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## Study on the Utility of KOREAN HAPKIDO as a Modern Physical and Spiritual Training

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### Abstract

*This study investigated as to whether Korean people living in modern society are effective in playing a role of bringing the healing of mind and body through Hapkido training which is one of the martial arts that started on the basis of oriental thought while living with social problems.*

*Oriental thought is able to remind Koreans, who are suffering from social problems like modern times, that human beings are no longer separated from the world, are not helpless and worthless, but that they are universal beings possessing eternal time and infinite space within themselves. If we accept a new human perspective through Hapkido training, we will realize that our existence's value is quite meaningful and would be able to pursue true peace and happiness.*

*It emphasizes the fact that the relationship between body and mind is not dichotomous but rather closely related to each other in order to be fully human in oriental thought, so that the mind and body must be performed at the same time. It is ki that mediates the relationship between mind and body, that is, the body and mind are connected to each other through the medium of ki.*

*Hapkido has a spirit of martial art that seeks to unite humanity and the universe by recognizing the change of the universe as the flow of ki and realizing its principle. Therefore, Korean Hapkido, which sees the flow of ki as the basis of performance, is a martial art based on the fundamental spirit of oriental martial arts. Thus, ki in Korean Hapkido is based on the inner strength of the human being and strengthens through breathing training and thus coincides with the movement. It is not only the basic maintenance tool of life but also the main spirit and sustaining source of Hapkido in order to reinforce the internal strength of the human mind through breathing training and to harmonize the movement of the body.*

*Pursuing in Hapkido is to have spirit and body gain enlightenment through ki. Thus, the training principle and technical system of Hapkido is to realize the body by sustaining ki.*

*Therefore, naturalness is greatly emphasized when one practices Hapkido techniques, and it is a process of naturally communicating the technique and learning the importance of human being without competing with each other and instead, exchange techniques with each other. Accordingly, when practicing Hapkido as a physical and spiritual training, it can be said that the utility is great as a physical and spiritual training method if the technique is focused on ki central to the breathing technique, and if the technique is performed naturally while harmonizing with the opponent.*

**[Keywords]** Martial Arts, Hapkido, Utility, Ki(氣), Techniques

### 1. Introduction

Today, Korea is the only country that has achieved industrialization and democratization in such a short length of time relative to other

countries. Economic growth and democratization may be said to be the symbols of modernization, and the pursuit of happiness for the people would likely be the ultimate goal of modernization. However, can the people living in Korean

society be truly happy? The suicide rate of Koreans is the highest among the OECD countries. What is the reason as to why Koreans who have achieved economic growth and democratization in a short length of time live unhappily? In addition, Korean problems such as the craze for overseas study, abuse of foreign workers, discrimination against racially mixed children, enthusiasm for luxury goods, and the expansion of looks-are-the-bestism are manifesting in such a variety of forms. These socio-psychological problems have been reported to be a part of people's efforts to resolve the sense of helplessness and inferiority within the minds of the Korean people[1].

The phenomenon caused by the sense of helplessness and inferiority causes pain and misery to the members of society and further deepens human alienation. The reason for such helplessness and inferiority is that the self-consciousness of the Korean people has not been created in the course of 36 years of Japanese colonial rule and the influx of western culture since the liberation entered people's lives without filtration. The reason for paying attention to oriental thought is that human perspective is rich in the oriental thought as a universal being that meets these demands of the times[2].

The traditional oriental thought has a basic perspective for harmonizing the heaven, human, nature and human life, and there is also the ideology of the unity of god and man(天人合一)in Confucianism as well as Daoism which held a deep interest in the organic life of man and nature. Then, in the oriental traditional cradle thought based on this ideological basis, there was an attempt intrinsic to planning harmonious development of body and mind through the physical and spiritual training[3].

