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## The Aesthetic Value of Demo Competition in KOREAN HAPKIDO

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### Abstract

*This study is aimed to examine about the aesthetic contents that appeared in the Hapkido demo competition from the aesthetic viewpoint. Hence, this study is progressed on the basis of previous researches, books, and publications related to aesthetics concerning chivalry, thereby aiming to logically figure out aesthetic aspect of the Hapkido demo competition. The logical investigation into aesthetic elements of the Hapkido demo competition led to having approached a technical value, artistry, and physical beauty that are seen in the demo competition. Based on this, aesthetic value was tried to be closely examined logically.*

*The following conclusions could be possibly obtained.*

*First, there are many games of the Hapkido demo competition. But most of them are progressed by team. Conquest and harmony of a technical difference between teams are also important at this team-based partial-arts event. But the demonstration of techniques based on three principles of the Hapkido skills is important. What does not damage the body through considering an opponent based on the win-win principle with perfectly controlling the opponent as well in a state of being not lost the center even while switching to all directions in a situation of requiring an attack and a defense even if being the demo competition leads to allowing players and spectators to be capable of perceiving aesthetical contents and experiencing experiential element through a sense of accomplishment caused by satisfaction and high athletic performance.*

*Second, there is also a case that the Hapkido demo competition is finished just in a few seconds from the start to the end. But there is a case as well that is continued for about 5 minutes. A theatrical meaning is contained in demo. Thus, players or spectators can have the artistic experience. As a piece of movie is an outcome according to an effort of a writer and an actor, the wonderful and beautiful demo at the demo competition is a result of an effort that a demo player inspires a soul. Thus, this outcome comes to be recognized to be one genre of arts. Considering this, the Hapkido demo competition can be mentioned to be high in artistic value.*

*Third, a traditional discipline method in Hapkido can be considered to step up the manifestation out of the body through 'a control of internal breathing' with seeing it as the conformance of the breathing method and the body movement. A Hapkido demo player's strong and soft body well circulates Ki and Hyeol(blood) through a breathing method, promotes emotional balance and stability, reinforces the mind, thereby becoming the foundation of proceeding with being in harmony with mind and body. Hence, a demo player comes to point to the essence of martial arts dubbed Simshinilyeo under the direct connectivity with a human being's life*

**[Keywords]** Martial Arts, Hapkido, Aesthetic Value, Demo Competition, Techniques

### 1. Introduction

As for the beginning of Hapkido in South Korea, it has been continued for over 60 years while Choe Yong-sul returned from Japan in

1948, opened a Hapkido dojang for the first time in Daegu, and then spreaded a technique, thereby having been developed quantitatively and qualitatively with settling into

our traditional chivalry. This growth in Hapkido is leading to allowing many Hapkido organizations to open an event for a game pattern as chivalry sports including the popularization as knighthood[1].

With regard to Hapkido event in South Korea, it was not used officially the name called Hapkido, but was used the name dubbed the national Martial Arts Event in the initial stage of the event. The competitions in the 1970s were progressed just a sparring competition without a division of a special game. The demo competition was given just the demonstration of a pilot group to participants[2].

The beginning of a demo competition showed a form of a systematic game with being organized the Korean University Hapkido Association(present: Korea Hapkido Competition Federation) in 2003. Unlike a sparring competition, the demo competition is a game of competing with establishing and demonstrating a theme by team through being formed focusing on skills, falling down, and kicking that are the representative skills of Hapkido. Techniques in Hapkido can be divided into bare-hand skills and weapon skills. The bare-hand skills includes wrist skills, clothing skills, Bangkwonsul, kick defense, Seonsul, arrest skills, and entraining skills. weapon skills includes short-stick skills, cane skills, tethering skills, and fan skills[3]. As the Hapkido techniques is a joint technique as a skill peculiar to Hapkido, it is a technique of beating an opponent through cracking joints and pressing a vital point

This techniques can be properly performed a skill with feeling at home only when being repeatedly practiced at a training hall for a long time. The training in techniques may be the process of exercising the body and the mind and of realizing the importance of human beings in the process of learning techniques, rather than the principle of controlling an opponent. As the training in techniques is a practicing method of defending with hitting, breaking, and throwing through using an opponent's force when the opponent attacks, it may be said to be characterized by taking a training form of exchanging techniques while prohibiting an excessive

competition with the mind of harmonizing with the opponent[4].

