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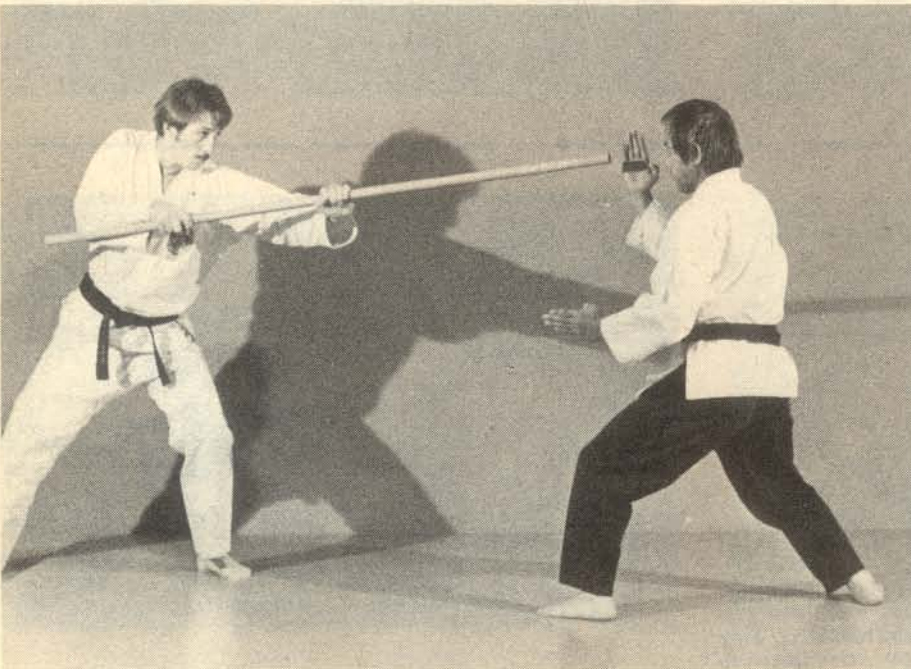
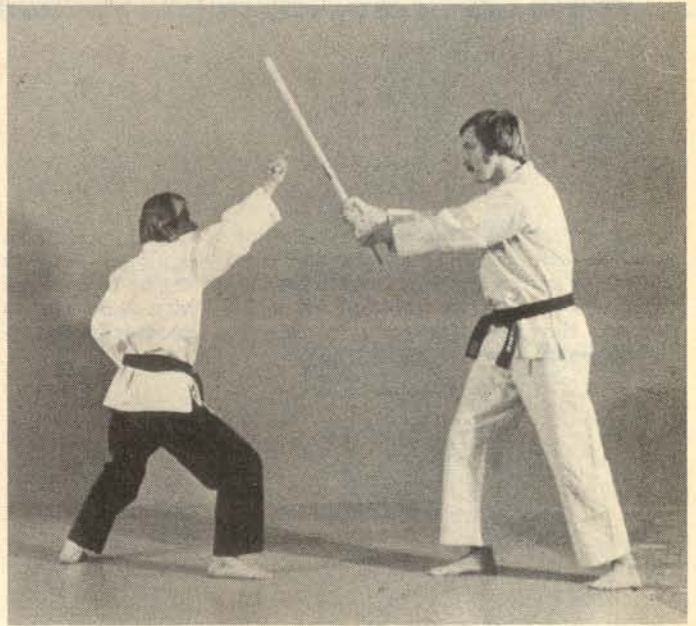


**DEFENSE AGAINST
THE BO ATTACK**



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Chong S. Kim of Los Angeles teaches a lot of techniques and self-defense with weapons in his role as a hapkido instructor. On these pages he shows three ways to defend against a bo attack.



Chong S. Kim, 47, is recognized as one of the foremost instructors of hapkido.

Born in Seoul, Korea, Kim has spent his life practicing and teaching hapkido. He now teaches at his school in the Los Angeles suburb of Alhambra.

Following a degree in political science at Hong Ig University, Kim operated three schools in Seoul.

He was chosen as one of 12 hapkido practitioners who toured Asia, giving demonstrations and lessons. In the 1960s, he went to Viet Nam to instruct members of the famed Green Beret as well as South Viet Nam CIA members.

To supplement his hapkido training, Kim studied at Dong Ue Acupuncture School for two years. He has since become proficient in acupuncture, bone setting and joint replacement.

In 1973 he came to the United States to open his school.

Kim can speak for hours on hapkido and his way of instruction. "My style is not for a tournament," he says. "It's more a street-fighting style."

