



## Student Handbook

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### A Message to New Students:

To those of you just beginning your martial arts training with us; neither fear your new found practice nor expect too much from it. The majority of beginners experience a feeling of inadequacy with regard to performing the movements involved. If you feel this way, don't worry as it is common and will be short-lived. You are not an expert yet and no one expects you to do anymore than your very best. If you expect too much in the beginning, you will disappoint yourself and miss the point, the opportunity, and the joy of growth in martial arts. After all, a Black Belt is simply a White Belt who refused to give up.

Who has the best techniques? It is the student who has a burning desire and always does their best.

Who is the best student? It is the one who never gives up and carries with them a positive mental attitude.

What I expect from you is simple:

- Try your best
- Have fun
- Leave your ego at home

What you can expect from CWMAI:

- Certified Instructors
- Highest Quality Instruction
- Safe and fun atmosphere

I strongly believe that you can become a successful Martial Artist and that practicing with us will make you healthier and happier than you have ever been. I promise, your effort and dedication in this new chapter of your life will be rewarded.

Sincerely Yours in Martial Arts,

*Matthew S. Dowds*

Matthew S. Dowds, Chief Instructor



## PaSaRyu History

Translated to English, PaSaRyu means “Way of Honor” or “Break Evil Ways.” Based on the techniques of Karate, TaeKwonDo, and Kung-Fu, PaSaRyu is a comprehensive system of martial arts.

The PaSaRyu system can easily trace its foundational roots to Yoon Byung-In. Yoon Byung-In, studied Chuan-Fa from his elementary years until he graduated high school in 1938. He was sent to Japan in 1939 until August of 1945 where he attended college. Here he met Master Toyama Kanken, who was at the time, the Sensei for the Nihon University Karate Club. As events unfolded the two agreed to teach each other, Yoon Byung-In would teach Chuan-Fa and Toyama Kanken would teach Shudo-Ryu Karate. Yoon would reach 4th degree black belt, then the second highest ranking in Shudo-Ryu Karate Club, as Toyama was then a 5th degree black belt.

In the Instructor's Directory of Toyama Kanken's book published in 1946/47, Yoon Byung-In is listed as the 4th degree Chief Instructor of the Cho-Sun YMCA.

The Korean War started in June of 1950, we know that Master Yoon Byung-In's training was in two separate arts, Chuan-Fa (1920's-1938) and Shudokan Karate (1938-1945). As Chief Instructor of the Cho-Sun YMCA Yunmu-Kwan (Kwan means school), in Seoul, Korea he moved to Jung Ang YMCA and created the Kwon Beop Bu. Here is when Master Lee Nam-Sok and Master Park, Chul-Hee instructed. Unfortunately, Yoon Byung-In would never return from the Korean War as he was to remain in North Korea until 1983 where he died of cancer.

Master Lee Nam-Sok would move to Cheshin-Bu Kwon Bop in 1948, then in 1952 he renamed the school to Chang Moo Kwan.

Master Park Chul-Hee would also train and instruct at the Chang Moo Kwan until 1956, where under Master Hong Jong-Pyo established a separate school called "Kang Duk Won", Master Park Chul-Hee would be the Chief Instructor.

In the late 50's early 60's a movement in Korea was gaining momentum as the government wished to have a unified system. Many students of Master Hong Jong-Pyo, Master Park Chul-Hee and Master Lee Nam-Sok, did not wish to be part of this new unified system, known as Korean TaeKwonDo Association (now WTF). Master Kang Rhee was among them. He requested and was granted permission from both Master Lee Nam-Sok and Master Park Chul-Hee to go to the United States. Master Rhee settled in Memphis, TN where he founded the PaSaRyu Martial Arts Association.



Hunter Dowds, GM Kang Rhee, Matt Dowds

# The Creed of the PaSaRyu Martial Artist

Respect Flags

Respect Instructors

Respect SUN

“**SUN**” is a unique expression, used by PaSaRyu Martial Artists everywhere to show respect. It is to be exclaimed vocally by saying “SUN!” with a proud attitude and enthusiastic tone.