To perfectly carry out Hapkido techniques, the skill of being properly reflected three principles in Hapkido needs to be conducted. As for the principle in Hapkido, first, as the principle of circle, it pursues the curve-linear technique along with the linear technique and has a meaning as saying of being able to beat an opponent just with a change and a conversion in movement itself. Second, as the principle of water, it implies to smoothly suppress an opponent's concentrated power like the running water. Third, as the principle of harmony, it is the principle of overwhelming an opponent through drawing the mutually different circular motion of the opponent and me into my circular movement[5].

If Sulgija(defender) and Batgija(attack) come to repeatedly train with understanding the Hapkido principle at the Hapkido martial arts competition, they come to possibly show the beauty of Hapkido technique at the martial arts event through increasing accuracy and difficulty level with being added power to technique and with getting faster. In terms of rightly displaying Hapkido techniques, Sulgija can subdue Batgija thoroughly without making an effort only when performing skills with understanding and applying three principles of Hapkido. The demo competition, which shows these techniques, can receive exclamation and applause with saying "wonderful", "beautiful" from viewers. Thus, watching leads to being capable of experiencing the appreciation and beauty with seeing the nice techniques, which are shown at the Hapkido demo competition, and the image of players who participate in a game[6].

The aesthetics of the Hapkido demo competition may expect the improvement in a human being's recognition capability, creation ability, and aesthetic capacity through expressing the body of being switched a feeling of internal mental process and through demonstrating artistic Hapkido techniques as well as the beauty, style and dignity when rehearsing Hapkido techniques. This aesthetic approach can lead to expanding and developing a range of the Hapkido demo competition[7].

A research relevant to the aesthetics of Hapkido as chivalry sports can be said to be nonexistent now. As a research on aesthetics in case of other chivalry games, a numbers of scholars such as [6][8][9][10][11] attempted the logical approach of aesthetics to chivalry through getting close from the aesthetic perspective with seeking an essential meaning of chivalry. However, in case of Hapkido, there is no prior research of aesthetic approach, thereby being in a state of being lacking in the logical approach.

Accordingly, this study is aimed to examine about the aesthetic contents that appeared in the Hapkido demo competition from the aesthetic viewpoint. Hence, this study is progressed on the basis of previous researches, books, and publications related to aesthetics concerning chivalry, thereby aiming to logically figure out aesthetic aspect of the Hapkido demo competition.

## **2. Aesthetic Understanding of Korean Hapkido Techniques**

Aesthetics implies academic approach of beauty and can be considered to be learning that understands the essence and structure of beauty, which is contained in nature or life and art. As beauty is a meaning of adjective called 'beautiful', its application scope is extremely broad. What is 'beautiful' has a far-reaching subject of including an act of things, thinking, verbal image, descriptive & experimental elements that exist under the structure between a human and a human and between a human and nature [12].

As aesthetics is the philosophical department, which has a theme as beauty, art, and sensuous cognition, what is called philosophical indicates the learning of pointing to a more fundamental and essential figure, which is rather prescribing its distinctiveness, not as the specific image. Academic department implies a learning field of having the segmentation problem system, not simply the intuitive recognition. At this time, what is called aesthetics can be defined as philosophical department of having a theme as beauty, art or sensuous cognition. Thus, as aesthetics is what establishes the standard of evaluating

beauty, it is a research of beauty that appears in nature and art including dance, theater, sculpture, picture and composition [13].