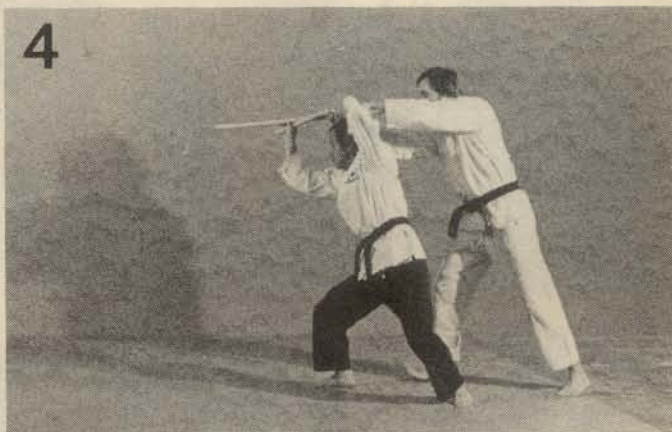
Kim says his hapkido students develop a tough spirit. "Hapkido is not just another pleasant form of exercise with the added plus of providing a built-in defense against would-be muggers," says Kim. "It is a philosophy which stresses the important link of the physical to the spiritual, of the body to the mind. It is a study not just for self-

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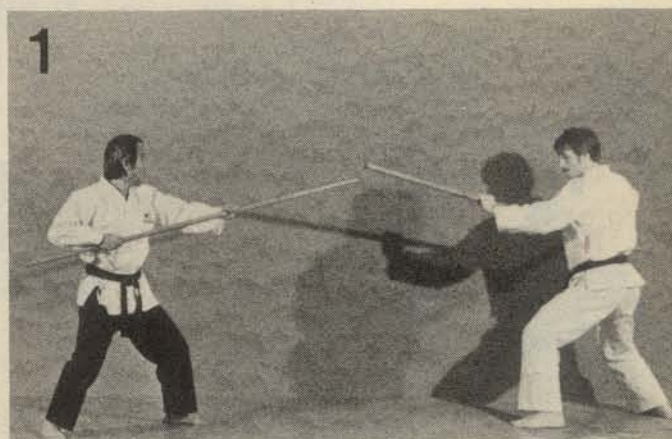
THE BO ATTACK

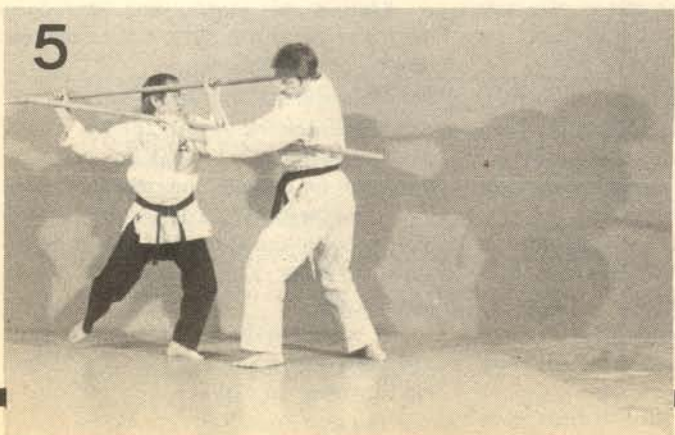
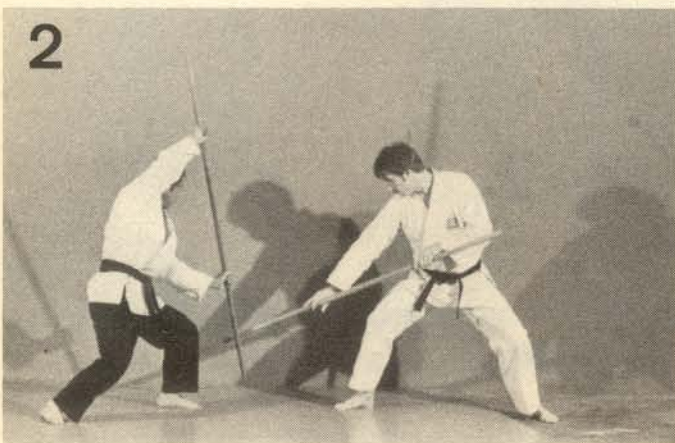
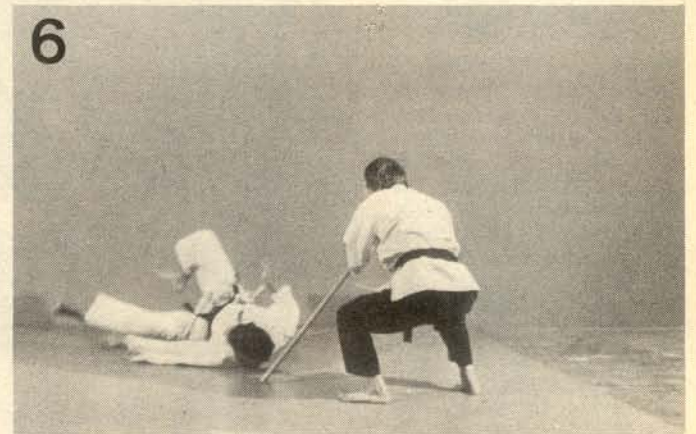
BO

In this sequence, Kim, with the short bo, defends against an attacker with the long bo (1). Kim first uses his bo to block the strike of the assailant (2). He then grabs the bottom of the attacker's bo (3) so he won't get hit with it, twists under the bo (4), and flips the attacker to his back (5). The attacker has released the bo into Kim's hands (6).

