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## A Study on Security MARTIAL ARTS in KOREA & Implications

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### Abstract

*Security martial arts have become essential subjects for 'personnel for detailed security response' in curriculum of Security Science, and is one of important educational subjects included in education/ training programs for the Office of the Presidential Security, Police security organizations, and private security companies.*

*This study was intended to examine current status and implications of security martial arts and discuss the significance of study on security martial arts which need to be spread globally in the period ahead. Research materials related to security martial arts were analyzed by using the KCI(Korea Citation Index) of NRF(National Research Foundation of Korea) and the RISS(Research Information Sharing Service) of KERIS(Korea Education and Research Information Service), along with study of Korean literatures.*

*The results of this study showed that publication of books on security science began to be expanded from mid 1990s. Currently, 49 articles on security martial arts have been published in KCI and related studies have been carried out steadily to date since 2002. The study on security martial arts were divided into major categories such as 22 articles on Social Science, 20 articles on Art & Physical Education, 5 articles on Engineering, 1 article on Natural Science, and 1 article on interdisciplinary science. In relation to the field of academic study covered by the published articles, there were 21 articles related to the science of public administration among social science, the highest proportion, followed by 10 articles on the martial art science among physical administration. As articles are also published in the fields of engineering, natural science, and interdisciplinary science, it can be found that studies on security martial arts are being conducted across academic fields. According to the data published by KCI, the number of registered organizations stand at 8,495 which publish 5,038 journals in all, out of which studies on security martial arts are published in 13 academic journals. Among others, the studies on security martial arts have been carried out mainly by the Korean Security Science Association and Korean Alliance of Martial Arts.*

*The results of this study suggest that studies on security martial arts are being conducted continuously due to the importance and value of security martial arts in Korea and are attracting much attention from scholars. However, it is deemed necessary to promote in-depth studies on security martial arts, along with both quantitative and qualitative increase in such studies, when the studies on security martial arts are compared to other studies in overall academic fields. Moreover, it is considered necessary to build a key academic area with strong focus on research into security martial arts and to complement the development task presented by preceding studies.*

**[Keywords]** *Martial Arts, Security Martial Arts, National Research Foundation of Korea(NRF), Korea Citation Index(KCI), Research Information Sharing Service(RISS)*

## 1. Introduction

The simultaneous terrorists attacked in performance hall, soccer stadium, restaurants, etc., in Paris, France on November 13,

2015, left many people injured or dead and sent people around the globe in an overwhelming panic.

The U.S. Wall Street Journal reports that hundreds of lives were saved thanks to the security checks by security personnel in the stadium prior to terrorist attack. French President Francois Hollande also evacuated from the stadium right after the terrorist attack[1]. In an well-known terrorist attack(1981.3.30.13:30), a security personnel named Timothy McCarthy who was holding the door of VIP vehicle immediately turned himself towards the line of fire to protect President Ronald Reagan from bullets when John Hinkley emptied 6 bullets in his gun in rapid succession in his assassination attempt, and was immediately helped by Agent Manager Parr and Team Leader Shaddick who shoved the President into the vehicle that then sped away from the scene quickly[2]. Security martial art is a form of martial art technique used instantly by security guards or security agents to protect the lives of security subjects and citizens under dangerous situations.

Security martial arts are closely related to the lives of the public in contemporary society fraught with the threats of various terrorist attacks and crimes, and particularly, represent essential requirement for security personnel making response to various types of threats at the site of security service. In Korea, Department of Security Science has been launched in universities since mid 1990s, and significant academic development has been achieved. Security martial arts have become essential subjects for 'personnel for detailed security response' in curriculum of Security Science, and is one of important educational subjects included in education/training programs for the Office of the Presidential Security, Police security organizations, and private security companies. Moreover, security science circles have conducted studies related to such security martial arts.

Thus, the objectives of this study were to examine current researches that had been carried out in Korea with respect to security martial arts and their implications and ex-

plore and discuss the meaning of study on security martial arts that would need to be expanded worldwide in the period ahead. Research materials related to security martial arts were analyzed by using the KCI(Korea Citation Index) of NRF(National Research Foundation of Korea) and the RISS(Research Information Sharing Service) of KERIS(Korea Education and Research Information Service), along with study of Korean literatures.

