

Hyungs

- 1- How to do...
- 2- Combative purpose of the moves
- 3- Visualizing the essence of the Hyung
- 4- The final stage is the meditation state. The ultimate realization of the body, mind, and spirit connected.

The general principals of Hyungs:

Rhythm, harmony, concentration, discipline, visualization, enjoyment <strive for excellence>

I- Sae Kye Hyungs (World Form)

1, 2, 3

Creator: Jae Chul Shin

When: 1987

Where: WTSDA Convention in Philadelphia Pennsylvania, United States.

Time to complete: 30-35 seconds each

Number of Ki Haps: 2

Number of moves: 20

Three groups of Hyungs:

- 1- Basic Hyungs for Gup students
- 2- Advanced Hyungs for Black Belt students
- 3- Master Hyungs !!!

Every single movement contains feelings, meanings, spirit, theory and philosophy. Also, the Hyung is symbolic of defense, victory, pride, honor and devotion to one's goals.

Hyungs are designed to be a passage to practical fighting and should be preformed with total intensity.

Repetition of the Hyungs help enable the Student to develop the essentials necessary for fighting: balance, speed, power and accuracy. This is why Hyung is called the foundation of Tang Soo Do!

II- Pyung Ahn Hyungs (Pyung- balance, confidence / Ahn- safety, peace)

Creator: Master Itos

When: 1870

Where: Okinawa / Hu Nan Providence of Southern China

Time to complete: 35-45 seconds each

Number of Ki Haps: 2

Number of Moves:

4th learned / 1st Pyung Ahn – Pyung Ahn Cho Dan – 22 moves

5th learned / 2nd Pyung Ahn – Pyung Ahn E Dan – 29 moves

6th learned / 3rd Pyung Ahn – Pyung Ahn Sam Dan – 25 moves

7th learned / 4th Pyung Ahn – Pyung Ahn Sa Dan – 29 moves

8th learned / 5th Pyung Ahn – Pyung Ahn Oh Dan – 27 moves

Bassai Hyung

Creator: Unknown

When: 1700's

Where: Hunan Providence of Southern China

Time to complete: 45-60 seconds

Number of Ki Haps: 3

Number of Moves: 52

Combines the most aspects of the essence in the fighting arts: nimble combat moves, expression of supreme beauty of the body, mind and spirit.

Naihanchi Hyung

Creator: *Unknown

When: 11th century / approximately 900 years ago

Where: Northern China

Time to complete: 35-45 seconds

Number of Ki Haps: 2

Number of Moves:

10th learned / 1st Naihanchi Hyung – Naihanchi Cho Dan

1st Gup (Red Belt)

33 moves

11th learned / 2nd Naihanchi Hyung – Naihanchi E Dan

Cho Dan Bo (Blue Belt)

30 moves

12th learned / 3rd Naihanchi Hyung – Naihanchi Sam Dan

E Dan and above

36 moves

* Chang Song Kye

Sip Soo Hyung (Ten Hands)

Creator: Unknown

When: 17th century / approximately 300 years ago

Where: Northern China / North Eastern China

Time to complete: 35-45 seconds

Number of Ki Haps: 2

Number of Moves: 29

Nai Kong system Hyung (inner strength training)

Bong Hyung

Weapons are called martial instruments (tools)

Moo = martial and ki = instruments

The weapon and the use thereof, is a symbol of the users honor, pride and responsibility.

The weapon is not actually for fighting, but rather to avoid or stop a fight.

Bong Hyung Forms

Creator: Technical Advisory Commission WTSDA

When: 1982

Where: Philadelphia Pennsylvania, United States

Bong Hyung Il Bu

3 Ki Haps

23 Moves

Bong Hyung E Bu

2 Ki Haps

28 Moves

Bong Hyung Sam Bu

2 Ki Haps

28 Moves

Dan Gum Hyung

Dan Gum “Short weapon, knife”

Jang Gum “Long sword”

The blade should be applied only to cut for justice.

Passing dan gum blade forcing opponent declaration of a fight and represents hostility.

Blade toward you to show ultimate respect and subordinate attitude

Creator: WTSDA

When: 1982

Where: Philadelphia Pennsylvania, United States

Time to complete: 35-45 seconds

Number of Ki Haps: 2

Number of Moves: 37

Ro Hai Hyung

Creator: Unknown

When: 1600's

Where: Okinawa

Time to complete: 35-45 seconds

Number of Ki Haps: 2

Number of Moves: 29

Jin Do Hyung

Creator: Unknown

When: Late 18th / early 19th century

Where: Hunan Providence of Southern China

Time to complete: 45-55 seconds

Number of Ki Haps: 2

Number of Moves: 44

Kong Song Koon Hyung

Creator: Kong Song Koon

When: Late 1800's

Where: Hunan Providence of Southern China

Time to complete: 60-75 seconds

Number of Ki Haps: 2

Number of Moves: 65