

Kyo Sah Nim Essay

Filling the Gap Between *Il Soo Sik Dae Ryun* and *Ja Yu Dae Ryun*

In the last several years, Tang Soo Do has become an inseparable part of my life. As I am serving on active duty in the US Army, I tend to move around a lot, so at the insistence of the Region 2 Director, Master Johnny Williamson, I opened my own club, Soar Tang Soo Do, allowing me to train and teach wherever I go. I have had the opportunity to teach and train in the USA, Kuwait, and Germany in just the last three years alone. During that time, I have begun to notice a gap between *Il Soo Sik Dae Ryun* (one-steps) and *Ja Yu Dae Ryun* (free sparring). After some preliminary comments, I would like to propose a progressive set of *Yok Sok Dae Ryun* (semi-free sparring) as a means to fill this gap.

THE FOUNDATION AND ITS PROGRESSION

All martial arts systems have a set of prearranged training drills used to teach the student basic moves, balance, and technique execution. In the World Tang Soo Do Association, we call these drills forms or *Hyungs*. The *Hyungs* are our foundation, and the entire art is derived from them with their varied interpretations and applications. I consistently tell my students that the *hyung* teaches where the center of gravity is located in the midst of movement. In the *Sae Kye Hyungs* and *Pyung Ahn Cho Dan*, the body's center of gravity naturally remains in the lower abdomen and it is easily noticed when the center moves outside of that region - usually the student is over reaching with a punch or a kick, and I remind them that their bodies are only so long. "Learn the length of your arms and legs while maintaining your center of gravity in your lower abdomen. Keep you upper body vertical and at the correct angle. If the opponent is too far away, you will use a different technique, but you must first learn the length of your basic techniques." The first time the student becomes aware of their shifting center of gravity is in *Pyung Ahn E Dan* from count 5 through count 6 as the student moves from *Choong Dan Han Jin* to a *Weabal Ja Seh* executing the *Yup Cha Ki* and setting into the *Hu Kul Ja Seh* with the *Chong Dan Soo Do Mahk Ki*. Between this combination and the 270° turns after the kicks in the *Sae Kye Hyungs*, I find myself reemphasizing the foundational concepts of body length with a short lesson on the nature of triangles.

Growing from the foundation the *Hyungs* lay for the art, we teach *Il Soo Sik Dae Ryun* introducing students to real life applications of the techniques learned from the forms. Here is where the student begins to understand the correlation of distance, timing, and targeting. The student is not required to imagine his opponent as he does in the *Hyungs* - his opponent is punching him. If the student does not move, minor first-aid may need to be administered.

With the foundation laid (*Hynugs*) and a handful of applications taught (*Il Soo Sik Dae Ryun*), we then ask the student to creatively free-spar with another student according to tournament rules explaining to them that they are not allowed to use hand techniques to the head, or open hand techniques at all, or elbows, and no grabbing, holding, or joint locking. So, out of the first five *Soo Ki* one-steps, the student now has a reverse punch to the body to use. He is far more fortunate with the *Jok Ki* one-steps able to use all five techniques, but the young student is completely out of luck when he considers the learned *Ho Sin Sul* techniques.

The progression from *Hyungs* to *Il Soo Sik Dae Ryun* to *Ja Yu Dae Ryun* is a quite natural progression, but I think the logical leap from one-step to free sparring is too much for most students and almost always requires additional instruction. The additional instruction is not bad (of course not!), but the art of the system should be able to stand on its own without a need to fill “gaps.”

THE PROPOSAL TO FILL THE GAP

A few summers ago, while I was attending a two-week class for the Army in San Antonio, Texas, I had the opportunity to attend the Region 4 Clinic where Mr. Kerry Berringer, *Sah Dan*, introduced a sparring looping drill that was belt progressive. I took Mr. Berringer’s drill, developed into it a few personal preferences, further defined key attributes of the drill, and systemized it into my club’s curriculum. The drill uses two students in an open facing¹ *Hu Kul Ja Seh*. The junior ranking student attacks first while the senior ranking student provides open hand targets for the junior student to strike. Once the belt specific technique series is complete, the direction of attack and targeting is reversed with the senior student executing the same technique series while the junior student is now feeding open hand targets. Once complete, repeat again. The goal is to reduce the amount of time between techniques and series. I



Open Facing



Closed Facing

¹ Open Facing: Both chests of the opposing students are facing the same direction from a *Hu Kul Ja Se*. If one student has his left leg back, his partner will have his right leg back.

have found it helpful to provide a beat (like a drum) for the students to keep pace with while slowly increasing the speed of the beat. Because the students are maintaining an open facing *Hu Kul Ja Seh*, the drill can continue until either a mistake is made or the students stop. After the students have trained on one side for a given time period, the students will switch their *Hu Kul Ja Seh* maintaining an open facing in the other direction and continue the drill. Because this drill has the ability to loop infinitely, I have named it *Won-Hyong* (원형, Circular) *Dae Ryun*.