## **2. Concept of Security Martial Arts & Major Preceding Studies**

Security martial arts represent martial art functions for overpowering the aggressors immediately and coping with subsequent situations, depending on environment in which response is made to contingencies and characteristics thereof, in the event that the need for security protection arises[3]. Such security martial arts are distinguished from general martial arts in terms of characteristics. Lee S(1998) stated that security martial arts did not have any defined rules, unlike general martial arts, and involved situations where identity and number of aggressors remain unknown, and would require instant response at the first attempt of attack, not allowing any second attempt, and furthermore, would be characterized by the fact that objectives of training focused on defending security subjects and overpowering the aggressors, in addition to the need for making response to illegal weapons[4].

The study by Kim T & Lee S(2011) shows that the preceding studies related to security martial arts covered education on security martial arts, development of security martial arts, use of general martial arts as security martial arts, principle associated with structure of security martial arts, study on sports dynamics of security martial arts, etc[5]. In a study on security martial arts which was closely related to this study, Shin S & Kim T(2014) explained the results of study on security martial arts based on different categories, i.e., book form and academic articles. Using the RISS data, they examined the research status of 61 articles with headings that included the words 'security martial arts'[6].

Jeang I(2015) classified the research trends of security martial arts into 9 academic areas such as philosophy, history, pedagogy, sociology, psychology, biology, training science, sports dynamics, and field practice of security. He explained that the types of security martial arts, such as karate, Taekwondo, Judo, Hapkido, Yongmudo, Kendo, Special Forces Martial Arts, etc(Cheonmugeuk, security martial arts), have been investigated[7]. This study was intended to look into concerned implications based on literature study and reference to KCI data.

### 3. Current Status and Implications of Study on Security Martial Arts in Korea

The studies on security science have been recently conducted. Some books containing descriptions of practical security works were published, like the books written in the form of autobiography by United States Secret Service agents around in 1970s. Although studies on security science began to be accumulated from 1980s, related studies were not conducted vigorously[2][8].

By searching for the key words, 'security martial arts', into RISS[9] data system operated by KERIS[10], the search results show 92 dissertations related to security martial art, 178 articles in domestic academic journals, and 76 articles in book form.

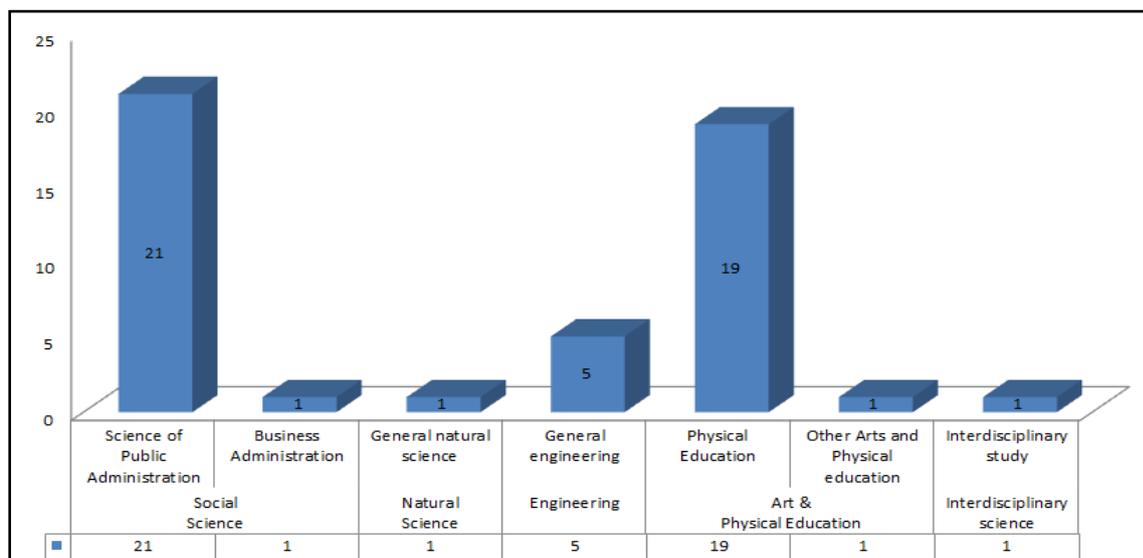
The Department of Security Science has been launched in about 40 universities across the country, as of 2015, since the first Department of Security Science of Korea opened in Yongin University from mid 1990s(1996). In conjunction with that, books on security science have been published continuously. Among those books are included the Introduction of Security Science(1995)[11], Law of

Security Act(1996)(authored by Kim, D.)[12], Security Driving(1996)(co-authored by Kim D & Chung T)[13], Introduction of World Security Science(1995)[14], Theory of Security Guard Organization Management(1997)[15], World Security Science Field Practice(1999)(authored by Yeom J)[16], Security Methodology(1998)(authored by Lee S)[4], and Field Practice of Security(authored by Jang M)[17], etc. Although many books have been published on general martial arts such as Taekwondo, Judo, Hapkido, Kendo(Japanese fencing), etc., in relation to security martial arts, it is considered that 『Security Martial Arts』, written by Lee, S. et al(2004) and professors of Yongin University, provides systematic and elaborate description.

