

True History of Korean Hapkido and Hapkido-Founder “DoJuNim” Ji, Han Jae

The Real History

“DoJuNim” (aka. “Honorable Founder of the Way”) Ji, Han Jae was born in 1936 in Andong, Korea (*now South Korea*). While his recognized birthday is October 27th, there is some confusion by western-standards as to his true date-of-birth. It is believed that his actual date-of-birth is September 31st, 1936. It has also been suggested that his birthday, according to the “*Moon Calendar*” and the Chinese calendar is August 15th, which was a full-moon day. Due to high infant-mortality rates in Korea at that time, many babies were not given an officially registered birthday until up-to one year of their actual birth. Many families also celebrated what was known as a ‘100-Day Birthday’ for infants that survived that long. This tradition is often carried on even today. Regardless, Ji’s family moved to Sun Yang, China when he was one year of age. He attended school there until 1945 when his family returned to Andong, following the long Japanese occupation of the Korean peninsula. He began his martial arts training in *Yawara* and *Daito-Ryu AikiJutsu* a few years later (1949) in Dae-Gu/Tae-Guek City with Choi, Yung Sul at the age of 13. Choi had learned under Sokaku Takeda while living in Japan, finally returning to his homeland of Korea following WWII. The techniques Ji learned at this time were primarily joint locks, throws, low kicks, and sword techniques. He trained directly under Choi until moving to Seoul in 1957. **Note: While some people had erroneously merited Choi, Yong-Sul with the creation of Hapkido, he was not. He was however the first instructor to the founder, Ji, Han Jae, who was among his first students in Korea for over eight (8) years. Choi, Yong-Sul did in-fact teach Yawara and Daito-Ryu AikiJujutsu. This still certainly immortalizes Choi into a place of distinction in martial arts history and Korean martial arts history.**

When Ji, Han Jae was eighteen, he began to train with a man many have referred to as Taoist Lee. Ji, had met Taoist Lee (aka. ‘Lee Do-Sah’ / DoSahNim: Honorable Wiseman) whose own father was an herbal medicine doctor, and who had helped and treated Ji’s mother while ill. Lee Do-Sah’s own age was approximate to that of Ji’s father. Lee Do-Sah was Ji’s ***SamRang-Do*** and ***TaeKi*** instructor / master. Ji used the term “Taoist” when he first arrived in the USA because it was the closest word he could find to describe Lee Do-Sa (*NOTE: The history of TaeKi and the SamRang Warriors of the Baekje Kingdom / 3-Kingdoms era will be presented by GM Ken MacKenzie in a later article*). Lee Do-Sah trained Ji primarily in mediation, the use of the Jang-Bong (6' staff), the Dan-Bong (short stick), and other traditional weapons. Lee Do-Sah also taught Ji the complete kicking arts of the ancient SamRang, in some ways similar to those found in what is often called today: Korean Taekkyeon/Taekgyeon, meaning the ‘exercises of’ TaeKi, with “TaeKi” being the actual art-form. Ahead of his time in many respects, many of the drills that Ji was doing at this time are similar to plyometrics used in sports today. With many kicking techniques and high jumping techniques, Ji, had a perfect

complement to the grounded techniques of *Yawara* and *Daito-Ryu AikiJutsu* as taught by Grandmaster Choi.

In addition to the important martial aspects of training, Lee Do-Sah also began Ji on his mental and spiritual training, as well as a broad base of breathing *and* meditation exercises. He trained with Lee Do-Sah for almost five years while living in Tae-Guek City. It was years later, and after moving to Seoul, that Ji continued his training with Lee Do-Sah's instructor, "Grandma", or "*Hal Ma Nee*". The person known today only as 'Grandma' was reported to have had special powers. Ji would spend hours with Grandma at a temple / holistic healing complex in *Yo Ju Ee Cheon City* for terminally ill individuals. He spent about 3 years with her and considers Grandma to be his spiritual teacher.

During this time period, and because of the lingering tensions between the Koreans and the Japanese, many of Choi, Yong Sul's students did not like the idea of propagating Japanese martial arts. It was another of Choi's earliest students, and classmates of Ji's named Suh Bub Su who suggested the name **Yu Kwan Sool**. It was back in Andong that Ji, then a 2nd Dan, opened his first dojang at the age of only 21, which he then called Andong Yon Moo Kwan ("*Andong Military/Martial Art- Exercise/Practice Institute*") and taught Yu Kwan Sool. After approximately nine months in Andong, Ji decided to relocate back to the much-larger and capital city of Seoul.