**SUN** Originally came from four oriental characters that have philosophical meanings:

**Chung** – I am an expression of **Self-Respect**. I will improve myself through self-reform or self-refinement.

**Doe** – I am an expression of **Self-Discipline**. I will develop a strong mind and body to overcome discouragements.

**Sun** – I am an expression of **Ambition**. I will accomplish my honorable goals to the best of my ability.

**Hang** – I am an expression of **Appreciation**. I will accept my responsibilities without compliant or discontentment in order to achieve happiness and success.

The four characters of SUN are shown below:



## PaSaRyu Philosophy

A PaSaRyu Martial Artist is a person who is developing certain characteristics which make him special and unique. He is stable and dependable. He realizes that he has responsibilities and duties in all areas of his life and that these must be fulfilled before he can be a true PaSaRyu Martial Artist. He is committed to the philosophy of SUN and all that this means. When he comes to training class, he gives his best efforts and is consistent in his training. He realizes the importance of regular training and he organizes his time so that regular class sessions are a part of his life.

A PaSaRyu Martial Artist has enthusiasm for his art and for life. He realizes that without enthusiasm, life is dull and commonplace. He also realizes that he controls his attitudes and he makes the effort to cultivate the attitude of enthusiasm. A true PaSaRyu Martial Artist glows with the sunshine of optimism. People are drawn to him because he makes people happy by his positive approach to life.

He knows that no matter what his rank, whether White or Black Belt, he never stops learning. He never reaches the goal of perfection but he must keep striving toward that goal. A PaSaRyu Martial Artist knows that he has an obligation to pass on his knowledge of techniques and the philosophy of SUN to others who are striving to learn while he learns from them. He is aware that he has arrived at his level because someone cared enough to take their time and energies to help him.

The PaSaRyu Martial Artist is straight-forward and honest without arrogance or hypocrisy. He is proud and confident yet gentle in knowing that “nothing is so strong as gentleness, nothing so gentle as real strength.”

The true PaSaRyu Martial knows that he must have long-term goals for his life. He lives today fully, but he also looks ahead and plots his future course as a ship’s captain lays out his plan for a sea voyage. This person has a plan which consists of a systematic, step by step approach to his major goal in life. He is sharp and balanced as he accomplishes one goal after another toward his ultimate life-long goal – the contribution to this world which he alone can make. He devoted himself to that goal.

The PaSaRyu Martial Artist has a realistic approach to life. He knows that by “trying to chase too many rabbits” he loses his focus and his efforts are in vain. He is self-controlled and is the master of his own destiny. He directs his life toward the area which gives him the most satisfaction and offers opportunity to contribute to society. He has a professional attitude and he approaches every challenge with the determination to be the best that he can be.

A PaSaRyu Martial Artist is young, old, middle-aged – a woman, a man or a child. He or she may be tall or short with physical strength or is physically weak. He maybe talented or slow learning but whatever the traits the person has he is accepted and welcomed by his fellow members. He is expected only to give his best efforts and maintain a good attitude. There is no failure except in giving up.

*Master Kang Rhee*

# PaSaRyu Terminology

## General:

PaSaRyu – Way of Honor  
Sah Bum Nim – Instructor  
Do Bok – Uniform  
Hyung – Form  
Yahk Soek Deta – Promised Sparring  
Chariot – Come to Attention  
Jhung Zwa – Kneel  
Muk Nyum – Meditate  
Kyung Yea – Bow  
Jhun Jin – Step forward  
Hoo Jin – Step Backward  
June Bee – Ready  
Koo Cho – Finish  
Ki Hop – Spirit Shout  
Bah Kwo Sah – Switch Positions

## Counting:

IL or HANA – One  
EE or TUL – Two  
SAHM or SET – Three  
SAH or NET – Four  
OH or DASET – Five  
YUK or YASET – Six  
CHIL or ILGUP – Seven  
PAHL or YUDOOOL – Eight  
KOO or AHOP – Nine  
SHIP or YOOL – Ten

## Stances:

Jah Yun Jah Sae – Neutral Stance  
Kee Mah Jah Sae – Riding Horse Stance  
Meo Bo Jah Sae – Cat Stance  
Jhun Kool Jah Sae – Hiking Stance  
Mahng Ho Jah Sae – Tiger Stance  
Hahk Jah Sae – Crane Stance

