



THE PURPOSE

1. **Fortitude** - (Baek Jul Bul Kul)

The ability to try again, regardless of previous failures.

2. **Concentration** - (Jung Sin Tong Yil)

The ability to focus attention and block out distraction.

3. **Courage** - (Yang Ki)

"Grace under pressure," not to avoid problems but take action to solve them

4. **The Right Way** - (Jung Yi)

"Fair play," including respect for one's opponent, and all life in general; the proper path to follow

5. **Courtesy** - (Yae Yi)

High regard for your family, instructors, and peers.

6. **Discipline** - (Yae Jul)

The key to self-control which is in all aspects of life

7. **Patience** - (Yin Nae)

The ability to accept calmly all of life's circumstances.

THE TERMINOLOGY

My Name Is.....Jul Oyi e Lum Un
Master.....Sa Bum Nim
Instructor.....Kyo Sa Nim
Black Belt.....You Dan Ja
Bow to Flag....Kuk ke a dae han Kyung ya
Return to Attention.....Ba Ro
Attention.....Cha Ryut
Ready.....June Bee
Begin.....She Jak
Rest.....She uh
Form.....Poom See
Yell.....Ki hap
Breaking.....Kyouk pa
Meditate.....Mook Yum
Practice Hall.....Do Jang
Uniform.....Do Bok
Break up.....Gal Yeo

NUMBERS

Hana.....One
Dul.....Two
Set.....Three
Net.....Four
Dasot.....Five
Yasot.....Six
Yilkop.....Seven
Yodol.....Eight
A hope.....Nine
Yeol.....Ten
Yil.....1st
E.....2nd
Sam.....3rd
Sa.....4th
O.....5th
Youg.....6th
Chil.....7th
Pal.....8th
Koo.....9th
Ship.....10th

THE HAPKIDO TAE KWON DO INSTITUTE

210 DIVISION ST.
KINGSTON, PENNSYLVANIA



SPECIALIZING IN SELF-DEFENSE AND THE KOREAN MARTIAL ARTS

- ◆ HAPKIDO
- ◆ TAE KWON DO
- ◆ TAE HAP
- ◆ KWON KO DO

THE PROGRAM

There is a unique facet to the way in which the **Hapkido Take Kwon Do Institute** trains our students. By incorporating both a "soft" style of martial art, *Hapkido*, and a "hard" style of martial art, *Tae Kwon Do*, we give our students a wide range of options when dealing with a physical confrontation. "Hard" style martial arts stress punching and kicking. These include *Tae Kwon Do*, *Karate*, *Tang Soo Do*, *Muay Thai*, *Kick-boxing*, and others. "Soft" style martial arts stress joint locks, immobilization techniques and throws. These include *Hapkido*, *Aikido*, *Jiu Jitsu*, *Judo*, and others. *Hapkido* is taught for the all around development of the mind and body and stresses focus and

concentration. These attributes help children perform better in their schoolwork, gives them confidence, and builds self-esteem. It is for men, women and children. Our students are taught how to deal with everyday life situations as well as threatening confrontations.

THE SCHEDULE

Adult classes are held each weeknight Monday-Thursday at 6:30pm. Afternoon classes are also held on Mon, Wed and Fri at 12:00 noon. Children's classes (12 and under) are Mon, Wed & Thurs at 5:30pm
Special Buy - (3) months for \$119 (reg. \$147) and get your uniform FREE (reg. \$40)!

Don't delay, start training today!

570-287-4290 or 570-760-0077

Web: <http://www.htkdi.com>
Email: mastervince@htkdi.com or instructorpete@htkdi.com

If you are interested in getting in shape, learning how to cope with stress, or improving your overall quality of life, call or visit the **Institute** today! Observe or take a class FREE for a limited time!

THE COST

Your low monthly cost of \$49 allows you to attend as many classes as you like during the month. Classes are held 10 times a week at various times, giving you ample opportunity to attend. Tests are given as students progress, and there is a small testing fee to cover costs. For a limited time, new students can join for (3) months (reg. \$147) PLUS receive their uniform (reg. \$40) for \$119 - a savings of over \$65! Call now and start your training today or visit our web site and fill out the Online application!