“The study of teaching method on martial arts by protection techniques” written by Lee, S(1997) and published in the first issue, Volume 8 of the Journal of Martial Arts of Yongin University, is the first study of Korea that included the term 'security martial arts' in the title of academic research paper. This study describes the countermeasures for each security situation based on characteristics of martial arts, precautions for instruction/guidance on security martial arts, and method for instruction/guidance on security martial arts[18].

Currently, 49 articles can be found(searched on November 8, 2015) from KCI data system[19], which is a database of academic journals published in Korea, information of articles(origin), and references and analyzes quotation relations among articles, for the period between 2002 and 2015. By year, the number of published article(s) stands at 3 in 2002, 1 in 2003, 1 in 2004, 2 in 2005, 2 in 2007, 3 in 2008, 8 in 2009, 9 in 2010, 3 in 2011, 7 in 2012, 1 in 2013, 6 in 2014, and 3 as of October in 2015.

**Figure 1.** Publication of articles on security martial arts by academic field(medium category).



Note: The science of public administration includes the science of police public administration, while the physical science includes the martial arts studies.

National Research Foundation of Korea(NRF) has the Research Field Classification System built on vertical structure that divides the research areas into 8 major categories which are then subdivided into medium category, minor category, and subgroup. Major category consists of 8 categories such as Humanities, Social Science, Natural Science, Engineering, Medicine & Pharmacology, Agriculture Fisheries Oceanography, Art & Physical Education, and Interdisciplinary Science[20]. The study on security martial arts were divided into major categories such as 22 articles on Social Science, 20 articles on Art & Physical Education, 5 articles on Engineering, 1 article on Natural Science, and 1 article on Interdisciplinary science. This major category was subdivided into medium category. In Social Science, there were 21 articles on the Science of Public Administration(17 cases on Science of Public Administration and 4 cases on the Science of Police Public Administration administration), and 1 article on Business Administration. In the art and physical education sectors, there were 19 articles on Physical Education(10 articles on Martial Arts Studies, 8 articles on Physical Education, and 1 article on other types of physical education) and 1 other article on other arts and Physical education. In the engineering field, there

were 5 articles on general engineering(5 articles on other ordinary engineering). In natural science field, there was 1 article on general natural science(1 article on other general natural science). In the interdisciplinary science, there was 1 interdisciplinary study.

Studies on security martial arts were published in 13 academic journals:16 articles in the Korean Security Science Review, 10 articles in the Journal of Korean Alliance of Martial Arts, 6 articles in the Korea Sports Research Review, 5 articles on the Convergence security journal, 3 articles in the Journal of the Korean Society of Private Security, 2 articles in Korean Journal of Sports Science, including each single article published in the Korean Association of Public Safety and Criminal Justice Review, Journal of Secretarial Studies, Journal of Korean Society for Sports, Journal of the Korean Society for the Security Convergence Management, Journal of Korea Society for Wellness, Journal of Korean Society of Disaster Information, Journal of Korean Public Police and Security Studies.

#### 4. Conclusion

Security martial art is one of the most important elements in carrying out security duties. Security is said to be a matter of split-second. That reflects the fact that security personnel evacuate security subjects and confronts the aggressors by using security martial arts in case of emergency.

The results of this study showed that publication of books on security science began to be expanded from mid 1990s and that 「Security Martial Arts」 written by Lee S et al(2004) was the first article that provided systematic and detailed description of security martial arts. In addition, “The study of teaching method on martial arts by protection techniques” written by Lee S(1997) was the first academic article of its kind. Currently, 49 articles on security martial arts have been published in KCI and related studies have been carried out steadily to date since 2002.