The human body and mind function closely interact and adapt to the environment in which they live. Thus, health depends on how you adapt to your environment. To prevent and heal unhappiness, people make efforts to improve their health and quality of life physically and mentally in various ways. Particularly, there is an increasing interest in the physical and spiritual training method among the ways of pursuing quality of life. The physical and spiritual training

method is linked to the improvement of the eating habits, and it is not only improving the healthy constitution but also strengthening spiritually, so that it has a serious attitude to the life in the order of the universe and makes it aware of the importance of morality and ethics in the universe of the universe. It is also a way to achieve emotional stability by focusing on studying and reading with high concentration[4]. With growing interest in health, the oriental physical and spiritual training is gaining increasing popularity. The oriental physical and spiritual training method is a systematic and natural performance system that polishes the human body and mind, and is an expression of the universe's spirit that embodies the essence of nature to harmonize with anything. It is consisted of yoga, danjeon breathing, meditation, and gigong, and there is such a great variety. The physical and spiritual training method secures the flexibility of the body, smoothes out the flow of ki(氣 or energy), and restores the body functions such as the internal organs, so it can be said that it conforms to the laws of the nature. Therefore, it can be said that it is a performance system that restores and improves the health by balancing the mind and body through the physical and spiritual training[5].

One of the high values of these oriental physical and spiritual training methods is the martial arts training. The ultimate goal of the martial arts training is to remind the self through training and to control the form of real life. In fact, the martial arts training is a way of life that enables learning the norms of behavior that appear in oriental thought and leads to real life, which is practicing the principle of practice of oriental philosophy in the human behavior style. This is an important clue to solve the human problems facing mankind as an alternative to improve the spiritual life of human beings worn out by the technological civilization. Furthermore, the characteristics of oriental martial arts also developed in close relation with the way of performing Confucianism(儒), Buddhism(佛), and Taoism(道). According to the methodology, the Buddhism chose the method of meditation(坐禪), Confucianism chose upright posture(靜坐), Taoism chose Taoyin(導引). Through the selection, the Buddhism pursues human perfection, that is, liberation, and nirvana, and Confucianism grows finished character of a larger man through the

reception, whereas Daoism reaches the pinnacle of a hermit(仙人)[6].

Traditional oriental training methods such as Qigong gymnastics, taichi, and kuksundo are based on breathing exercises. Thus, danjeon breathing is the basis of martial arts practice. From this point of view, Korean Hapkido performance emphasized that "it is performed by danjeon breathing, Hapkido techniques, falling down and kicking." Danjeon breathing is an essential factor in Korean Hapkido performance. It is, of course, the basis for the practice of Korean Hapkido, which implies the integration of ki(氣), and is a source of other performance fields[7]. This is the basis of life-sustaining means, but strengthening the internal strength of the human mind through breathing and matching the movements of the body is the main spirit and practice of Hapkido.

Therefore, the purpose of this study is to examine the utility of Hapkido as a physical and spiritual training that can help resolve the sense of helplessness and inferiority of modern people living in the modern civilized science.

## 2. Physical and Spiritual Training of the Oriental

### 2.1. Danjeon breathing

Danjeon breathing, a representative practice of Taoism, is a cure breathing method in which oxygen and ki(氣) are inhaled and exhaled around danjeon. The breathing method takes different ways depending on the age and the arteries of Taoism, but the basic thing is the method of the law taeshik. Taeshik is a way of breathing like a fetus breathes in the womb as if accepting the primitive energy through the umbilical cord, not the mouth and nose.

At this time, the fetus is in the shape of a cuckold holding the thumb with four fingers, which is for the sake of suil, or protecting the day. In the concept of days, the word "one"(一) refers to the spirit or deity within the body, and it is said that it is mainly staying in three danjeon.

Sangdan(上丹) is called Yihwa(泥丸), and is located in 3 chon(寸) above the eyebrow. Chungdan(中丹) is called Kanggunggeumwol(絳

宮金闕), which is located at 2 chon(寸) 4 pun(分) underneath the belly as a danjeon(下丹). The law of suil is connected with the inner perspective law which sees the goddess in the danjeon of the inner body. This law is to unify the spirit that exists in the body and the mind in unison.

In addition, the inner perspective is performed with haengki(行氣), or the acting energy, which is to send the energy to sandanjeon. The energy coming through the respiration reaches the brain through the pipe source, from the brain back to the chest, then goes through 3 danjeon. This is called danjeon breathing, and what to be aware of when breathing is that breathing has always to be thin and long through the nose for both inhalation and exhalation.

There are junggi(靜氣) and donggi(動氣) in the haengki technique, whereas in the former, there are jungjw(正坐)a, gwejwa(跪坐), hojwa(胡坐), gijwa(奇坐), bokjwa(伏坐), hwengja(橫坐), and banwa(半臥), and in donggi, there are manbo(慢步), wanbo(緩步), sokbo(速步), kwebo(快步), and pobo(跑步), respectively.