This drill initially uses the same techniques that are appropriate for the junior gups (White to Green). The technique series becomes progressively more difficult for senior gups (Brown to Blue) introducing more more difficult kicking combinations ultimately setting up the senior student to learn the 540° hook kick.

How does *Won-Hyong Dae Ryun* fill the gap? It does so by teaching the student a series of combined technique ideas forming a practical sentence of sorts that is sparring appropriate, self-defense appropriate, and reinforces the correlation of distance, timing, and targeting. Although the drill will initially move linearly, the student feeding the open hand targets can move on the angles backward to provide a more difficult challenge for the attacking student to strike the fed hand targets. The components of the drill are able to be creatively rearranged for sparring and teaching students to complete three to six techniques at a time rather than the typical one or two we see in most sparring matches. Additionally, the partner feeding targets becomes more accustomed to receiving a series of consecutive attacks, decreasing reaction time, and further reinforcing distance, timing, and targeting.

WON-HYONG DAE RYUN

As you train this drill, you must not think in left or right side techniques, but in forward (or front) side and rear (or back) side. For example, the first technique is a forward side punch (*i.e.* a jab). Let's say you are in a right leg back *Hu Kul Ja Seh*. That means your forward side punch is executed with the left hand, but your partner is feeding a right hand for the the punch's target since you and your partner are in open facing. It becomes far simpler to refer to the techniques as forward and rear (or front and back).

SENIOR WHITE BELT (TESTING FOR 8TH GUP)

Senior: Senior partner feeds a front-side open hand target with palm facing partner.

Junior: Junior partner executes a front-side *Sang Dan Kong Kyuck* (Jab).



Senior: Senior partner feeds back-side open hand target with palm facing partner.

Junior: Junior partner executes a *Bandae Jirugi* (cross).



Senior: Senior partner steps backwards moving the front foot to the rear. The now back-side hand feeds an open hand target near the lower abdomen level with palm facing floor and fingers orientated perpendicular to the partner. (The arms should be crossed similar to a *Ha Dan Mahk Ki* load.)

Junior: Junior partner executes a rear leg *Ahp Cha Ki* (front kick) with the *Bal Doong* (instep) setting the leg in front.



This concludes the White Belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. These three techniques can serve as a loop.

SENIOR ORANGE BELT (TESTING FOR 6TH GUP)

Senior steps backwards moving the front foot to the rear, maintaining the same crossed arm position from the previous step feeding the rear hand to receive a *Tollyo Cha Ki*.

Junior executes a rear leg *Tollyo Cha Ki* (roundhouse) with the *Bal Doong* setting the leg in front.



Senior feeds a front-side open hand target with palm facing partner.

Junior executes a front-side *Sang Dan Kong Kyuck* (Jab).



Senior feeds back-side open hand target with palm facing partner.

Junior executes a *Bandae Jirugi* (cross)



This concludes the Orange belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. The six techniques of the combined White and Orange belt drill can serve as a loop.

SENIOR GREEN BELT (TESTING FOR 4TH GUP)

Senior shifts (slides) backwards without switching stances extending both hands forward with palms facing the open side or your stance. The forward-side hand feeds a target for a *Ha Dan/Choong Dan Tollyo Cha Ki* simultaneously feeding the rear-side hand for a *Sang Dan/Choong Dan Tollyo Cha Ki*.

Junior executes a rear leg *Ha Dan/Sang Dan Tollyo Cha Ki* (low/high round house) setting the leg in front.



Senior steps backwards moving the front foot to the rear executing a forward-side downward *Jang Kwon Mahk Ki* (downward palm block) deflecting a *Mirro Yup Cha Ki* (stepping side kick).

Junior executes a *Mirro Yup Cha Ki* (stepping side kick) to the mid section.



Senior, without switching stances, rotates upper body toward partner feeding a back-side open hand target.

Junior readjusts for a *Choong Dan Hang Jin* (side punch from horse stance) with the same side attack as the *Mirro Yup Cha Ki*.



This concludes the Green Belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. These nine techniques can serve as a looping drill.

SENIOR BROWN BELT (TESTING FOR 2ND GUP)

Senior steps backwards moving the front foot to the rear executing a forward-side downward *Jang Kwon Mahk Ki* (downward palm block) deflecting a *Dwi Tollyo Cha Ki* (180° Spinning back kick).

Junior executes a *Dwi Tollyo Cha Ki* (180° Spinning back kick) setting the foot in front.



Senior feeds back-side open hand target with palm facing partner.

Junior executes a *Bandae Jirugi* (cross).



Senior feeds front-side open hand target with palm facing partner.

Junior executes a front-side *Sang Dan Kong Kyuck* (Jab).



Senior feeds front-side open hand target with finger tips orientated toward partner.

Junior executes a back-side *Gullgi Jirugi* (hook punch).