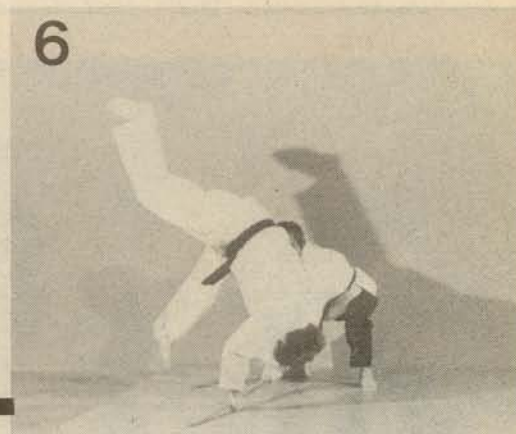
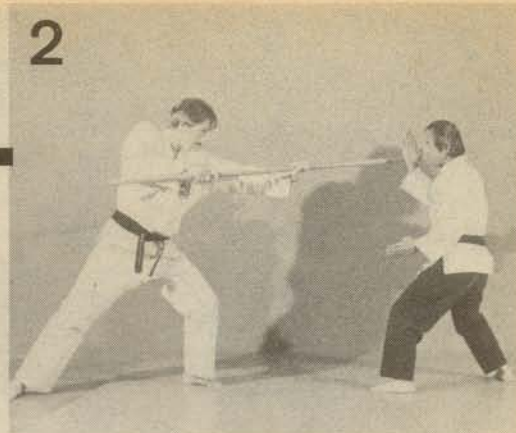
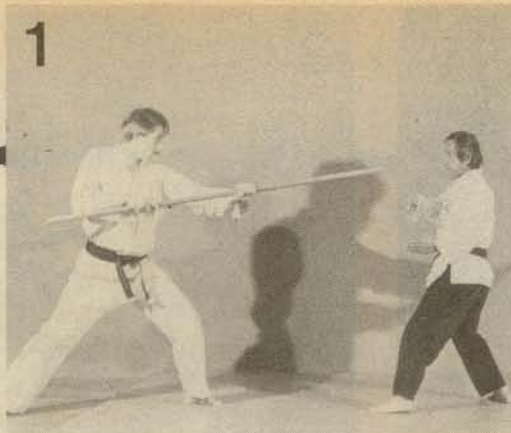


In this sequence, Kim and the attacker have long bos (1). The assailant tries to hit Kim's leg, but Kim angles his bo to block the strike (2). The attacker then moves back, and gets set to strike to the head (3-4), but Kim again blocks it, only this time his bo is in a horizontal position (4). Kim then follows with a strike of his own to head (5) and uses the momentum to flip the assailant over (6).





BO



In this sequence, Kim, without a bo, is defending against an attacker with a long bo. As the attacker strikes (1), Kim lets the attacker lunge forward, while evading the strike (2). He also blocks the bo away from him (2). Kim then grabs the bo with his left hand (3) and steps under it, changing direction about 15 percent (4). He then uses the attacker's forward momentum (5) and flips him over (6).

(Continued from page 15)

defense, but for total character development."

Hapkido favors long-range kicking techniques, but a hapkido technician can use all types of techniques for defense.

"The human body has a multitude of weak points, and these weak points are used in the application of hapkido techniques," says Kim. The weak points to which Kim refers are pressure points and joints.

According to Kim, the human body has about 400 pressure points and 200 joints. "I know people think you only

use hapkido for long-range fighting, but hapkido techniques are just as effective in a confined place. You can fight in a closet if you want."

Kim says he teaches the 22 basic hapkido kicks to beginning students. Then as they progress, he teaches them the 77 special kicks, not to mention the over 3,700 self-defense techniques.

Another specialty of hapkido is weapons training. Kim says the first weapon he teaches students to use is the bo -- short, middle and long bo. The student can then advance to the small knife and short sword.

It is weapons that Kim focuses on in

this issue of KARATE ILLUSTRATED.

Kim is an outstanding technician with the bo, not only in a kata role but in self-defense situations.

The sequences on these pages demonstrate self-defense against the bo.

One sequence finds Kim using the medium bo against the attacker's long bo. The second sequence finds both parties with the long bo. The third sequence finds Kim without a bo to defend with.

In each sequence, Kim moves from the defensive to the offensive, and ends up throwing the attacker.

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