## Foot Techniques:

Ahp Cha Kee – Front Snap Kick  
Miro Cha Kee – Front Thrust Kick  
Yup Cha Kee – Side Kick  
Dol Rio Cha Kee – Roundhouse Kick  
Nae Cha Kee – Inside Kick  
Wae Cha Kee – Outside Kick  
All Rio Cha Kee – Ax Kick  
Foo Rio Cha Kee – Hook Kick  
Jhun Jin Cha Kee – Stamping Kicks  
Ee Dan Cha Kee – Jumping Kicks  
Fae Jhun Cha Kee – Spinning Kick

## Hand Techniques:

Soo Do – Knife Hand  
Jhun Soo – Ridge Hand  
Ho Koo – Tiger Claw Hand  
Chang Soo – Spear Hand  
Hahk Do – Crane Head  
Jung Kwon – Front Punch  
Yup Cong – Reverse Punch  
Pahl Kum Chi – Elbow  
Hoo Kwon – Back Fist  
Soo Kum Chi – Palm Heel  
Haa Dan Pahng Ah – Low Block  
Jung Dan Pahng Ah – Middle Block  
Sahng Dan Pahng Ah – High Block  
Yo Shim Pahng Ah – Feather Block  
Soo Do Pahng Ah – Knife Hand Block



## What is HapKiDo?

HapKiDo is a powerful and specialized martial art native to Korea. HapKiDo can be translated as “The Way of Coordinated Power” or “The Way of Strength and Harmony.” The motions of HapKiDo are very fluid and smooth and the techniques use body motion and mechanics rather than physical power. HapKiDo uses joint locks, pressure point attacks, and throwing techniques. The CWMAI HapKiDo program is recognized and overseen by the United States Korean Martial Arts Federation headed by Grandmaster J.R. West.



The USKMAF's roots go back to the late 1970's when several American instructors in the Southeastern United States joined forces in order to increase the amount of knowledge available to their students. By conducting clinics, seminars and testing at central locations, these instructors set a new and higher standard for the average student to attain. During the late 1980's, under the leadership of GM J.R. West, interest in the organization went well beyond its original boundaries and became the USKMAF that exists today.

## Vital Areas – Pressure Points

The people of the Orient have studied the human body's vital areas and pressure points for over 2,000 years. The knowledge has been used for healing and also for effective self-defense. Vital areas and pressure points include exposed nerves, joints, or points on the body where organs may be easily damaged. Striking or manipulating these areas or points will cause pain, unconsciousness or death depending on the point, the condition of the opponent, and the force used to deliver the technique. The forms and techniques taught and practiced at CWMAI show the location of these vital areas and pressure points, as well as the angle and direction of the attack.



## Etiquette for all CWMAI Martial Arts Students

1. Be on time for class. Doors to the Dojang will close at the designated class start time. If you arrive late and the doors are closed, do not enter. Students entering late is a distraction to all students and will not be permitted.
2. When entering or leaving the Dojang; face the flag, bow and say SUN!
3. Students and Instructors are to be addressed by their name (Mr. Jones) or by Sir and Ma'am. Respect for our fellow students is important and in keeping with the philosophy of SUN.
4. Response to instruction or command is always SUN or YES - Sir or Ma'am! This acknowledges understanding and fosters a motivational attitude.
5. When instruction is given, students should be in the listening position so that all students can see and hear without distraction.
6. When a Black Belt enters the Dojang, the senior colored belt is to call the class to attention "Chariot" and say "Kyung Yea" (Bow).
7. Respectful treatment of each other is paramount. No teasing, name calling, or any disrespectful actions will be tolerated.
8. Full Do Bok's (uniforms) are to be worn in class. Exceptions to this rule will be posted in the Dojang. Only CWMAI T-shirts are allowed in lieu of Do Bok top.
9. Both ego's and shoes must be left outside of the Dojang.

## Advancement in Belt Ranking

Promotion in rank depends on attitude, spirit, knowledge, and technique; each one being equally important. Eligibility for rank promotion is also based on a required number of class hours and unanimous recommendation by the Instructor Committee.

Only an internationally certified PaSaRyu Instructor can award colored and black belt ranks.

### Stripes

Stripes on Black Belts are gold and indicate the Dan (degree) of Black Belt. Colored stripes (phase stripes) on colored belts are awarded to students by instructors or senior students for demonstrating the knowledge and expertise required for their rank. The final exam is given by the Chief Instructor.



## Rank Promotion Policy

The following is the policy regarding belt rank promotion by CWMAI. It is meant to provide a fair, clear guideline and incentive for all students to set and achieve their individual goals.