When Ji, Han Jae left Andong, he gave his dojang to Yu, Young Woo, and old friend from middle-school who was also Ji's martial art student. Ji was confident in Yu's skills and was confident that he would maintain the dojang. Yu, Young Woo was later the instructor of Oh Se Lim (KHA).

Ji relocated to Seoul in September of 1957. For part of his time in Seoul, he lived in a house that he had built for himself. He worked for 10 months as an architect/road and bridge engineer for City Hall. He also stayed in a boarding house in Wang Shim Ri. The son of the owner of the boarding house, Hwang, Duk Kyu, was his first student at this dojang, called Sung Moo Kwan where he taught *Dae Han Hap Ki Yu Kwon Sool*. The brainchild of Ji, Han Jae, and while fully adopted later, it was in this year 1957 that the name 'Hapkido' appeared and was first used.

As history has shown, Ji, Han Jae was the first to coin the term and thus, the rightful founder to the 'Hapkido' system. In addition to merely naming this new art form and system, Ji had created something much larger than what any one of his instructors had taught singly. Ji's new art of Hapkido was very big in scope, all encompassing, and with limitless potential. In fact and unique at the time, Ji's Hapkido spoke to the development of the mind, body, and spirit. *One variation as termed by Ji, Han Jae in 1957 was 'Dae Han Hapkido Hwe'.*

In 1958, Ji moved his school to Joong Boo Shi Jang where he continued teaching until April of 1960. It was during this period that Ji continued to piece together the Yu Sool (Yu Kwan Sool) teachings of Grandmaster Choi, with the methods of meditation, the **SamRang** kicking

techniques, and the weapons techniques learned from Lee Do-Sah, along with the spiritual training he received from Grandma (aka. "Hal Ma Nee"). The product was "**Hapkido**." Ji had originally thought of calling his fledgling martial art "HapKi-Yu -Kwan-Sool". While descriptively sound, he soon decided against that name, feeling that it was too long and would prove difficult for people to remember. Ji used the model of other martial arts he had heard of, such as TaeKwon-Do *and* Dang Soo Do, in which the word 'Do' means 'the way', a path to follow, or a way of life. He liked this rather than simply 'techniques' as implied via the term 'sool', because it gave a better idea of the depth and variety of techniques found in Hapkido. It is interesting too that even at this time much of the emphasis of Hapkido was on kicking. This is still evident today in Korea where most true Hapkido schools emphasize kicking, in addition to the myriad of techniques and skills found in the art.

(Note to the reader: In many TaeKwon-Do and other martial art schools in Europe and the United States, the term Hapkido has simply and erroneously been used to describe the basic self-defense / Ho Shin Sool releases, escapes, joint locking, takedowns, throws, applicable self-defense skills, etc. that have been integrated to supplement those systems. As a unique phenomenon, there are even several 'Hapkido' organizations who miss-represent the art by only teaching a watered-down or small fraction of the 'combative' skills found in the overall and much 'larger' art of true Hapkido. The former are certainly not true of World Sin-Moo Hapkido Federation schools world-wide. Sin Moo Hapkido schools maintain the traditions of teaching the art in its entirety, as per the founder! Programs are now offered by the WSMHFed. to instructors of other arts who wish to add true and certified Hapkido to their curriculums. Current Hapkido instructors are also welcomed to upgrade their repertoire and certification under Ji, Han Jae himself via / through the World SinMoo Hapkido Federation)

Hapkido can be translated as 'The way of coordinated power', and/or "The way of the mind, body, and spirit-power working together in harmony". With "hap" meaning together or coordinated, "ki" meaning mental, physical, *and* spiritual energy, and "do" meaning a way of life or the 'path' *or* 'way' of coordinating your mental and physical energy into one entity, Ji was able to combine what he had learned from Grandmaster Yung Sul Choi, Taoist Lee (aka. Lee Do-Sah), *and* Grandma into a cohesive and comprehensive martial art that has spread throughout the world. *(Note to the reader: Hapkido has continued to evolve under the leadership of its originator. Hapkido-Founder DoJuNim Ji, Han Jae later added the words "Sin Moo" in 1984, creating "Sin Moo Hapkido" as the highest evolution of his advanced art. The story continues.....)*

General Park, Chung Hee (1917-1979) became the South Korean President after he overthrew the government in May of 1961. Ji was teaching at the Korean / R.O.K. (Republic of Korea) military academy at the time, and in 1962, Ji moved his school to Kwan Chul Dong, to the Hwa Shin Department Store. By this time, his reputation as a highly skilled fighter and teacher had grown substantially. He had built his Sung Moo Kwan school to nearly 500 students. After a demonstration *and* with assistance from Major Lee, Dong Nam, Ji was given permission to instruct the Military Supreme Council in Hapkido techniques. Ji then received a government position teaching Hapkido to the Presidential Security forces at the South Korean Blue House,

the ROK's equivalent to the U.S.'s White House. This prestigious position he would hold until President Park's death in 1979. During this time, he moved his school to Suh Dae Mon (West Gate section) in Seoul.