In the case of jungki, the beginner performs jungwa(lying while facing the ceiling) or bokwa(facing the belly down on to the floor), and after breathing once, spit out after counting 80 to 100, and the mid performer can perform tonab(吐納) by counting 100 to 300, and the extreme performer does so after counting 300 to 1,200, respectively[8].

### 2.2. Qigong

Qigong(氣功) is a training method of self-esteem and physical and spiritual training, which mainly regulates posture, breathing training, mind and body relaxation, concentration and operation of the willpower, and rhythmic movement, and controls and strengthens the function of each organ or system of the body. It induces and develops the potential to prevent and cure diseases and to make them healthy and enable longevity.

Qigong claims that it contains the meaning of care within ki(氣), or energy. Traditional curing methods, such as shinseon(神仙), doin(導引), tonab(吐納) and naedan(內丹), have been passed on for thousands of years in many oriental countries including Korea. However, the term

Qigong became universally used in China in the 1950s. Qigong is a curing method that combines body movement, breathing control, and mental discipline. Specifically, it is a synthesis of whole body gymnastics(調身), breathing exercises(調息), and transcendental meditation(調心)[9].

It is said to be the three major elements of physical and mental training. In the method of physical and spiritual training, the mind is controlled, the breath is controlled, the posture is controlled to prevent diseases, with the ultimate goal being a complete unity. The beginning of the Qigong movement is to learn three methods of joshin(調身), joshik(調息) and joshim(調心). First, joshin means to control posture and to take correct posture and to perform correct operation. Second, jishik is a way to control breathing and control itself. Third, jishim is a way to concentrate the thoughts in one spot by eliminating misconceptions[10].

The purpose of practicing Qigong is to train the jinki(真氣), to train wonki(原氣), or the new original energy, and to enable good circulation through kyeongrak(經絡). If the blood circulation is not stagnant and smoothly circulated through kyeongrak, balance of um and yang(陰陽) will be maintained, the homeostasis of the body will be maintained, vitality will become strong, and morale will be maintained and health will be maintained.

### 2.3. Yoga

Yoga is of a vigorous history of physical and spiritual training that began in India, whose origins are unclear. The ultimate goal of all yogas is enlightenment and can be divided into various ways depending on what you emphasize as a way of practicing for enlightenment.

Yoga should be practiced in the right way with the right purpose. Patanjali divided the correct yoga practice into eight steps. Yama(rate of morality), Niyama(religious practice), Asana(physical adjustment), Pranayama(breathing method), Pratyahara(restraining of sensory organs), Dharana(concentration of awareness), Dhyana(meditation), and Samadhi(unity of ecstasy, subjectivity and objectivity)[11].

The traditional yoga practices, which are best known to us today, include Hatha Yoga, Raja

Yoga, Juana Yoga, Karma Yoga, Bhaki Yoga, and Mantra Yoga.

There are three methods of yoga practice such as position method, breathing, meditation. First, the position method is originally a method of sitting on yoga(asana). Second, breathing is closely related to the way the state of mind is breathing, so you can control your mind by controlling breathing. Breathing is the way to control breathing, ultimately controlling the mind, activating vitality, adjusting to the limits of human routine, and getting a state of higher energy. Third, in meditation, the Indians not only think quietly about meditation, but also have a higher level of meaning to reach the level of liberation by breaking their thoughts. Through meditation, they make the performers calm, balanced and deliberate. Yoga meditation opens up a whole new dimension of life, and as one learns how to sit at regular and precise times and places, one become more and more delighted and discovers joy in meditation[12].

### 2.4. Meditation

Meditation is "meditatio" in Latin, which is a term used to establish the inner self by naturally immersing the mind in it, or the spiritual concentration for the practice of the religion. The basis of all thought and consciousness is the tranquil inner consciousness, through which one is naturally immersed in consciousness.

Meditation is the basis of human mental life. It is the driving force of mankind, but it has been passed down to the present day as it has developed in the West, and in the East, especially in India, Since meditation is the driving force of cultural creation, it has developed along with the human history.

Meditation is a reconstruction of all oriental physical and mental training methods and wisdom into scientific, psychological, behavioral medical, and state knowledge. Many meditation methods belong to one of "focusing attention" and "visualization technique" or "creative visualization technique", or a combination of both elements. The former refers to observing changes in all body and mind through 'self-gaze' and the latter refers to vivid imaging of the ideal goal of

life in the head. The former refers to the technique of Vipassana, and the latter refers to the mind control technique[13].