1. All students will check-in their attendance card before each class.
2. Students receive three (3) points for each class or private lesson so long as they arrive on time and do not leave early. Students who arrive late or leave early receive only one point.
3. Students 16 years and younger can receive 10 extra points for bringing in their report card.
4. Students who participate in seminars or competitions receive 20 points.
5. Instructors who participate in belt testing receive 3 extra points.
6. Students must complete all phases (colored stripes).
7. Each student is required to have promotion endorsements from three instructors before testing with the Chief Instructor.
8. All promotion cards and fees are required to be turned in 10 days prior to the posted promotion date.

Promotion in rank depends on attitude, spirit, and technique; each one being equally important. All students are expected to attend class regularly to be eligible for promotion. Instructor promotions are based, in large part, on the quality of the students under their direction. The Chief Instructor has the right to waive or impose any requirement based on individual abilities.

Point requirements for promotion consideration:

Rank	Adult (16+)	Youth (15 and under)
White to Yellow	50	75
Yellow to Green	50	75
Green to Blue	50	75
Blue to Purple	50	75
Purple to Brown	100	150
Brown to Instructor	100	150
Instructor to Red	100	150
Red to 1 <sup>st</sup> Dan Black*	200	300
1 <sup>st</sup> to 2 <sup>nd</sup> Dan	300	NA
2 <sup>nd</sup> to 3 <sup>rd</sup> Dan	400	NA
3 <sup>rd</sup> to 4 <sup>th</sup> Dan	400	NA
5 <sup>th</sup> Dan and up	Test by PAC in Memphis, TN	

\*All Black Belt candidates must pass the Black Belt exam by demonstrating proficiency of all previous techniques. All active Black Belts are required to attend Black Belt exams as panel members.

## Required Knowledge for PaSaRyu Promotion

These are the basic requirements for promotion consideration. Your Instructor may add additional or waive requirements as he/she sees fit.

### Koo Kup – 9<sup>th</sup> Grade, White Belt

#### Form (Blue Stripe)

- a. Basic One Form

#### Kicks (White Stripe)

- a. Ahp Cha Kee (Front Snap Kick)
- b. Miro Cha Kee (Front Thrust Kick)

#### Self Defense (Black Stripe)

- a. Bobu Sool (Simple Techniques) 1-5

#### Breaking (Gold Stripe)

- a. Ahp/Miro Cha Kee (Front Kick)

#### Knowledge (Red Stripe)

- a. Count to 5 in Korean
- b. Recite the PaSaRyu Creed

### Pahl Kup – 8<sup>th</sup> Grade, White Belt

#### Form (Blue Stripe)

- a. PaSaRyu IL Dan

#### Kicks (White Stripe)

- a. Yup Cha Kee (Side Kick)
- b. Dol Rio Cha Kee (Roundhouse Kick)

#### Self Defense (Black Stripe)

- a. Bobu Sool (Basic Techniques) 6-10

#### Breaking (Gold Stripe)

- a. Front Palm Heel Strike

#### Knowledge (Red Stripe)

- a. Count to 10 in Korean
- b. Korean terms for White Belt Kicks
- c. Explain the meaning of PaSaRyu

### Chil Kup – 7<sup>th</sup> Grade, Yellow Belt

#### Form (Blue Stripe)

- a. PaSaRyu Ee Dan (Pyung Ahn 2)

#### Kicks (White Stripe)

- a. Lead Leg Front, Side, and Roundhouse Kicks
- b. Dwee Cha Kee (Back Kick)
- c. Ee Dan Ahp Cha Kee (Flying Front Snap Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set, #1

#### Breaking (Gold Stripe)

- a. Lead Leg Side Kick
- b. Knife Hand Strike

#### Knowledge (Red Stripe)

- a. Korean terms for Yellow Belt Kicks

### Yuk Kup – 6<sup>th</sup> Grade, Green Belt

#### Form (Blue Stripe)

- a. PaSaRyu Sahm Dan (Pyung Ahn 3)
- b. PaSaRyu Sah Dan (Pyung Ahn 4)

#### Kicks (White Stripe)

- a. Jhun Jin Cha Kee (Stamping Forward Kicks)
- b. Nae/Wae Cha Kee (Inside & Outside Crescent Kicks)
- c. Ee Dan Dol Rio Cha Kee (Flying Roundhouse Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set #1, 2
- b. Falling and Rolling