This concludes the Brown Belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. These thirteen techniques can serve as a looping drill.

SENIOR RED BELT (TESTING FOR CHO DAN BO)

Senior steps backward moving the front leg to the rear feeding front-side open hand target with finger tips orientated at partner receiving *Dwi Hu Ryo Cha Ki* (180° Hook Kick).

Junior executes a *Dwi Hu Ryo Cha Ki* (180° Hook Kick) leaving kicking leg in front.



Senior steps backward moving the front leg to the rear feeding a front-side open hand target near the *Myung Chi* (solar plexus) level with palm facing floor and fingers orientated perpendicular to the partner.

Junior executes an *E Dan Ahp Cha Ki* (jump switch front kick) effectively switching stances.



Senior feeds back-side open hand target with palm facing partner.

Junior executes a front-side *Sang Dan Kong Kyuck* (Jab).



Senior shifts (slides) backwards without switching stances executing a forward-side downward Jang Kwon Mahk Ki (downward palm block) deflecting a *Mikulgi Yup Cha Ki* (lead leg sliding side kick).

Junior executes a front-side *Mikulgi Yup Cha Ki* (lead leg sliding side kick).



This concludes the Red Belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. These seventeen techniques can serve as a looping drill.

BLUE BELT (TESTING FOR CHO DAN)

Senior steps backward moving the front leg to the rear feeding front-side open hand target with finger tips orientated at partner receiving *Dwi Ahneso Phaku Ro Cha Ki* (180° Crescent kick).

Junior executes a *Dwi Ahneso Phaku Ro Cha Ki* (180° Crescent kick) leaving leg in front.



Senior shifts (slides) backwards without switching stances feeding front-side open hand target with finger tips orientated at partner receiving *Doolgae Cha Ki* (Tornado crescent kick). Senior will likely need to adjust backwards slightly for the second kick.

Junior performs a *Doolgae Cha Ki* (Tornado crescent kick). Rear leg executes a *Phakeso Ahnu Ro Cha Ki* (Out-side/In-side crescent kick) immediately followed 360° *Phakeso Ahnu Ro Cha Ki* (360° Out-side/In-side crescent kick) with same leg leaving attacking leg in front.



Senior shifts (slides) backwards without switching stances feeding front-side open hand target with finger tips orientated at partner receiving *Dwi Hu Ryo Cha Ki* (180° Hook kick).

Junior executes a *Dwi Hu Ryo Cha Ki* (180° Hook kick) leaving leg in front.



This concludes the Blue Belt portion. Both partners should end in open facing *Hu Kul Ja Seh*. These twenty techniques serve as the complete *Won-Hyung Dae Ryun* drill.

WON-HYONG DAE-RYUN (PARTNER SPARRING LOOPING AND FOCUS DRILL)

Belt	Repeat	Attacker
Sr White 9th Gup	∞	Jab, Cross, Front Sang Dan Kong Kyuck, Bandae Jirugi, Ahp Cha Ki
Sr Orange 7th Gup	∞	Round, Jab, Cross Tollyo Cha Ki, Sang Dan Kong Kyuck, Bandae Jirugi
Sr Green 5th Gup	∞	Low/High Round, Skip Side Kick, Side Punch from Horse stance Ha Dan/Sang Dan Tollyo Cha Ki, Mirro Yup Cha Ki, Choong Dan Hang Jin
Sr Brown 3rd Gup	∞	180 back kick, Cross, Jab, Back hook punch Dwi Tollyo Cha Ki, Bandae Jirugi, Sang Dan Kong Kyuck, Gullgi Jirugi
Sr Red 1st Gup	∞	180 Hook Kick, Jump Switch Front Kick, Front punch, Sliding side kick Dwi Hu Ryo Cha Ki, E Dan Ahp Cha Ki, Sang Dan Kong Kyuck, Mikulgi Yup Cha Ki
Blue CDB	∞	180 Rev Crescent kick, Tornado kick (Back leg crescent followed by 360 crescent), 180 Hook kick Dwi Ahneso Phaku Ro Cha Ki, Doolgae Cha Ki, Dwi Hu Ryo Cha Ki



Sang Dan Kong Kyuck



Bandae Jirugi



Ahp Cha Ki



Tollyo Cha Ki



Sang Dan Kong Kyuck



Bandae Jirugi



Ha Dan Tollyo Cha Ki



Sang Dan Tollyo Cha Ki



Mirro Yup Cha Ki



Choong Dan Hang Jin



Dwi Tollyo Cha Ki



Bandae Jirugi



Sang Dan Kong Kyuck



Gullgi Jirugi



Dwi Hu Ryo Cha Ki



E Dan Ahp Cha Ki



Sang Dan Kong Kyuck



Mikulgi Yup Cha Ki



Dwi Ahneso Phaku Ro Cha Ki



Doolgae Cha Ki (part 1)



Doolgae Cha Ki (part 2)



Dwi Hu Ryo Cha Ki