When meditation is performed, organs that have been nervous in their daily lives are resting and look at their minds in a stable state. Feelings of hatred, tough feelings are refined and the mind is relaxed. The expected effects of meditation include emotional refinement, comprehension and compassion empowerment, ability to establish emotional control and autonomous emotional empowerment, relief of anxiety, improvement of concentration, concentration of anger, wisdom of life, and is expected that the effect of meditation can be used even more broadly to help solve social problems with the enhanced body and mind[4].

### 3. Korea Hapkido's Training System

The beginning of Hapkido in Korea was 1948 when Choi, Yong-Sool returned from Japan and opened the first Hapkido Dojang in Daegu, spreading the techniques and discharging many disciples. In addition to the Jujutsu taught by the master, the students of Choi, Yong-sool completed the present the Korean type of hapkido technical system by adding breathing, kicking, and weaponry(cane, fan, short bar, and tying skills)[14].

The Korean hapkido training system may be different depending on the association and school, but the most common ones are breathing, falling, kicking, and techniques.

First, the breathing method is a method of accumulating the ki(氣) using inhalation and exhalation, and the inhalation is slim and long, and exhalation is a long and heavy spit of breathing. By repeating this, the diaphragm relaxes and contracts and current is generated, which affects the cerebral cortex. Thus, it is reported that endocrine secretion, which induces a stable mood and sedation, becomes active, and it becomes possible to see a positive physiological phenomenon[7].

Secondly, falling method is a method of falling forward, falling backward, lateral falling, spinning fall, and airborne spin fallout in such a way as to protect oneself, minimize injury, and fall

when fallen by oneself or by the power of an opponent. Hapkido's fall-off is based on the principle of Circle(圓)and Harmony(和), which are the basic principles of Hapkido, to prevent injuries of the human body and to disperse the concentrated physical force of the opponent efficiently, When the force comes in, one can move in a safe direction and disperse the power of the opponent through the circular motion[15].

Third, a kicker attacks the bodily weakness, blood, etc., and uses the practical position according to the position and posture of attack. That is, a wide target is pointed with a toe, and a slender target, such as a shin bone, attacks the inside of a broad leg. The power of Hapkido is very great because it draws the power of the body, the inner strength, while kicking, just before it touches the target without touching the power. Sometimes, the power is exhausted and the kicking speed is fast, but such various kinds of kicking is performed in diverse ways at various associations and schools[16].

Fourth, the techniques is a skills that represents Hapkido which is distinguished from other martial arts. It is techniques that can safely protect and suppress the attacking opponent as well as himself. To understand Hapkido skills, one first needs to understand the conversion method. The Hapki Step(轉環法) is a special way of Hapkido to rotate in the circle to change the movement, further causing loss of the central force of the opponent to suppress the opponent or enable elimination of the opponent with the conversion alone. The Hapki Step uses a circular principle among the principles of Hapkido to move smoothly and in a balanced manner with the body standing upright[15]. Understanding this Hapki step and learning the technique will enable you to demonstrate the genuine Hapkido skills. The technique is representative of the dynamic performance of the Korean Hapkido and serves as a core to protect itself and others, as well as all techniques to suppress opponents[17]. It is divided into punching, kicking, breaking, and throwing by using or opposite using opponent's muscles, bones, ki(氣) and blood. In the technique, there is a distinction between the bare-hand technique and the weapon technique, and the bare-hand technique is wrist technique, clothing technique, punch defense(防拳術), kick defense(防足術), and arrest technique. weapon

technique includes short-stick technique, cane technique, tethering technique, and fan technique. Instead of attacking first, it is a technique to oppress opponent using opponent's power when attacking first[17]. In practicing the technique, the principle of training is firstly the principle of circle(圓), which means to round like a circle, and pursues a curving technique with linear technique. Second, the principle of water(流) means 'to be like flowing water', meaning that the power and ki flow in any direction, so it means to change the power and ki in the desired direction. Third, the principle of harmony(和) means to pull the opponent in the manner of 'cooperating with the opponent' and to push the opponent in the direction of pulling, so that no overaction will be done by using the natural law[18]. In practicing Hapkido, one has to understand these principles and feel the true taste of Hapkido.