#### Breaking (Gold Stripe)

- a. Back Kick
- b. Front Elbow Strike

#### Knowledge (Red Stripe)

- a. Korean terms for Green Belt Kicks

### Oh Kup – 5<sup>th</sup> Grade, Blue Belt

#### Form (Blue Stripe)

- a. PaSaRyu No Pae

#### Kicks (White Stripe)

- a. All Rio Cha Kee (Ax Kicks)
- b. Foo Rio Cha Kee (Hook Kick)
- c. Ee Dan Yup Cha Kee (Flying Side Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set, #1,2,3

#### Breaking (Gold Stripe)

- a. Back Elbow
- b. Ax Kick

#### Knowledge (Red Stripe)

- a. Korean terms for the required Blue Belt Kicks

### Sah Kup – 4<sup>th</sup> Grade, Purple Belt

#### Form (Blue Stripe)

- a. PaSaRyu Oh Dan (Pyung Ahn 5)
- b. PaSaRyu Jin Soo

#### Kicks (White Stripe)

- a. Jumping Kicks (Front, Side, Round, Back)
- b. Ee Dan All Rio Cha Kee (Flying Ax Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set, #1,2,3,4

#### Breaking (Gold Stripe)

- a. Flying Ax Kick
- b. Jump Kick
- c. Spinning Knife Hand

#### Knowledge (Red Stripe)

- a. Korean terms for Purple Belt Kicks

### Sahm Kup – 3<sup>rd</sup> Grade, Brown Belt

#### Form (Blue Stripe)

- a. PaSaRyu Chul Kee IL Dan
- b. Il Soo (1<sup>st</sup> 2 person form)

#### Kicks (White Stripe)

- a. Spinning Kicks (Back Heel, Crescent Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set, #1,2,3,4,5

#### Breaking (Gold Stripe)

- a. Back Spinning Kick
- b. Ridge Hand

#### Knowledge (Red Stripe)

- a. Korean terms for all five stances

### Instructor Committee – Red Arm Band

#### Form (Blue Stripe)

- a. PaSaRyu Am Hak
- b. Chil Bo (2<sup>nd</sup> 2 person form)

#### Kicks (White Stripe)

- a. Demonstrate all previous kicks

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 1<sup>st</sup> Set, #1,2,3,4,5

#### Breaking (Gold Stripe)

- a. Demonstrate all previous breaks

#### Knowledge (Red Stripe)

- a. Unanimous Recommendation by Current Instructor Committee

### Ee Kup – 2<sup>nd</sup> Grade, Red Belt

#### Form (Blue Stripe)

- a. PaSaRyu BaSai Sho
- b. PaSaRyu Ship Soo

#### Kicks (White Stripe)

- a. Double Kicks
- b. Ee Dan Dwee Cha Kee (Flying Back Kick)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 2<sup>nd</sup> Set, #1,2

#### Breaking (Gold Stripe)

- a. Skipping Side Kick
- b. Flying Back Kick

#### Knowledge (Red Stripe)

- a. Korean terms for Red Belt Kicks

### Cho Dan – 1<sup>st</sup> Degree Black Belt

#### Form (Blue Stripe)

- a. PaSaRyu Kun Son Kun
- b. PaSaRyu Chul Kee Ee Dan
- c. Dan Kwan (3<sup>rd</sup> 2 person form)

#### Kicks (White Stripe)

- a. Combination Kicks 1-5 (Define)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 2<sup>nd</sup> Set, #1,2,3,

#### Breaking (Gold Stripe)

- a. Combination Breaks 1-2 (Define)

#### Knowledge (Red Stripe)

- a. Must design curriculum (approved by Chief Instructor) and lead 10 classes

### Ee Dan – 2<sup>nd</sup> Degree Black Belt

#### Form (Blue Stripe)

- a. PaSaRyu Chung Moo
- b. PaSaRyu Chul Kee Sahm Dan
- c. Jang Kwan (4<sup>th</sup> 2 person form)

#### Kicks (White Stripe)

- a. Consecutive Kick Techniques 1-5 (Define)

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 2<sup>nd</sup> Set, #1,2,3,4

#### Breaking (Gold Stripe)

- a. Combination Breaks 1-3 (Define)