In 1962 President Park, Chung Hee lifted import restrictions banning Japanese goods from Korea. Ji found a book on Japanese Aikido and saw that the Chinese characters for Aikido were the same as for Hapkido. Both discouraged *and* unhappy that a Japanese art seemingly had the "same name" as Hapkido, he then decided to drop the "Hap" from its name, calling his art simply, "Kido."

In 1963, Ji, Han Jae *and* Kwan-Jang-Nim (*a term coined and first-used by Ji, Han Jae to honor his teacher*) Choi, Yong Sool together drafted the constitution for the Korea Kido Association. On September 2, 1963, the charter was granted through the government for the Korea Kido Association. Grandmaster Choi, Yong Sool (being one of Ji's primary martial arts teachers *and* senior in age) was named chairman. Ji, was named as the Ki-Do Representative to the city and surrounding areas of Seoul. At this time, Ji resided permanently in the capital city of Seoul while Choi lived in Tae Guek. Because of these logistics, Choi found it convenient that one of Ji's juniors, Kim, Jung Yoon was named Secretary General (seemingly second political position under Choi). Because of this *and* that his many Sung Moo Kwan students did not want to change the name to Kido, Ji left the Korea Kido Association in 1965 *and* established the Korea Hapkido Association / Dae Han Hapkido Hyub Pwe. His students continued to call their martial art **Hapkido**, and continued to teach it themselves the way they learned it from their teacher, Grandmaster Ji, Han Jae. Ji also had become a powerful person in the government due to his instructor position. With this power, he was able to successfully operate his own organization without help from certain others who, in his opinion, were being less than ethical in their lives as martial artists.

Three dominate Hapkido organizations began to immerge during the next five years. The first was the **Korea Hapkido Association / Dae Han Hapkido Hyub Pwe** (founded in 1965 by Ji, Han-Jae), followed by the Han Kuk Hapki Sool Pwe (founded in 1969 by Myung, Jae-Nam), and the Korean Hapkido Association / Hanguok Hapkido Hyub Pwe (founded in 1971 by Kim, Moo Woong). Eventually, in 1973, the leaders of these organizations met and agreed to unify their associations into one. The new association was named **Dae Han Min Kuk Hapkido Hyub Pwe** (Republic of Korea Hapkido Association).

During these years, of course TaeKwon-Do (original ITF style) had also gained tremendous popularity as both a martial art and martial sport, especially with young people. Now being taught to law enforcement and military officers and academy-instructors, "**Hapkido**" had widely become recognized as *the 'National Martial Art of South Korea'*.

In 1967, Ji traveled to Vietnam with some of his students to teach Hapkido to the soldiers fighting there. They conducted training and demonstrations from 1967 to 1969. In 1969, Ji first came to the United States as part of an exchange with President Richard Nixon's security forces. He taught Hapkido to the US Secret Service, Special Forces, OSI, FBI, *and* CIA. While he was

visiting and staying at Andrews Air Force Base, his good friend, Taekwondo pioneer and Grandmaster Jhoon Rhee (who brought TaeKwon-Do to the United States), introduced Ji, Han Jae to movie legend Bruce Lee. Bruce Lee was impressed with Ji, Han Jae's techniques and martial-skill and asked him to teach him. In addition, Lee also insisted that Ji accept a part in what would prove to be his last film, the '***Game of Death***'.