In the West, an artificial work and a natural beauty phenomenon are divided by classifying the value judgment of beauty, respectively, into the truth of pursuing the truth, the goodness of seeking moral value, and the beauty dubbed beautifulness, with premising a division of art and aesthetic thing. On the other hand, the East is not being divided an artificial work and nature through action called art. That is to say, in the Eastern aesthetics, a meaning of truth, which reflects correct truth, needs to be consistent with a concept of beauty, and to mutually correspond even to a meaning of goodness, which pursues right moral value. A concept of beauty in an oriental meaning is what it has true beautifulness, namely, beauty when a meaning of goodness is expressed as a virtue that a human being has in the process of being expanded into a sacrificial and moral meaning [14].

As our traditional martial art contains many elements of forming beauty, it mingles with the principles such as harmony, balance, rhythm, and symmetry. Harmony is what achieves harmony with being combined a variety of diverseness. Balance shows poise in the left-and-right volume. Rhythm indicates a state of showing dynamic expression according to the repetition of a constant unit in the spatial placement of a form or color. Symmetry implies a state that a part is integrated into the whole by being established a relationship of consistency and harmony between a part and a part in an object [13].

As techniques in Korean Hapkido is the core of Hapkido skill, it is the generic term for all the techniques of beating an opponent. What is most important when carrying out techniques is not to depend on fitness or power, but to be performed by building the ki in the body up based on the principle. In other words, it is what knocks down an opponent's balance using small force with moving location in a stable way focusing on Danjeon [5]. Most of Hapkido techniques are performed skills when an opponent attacks first. Thus, Sulgija's central movement can be said

to be very critical. Only the performance of techniques according to 3 principles of Hapkido in the stable posture leads to being formed wonderful and beautiful skills.

Techniques is divided largely into bare-hand technique and weapon skills. The bare-hand skills implies to control an opponent's attack with the bare hands. Weapon skills implies what an opponent attacks with a weapon or what Sulgija overpowers an opponent with a weapon. The Hapkido techniques pursues the curve-linear movement rather than the linear movement in a stable posture, and needs to be shown soft and natural movement, not the strained skills of using force. Also, it should be performed with the principle of adapting oneself to nature with a method of changing it into my desired direction as if water flows while accepting an opponent's force without inversely standing against an opponent's force. Thus, the movement of carrying out techniques is outstanding in mildness and harmonic beauty, thereby being able to be considered to be aesthetic martial arts of being noticeable in artistry.

However, the Hapkido Demo competition is being progressed with forming a team, thereby being difficult to obtain a good result through doing well just alone. It is progressed with making a team, thereby being capable of showing the high-level martial arts only when displaying high-level skills along with the team-based technique available for well adjusting the appropriate timing of performing skills such as falling down, kicking, and techniques of being made with performing skills.

### **3. Aesthetic Feature and Structure in the Demo Competition of Korean Hapkido**

The beginning in the demo competition of Korean Hapkido was naturally demonstrated in the training education of being carried out in the process of a higher level review in the 1960s by the Heuk Choo Kwan Association. A rise in participatory dojang led to having been opened with a name of a demonstration competition. Thus, the competition rules were enacted at the National Summer training event in 1974. The competition was begun

with a name of the National Martial Arts Competition in 1978 after being enforced a sport with games such as bare-hand skills, weapon skills, falling down, and group demonstration. And then it was begun in the form of martial arts with demonstration in each region and by dojang unit[15].

Following this, Hapkido in South Korea was founded the Sport for All Nationwide Hapkido Federation with joining the National Council of Sport for All in 1998. An event was begun by receiving an administrative and budget support from a government agency. The Korean University Hapkido Association(present: Korea Hapkido Competition Federation) was organized with a concentrated mind of willingly pursuing the Hapkido spirit along with a game pattern of having a character of Korean Hapkido in 2003. Thus, a competition came to be performed that was developed further compared to the demo competition, which had been carried out before, while newly making the demo competition match rules.

