THESE FLAGS. IF THERE ARE NO FLAGS, SALUTE TOWARD THE MIDDLE OF THE TRAINING AREA, OR TO THE INSTRUCTOR ON THE FLOOR. NEVER WALK ON THE TRAINING FLOOR WITHOUT FIRST REMOVING YOUR SHOES, AND NEVER TAKE FOOD OR DRINK ON YOUR TRAINING FLOOR UNLESS IT IS A SOCIAL FUNCTION SANCTIONED BY YOUR INSTRUCTOR.

THE DISCIPLINES LISTED ABOVE RELATE TO THE FIRST OF OUR FIVE TENETS AND FIVE ETHICAL RULES OF THE MARTIAL ARTS. YOUR INSTRUCTOR MAY HAVE HIS CLASS RECITE THE TENETS, ETHICAL RULES AND THE STUDENT OATH OCCASIONALLY IN CLASS. YOU SHOULD BE FAMILIAR WITH THEM

TESTING REQUIREMENTS

STUDENTS WILL BE ADVISED BY THEIR INSTRUCTOR WHETHER OR NOT THEY SHOULD PARTICIPATE IN TESTING AND/OR TOURNAMENTS. ANY STUDENT TESTING MAY BE ASKED TO PERFORM ANY TECHNIQUE OR PATTERN REQUIREMENT UP TO HIS OR HER LEVEL OF PROFICIENCY. RANK SHOULD BE ACHIEVED ONE GRADE AT A TIME IN A NORMAL TRAINING SCHEDULE. IF THERE IS DUE CAUSE FOR THE STUDENT TO SKIP RANK, THIS CAUSE MUST BE MADE KNOWN TO THE TESTER BY THE STUDENT,

TENETS OF THE MARTIAL ARTS

1. COURTESY
2. INTEGRITY
3. PERSEVERENCE
4. SELF CONTROL
5. INDOMITABLE SPIRIT

ETHICAL RULES

1. LOYALTY TO NATION
2. OBEDIENCE TO PARENTS
3. CONFIDENCE IN FRIENDS
4. DON'T RETREAT FROM ENEMY ATTACKS
5. REFRAIN FROM SENSELESS KILLING
OF LIVING THINGS

STUDENT OATH

1. I SHALL OBSERVE THE TENETS OF
THE MARTIAL ARTS AND THE
ETHICAL RULES
2. I SHALL RESPECT INSTRUCTORS
AND SENIORS
3. I SHALL NEVER MISUSE THE MARTIAL
ARTS
4. I WILL BE A CHAMPION OF FREEDOM
AND JUSTICE
5. I WILL BUILD A MORE PEACEFUL WORLD

TAEKWONDO WHITE BELT REQUIREMENTS

	ENGLISH	KOREAN
1. STANCES	<p>A. HORSE STANCE</p> <p>B. FRONT STANCE</p> <p>C. FIGHTING STANCE</p>	<p>KEE MA JA SAE</p> <p>AP KU BE SOH KI</p> <p>DWIT KU BE SOH KI</p>
2. HAND TECHNIQUES	<p>A. STRIKING PUNCH</p> <p>B. DOWN BLOCK</p> <p>C. MIDDLE BLOCK</p> <p>D. RISING BLOCK</p>	<p>JU MOCK CHI LU KI</p> <p>A RE MACK-KI</p> <p>AN TAL MOCK AP MOM TONG MACK-KI</p> <p>ER KUL MACK-KI</p>
3. FOOT TECHNIQUES	<p>A. FRONT STRETCH KICK</p> <p>B. SIDE STRETCH KICK</p> <p>C. ROUND HOUSE KICK</p> <p>D. CRESCENT KICK</p> <p>E. SLIDING FRONT KICK</p>	<p>AP CHA OL LIGI</p> <p>YUP CHA OL LIGI</p> <p>AP TOL LYU CHA GI</p> <p>AP TOL LI GI</p> <p>MIKU LU AP CHA GI</p>
4. SPARRING	<p>A. ONE STEP SPARRING</p> <p>B. FREE SPARRING</p>	<p>(ONE THROUGH FIVE)</p> <p>(NONE)</p>
5. FORMS	BASIC FORM	KI BON HYUNG (20 MOVEMENTS)
6. TERMINOLOGY	<p>A. ATTENTION</p> <p>B. BOW</p> <p>C. SCHOOL</p> <p>D. UNIFORM</p> <p>E. BELT</p> <p>F. INSTRUCTOR</p> <p>G. READY POSITION</p> <p>H. RETURN TO ORDER</p> <p>I. RELAX</p> <p>J. PLEASE</p> <p>K. THANK YOU</p> <p>L. YELL</p> <p>M. KICKING</p> <p>N. STRIKE</p> <p>O. BLOCK</p> <p>P. FORM</p>	<p>CHA RYAT</p> <p>KYUNG RYE</p> <p>DO JANG</p> <p>DO BOCK</p> <p>DEE</p> <p>SA BOM NIM</p> <p>JUN BEE</p> <p>BA RO</p> <p>SHI UIET</p> <p>BOO TAK HAP NI DAH</p> <p>KAM SHA HAP NI DAH</p> <p>KEY HAP</p> <p>CHA GI</p> <p>CHI GI</p> <p>MACK-KI</p> <p>HYUNG</p>
7. NUMBERS	<p>A. ONE</p> <p>B. TWO</p> <p>C. THREE</p> <p>D. FOUR</p> <p>E. FIVE</p> <p>F. SIX</p> <p>G. SEVEN</p> <p>H. EIGHT</p> <p>I. NINE</p> <p>J. TEN</p>	<p>HA-NA</p> <p>TUL</p> <p>SHET</p> <p>NET</p> <p>DHA SOT</p> <p>YOH-SOT</p> <p>ILL-KOB</p> <p>YUE TUL</p> <p>AH HOP</p> <p>YUL</p>