Ji, Han Jae taught Bruce Lee and also traveled to Hong Kong over the next few years to help choreograph martial arts movies and also to *star* in a few of them. At this time, Ji, Han Jae taught movie stars such as Jin Pal Kim, Angela Mao, Samo Hong, and Bruce Lee among many others. He appeared in four (4) movies, ***Hapkido*** (aka. Lady Kung Fu), ***Fist of the Unicorn Palm, Dragon Tamers***, and most famously Bruce Lee's ***Game of Death***. In the movie "Game of Death", Ji agreed to lend his image and skill to the making of the movie as a favor to his friend Bruce Lee. He disallowed however, his name to be used at that time in the credits because his character was to be defeated in the film's original script. Ji felt that this scenario was unrealistic and Lee agreed. Bruce Lee insisted that Ji wear a special uniform adorned with gold trim along with a special Gold Belt to represent the highest-level in Asian martial arts! (Note to the reader: Extra footage of the original ***Game of Death*** film was discovered several years ago, then released in a documentary / movie called ***A Warrior's Journey***. Film-maker John Little, licensed by Bruce Lee's widow Linda Lee, flew DoJuNim Ji, Han Jae and Grandmaster Kenneth P. MacKenzie to Warner Brothers Studios in Hollywood, Ca. in 1999 in an effort to gather historical facts and to complete a documentary surrounding Bruce Lee and his final film. Other stars gathered in the making of the documentary included Taki Kumora of Jun Fan Gung Fu. ***A Warrior's Journey***, the re-release of the original ***Game of Death*** proved an international success and brought Hapkido further into the public eye. In addition to several rare interviews, the film features 18 impressive minutes of previously unreleased and long-time presumed lost fight scenes spotlighting Ji, Han Jae.

In 1979, President Park, Chung Hee was assassinated. Ji resigned his position and became a member of the Min Jung Dang Party. Ji, and the party's leader, Kwon, Jung Dal, were from the same home town and decided that it would be a good idea if Ji organized the civilian security guards to be personal escorts of the president during travel. Before this training was made public, the head of the rival political party, Huh, Sam Soo, found out about the idea and saw it as an opportunity to eliminate his rival. He informed the president that they were training these security forces in order to overthrow him. Many of the individuals involved in this political turmoil were arrested and some were executed. Ji was sentenced to a one-year prison term. He spent one year in prison purely because of his political affiliation.

Ji, Han Jae remained in Korea for only two years following his incarceration as a political prisoner. After his release, Ji took a position working as a secretary to a religious leader, Shin, Jung Il, at the *Han Ul Gyo* temple. Here he started a small dojang at the temple and taught again for two years.

Towards the end of his tenure in Korea, Ji was contacted by a TaeKwon-Do instructor from California. This instructor, Merrill Jung, had a passion for 'true' Hapkido and wanted to learn

directly from the source. Finally and with the help of a telephone operator in South Korea, Jung was able to contact Ji. He then traveled to Korea with seven of his students and trained with Ji.

Unhappy with the political climate, DoJuNim Ji, Han Jae finally left Korea on January 2nd, 1984. Upon leaving his native home, Ji traveled to West Germany and taught there for only three months. Ji taught at an 'International Martial Arts Gymnasium' which had welcomed the opportunity to include true Korean Hapkido. The gym was owned and operated by a TaeKwon-Do stylist who was married to a Korean woman, making verbal communication between Ji, Han Jae and himself possible. Ready to move on, Ji, Han Jae relocated to the United States on April 1st, 1984. He first settled in California following his arrival in America. He spent the next month teaching Hapkido at Merrill Jung's TaeKwon-Do club, which was located at a YMCA in San Francisco. Shortly after, Ji decided to open a school in California's Bay-Area. He liked California at that time as the mountains reminded him of those in Korea. He has also had schools in San Bruno *and* Monterey as well. During these early times in the U.S., Grandmaster Ji taught not only at his schools in California, but also while traveling to other areas in and out of the U.S. It was while on one of these very early tours that Grandmaster Ji met a young east-coast based Hapkido & TaeKwon-Do instructor named Kenneth P. MacKenzie. Their story is an interesting one and the two quickly became close. Grandmaster Ji stated that it was their destiny to be linked through Sin Moo Hapkido, as he had seen it in a dream. Many top instructors of that period, including: MacKenzie; Jung; Ziegler; Yung; Dorsey; Foslien, Hettinger *and*; others continued to follow Grandmaster Ji at every opportunity. Ji's art was gaining real momentum and beginning to spread world-wide.

