

Escambia Martial Arts Handbook



Lil' Dragon The pathway from White to Black Belt

"The ultimate goal of Kyuki-Do is to spark the growth and development of the spirit, mind and body, and to encourage contribution for the greater good of society." - Grand Master Ok Hyung Kim

This copy belongs to:

The Student Pledge

All Kyuki-Do participants, from student to instructor to Master, must commit themselves to high behavioral and moral standards of excellence. Each participant is expected to learn and adhere to five ideals beneficial to their personal growth in Kyuki-Do. They pledge to conduct themselves accordingly both at the Dojang and in their daily life. Through this personal commitment the student of Kyuki-Do will improve the relationship between their own mind, body and spirit, as well as their relationship with the world around them.

1. I shall respect the instructor and all senior ranks.
2. I shall conduct myself in a respectful manner.
3. I shall respect the teachings of Kyuki-Do and never misuse them.
4. I shall always respect the rights of others.
5. I shall strive for camaraderie and peace in this world.

Tenets of Kyuki-do

A tenet is simply a principle, opinion or school of thought maintained by an individual or organization that provides direction towards an established goal. The five tenets of Kyuki-Do are as follows:

1. **Courtesy:** Treating people with the respect that they deserve.
2. **Humility:** Recognizing that no matter how great your accomplishments are, they do not make you a better person than anyone else.
3. **Integrity:** Knowing the difference between right and wrong, and choosing to do what is right.
4. **Perseverance:** Continuing even in the face of adversity.
5. **Self Control:** Exercising restraint over yourself, and being in command of your thoughts, feelings and actions.
6. **Indomitable Spirit:** The spark that gives you the power to persevere.

Theory of Power

1. **Concentration:** Delivering impact to the smallest target area, thereby concentrating the force and maximizing the effect, while focusing all of one's energy at the point of impact using Kihap (yell).
2. **Reaction Force:** Using reciprocal action during the execution of a technique to assist in maintaining balance and increasing force.
3. **Equilibrium:** Maintaining proper stability during the execution of techniques.
4. **Breath Control:** Exhaling at the point of impact to tighten muscles, flatten the stomach, and increase the speed of delivery.
5. **Speed and Mass:** Increasing the application of force by either accelerating the speed of the technique or by putting more body behind the delivery of the technique.

Escambia Martial Arts

Dojang Rules

1. Bow when entering and leaving the dojang.
2. Bow to the head instructor the first time you see him on that day, and always address him as “Sir” or “Sabom-nim”.
3. Bow to all black belts the first time you see him on that day, and always address them as “Sir” or “Mam”.
4. No Shoes on the mats, except those approved by the head instructor
5. Always turn away to adjust your dobok (uniform) or your dhee (belt). This is done out of respect.
6. Everyone should help in the setting up and the cleanliness of the dojang. Please use equipment respectfully.
7. Report all injuries to one of the instructors before the beginning of a class or test.
8. No food or drink in the training area, the only exception is drinks that are in a spill proof container.
9. Do not attend class under the influence of Alcohol or Drugs.
10. Do not try any technique until the instructor has shown them to you.
11. If you are late for class, once ready wait by the side of the mat until an instructor gives you permission to enter the mat.
12. If you must leave the training area during the class, inform the instructor and “bow out”.
13. Maintain discipline inside the school at all times, know the Kyuki-Do pledge and the Tenants of Kyuki-Do.
14. Light contact is allowed in sparring, and students are expected to use controlled techniques. Sparring is only permitted with the permission of the instructor.
15. Students are expected to be courteous at all times. They are to help their fellow students when ever possible.
16. The following areas are off limits without permission, the office and behind the entry desk. No one is allowed on school computers without permission from head instructor.

White Belt

21st Kup Rank Requirements

Must know the first Kyuki-Do Pledge, Kyuki-Do Tenant and first Theory of Power.

Count to four in Korean .

Must have patches on Dobok.

Instructor's approval

Main focus;

Stances, chambers, kihaps

Hyung; Kibon – 12 steps, Kihap 1 & 12 *Lil' Dragon must know the first 4 moves, and translation.*

Translation: Basic or beginning;

Meaning: Principle building blocks for your training, both mental and physical.

12 represents the 12 months of the year.