## 4. Elements of Hapkido's Physical and Spiritual Training

### 4.1. Principles of training

The circle does not stagnate at one point but forms the root of Hapkido based on the flow of ki and body that turns freely. The Hapkido technique should be circular for both the movement of the foot, and the twist of the waist. The training of the basics should also be done to acquire the circular motion. Every movement in the universe is made up of circles. That is, the circle becomes a pole that moves the movement of the body according to the law of nature[19].

There is no constant shape in Hapkido as there is no constant shape in water. It is an exquisite Hapki to change according to others and follow the natural order of matters. The water is extremely weak but the obstacles to the front are defeated even if they are strong. Therefore, the principle of water implies the intensive suppression of the opponent's concentrated force as the flowing water, and the weak force, which is supposed to be flexible, has the intrinsic meaning that it can handle the strong force[20].

The universe has a constant circular motion with respect to a single central point, and this circular motion is the great principle of the

movement of the universe. As a microcosmic universe, humans also live in the natural flow of the circle movement. The principle of harmony is the drawing of the opponent and the different circular movements into my circle movement. That is, the principle of harmony is to understand the flow of relative motion and to make the flow of my movement equal to that of the opponent, but to put the opponent into the whirlpool in the direction I desire[21].

The basic idea of the harmony, can be found in the Lao-tzu's virtue of lack of dispute. In a fragmentary sense, it can be thought of as 'combining with the other'. But one step further offers a new enlightenment. If you attempt to get something from your opponent without giving something to him yourself, your opponent will not give it to you either. If you make your opponent harsh, your opponent will fight, become cunning, and turn away. In the martial arts, harmony is to show the opponent your weakness and allow your opponent to pursue your weakness. It is a true harmony to stand in the opponent's position, let your opponent take over your body, and direct your opponent in your intended direction[19].

Thus, Hapkido training is a mind and body that transforms the angular personality into something circular, suppresses the strong with a gentle flow, and harmonizes disagreement with one another. It has the characteristics of martial arts.

### 4.2. Danjeon breathing

When humans breathe well, our being develops the ability to preserve life for a long time, and if one governs even his mind correctly, he can heal most of the diseases of modern people. Indeed, we are exposed to a number of physiological, biochemical, and biological factors that can cause human disease, but the low incidence of disease is due to the fact that the human ki and information network are effectively responding[22].

Danjeon breathing has the inherent essence of martial arts that circulates behavior while controlling the fundamental tendency of human from within the inside. It is the joshik(調息) of danjeon breathing, the control of breathing, joshim(調心) of the control of mind, joshin(調身)

of the control of mind, unifying breathing, movement and awareness[23].

Danjeon breathing is a breathing method that takes the ki of yin-yang(陰陽) and five elements(五行) of the universe's ki as a danjeon and forms a sympathetic feeling in the nature, achieving the proper circulation of blood and ki to achieve emotional balance and stability, and is further based on making the mind and body harmonized by strengthening the mind through the adjustment. Therefore, it is aimed at the essence of physical and mental training, which is called mind and body for the direct connection with human life[24].

Danjeon breathing is a traditional oriental technique that keeps mind and body healthy. Therefore, oriental martial arts are based on breathing control, and Korean Hapkido training is also a fundamental element of performing danjeon breathing. This is because it is not only a means of maintaining life, but also strengthening the internal strength of the human mind through breathing training and harmonizing body movements as the main spirit and sustaining source of the Korean Hapkido.

### 4.3. Hapki step

The Hapki Step(轉環法) is a method of moving a peculiar Hapkido that defines the movement of the foot for body movement. The body is pulled out of the body, the waist is raised, and the balance is moved. The conversion method is the simplest and direct representation of the principle of circle, water, and harmony[21]. It seeks a more curvilinear flow than a linear flow and must flow smoothly.

The Hapki Step is a technique to train the whole body such as muscles, bones, joints, and backs of each organ, and it facilitates the metabolism such as blood circulation and the development of each organ of the body through smooth movement to the left and right. Continuous repetition of the Hapki Step improves flexibility, muscle elasticity, balance, and development of bones and joints[15].

The Hapki Step is a technique that can be practiced without any restriction in any place, whether it is a wide space or a narrow space. It is necessary to start breathing first, the line of

vision should start to change to a light heart toward the front, and all of Hapkido technique is a training of ki for the sense of conversion and practice.