It was at this time that Grandmaster Ji, Han Jae first began teaching what he named ***Sin Moo Hapkido*** (pronounced "*shin moo*") and formed the Korea Sin Moo Hapkido. While *Hapkido* was already his creation, he felt that the art was evolving. It had also branched out into too many directions, and with too many people who were 'watering down' his intended art. This higher-level of *Hapkido* needed to be distinguished by name, hence ***Sin Moo Hapkido***. "Sin" means higher mind (the old character could be translated to mean "godlike," but the meaning Ji refers to is simply "higher mind" or "mental."), "Moo" means martial art. Simply put, ***Sin Moo*** means, "Higher mind martial art." (*Note to the reader: The 'Korea Sin Moo Hapkido' existed primarily as Grandmaster Ji's own school and in the form of international instructor's seminars as offered world-wide. It wasn't until later that organizational memberships, support, and benefits were available to instructors, schools and students. Grandmaster Kenneth P. MacKenzie (USA) formed the North-American Sin Moo Hapkido Federation and Grandmaster Jurg Ziegler (Switzerland) formed the European Sin Moo Hapkido Association in the 1990's. Together they were able to spread the art, promote Ji, Han Jae's name, and serve the larger international Hapkido community. Since then, others have followed suit and Sin Moo Hapkido can be found on all continents. That told, the single international and world-governing body for all of Sin Moo Hapkido under and sanctioned by DoJuNim Ji, Han Jae is the 'World Sin Moo Hapkido Federation'.*

Many of the techniques stressed today are the same as those originally taught by Ji while in Korea, but *some* of the emphases have changed. In addition to the 800 basic techniques

(including over 160 kicks!), and many additional advanced techniques found in *Hapkido*, the **Sin Moo** additionally focuses on the mental and spiritual aspects of *Hapkido*. Developing and controlling *Ki* or *Chi*, and being able to use it effectively is of great importance to the Sin Moo Hapkido practitioner. For this reason, special meditation and adherence to the Sin Moo Hapkido “9 Rules” are key to those who follow the art. Ji has also expanded the weapon repertoire (some he added while in Korea) to include the: Cane (Korean name - Jung Sool or Ji-Pang-Ee); Belt; Handkerchief; Long-Scarf; Rope; Dan-Bong (short Stick); Jang-Bong (long Staff); Knife; Sword (wooden ‘mok-gum’, bamboo ‘jook-do’, and steel-bladed); Rocks; *and* Dishes.

In the summer of 1994, Grandmaster Ji assigned Ken MacKenzie the task of planning a ten-day, one-hundred (100) hour instructor’s seminar. MacKenzie assembled a group and the seminar was held in an old 4-H livestock barn in southern New Jersey. Grandmaster Ji taught every session himself. The training was held over an eleven-day period and resembled something from a different time.....*Old-world training in an old-world setting*. Included were Kenneth P. MacKenzie, Scott Yates (World Sin Moo Hapkido Federation, Secretary General), Carl Hettinger, Mike Wilson (now an Asian Movie-Star & top Hollywood Stuntman), and several others.

The Monterey location served as the headquarters dojang until the mid-1990’s when Grandmaster Ji decided to relocate to the east coast. Confident in his ‘east-coast’ contingent, Grandmaster Ji asked Masters Kenneth P. MacKenzie *and* Carl Hettinger to fly to Monterey and help him to prepare for his 3300-mile move to New Jersey. MacKenzie’s dojang in Voorhees, New Jersey would serve as the headquarters for Grandmaster Ji *and* the **Korea Sin Moo Hapkido** into the new millennium. It was there in Voorhees that a base group of Blackbelt instructors spent years gleaning information and training directly under Grandmaster Ji. Among those were the likes of Grandmasters Scott Yates *and* John Godwin.

Grandmaster Yates, a professional instructor and many time fight-champion, including Gold-Medalist at the World Hapkido Games in Mok-Po, South Korea, later became the youngest person in the world to reach the esteemed level of 9th Dahn (‘Ku-Dahn’). Yates and MacKenzie currently operate a chain of professional dojangs in New Jersey, with dozens of affiliates. Yates, having a photographic memory for the entire SinMoo curriculum, has become DoJuNim Ji’s favorite partner for seminars both domestically and abroad. In addition, Yates authored the first ever SinMoo instructors-handbooks, supports martial arts educators worldwide, and initiated the World SinMoo Hapkido Federation’s sanctioned ‘Instructor Training & Certification’ course.

Grandmaster Godwin, also now a 9th Dahn (‘Ku-Dahn’) has long been a leader in both Korean Hapkido *and* Tang-Soo Do and currently operates eight professional martial arts studios in Delaware, New Jersey, and Pennsylvania. Godwin, who was introduced to Grandmaster Ji by MacKenzie following the America-Cup World Martial Arts Championships, has hosted more than 300 student and instructor seminars (more than anyone worldwide) with DoJuNim Ji, Han Jae at his dojangs in Delaware. During his reign as a competitor, Godwin was known as the ‘Triple Threat’, winning many grand-champion honors in weapons, forms, and fighting...full-

contact being his forte. Godwin has also been a multiple world-champion, including in Seoul, South Korea in 2002.