This form or the white belt represents the month of January

One Steps;

1. Rising Sun

Self defense;

Breakaway

1. Same side hand grab
* Outside Wrist Twist
2. Cross hand grab
* Outside Wrist Twist

Falls;

1. Back Fall – Hoobang Nakbop

Stances;

1. Attention Stance- Charyot
2. Ready stance – Joonbi
3. Front stance – Ap sogi

Blocks;

1. Guarding block—daebi makki
2. High block – San dan makki

Kicks;

From Back leg

1. Front snap – Ap chagi

Strikes;

1. Head punch (hi—mid—low)

Yellow w/White Stripe Belt

20th Kup Rank Requirements

Must know the first Kyuki-Do Pledge, Kyuki-Do Tenant and first Theory of Power.

Count to ten in Korean .

Must have patches on Dobok.

Instructor's approval

Main focus;

Stances, chambers, kihaps

Hyung; Kibon – 12 steps, Kihap 1 & 12

Translation: Basic or beginning;

Meaning: Principle building blocks for your training, both mental and physical.

12 represents the 12 months of the year.

This form or the white belt represents the month of January

One Steps;

1. Rising Sun
2. Moving Tide
3. Side Pump

Self-defense;

Breakaway

1. Same side hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Hand to Belly
2. Cross hand grab
 - * Outside Wrist Twist
 - * Over the shoulder
 - * Princess Elbow
 - * Hand to Belly

Falls;

1. Back Fall – Hoobang Nakbop
2. Front Fall—Jeonbang Nakbop

Stances;

1. Attention Stance- Charyot
2. Ready stance – Joonbi
3. Front stance – Ap sogi
4. Fighting Stance – Daeryon sogi
5. Horse Stance – Kima Sogi

Blocks;

1. Guarding block—daebi makki
2. High block – San dan makki
3. Middle block – Chun dan makki
4. Outside forearm block – Pahlmak makki

Kicks;

From Back leg

1. Front snap – Ap chagi
2. Front Thrust –
3. Basic Side Thrust
4. Crescent (Outside to inside) – Ap dollio chagi

Green w/White Stripe Belt 19th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Instructor's Approval.

Main focus;

Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24 Lil Dragons for this belt are only required to know the first 8 moves.

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form represent the month of February.

One Steps;

4. Side Swipe

Self-defense; Breakaway

1. Two hand grab
 - * Outside Wrist Twist
 - * Princess Elbow
2. Shoulder Grab
 - * I have a Question—Swing

Falls;

1. Back Roll ~ Hoobang hejeon

Stances;

1. Back Stance - dwi sogi

Blocks;

1. Low Forearm Block - haran makki

Kicks;

From Back leg

1. Roundhouse Kick

Strikes;

1. Fork finger -

Blue w/White Stripe Belt

18th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Instructor's Approval.

Main focus;
Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24 Lil Dragons required to know through move 18.

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form and the Yellow Stripe represent the month of February.

One Steps;

4. Side Swipe
5. Tiger Side Step

Self-defense;

Breakaway

1. Two hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
2. Shoulder Grab
 - * I have a Question—Swing
 - * I have a Question—Elbow

Falls;

1. Back Roll ~ Hoobang hejeon

Stances;

1. Back Stance - dwi sogi

Blocks;

1. Inside block – ahn palmok makki
2. Low Block - haran makki

Kicks;

From Back leg

1. Inside to Outside crescent—Ahp Tollyo Chagi
2. Roundhouse
3. Step around Side Thrust (Rear Leg Side Thrust)

Strikes;

1. Back fist - deung joomok darigi
2. Fork finger -

Red w/White Stripe Belt

17th Kup Rank Requirements

Must know the 1st and 2nd Kyuki-Do Pledge, Kyuki-Do Tenant, and Theory of Power.

Must be in rank for 2 months and attend 16 classes.

Instructor's Approval.

Main focus;

Stances, chambers, kihaps

Hyung; Kicho – 24 steps, Kihap 1, 8 & 24

Meaning: Foundation;

A solid foundation on which to build and develop your martial arts potential.

24 steps represents the twenty-four hours in a day.

This form and the Yellow Stripe represent the month of February.

