



HWA RANG DO®

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**Hwa Rang Do®
Fighting
Strategies &
Joint Manipulations**

Hwa Rang Do® covers three stages of fighting with the addition of an alternate stage - the one knee position (OKP). Other martial arts specialize in a particular stage or range but Hwa Rang Do® tries to manage all the possible tactical and strategic responses in a real fight. The idea is to be prepared to fight in every kind of real situation.

STAGE I (Kan'Gyok):

The quite common initial stage of a real fight is with both you and your opponent standing just outside of striking range. The most important thing to learn here is how to close the distance and quickly use striking, blocking and grabbing/sweeping techniques with both hands and feet. This usually has to be done with only a slight forward movement.

STAGE II (ChopHap):

No matter what, 80% of the real fight comes to the situation where you and your opponent are in a standing clinch. Joint manipulations, Pressure points, Takedowns, Throws and close-range/combat techniques (such as elbow/knee/head strikes) becomes the main weapons to coordinate and use.

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Experts



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STAGE III-A (Chase/OKP):

Stage II usually begins on the feet but ends on the ground. This stage III-A (One Knee Position) is an alternate dominant stage where you manage the opponent with one knee when he is prone to the ground. The goal here is to finish the fight with a joint lock or submission/strike without having to roll around on the ground like in a grappling match. The OKP is a very important application for Law-Enforcement and Military because the prone position decreases the ability of arrested people to defend/counter attack/escape. Moreover OKP give the ability to control an arrested person and simultaneously use the gun/baton/firearm against another enemy.

STAGE III-B (TongGyol):

After stage II it's possible that both you and your opponent are prone on the ground. Learning grappling and quick submission techniques is vital here, maybe more than learning striking techniques (less effective on the ground). Hwa Rang Do® considers this stage the as the last and least favorable position where applying real self defense techniques against an opponent.

JOINT MANIPULATIONS:

As you can see stage II and III-A/III-B requires a deep knowledge of joint manipulation/locks techniques. The Hwa Rang D® curriculum about joint manipulation is huge



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and is based on: study of the human anatomy (In Sool), proper joint angles, correct distance from the opponent, proper distribution of your weight, and, at higher level, quick application of pressure, internal energy (KI) and vibration techniques.

The first classification of joint locks is about breaking or locking joints that only bend in one direction and do not rotate. You can see the quite common application of the example in fig. 1, it's an arm-bar and the target of the technique is the elbow, a well known hinged joint. This class is quite effective and very useful to break the arm/leg or to push the opponent in a certain direction.

The second class of joint manipulation techniques collect the angled leverage applications applied to ball-and-socket joints such as wrist, shoulder, ankle and hip. The key aspect, here, is placing the joint at a particular angle (see fig. 2, it's a WES-lock, Wrist/Elbow/Shoulder rotation), the ligaments and tendons are extended and lose their ability to preserve the integrity. This class determines a lot of pain in the opponent's joint so can be used to control the limb (e.g. let the opponent leave a weapons in his hand).

The third classification is about a type of joint locks that can be applied against both hinged and ball-and-socket joints. They require a strong grip on both sides of the joint and twist and rotation has to be applied with the most effective result when applied to smaller joints, such as fingers and sometimes wrist or elbow. In fig. 3 you can see a finger breaking technique. It's very easy to break the opponent's finger if you're able to twist and rotate it just before.

There a lot of other high level classifications of the joint locks that you can study in Hwa Rang Do®. The last that we're going to take into consideration is the compression of the joint. This is usually called "joint separation". As you can see in fig. 4 (knee separation to the ground), the compression techniques operate with the same principle as a nutcracker. Something has to be placed in the crook of the joint and applying pressure to the bones of both sides the joint can be separated. Elbows and knees are the most effective targets of this class of techniques.

CONCLUSIONS:

Based on the type of goals the study of joint manipulation can be very different. In the first part of the study Hwa Rang Do® focuses on self defense applications against an opponent that grabs you in many different ways. In the second part the study is about the defense against a weapon attack (e.g. knife, baton, etc.). In the third part, you can see joint locks against more opponents simultaneously, with acrobatic movements, etc. You absolutely need to have clear in your mind what you want to do before applying a joint lock against an aggressor. Controlling an aggressor and make him surrender is very different than breaking his arm or catching his knife. I mean that you can use the same joint lock to the same joint of the opponent with a different goal and the resulting type of techniques is completely different. Moreover you cannot apply the joint lock just thinking to reply on one opponent's technique. You need to have ready a secondary and ultimately a tertiary response, in case your primary joint manipulation technique fails (quite similar to chess game, you have to understand your opponent's possibilities and be ready to manage him no matter what he does).

These are the main reasons why learning joint manipulations very in depth is really hard and require years of practice, fluidity, self control and adaption capability. Nevertheless it give you a great understanding of human biomechanics and weaknesses both from a physical and mental point of view.

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