Kenneth P. MacKenzie is one of very few 10th Dahns, and is considered by DoJuNim Ji, Han Jae to be his son and number one man. MacKenzie has spent more mat time with DoJuNim than anyone in history. First starting his martial arts training in 1968, MacKenzie has been studying the arts of Hapkido and SinMoo, along with *TaeKi* and the traditions of the *Sam-Rang* (Sam Rang Do) for his entire adult life.

With so many folks making varied claims as to titles along with several other ‘*Hapkido*’ organizations who were teaching *only* select and limited combative portions of the art, many of Grandmaster Ji’s students felt that a new title was in order. ‘*Grandmaster*’ was simply being used too loosely and often times by people of questionable credentials. For a short period, the title of “Supreme Grandmaster” was used. Because there can only be one founder, the title of “**Do Ju Nim**” was widely adopted. DoJuNim simply translates to the ‘*Honorable Founder of the Way*’. What’s more is that there can be only one! Today, his title is “Shin-Son”.

Just over the bridge from his new home in New Jersey, “DoJuNim” Ji, Han Jae opened a massive new dojang near Willow Grove in Levittown, Pa in 1995. Masters such as Tony Pak (Park), Ken MacKenzie, Carl Hettinger, and Scott Yates traveled several times per week to learn from DoJuNim Ji, while running their own full-time dojangs back in New Jersey. In addition to traveling on a regular basis to teach seminars, DoJuNim Ji continued to teach weekly *and* monthly at both MacKenzie’s *and* Godwin’s dojangs in New Jersey, Pennsylvania and Delaware. With the support of many, DoJuNim Ji later opened a dojang in a predominantly Korean section of Philadelphia, Pa., until he resigned himself to focusing on teaching instructors via his New Jersey (MacKenzie & Yates), Delaware (Godwin), and international seminars.

In addition to those original organizations while still in Korea, and the Korea Sin Moo Hapkido, DoJuNim Ji was also instrumental in creating the **World Sin Moo Hapkido Federation** along with Grandmaster Kenneth P. MacKenzie. He currently lives in Trenton, New Jersey in the U.S.A. and travels throughout the world with MacKenzie, Yates, and Godwin teaching instructor classes and seminars.

In 1999, a large and international celebration was held in Philadelphia in recognition of DoJuNim’s 50th year in the martial arts. The event was hosted by Grandmaster Kenneth MacKenzie, John Godwin, and Scott Yates. Hundreds of celebrated guests attended. Among the dignitaries was Dr. He-Young Kimm of the Han Mu Do. Note: Dr. He-Young Kimm is the only other person who is authorized to use the title “DoJuNim”...all others are fraudulent.

In October of 2006, the *1st International Hapkido Summit* was held in Atco *and* Berlin, New Jersey. Included in the summit were many important instructors and leaders representing 16 nations and many individual US states. A traditional Korean banquet was held in honor of DoJuNim’s 70th Birthday as he was inducted into the ‘**International Hapkido Hall-of-Fame**’

(Hapkido's first *and* only Hall-of-Fame). The Summit featured over 30 hours of instruction by both DoJuNim *and* other notable masters from around the world. Skill competitions and demonstrations were proudly presented at the banquet.

In 2007, the **World Sin Moo Hapkido Federation** hosted a dinner honoring DoJuNim's creation and the 50th anniversary of 'Hapkido' (name first used by Ji, Han Jae in 1957).

The 2008 *International Hapkido Summit*, hosted by the North-American Sin Moo Hapkido Federation, first introduced DoJuNim's new world organization, to be known as the '**World Sin Moo Hapkido Federation**'. This year's Summit was unique, in where the focus was on developing 'the instructors of tomorrow'. Many Sin Moo practitioners from around the globe took part. The featured instructor was DoJuNim Ji, Han Jae himself, along with MacKenzie (WSMHFed., President), Yates, Godwin, Fabi, Fosslien, Zmugg, Kimm, Blackman, Skokowski, and others.

The 2009 *International Hapkido Summit*, hosted by the *World Sin Moo Hapkido Federation*, continued the traditions of excellence and honored DoJuNim Ji's 60th year in martial arts as 'Sin Moo' enjoyed its 25th anniversary. WSMHFed. President Kenneth P. MacKenzie introduced the four variations of the approved patches at the event. By now, the annual Summit and the WSMHFed. Had really gained a lot of strength and momentum.