### 4.4. Techniques

Hapkido is a martial arts that focuses on physical and spiritual training to fuse with nature and to protect people and others according to its principles. It is to strengthen the process and methods, and the nature of the force is harmony and conformity. As you can see from the training method of performing the form of repeated training that exchanges skills without fighting, that is, fighting in the attitude of love and harmony of each other, only the skilled person(attacker role) and receiving person(defender role), which may be a pure martial art form of another modern meaning unlike the sports where games are played under rules[25].

The meaning of Hapki in Hapkido can be found in the coincidence of ki of oneself and ki of heaven and earth. As for the characteristics of Hapkido, it can be said that 'Hapkido is a training exercise that repeats certain skills(form) against the skilled person(attacker role) with bare hands'[14].

The learning of the technique is not derived from the principle of oppression, but it is training the mind and body in the process of learning the technique and learns the importance of the human being without knowing it himself. In the technique of Korean Hapkido, the unity of internal and external forces coincides with the constitution of ki and mind that harmonizes with the other. That is, when the movements of the mind and the body are accurately displayed externally, it can be said that the technique has been properly learned. Techniques may be applied separately, but they may take the form of interdependent techniques. There are unique martial arts such as throwing and breaking, breaking and throwing, hitting and breaking and throwing. Also, the harmony between attacking technique and falling technique is not only a free and voluntary technique of Korean Hapkido but also an expression of stylishness and beauty. Therefore, it can be said that the technique is the essence itself of existence of Korean Hapkido, and it is the basis of existence as a different martial art. At the same time, mobilizing danjeon(丹田) to a

stable position and consider the safety of the counterpart to take over is a value that can not be overlooked in Korean Hapkido. This a spirit of respecting each other, and is the basis for pursuing human centric oriental cosmology and the idea of person of heaven and earth through the ki of heaven(天氣) and ki of earth(地氣)[24].

## 5. Conclusion

This study investigated as to whether Korean people living in modern society are effective in playing a role of bringing the healing of mind and body through Hapkido training which is one of the martial arts that started on the basis of oriental thought while living with social problems.

Oriental thought is able to remind Koreans, who are suffering from social problems like modern times, that human beings are no longer separated from the world, are not helpless and worthless, but that they are universal beings possessing eternal time and infinite space within themselves. If we accept a new human perspective through Hapkido training, we will realize that our existence's value is quite meaningful and would be able to pursue true peace and happiness.

It emphasizes the fact that the relationship between body and mind is not dichotomous but rather closely related to each other in order to be fully human in oriental thought, so that the mind and body must be performed at the same time. It is ki that mediates the relationship between mind and body, that is, the body and mind are connected to each other through the medium of ki.

Hapkido has a spirit of martial art that seeks to unite humanity and the universe by recognizing the change of the universe as the flow of ki and realizing its principle. Therefore, Korean Hapkido, which sees the flow of ki as the basis of performance, is a martial art based on the fundamental spirit of oriental martial arts. Thus, ki in Korean Hapkido is based on the inner strength of the human being and strengthens through breathing training and thus coincides with the movement. It is not only the basic maintenance tool of life but also the main spirit and sustaining

source of Hapkido in order to reinforce the internal strength of the human mind through breathing training and to harmonize the movement of the body.

Pursuing in Hapkido is to have spirit and body gain enlightenment through ki. Thus, the training principle and technical system of Hapkido is to realize the body by sustaining ki.

Therefore, naturalness is greatly emphasized when one practices Hapkido techniques, and it is a process of naturally communicating the technique and learning the importance of human being without competing with each other and instead, exchange techniques with each other. Accordingly, when practicing Hapkido as a physical and spiritual training, it can be said that the utility is great as a physical and spiritual training method if the technique is focused on ki central to the breathing technique, and if the technique is performed naturally while harmonizing with the opponent.

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### Research field

- Influence of Stress on Self-esteem and The Moderation Effects of PHYSICAL ACTIVITY in KOREAN Elderly People, *International Journal of Sport*, 1(1) (2016).
- A Study on the Personality Development of Elementary School Students through HAPKIDO Training, *International Journal of Martial Arts*, 2(1) (2017).

### Major career

- 2006~Present. Hoseo University, Professor.
- 2006~present. Korea Security Science Association, Director.
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