



**Owner/Head Instructor Glynn Ganal SBN**

4th Degree Black Belt

**Hanminjok Hapkido Association**

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## ***STRONGER BODIES, MINDS, AND COMMUNITIES***

At G-Elite Martial Arts, we teach a self-defense system that covers a wide range of techniques. We don't just teach how to punch and kick, we perform traditional forms, tumbling, throwing, forms, weapons, pressure points, joint-locks, internal (ki) exercises, and meditation. All of these techniques are our comprehensive system based on the building block style of Kuk Sool Hapkido.

We understand that every student is unique and has different needs, which is why we promise to provide a safe, fun, and nurturing environment for everyone. Our instructors are dedicated to helping each individual student reach their full potential.

At G-Elite Martial Arts, we prioritize the teaching of martial arts techniques as a means of self-defense, rather than a tool for aggression. We emphasize that these techniques should only be employed when necessary to protect oneself and not to harm or threaten others. Our ultimate goal is to equip students with the confidence to defend themselves in potentially dangerous situations, while also promoting a sense of responsibility, respect towards others, and being their best selves.

We welcome you to our martial arts family and celebrate your step towards your goals!

## **Kuk Sool History**

Kuk Sool Hapkido encompasses three historical chapters of Korean martial arts history: Sado Mu Sool (tribal martial arts), Buldo Mu Sool (Buddhist martial arts), and Koong Joong Mu Sool (royal court martial arts). The Sado Mu Sool developed basic hand to hand combat and throwing techniques to defend against invaders. These techniques were further sophisticated into pressure points, forms, joint-locks and mental/internal practices of Zen and energy flow, also known as Ki techniques from Bodidharma during the Buldo Mu Sool. These techniques brought about the Hwarang warriors and a five point code that emphasizes honor, courage, respect for all in life, loyalty, and discipline. The Koong Joong Mu Sool introduced modernized weaponry, such as finely developed swords, moon knives, tridents, fans, ropes/scarves, and canes, as well as further developed self defense techniques used by the elite military, personal bodyguards, and members of the royal family to preserve the peace and defense of the public. In 1910, these techniques were lost from the 36 year occupation and oppression by Japan. At the end of Japan's occupation, brothers In Hyuk Suh and In Sun Seo, studied what remained of the Korean martial arts and systematically developed Kuk Sool in 1961. Today, we continue to practice and develop Kuk Sool Hapkido at G-Elite Martial Arts.

# Ki

G-Elite Martial arts teaches the basics of inner energy or “ki” through meditation and a series of breathing techniques called “Ki Cho Cha Gi”. There are six breathing techniques that are practiced daily. In all of the exercises, the student draws a deep breath, breathing into the lower abdomen by relaxing and pushing down their diaphragm. The practitioner will “Kihap” or shout and expel a majority of the air in their lungs, keeping 10-20% to keep the abdomen taut. The movements are a balance between rigidity and fluidity. That is, focus on your center and with intent, to feel your energy moving throughout your body. This type of breathing helps your body to be calm, relaxed, energized, and your mind focused. When your instructor calls for “Shum Shi Gi” during practice, you will use this deep inhale and exhale per count to recenter and energize yourself during practice.

## TUMBLING

Tumbling or falling techniques are called “Nak Bub”. These techniques are used in conjunction with your Kihap to help strengthen and condition your body to prevent injury when falling or being thrown. Nak Bub will develop your spatial awareness and how to “break” falls instead of catching yourself when falling.

## TECHNIQUES

Techniques are strict self-defense patterns based on several potential situations an attacker may use. These joint-locks, throws, and/or pressure point strikes are heavily drilled to increase accuracy, muscle memory, knowledge, body awareness, and reflexes in every student. Martial arts techniques are essential for self-defense, and they are based on several potential situations an attacker may use. These techniques are designed to help individuals protect themselves against physical assaults, such as punches, kicks, grabs, and chokes. By learning techniques, individuals develop the necessary skills to defend themselves in real-life scenarios, making them more confident and prepared for various situations.

# HYUNG

Martial art forms, known as "Hyung", may seem like dance routines, but they're actually carefully choreographed sequences of offensive and defensive moves against imaginary opponents. Practicing forms can improve your physical coordination, balance, timing, agility, power, and technique application. It also enhances mental skills like concentration and develops a "mind-body" connection.

When you practice forms, you repeat specific motions and respond to sequential information, which helps develop your mentality with an organized thinking process. Practitioners increase their capacity for reactionary and muscle memory formation. The ultimate goal is to combine physical, mental, and spiritual aspects of training for a well-rounded performance and complete experience. Practicing forms is a practical way to improve your skills and express your technique as an individual. By putting in the effort, you can gain a greater understanding of the principles of your art and how to apply various techniques more effectively without a partner.