The 2010 'World Sin Moo Hapkido Conference & Banquet' had been planned for April. This proved to be the "Year of the Volcano" (Iceland), and both Ji and MacKenzie were left stranded in Austria and Croatia, unable to fly home due to flight interruptions worldwide. Yates and Godwin, defenders of the faith, maintained the scheduled annual event with dignity and pride. While in Austria, DoJuNim Ji had MacKenzie, Ziegler, and Zmugg stay up all night for several nights while he drilled them with a history lesson. Everything dating back to and including Tan-Gun / Dan-Gun was discussed and explained.

In June of 2010, most of the SinMoo Hapkido world-leaders gathered in Cheonan, South Korea for the "Handing Down the Techniques" retirement conference. Many countries were represented. It was at this historic event that DoJuNim Ji, Han Jae publically and officially appointed his three most-senior students to the level of 10th Dahn. The belts were to be gold in color, and the recipients were Senior Grandmasters Kenneth P. MacKenzie (USA), Merrill Jung (Hong Kong / USA), and Jurg Ziegler (Switzerland). Special 10th Dahn gold-sashes, dobalks, and medallions were presented.

The annual International Hapkido Summit continued as the premiere Hapkido training event in the world again in both 2011 and 2012. The 2013 proved to be the best ever, with the final round of 10th Dahn promotions going to Grandmasters Massan Ghorbani (Iran / Ireland), Geoff Booth (Australia), and In Won Kim (Korea / USA). Over one hundred (100) participating instructors, with thirty-one (31) of them being masters and grandmasters met together and trained on the mat. There was a strong feeling of brotherhood at the event, which had participants from the USA, Korea, Canada, Honduras, Chile, Trinidad, Mexico, Switzerland,

Germany, Ireland, France, Spain, Austria, Norway, Iran, Uzbekistan, and Australia. The Keynote presenter was Hapkido-Founder “DoJuNim” Ji, Han Jae himself, assisted by GM’s MacKenzie, Yates and Godwin. DoJuNim Ji, Han Jae considers MacKenzie to be his ‘American Son’. The semi-formal banquet was well attended, and offered a feast of traditional Korean cuisine. Fourteen talented grandmasters also presented high-level seminar sessions at the event.

Under the direction of its founder (DoJuNim Ji, Han Jae), chosen leaders and many dedicated students worldwide, Hapkido continues to evolve. Since 1984, Sin Moo Hapkido, first introduced by Hapkido-Founder, Ji, Han Jae, continues to thrive. Sin Moo Hapkido, “Sin” meaning ‘High-Mind’ and “Moo” meaning ‘Martial Art’, represents that evolution, offering the highest-level and most comprehensive representation of the art. The world-governing body for Sin Moo Hapkido as chartered and sanctioned by the founder, DoJuNim Ji, Han Jae, is the ***World Sin Moo Hapkido Federation***. Today there are still several dominant Hapkido organizations in Korea and around the world. Most of the leaders of these organizations are original graduates of the Sung Moo Kwan, and can trace their own lineage back to Ji, Han Jae. The World Sin Moo Hapkido Federation (www.WorldSinMooHapkidoFederation.com) is the officially-recognized and fully sanctioned governing body globally for Hapkido *and* Sin Moo Hapkido as per the founding father, DoJuNim Ji, Han Jae. The World Sin Moo Hapkido Federation will carry the torch for Sin Moo Hapkido into the twenty-first century.

As per DoJuNim Ji’s wishes, the story of Sin Moo Hapkido continues to be written. It is important that the art always be taught in its entirety. With this having been said, master instructors everywhere are invited to guide the art forward with innovative *and* inspired vision, always while maintaining the true essence of the art.

A Medical Perspective...in short:

The Mind & Martial Arts: Mark Fabi, MD.

The first word in Sin Moo Hapkido is sin, the Korean word for mind. This is appropriate, because mind is considered primary, dominant over both body and spirit. One of the many stories told about Bodhidharma, the founder of Zen Buddhism claims that he introduced martial arts training to the monks of the Shaolin temple because he found them too physically unfit to practice breathing and meditation exercises. Because of the emphasis on physical training in the martial arts, it is easy to lose sight of the importance of mental training, which is arguably the most important of all.