#### Knowledge (Red Stripe)

- a. Must design curriculum (approved by Chief Instructor) and lead 15 classes

### Sahm Dan – 3<sup>rd</sup> Degree Black Belt

#### Form (Blue Stripe)

- a. PaSaRyu Yun Bi
- b. PaSaRyu Kong Ku Sho
- c. Pahl Ki Kwan (5<sup>th</sup> 2 person form)

#### Kicks (White Stripe)

- a. Triple Kicks

#### Self Defense (Black Stripe)

- a. Yahk Soek Deta – 2<sup>nd</sup> Set, #1,2,3,4,5

#### Breaking (Gold Stripe)

- a. Power Breaks (1 hand, 1 foot)

#### Knowledge (Red Stripe)

- a. Must design curriculum (approved by Chief Instructor) and lead 25 classes

#### Sah Dan – 4<sup>th</sup> Degree Black Belt

##### Form (Blue Stripe)

- a. PaSaRyu Ja Un
- b. To Jo Sahn (6<sup>th</sup> 2 person form)
- c. Tae Jo Kwan (7<sup>th</sup> 2 person form)

##### Knowledge (Red Stripe)

- a. Must be actively assisting and teaching classes

#### Oh Dan – 5<sup>th</sup> Degree Black Belt

##### Form (Blue Stripe)

- a. PaSaRyu SoHo Yun

##### Knowledge (Red Stripe)

- a. Must be actively assisting and teaching classes

## Required Knowledge for HapKiDo Promotion

These are the basic requirements for promotion consideration. Your Instructor may add additional or waive requirements as he/she sees fit.

#### Pahl Kup – 8<sup>th</sup> Grade, White Belt

##### Kicks (White Stripe)

- a. Ahp Cha Kee (Front Snap Kick)
- b. Miro Cha Kee (Front Thrust Kick)
- c. Yup Cha Kee (Side Kick)
- d. Dol Rio Cha Kee (Roundhouse Kick)

##### Self Defense (Black Stripe)

- a. Bobu Sool (Simple Techniques) 1-10
- b. Basic Falling Techniques (Front, Side, Back)

##### Knowledge (Red Stripe)

- a. Count to 10 in Korean
- b. Korean terms for White Belt Kicks

#### Yuk Kup – 6<sup>th</sup> Grade, Green Belt

##### Kicks (White Stripe)

- a. Nae Cha Kee (Inside), Wae Cha Kee (Outside)  
Crescent Kicks
- b. Ee Dan Dol Rio Cha Kee (Flying Round Kick)

##### Self Defense (Black Stripe)

- a. Ahn Sonmoksool 1-10
- b. Clothing Grabs 1-10
- c. Spinning Elbow
- d. Standing Falls and Rolls

##### Knowledge (Red Stripe)

- a. Explain the concept of basic motion
- b. All previous material with increased proficiency

#### Chil Kup – 7<sup>th</sup> Grade, Yellow Belt

##### Kicks (White Stripe)

- a. Lead Leg Front, Side, and Roundhouse Kicks
- b. Dwee Cha Kee (Back Kick)
- c. Ee Dan Ahp Cha Kee (Flying Front Snap Kick)

##### Self Defense (Black Stripe)

- a. ChoKup Sompoksool 1-10
- b. Spinning Backfist
- c. Basic Rolling

##### Knowledge (Red Stripe)

- a. Korean terms for Yellow Belt Kicks
- b. Explain meaning of HapKiDo
- c. All previous material with increased proficiency

#### Oh Kup – 5<sup>th</sup> Grade, Blue Belt

##### Kicks (White Stripe)

- a. All Rio Cha Kee (Ax Kicks)
- b. Foo Rio Cha Kee (Hook Kick)
- c. Ee Dan Yup Cha Kee (Flying Side Kick)

##### Self Defense (Black Stripe)

- a. Speed Takedowns 1-5
- b. Kick Takedowns 1-5

##### Knowledge (Red Stripe)

- a. Korean terms for all Blue Belt Kicks
- b. All previous material with increased proficiency

### Sah Kup – 4<sup>th</sup> Grade, Purple Belt

#### Kicks (White Stripe)

- a. Jumping Kicks (Front, Side, Round, Back)
- b. Ee Dan All Rio Cha Kee (Flying Ax Kick)