One Steps;

4. Side Swipe
5. Tiger Side Step
6. Dragon Side Step

Self-defense;

1. Two hand grab
 - * Outside Wrist Twist
 - * Over the Shoulder
 - * Princess Elbow
 - * Bounce
 - * I surrender
2. Shoulder Grab
 - * I have a Question—Swing
 - * I have a Question—Elbow
 - * Push Off

Falls;

1. Back Roll ~ Hoobang hejeon

Stances;

1. Back Stance - dwi sogi

Blocks;

1. Inside block – ahn palmok makki
2. Low Block - haran makki

Kicks;

From Back leg

1. Step around side thrust - bpal-diro omgyo yup chagi
2. Round House—Tollyo Chagi
3. Inside to Outside crescent—Ahp Tollyo Chagi
4. Step in Front Roundhouse

Strikes;

1. Back fist - deung joomok darigi
2. Fork finger -

Camo w/ White Stripe Belt 16th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki Il Chang - 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons required to know the first 6 moves.

Meaning: Spark Spirit

Kyuki-Do's Ability to awaken the spiritual potential within each of us.

30 represents the months that have only 30 days.

This form or the yellow belt represents the month of March.

One Steps;

7. Dragon Trap

Self-defense;

1. Single Lapel

- A) Outside Block to Forearm

2. Double Lapel

- A) Arm Scoop (Attacking One Arm)

3. 2 Hand Choke from Front

- A) Not Right Now

Falls;

1. Back Fall
2. Front Fall
3. Back Roll

Stances;

1. Side Stance—Yop Sogi

Blocks;

1. Double knife hand block—Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house

Strikes;

1. Forearm Slam

Green w/ Black Stripe Belt 15th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki Il Chang – 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons need the first 16 moves.

Meaning: Spark Spirit

Kyuki-Do's Ability to awaken the spiritual potential within each of us.

30 represents the months that have only 30 days.

This form or the yellow belt represents the month of March.

One Steps;

7. Dragon Trap
8. Invading Dragon

Self-defense;

1. Single Lapel
 - A) Outside Block to Forearm
 - B) Arm Scoop
2. Double Lapel
 - A) Arm Scoop
 - B) Pop the Elbows
3. 2 Hand Choke from Front
 - A) Not Right Now
 - B) Rake the Eyes

Falls;

Stances;

1. Side Stance—Yop Sogi

Blocks;

1. Middle knife hand block
2. Double knife hand block—Sang sohn-kal makgi
3. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Twist Kick

Strikes;

1. Clearing knife hand
2. Elbow slam

Blue w/ Black Stripe Belt 14th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki Il Chang – 30 steps, Kihap 1, 12, 16, & 30 Lil Dragons must know the first 24 moves
Meaning: Spark Spirit
Kyuki-Do's Ability to awaken the spiritual potential within each of us.
30 represents the months that have only 30 days.
This form or the yellow belt represents the month of March.

One Steps;

7. Dragon Trap
8. Invading Dragon
9. Jar Your Mind

Self defense; Breakaway

1. Single Lapel
 - A) Outside Block to Forearm
 - B) Arm Scoop
 - C) Thumb Lock
2. Double Lapel
 - A) Arm Scoop
 - B) Pop the Elbows
 - C) Weave
3. Two Hand Choke
 - A) Not Right Now
 - B) Rake the Eyes
 - C) Step Back Palm to the Wrist

Falls;

- A) Side Fall - Cheukbang nakbop

Stances;

1. Horse Stance—Kimo Sogi
2. Side Stance—Yup Sogi

Blocks;

1. Middle knife hand block
2. Hook block -
3. Double knife hand block—Sang sohn-kal makgi
4. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Step Behind Side Thrust

Strikes;

1. Palm Strike (Hi, Mid, Low)
2. Outside Forearm Strike
3. Front Elbow Strike

Red w/ Black Stripe Belt

13th Kup Rank Requirements

Must know all Kyuki-Do Pledges, Kyuki-Do Tenants, and Theory of Power.

Must be in rank 2 months and have attended 18 classes.

Instructor's Approval.

Main focus;

Slow, pressing techniques, exaggerate chambers and stances and critique all movements

Hyung; Kyuki Il Chang – 30 steps, Kihap 1, 12, 16, & 30
Meaning: Spark Spirit
Kyuki-Do's Ability to awaken the spiritual potential within each of us.
30 represents the months that have only 30 days.
This form or the yellow belt represents the month of March.