Competition events were proceeded with the group demo competition, the individual demo competition, and the fall down competition. The group demo competition is developed for 5 minutes with being formed over 10 persons by team, constructs demo competition with Hapkido skills such as techniques, falling down, and kicking, and heightens style and beautifulness through using music. The individual demo competition is available for participating in a match only when necessarily practicing for a considerable time by which two persons in Sulgija and Batgija make a team. In the individual demo competition, event 1(grabbing skills) comprised 2 wrist skills and 2 clothing skills. Event 2(bare-hand defensive skills) consisted of 2 Bangkwonsuls and 2 kick defense. As Event 3(weapon defense skills) includes 4 weapon defense skills, it is performed 4 skills by freely selecting short sword, long sword, bamboo sword, etc. As Event 4(special self-defense martial art) includes 4 special self-defense skills, four skills are performed by freely choosing fan skills, tethering skills, short-stick skills, swagger-stick skills, etc. The group demo competition and the individual demo competition are performed on a flexible mat. It is carried out the

group demo competition on 12m×12m and the individual demo competition on 8m×8m. Evaluation is made with etiquette, proficiency, difficulty level, artistry, and accuracy. As a fall down skills competition is composed of length fall technique and height fall skills, it is a game of competing how far or how high it falls using skills with running 10m×2m and then clearing a hurdle[16][17].

The beauty of Hapkido demo competition is expressed with originating from each characteristic of players who seek beautifulness, but is being embodied as the beauty of exercise, which is prescribed with the considerably formal unity or the physical legitimacy compared to beautifulness of a natural object, and expresses with further heightening aesthetic consciousness, which is scattered out of the Hapkido demo competition, thereby being what offers a frame of beautifulness to a player or a spectator. Seeing specific contents of this frame, those are involved a player's physical form, the artistry on a martial arts work, the beautifulness of having appeared during training, a place of martial arts, a uniform form & color, a harmony between martial arts and music, and those of giving aesthetic mood to spectators at the demo competition[18].

A form of being carried out at the Hapkido demo competition consists mainly of a team with 2 persons or over 10 persons. Thus, the high-level demo competition can be shown to spectators through overcoming and competing a technical difference among players. The experience at a stadium will be able to have the united experience of emotion and excitement. The demo competition has a competitive element of deciding the ranking. Referees' determining victory and defeat in a situation of a game, which is carried out dramatically, may stir up tension in players or spectators. The aesthetic experience of the Hapkido demo competition may be available through allowing spectators, who are looking at players' demonstration such as techniques, kicking, falling down, etc. of being proceeded with giving a shout of concentration in a demo situation, to repeatedly let out interjections and exclamations.

The aesthetic element of the Hapkido demo competition allows diverse skills that players acquire through training to be possibly performed rightly, thereby implying a value of improving a human being's physical beauty to a high level because of being interested even in the ethical aspect of well controlling own movement for the virtue and the correct behavior of being pursued by philosophy as well as sensitivity and emotional capability available for creatively accepting this with being in charge of communication between self and other person and with forming cultural value of seeking a human being's beautifulness in the holistic human aspect.

## **4. Aesthetic Elements of the Hapkido Demo Competition**

### **4.1. Technical beauty of the hapkido demo competition**

The key of athletic beauty relies upon a motor skill. The objective of exercise, of course, does not depend only on creating beauty or experiencing exercise, but relies ultimately upon enhancing skills. Thus, even the action of aesthetic consciousness is included in the constantly changing physical exercise.

The skills of exercise is the key essence of motor action. An exercise performer's skills can be explained with a method of showing or being seen through making "what is invisible" visible. What is visible explains two things in a situation of a sport itself and in a method that a sportsman is seen oneself. It is difficult to regard athletic beauty as the main property of exercise in a situation of a general game. However, the aesthetic element in the Hapkido demo competition can directly increase an effect of physical skill[19].