## About Glynn Ganal

Sa Bum Nim Glynn, the founder and chief instructor at G-Elite Martial Arts, is currently a 4th degree black belt and martial arts expert with a wealth of experience and knowledge. He achieved his 3rd degree black belt in 2010 at the Korea Kuk Sool Headquarters in Busan under the guidance of Chief Master Chun Duk Lee, who is one of the pivotal masters of Kuk Sool under Grand Master In Sun Seo. Instructor Glynn's martial arts journey began when he was just seven years old, studying under Chief Master Lee at Stockton Kuk Sool Won. He earned his first degree black belt in 1997 and Chief Master Lee remains a pivotal mentor and role model to him.

Over the past 20 years, Instructor Glynn has trained under various styles and masters of martial arts in California, Korea, and the Philippines, which has allowed him to bring a diverse range of experience and knowledge to his students. In addition to his martial arts expertise, he holds a Bachelor's degree in Nutrition Science - Biochemistry from UC Davis and is a dedicated government employee.

Instructor Glynn's goal is to provide the highest quality martial arts training and instruction to anyone who is interested in learning. Through his leadership and guidance, G-Elite Martial Arts is dedicated to creating a safe, fun, and nurturing environment where students can develop their martial arts skills, build their character, and find a family outside of their own. By training at G-Elite Martial Arts, students not only improve their physical abilities but also their mentality, which can help them in all aspects of life.

# VOCABULARY

<b>PUNCHING HAND TECHNIQUES – SOO KI</b>	
2 Knuckle Punch (straight)	Jung Gwun
Palm Strike	Pyung Soo
Spear Hand	Kwan soo
Uppercut	Ap Bahk
Double Knife Hand	Sang Soo-Doh
Four Corner Cross Blocking	Ship Ja Mak-Gi
Front Back Punches	Ap Di Soo-Gi
Back Turn Chop	DWi-Dora Soo-Doh
Back Fist	Gak Gwun
Circle Block Back Fist	Hae-Jun Gak Gwun
Middle Knuckle Strike	Joong-Gi Gwun
First Knuckle Strike	Gi-Gun
Circle Block Palm	Hae-Jun Pyung Soo
Double Palm Strike	Sang Pyung Soo
Knife Hand (Chop)	Soo-Doh
Ridge Hand Strike	Yuk Soo-Doh
Elbow	Pal Gumchi
Pray Mantis	Sa Ma-Gi
Cross Punching	Sa-Bang Chi-Gi

**KICKING  
LEG TECHNIQUES – JOK SOOL**

Knee Kick	Murup Cha-Gi
Straight Leg Kick	Ap-Cha Olligi
Inside Kick	Ahn Da-Ri
Outside Kick	Bak-Ah Da-Ri
Front Kick	Ap Cha-Gi
Side Kick	Yeop Cha-Gi
Roundhouse Kick	Bahl-Don Cha-Gi
Hook Kick	Guem-Chi Gahm-Gi
Back Kick	Dwi Dora Yeop Cha-Gi
Spin Kick	Dora Cha-Gi
Low Spin Kick	Ha-Dan Dora Cha-Gi
Jump Front Kick	Yi-Dan Ap Cha-Gi
Jump Side Kick	Yi-Dan Yuhp Cha-Gi
Circle Inside Kick	Hae-Jun An Da-Ri

<b>TUMBLING</b>	
Front Breakfall	Ap Nak Bub
Back Breakfall	Dwi Nak Bub
Side Breakfall	Yuep Nak Bub
Front-Side Breakfall	Ap Yuep Nak Bub
Circle Softfall	Hae Jun Nak Bub
Cartwheel	Poong Cha

<b>NUMBERS</b>	
One	Hana
Two	Dool
Three	Set
Four	Net
Five	Da-Sut
Six	Ya-Sut
Seven	Il-Gob
Eight	Yeo-Dul
Nine	Ah-Hop
Ten	Yul

<b>OTHER TERMS</b>	
Kuk Sool	National Martial Art
Hapkido	Korean Martial Art
Etiquette	Yea-UI
Kneel	Jung-Ja
Practice	Soo-Ri-Un
Attention	Cha Ri-Ut
Bow	Kyung Yea
Ready	Joon Bi
Begin	Shi Jak
At Ease	Ba-Roh
Breathing	Suhm Shi-Gi
Finish	Kuet
Martial Arts Uniform	Doh-Bok
Defensive stance	Pahng Uh
Offensive Stance	Kong Kyuk
Inner Energy Techniques	Ki Cho Cha Gi
National Flag	Kuk Ki
Association Flag	Won Ki
Martial Arts School	Dojang