One Steps;

7. Dragon Trap
8. Invading Dragon
9. Jar Your Mind
10. Rock Your World

Self defense;

1. Single Lapel
 - A) Outside Block to Forearm
 - B) Arm Scoop
 - C) Thumb Lock
2. Double Lapel
 - A) Arm Scoop
 - B) Pop the Elbows
 - C) Weave
3. Two Hand Choke
 - A) Not Right Now
 - B) Rake the Eyes
 - C) Step Back Palm to the Wrist

Falls;

1. Side Fall—Cheukbang nakbop

Stances;

1. Horse Stance—Kimo Sogi
2. Side Stance—Yop Sogi

Blocks;

1. Middle knife hand block
2. Hook block -
3. Double knife hand block—Sang sohn-kal makgi
4. Low double knife hand block—Ha-dan Sang sohn-kal makgi

Kicks;

1. Sliding front snap
2. Sliding round house
3. Sliding side thrust
4. Step Behind Side Thrust
5. Spinning Side Thrust

Strikes;

1. Side (Outward) Knifehand Strike
2. Forearm Slam
3. Elbow slam

Appendix I: EMA One-Steps

One-steps are a formalized way to practice self-defense. All basic one-steps are executed against an attacker stepping in with a high section straight punch. At higher ranks, students will be expected to defend against multiple attacks, attacks to different targets or freestyle attacks.

The following list of one-steps may be modified Appendix I: EMA One-Steps

One-steps are a formalized way to practice self-defense. All basic one-steps are executed against an attacker stepping in with a high section straight punch. At higher ranks, students will be expected to defend against multiple attacks, attacks to different targets or freestyle attacks.

When asked to move inside or outside a punch, this move is to be done at 45-degree angle with your attacker. When this move is done properly you should be closer to your attack and be able to reach them with both hands and feet. The following list of one-steps may be modified to meet individual student preferences

EMA: One Step One: (Closed Acceptance - Right High Punch) - **Rising Sun**

Slide right foot back to form left front stance, at same time execute left high block. Execute three (3) middle punches.

EMA: Ones Step Two: (Closed Acceptance - Right Punch) **Moving Tide**

Slide back, execute a front leg front snap.

EMA: Ones Step Three: (Closed Acceptance - Right Punch) **Side Pump**

Step to the side at 90 degree angle execute a Side Thrust kick.

EMA: Ones Step Four: (Closed Acceptance - Right Punch) **Side Swipe**

Step forward at 45 degree angle outside opponent's punch, execute a back leg round house.

EMA: Ones Step Five: (Closed Acceptance - Right Punch) – **Tiger Side Step**

Slide outside your opponent's punch (at a 45 degree angle to your opponent) at the same time perform outside forearm block. Execute two (2) middle punches, then execute a round house kick back leg.

EMA: Ones Step Six: (Closed Acceptance - Right Punch) – **Dragon Side Step**

Slide outside your opponent's punch (at a 45 degree angle to your opponent) at the same time perform a right middle forearm block. Execute two (2) middle punches, then execute a round house with the back leg

EMA: Ones Step Seven: (Closed Acceptance - Right Punch) – **Dragon Trap**

Slide outside your opponent's punch (at a 45 degree angle to your opponent) at the same time perform a right middle hook block. Execute twist kick with inside leg..

EMA: Ones Step Eight: (Closed Acceptance - Right Punch) – **Invading Dragon**

Slide inside your opponent's punch (at a 45 degree angle to your opponent) at the same time perform a middle forearm block with outside arm and at the same time punch to the head with inside hand. Execute two (2) middle punches, then with outside leg execute a round house to opponents' side.

EMA: Ones Step Nine: (Closed Acceptance - Right Punch) – **Jar Your Mind**

Slide outside your opponent's punch to a horse stance (45 degree angle), perform an middle knifehand block then execute two high palm strikes.

Slide Inside your opponent's punch to a horse stance (45 degree angle), perform an middle knifehand block then execute two high palm strikes.

EMA: Ones Step Ten: (Closed Acceptance - Right Punch) – **Rock Your World**

Slide back foot into a back stance and perform a double knife hand block. Step forward into a left front stance grab the back of your opponent's neck and execute an elbow slam.