#### Self Defense (Black Stripe)

- a. Sonmoksul (behind the back) 1-10
- b. Ground Techniques 1-10

#### Knowledge (Red Stripe)

- a. Korean terms for all Purple Belt Kicks
- b. All previous material with increased proficiency

### Sahm Kup – 3<sup>rd</sup> Grade, Brown Belt

#### Kicks (White Stripe)

- a. Spinning Kicks (Back, Crescent, Low Kicks)

#### Self Defense (Black Stripe)

- a. Sonmoksool vs. punch 1-5
- b. Military Techniques 1-5

#### Knowledge (Red Stripe)

- a. Korean terms for Brown Belt Kicks
- b. All previous material with increased proficiency

### Ee Kup – 2<sup>nd</sup> Grade, Red Belt

#### Kicks (White Stripe)

- a. Double Kicks
- b. Ee Dan Dwee Cha Kee (Flying Back Kick)
- c. Skipping Kicks (Front, Roundhouse, Side)
- d. Sliding Kicks (Front, Roundhouse, Side)

#### Self Defense (Black Stripe)

- a. Escort Techniques 1-10
- b. Knife Defense 1-5
- c. Aerial Break Fall

#### Knowledge (Red Stripe)

- a. Korean terms for Red Belt Kicks
- b. All previous material with increased proficiency

### Cho Dan – 1<sup>st</sup> Degree Black Belt

#### Kicks (White Stripe)

- a. Combination Kicks 1-5 (Define)

#### Self Defense (Black Stripe)

- a. Stick Techniques 1-10
- b. Cane Techniques 1-10
- c. Defend Random Attacks from Multiple Attackers with Weapons

#### Knowledge (Red Stripe)

- a. Must design curriculum (approved by Chief Instructor) and lead 15 classes



## CWMAI – PaSaRyu Patches

### PaSaRyu Martial Artist – Way of Honor

Is earned with the first (yellow belt) promotion and worn on the left chest, covering the heart. In the center of the patch is a fist surrounded by broken lines. These lines signify the oriental character that translates to “martial arts.” The first meaning of the patch is that the fist is reaching out and grabbing all of the martial arts. The second meaning of the patch is that by using the martial arts properly the fist will overcome or “break” all of the evil ways. The three characters below the fist say “PaSaRyu” which translates to “Way of Honor.”

### PaSaRyu Spirit – Oriental Characters

Is earned with the second (green belt) promotion and is worn on the left lapel with the top of the patch lining up with the “P” on the PaSaRyu Way of Honor patch. This patch translates to “PaSaRyu Spirit Never Die” which means the spirit of the Way of Honor will remain forever because it is passed on as tradition.

### Crown Fist

Is earned with the third (blue belt) promotion and is worn on the left sleeve with the bottom of the patch lining up 2’ above the cuff. This patch symbolizes physical and mental achievement and success. The fist represents the martial arts, the crown represents champions, and the map of the U.S. represents the world as we know it.

### TcB Faith, Spirit, Discipline, and Endurance

Is earned with the fourth (purple belt) promotion and is worn on the right sleeve with the bottom of the patch lining up 2” above the cuff. The words faith, spirit, and discipline are spelled out and the oriental character “endurance” is in the red ball. The red ball represents the earth and the seven stars represent the universe. The lightning bolt expresses speed and efficiency. The patch means you can channel all the energies of the universe by having faith, spirit, discipline, and endurance.

### PaSa – TaeKwon

Is earned with the fifth (brown belt) promotion and is worn on the right pant leg with the bottom of the patch lining up 3” above the cuff. The four oriental characters on the patch say “PaSa – TaeKwon” which translates to “break evil – feet and fist.” This means simply that evil will be destroyed through proper martial arts training.

### Central Wisconsin Martial Arts Institute Patch

Is an optional patch and is worn on the right chest of the uniform. This patch may also be worn on any personal clothing and can be purchased by any student at any rank. The two oriental words are “HapKiDo” and “PaSaRyu.”

### HapKiDo Patch

Is earned with the first (yellow belt) promotion in HapKiDo and worn on the left sleeve above the Crown Fist patch.

### United States Korean Martial Arts Federation Patch

Is an optional patch for Black Belts in HapKiDo and is worn on the left chest, covering the heart.



***“Building Confidence through Achievement”***