

GRANDMASTER SUK KI SHIN



Grandmaster Shin has been studying the martial arts since the early 1950's and now holds a 9th degree Black Belt in Taekwondo, an 8th degree Black Belt in Judo, and a 7th degree Black Belt in Hapkido. He graduated from, and was an instructor for, Yong-In University, formally known as the Korean Judo College. He has won the Korean National Championship and the First Asian Championship. He spent most of his time in the military helping bring all martial artists together into one organization.

He came to the United States in 1968 and in 1972 opened Shin's Academy. At present, he also teaches at the University of Nebraska at Omaha and at Creighton University. His goal is to help people develop not only physically and mentally, but also spiritually, making them more balanced and integrated members of society.



Martial Arts Training

Martial arts training is available and open to children and adults. The training stresses physical conditioning; discipline of the body and mind as well as the technical skills and knowledge of the martial arts. Students gain poise, self-confidence, and self-discipline. Martial arts training can benefit young or old.



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Shin's Academy

Established 1972



Taekwondo - Judo - Hapkido





Judo

“The Gentle Giving Way and Arts”

In 1882, the government of Japan placed a ban on the practice of martial arts. Dr. Jigaro Kano, who had spent much of his life studying Jujitsu, a very deadly art, created Judo (“The Gentle Way”) in an effort to continue the heritage of the martial arts. He took the best techniques of Jujitsu and eliminated the harmful ones so it could be practiced safely.

Judo is both an art and a sport. It uses an opponents own force against him by turning and directing his momentum. This is why Judo is good for everyone regardless of size, age, or sex. As with other martial arts, there are many other benefits besides physical fitness and self-defense. The Judo player will soon discover that without the proper attitude of sportsmanship, he will have trouble learning and without very strong perseverance, he will be unable to apply the techniques that he does know. So Judo is not only a method of developing great stamina and physical fitness, but also fine moral character.



Taekwondo

“Art of Hand and Foot Fighting”

Taekwondo as an art and sport has been gaining popularity throughout the United States over the last few decades and was offered in the 2000 Olympic Games as a full medal sport. A major reason for its popularity is the speed at which the basic kicking, striking, and blocking techniques can be learned and applied. Of course, it will take many years to master all the intricacies of the art, but most people find that in no time, their confidence and self-assurance are greatly elevated. There is also a very rapid gain in coordination and balance. Many people associate Taekwondo with fighting programs on television or with board breaking and flashy demonstrations of speed and power. These are all by-products of Taekwondo and are no means a goal of the art or techniques that must be practiced to advance. Taekwondo is a philosophy of mental alertness and moral ethics that can serve to enhance anyone’s life, young or old.



Hapkido

“Way of Coordinated Power”

Hapkido finds its roots in ancient Korea, where fighting skills could mean survival. It teaches many kicking, punching, and blocking techniques; but, also includes joint locks, throws, take downs, and strikes to vital points.

The aim of Hapkido is not to injure or maim an opponent, but rather to control and subdue them.

To do this, the Hapkidoist will redirect an opponent’s momentum to the ground, and there use weak and sensitive joints to control them. There is also a strong emphasis on holds and grabs and how to escape from life-threatening or uncomfortable situations.

All techniques are applied with Ki, or inner strength.

Therefore, Ki-developing exercises and techniques are also practiced in class.

All in all, Hapkido is a strong system of self-defense that also serves to reinforce the way of martial arts expressed in the Tenets and Ethical Rules. Hapkido helps a person grow physically, mentally, and spiritually.