After training with Choi Yun Sul and Daoist Lee, Doju Ji was summoned to train with his third teacher, a Zen monk he knew as "Halmony" or Grandma. It was from her that he learned the techniques which now form the core of meditation training in Sin Moo Hapkido. During a visit to the Shaolin Temple in 2005, Grandmaster Scott Yates noticed bas-reliefs depicting monks practicing some of the advanced ki meditation techniques that are now a part of our art. Dr. Hee Young Kimm, the world's foremost scholar of eastern martial arts (and the founder of

Han Mu Do) once commented to Grandmaster Ken MacKenzie that the physical techniques of Sin Moo Hapkido alone would suffice to make it a great martial art, but by incorporating the breathing and meditation techniques, Doju Ji had created something far greater.

Dr. Mark Fabi, an 8th Dahn in SinMoo Hapkido, is a prominent Psychiatrist in private practice in Philadelphia. He is also a published novelist.

Food control, air control:

Egil Fosslie, MD, Professor-Emeritus

DoJu Ji, Han Jae (DoJuNim) refers to the basic energy or substance of a person as “essence”; a term derived from Chinese.¹⁾ According to DoJuNim, essence is vital for generation of Ki power and Ki is controlled by adrenaline, the “fight or flight” hormone. We have all had the feeling of a surge of energy and alertness during tense situations. Adrenaline can release physical energy by using chemical energy mainly produced by mitochondria, small organelles located in the cytoplasm of our cells. In a process called oxidative phosphorylation, mitochondria generate adenosine triphosphate (ATP), a chemical “currency” that provides energy for our bodily functions: electron transfer from food metabolites to oxygen in inhaled air maintains a membrane potential, which drives a pump that makes ATP.

Mitochondrial dysfunction accelerates aging and is involved in a variety of common diseases such as diabetes, depression, atherosclerosis, cancer, and heart failure.²⁾ By contrast, proper mitochondrial function helps maintain good health and stamina. To maintain a healthy Ki, martial artists must avoid foods or food additives or drugs that inhibit or damage mitochondria. In addition, a Sinmoo martial artist should practice deep breathing and avoid airborne toxins that interfere with respiration. Finally, healthy sleep is very important as the sleep hormone melatonin has protective effects on mitochondria. This interpretation helps explain the rationale behind DoJuNim’s rules on proper food control and proper air control.

Dr. Egil Fosslie, a 9th Dahn in SinMoo Hapkido, is a Professor-Emeritus and Pathologist in the Chicago area, originally hailing from Norway.

1. Bradley B. Sinmoo Hapkido Curriculum Handbook 2012. Page 37 footnote. IBSN – 978-0-9850865-0-3
2. Fosslien E. Mitochondrial medicine – molecular pathology of oxidative phosphorylation. 2001. Ann Clin Lab Sci 31(1):25-67.

Sources:

The valuable historical information found above comes from the extensive personal notes of Grandmaster Kenneth P. MacKenzie (10th Dan). The most comprehensive and complete written documentation of Hapkido and Sin Moo Hapkido's history, philosophy, technique, and purpose has been kept by Grandmaster MacKenzie beginning as early as the mid-1980's. While the fact-gathering process is ongoing, recordings and notes from specific interview sessions have proven most valuable. Personal log entries and notes from Grandmasters John Godwin *and* Scott Yates (9th Dans) also contributed greatly to the depth and accuracy of this brief historical overview. These leaders have spent more classroom, seminar, personal *and* one-on-one training *and* lecture hours with DoJuNim than any others world-wide.

Other information was taken from an interview done by Chief-Master Scott Yates and Dr. Sean Bradley (also an early student of Grandmaster MacKenzie) while in Seoul, South Korea in 2002. Both had joined DoJuNim Ji, Han Jae, Dr. He-Young Kimm, and Grandmaster Kenneth P. MacKenzie at the World All-Korean World Championships in Seoul.

Information was also used from the text 'Hapkido', authored by Dr. Kimm, He Young. As one of the world's most respected and talented grandmasters in his own right, Dr. Kimm is widely known as the foremost expert on the history of Korean martial arts.

World Sin Moo Hapkido Federation

MISSION STATEMENT

- To preserve the true art of Hapkido / Sin-Moo Hapkido in its entirety, ensuring the art's ability to serve humanity well beyond the 21st century.

- To serve and guide the leadership of Hapkido / Sin-Moo Hapkido worldwide and to serve as a resource to the larger Korean martial arts community.
- To put into practice those principles and teachings of Hapkido's true founder, DoJuNim Ji Han Jae, as a vehicle to enhance the quality of life for all who practice the art.
- To maintain the rich traditions of Hapkido / Sin Moo Hapkido while, at the same time, utilizing modern and cutting-edge technologies, thus allowing the art to forever expand.

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