The beauty of the Hapkido demo can be realized when the stabilized central movement is performed in a situation of carrying out skills. In other words, there is no difficulty in displaying skills only when well maintaining own center while performing the Hapkido skills. Seeing the demonstration of senior instructors who trained Hapkido for a long time,

they dominate with striking down an opponent's center through the central movement in a stable posture even if young players attack with seizing the wrist or throwing a punch. This technique is not what is done by force, but is performed quickly and succinctly without being broken the center even amidst fast movement. As a discipline method for the stabilized central movement in performing Hapkido, there are Danjeon breathing and a switching method. Danjeon breathing is one of the methods available for performing technique in a stable posture without losing balance in moving to the front & the rear and to the left & the right through training physical regions of corresponding to the center of our body. And a switching method seeks the curve-linear movement rather than the linear movement in an upright state with lowering posture and relaxing the body based on three principles of Hapkido, thereby being capable of perfectly suppressing in a stable posture with knocking down an opponent's center from the opponent's attack[5].

What is important eventually is that all the Hapkido demo skills can be aesthetically recognized and experienced regardless of what the technique is performed under which objective. Even in addition to arts, there are many other actions that may be said to be technical. Also, there is a value to be considered to be aesthetic when being described in this way. These actions are preformed skillfully and smartly and are made the best effort for a goal. Accordingly, the aesthetic experience of technique cannot be limited only to art. The skills in the Hapkido demo competition arts event can be experienced from their own perspectives. Their aesthetic experience can be made regardless of what its actions are perceived or not as a goal.

Like what the artists obtain aesthetic experience amidst their own expressive movements, even the players who participated in the demo competition have aesthetic experience from their aesthetically practiced skills. It means that the skillful players can feel an aesthetic pleasure at the same time with exhibiting own technique in a match field. The performance of skills at the demo competition is primarily followed victory or defeat, of

course. It is not easy to experience an aesthetic pleasure in a situation of deciding victory and defeat. But what players can get aesthetic satisfaction relies upon paying attention to an aesthetic flow of own skillful movement. Players' practiced skills may be an intellectual material enough to be valuable and appreciated when looking backward, as well as the origin of aesthetic experience available for being enjoyed momentarily.

#### **4.2. Artistic beauty of the hapkido demo competition**

In many artistic activities, the beauty, style, technique, etc. can exist as what is mutually independent. But considering wonderful forms and brilliant techniques, each of those things cannot exist absolutely. The reason is that a showy play, which is made only with skills, may happen once in a while, but that the completion and beauty in the whole play are not made accidentally, and that the inconsistent play cannot receive a favorable evaluation[18].

In light of this, the height in beauty can be felt when being performed technique efficiently and perfectly at the Hapkido demo competition, namely, when being agreed by the demo player's technique and intended performance. The unintended skills cannot be regarded as aesthetical. It is natural to receive a fully aesthetical or artistic evaluation from the skills of demo competition. Especially when the great performance is done through excellent skills, a piece of fantastic and poetic art is created that is intentionally expressed the acting skills. However, as for the beauty that is shown at the Hapkido demo competition, its beauty is not what is expressed merely through physical movement or external line. Even this dynamic beauty is completed as one dynamic beauty by being combined a player's physical movement and mental ideology in which own subjective experience is immanent.

Even if being not a play, the demo competition can be considered to be the dramatized emotion by spectators as in a theater. That is because spectators join its action while being together with the demonstration in martial arts players doing the actor's role at the game.

As if one art work is an outcome of an artist's effort, the wonderful and beautiful demonstration at the demo competition is a result of effort in a demo player. Thus, this outcome comes to be recognized as one genre of the arts. And we generally come to possibly feel the impression of being felt with experiencing the art, above all, while experiencing the bright demonstration of the demo competition. In light of this, the Hapkido demo competition can be evaluated to be high in artistic value[20].

The art pattern in the Hapkido demo competition needs to pursue beauty. The establishment of the Hapkido demo aims to develop it into the right direction through instructing the process of art pattern in movements. Thus, the demo competition in the art pattern not only increases physical strength but also promotes a human being's emotion and makes mental world abundant in light of sentiment. This is because of being in charge of a role as a bridge, which links demo competition and art, with being found beauty during the Hapkido demo competition, with being newly created movements, and with being appreciated art world with a new angle in many directions[18].