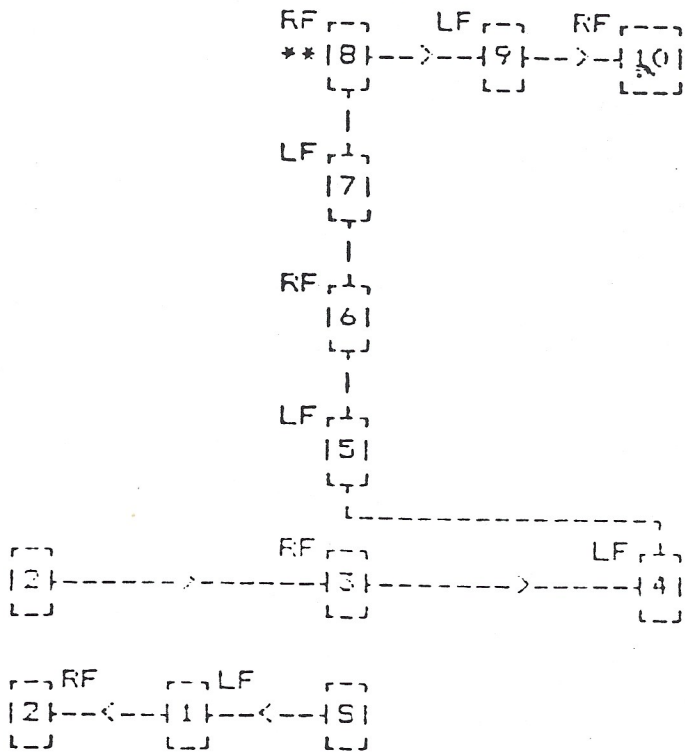
BASIC FORM

The basic form has twenty movements and follows an 'h' pattern. The purpose of learning and practicing Taekwondo forms is so that you will be prepared to defend yourself against more than one opponent in any direction

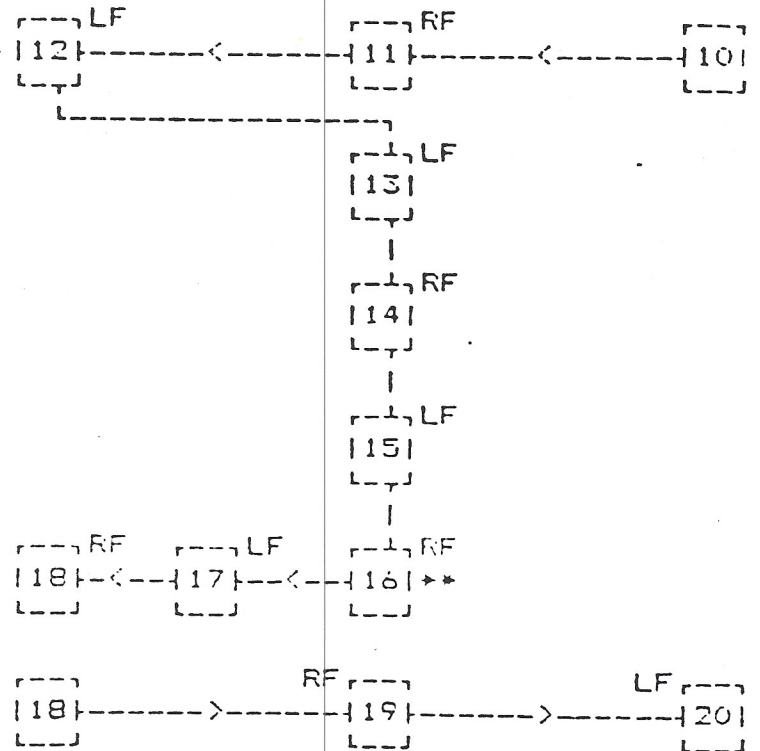
1. Down Block
2. Middle Punch
3. Down Block
4. Middle Punch
5. Down Block
6. Middle Block
7. Middle Block
8. Middle Punch and Yell!
9. Rising Block
10. Rising Block
11. Rising Block
12. Rising Block

13. Down Block
14. a. Front Kick
b. Middle Punch
15. a. Front Kick
b. Middle Punch
16. a. Front Kick
b. Middle Punch and Yell!
17. Down Block
18. Middle Punch
19. Down Block
20. Middle Punch
- END -

FIRST HALF



SECOND HALF



LF = LEFT FRONT STANCE, RF = RIGHT FRONT STANCE, ** = KIHAP (YELL)