### **4.3. Physical beauty of the hapkido demo competition**

Most of the martial arts players are acquired a skill stage by stage through the repetitive technical movement no matter who you are. The ability is shown when our body comes to be free from the fixed skills, namely, in a condition of being immersed in exercise itself. This is what is perceived artistry in a state of being committed own body fully through the repeated exercise for long hours. The thought of functionalism in martial arts puts priority on winning a victory rather than a virtue for becoming the fully human such as self-perception, a meeting with other person, and self-realization through the aesthetical experience in a host of sports action. Thus, an individual's qualitative elements come to be lost. The action through chivalry will require an effort through the considerate thinking and introspection on own act rather than being blindly performed.

The thought as saying that the base of martial arts is begun and left from the skills of the body originated from Chuang tzu's Thought. Shouting only for Do with the mouth results in belonging just to the idea without the body, the spirit without the body. Failing to raise the skills in the body up to the extremism leads to being unable to enter Do. The highest Do is completed only when reaching the state of idleness by which the technique in the body accords with the mind[21]. Sushin does not mean that a physical existential form called body is done by some means or other, but is relevant to the process of studying the whole life along with the personality of living with having such existential form as a medium of expression. Thus, a case of telling about a lesson of cleaning the body implies to wash the mind at all times. What uses the mind implies to employ the body[22].

The understanding about martial arts can be approached in various angles. But there will be no room for dissent over the argument as saying that the physical exercise is just the key essence of martial arts. Martial art has usefulness in diverse values. But it is undeniable for all the utilities in such value to be made on the basis of Chegi, namely, of physical activity of moving the body. Hence, the physical exercise of moving the body is one of the most basic elements in human existence [23].

A traditional discipline method in Hapkido can be considered to strengthen the manifestation out of the body through 'a control of internal breathing' with seeing it as the conformance of the breathing method and the body movement. Thus, it becomes the true discipline in a state of Simshinilyeo available for moving own body with getting active in blood circulation through being stimulated muscles, ligaments, joints, etc. by being broken and twisted joints during the discipline. Accordingly, the considerable practice for the demo competition leads to getting smooth in the body and to being corrected posture. It can be said to be true discipline of the Hapkido demo only when carrying out the practiced techniques with the win-win spirit

through the courtesy and respect for an opponent of having been realized through a breathing training.

## 5. Conclusion

This study aimed to figure out an aesthetic value of the martial arts event through integrating the Hapkido demo competition and an aesthetic theory. The logical investigation into aesthetic elements of the Hapkido demo competition led to having approached a technical value, artistry, and physical beauty that are seen in the demo competition. Based on this, aesthetic value was tried to be closely examined logically. The following conclusions could be possibly obtained.

First, there are many games of the Hapkido demo competition. But most of them are progressed by team. Conquest and harmony of a technical difference between teams are also important at this team-based partial-arts event. But the demonstration of techniques based on three principles of the Hapkido skills is important. What does not damage the body through considering an opponent based on the win-win principle with perfectly controlling the opponent as well in a state of being not lost the center even while switching to all directions in a situation of requiring an attack and a defense even if being the demo competition leads to allowing players and spectators to be capable of perceiving aesthetical contents and experiencing experiential element through a sense of accomplishment caused by satisfaction and high athletic performance.

Second, there is also a case that the Hapkido demo competition is finished just in a few seconds from the start to the end. But there is a case as well that is continued for about 5 minutes. A theatrical meaning is contained in demo. Thus, players or spectators can have the artistic experience. As a piece of movie is an outcome according to an effort of a writer and an actor, the wonderful and beautiful demo at the demo competition is a result of an effort that a demo player inspires a soul. Thus, this outcome comes to be recognized to be one genre of arts. Considering this, the Hapkido demo competition can be mentioned to be high in artistic value.

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