In relation to the field of academic study covered by the published articles, there were 21 articles related to the science of public administration among social science, the highest proportion, followed by 10 articles on the martial art science among physical administration. As articles are also published in the fields of engineering, natural science, and interdisciplinary science, it can be found that studies on security martial arts are being conducted across academic fields. According to the data published by KCI, the number of registered organizations stand at 8,495 which publish 5,038 journals in all, out of which studies on security martial arts are published in 13 academic journals. Among others, the studies on security martial arts have been carried out mainly by the Korean Security Science Association and Korean Alliance of Martial Arts.

The results of this study suggest that studies on security martial arts are being conducted continuously due to the importance and value of security martial arts in Korea and are attracting much attention from scholars. There might be security martial arts unique to each country worldwide, and efforts need to be made to develop traditional martial arts and security martial arts of respective countries.

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## Study on the Security MARTIAL ARTS One-Arm Shoulder Throw EMG Analysis in Dangerous Situations in KOREA

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### Abstract

*Security service must deal with various dangerous situations that occurs to the protector at the closest range, and must include elements of professional strength including agility, reaction, strength, balance, selective reaction abilities as physical requirements. Especially, close proximity guards are the last line of defense that must deal with various dangerous situations that occurs to the protector at the closest range, and at the same time, since the time, location, and methods of the dangerous situations are decided by the assailant it can be said that the most basic requirements of a close proximity security guard is martial arts abilities that deals with situations successfully.*

*Therefore, in order to successfully carry out a close proximity security service, one must train in martial arts based on the protection methods that will be applied during dangerous situations considering proximity protection security methods and the characteristics and principles of the security martial arts types.*

*One-arm shoulder throw, a technique in Judo, is a technique that throws by holding the collar or sleeve of a side that is frequently used as a surprise technique when the opponent is highly balanced and bigger in size and is a very simple technique, with also one arm, other than the one holding and pulling, free to change into another technique, making this less stressful on the arm joints than the two-arm shoulder throw, allowing beginners to easily approach this technique and easily throw the opponent. Also, as it is with the original movement of the one-arm shoulder throw, this technique is a basic technique and also an important technique that allows the holder(the guard) to use the attacking strength of the opponent in the situation when the receiver(the attacker) attacks the upper body.*

*Therefore, this study analyzes the differences in the EMG analysis results between the security martial arts one-arm shoulder throw movement with the left arm(attacking arm) and the right leg(balancing leg) in a dangerous situation.*

*<Table 1> shows the results of the muscle activity of an experienced person and a non-experienced person for the pulling arm's blocking section(section 1) to locking section(section 2) during the security martial art one-arm shoulder throw. <Table 2> shows the results of the muscle mobilization of an experienced person and a non-experienced person for the right(balancing) leg during the security martial art one-arm shoulder throw. These results are considered to be so since when the security martial art one-armed shoulder throw movement progresses the knees are bent, with the attacker on the back, and when the knee straightens out, and it finally ends with by throwing the attacker, and when these happen, the muscle in use is the muscular rectus femoris.*

**[Keywords]** Security Martial Arts, Republic of Korea, Security, One-Arm Shoulder Throw, EMG

## 1. Introduction

Security service must deal with various dangerous situations that occurs to the protector at the closest range, and must include

elements of professional strength including agility, reaction, strength, balance, selective reaction abilities as physical requirements[1]. Especially, close proximity guards are the last line of defense that must deal with various dangerous situations[2] that occurs to the protector at the closest range, and at the same time, since the time, location, and methods of the dangerous situations are decided by the assailant it can be said that the most basic requirements of a close proximity security guard is martial arts abilities that deals with situations successfully[3].

Therefore, in order to successfully carry out a close proximity security service, one must train in martial arts based on the protection methods that will be applied during dangerous situations considering proximity protection security methods and the characteristics and principles of the security martial arts types.

One-arm shoulder throw, a technique in Judo[4], is a technique that throws by holding the collar or sleeve of a side that is frequently used as a surprise technique[5] when the opponent is highly balanced and bigger in size and is a very simple technique[6], with also one arm, other than the one holding and pulling, free to change into another technique, making this less stressful on the arm joints than the two-arm shoulder throw, allowing beginners to easily approach this technique and easily throw the opponent[7].

Also, as it is with the original movement of the one-arm shoulder throw, this technique is

a basic technique and also an important technique that allows the holder(the guard) to use the attacking strength of the opponent in the situation when the receiver(the attacker) attacks the upper body[8]. Therefore, this study analyzes the differences in the EMG[9] analysis results between the security martial arts one-arm shoulder throw movement with the left arm(attack arm) and the right leg(balancing leg) in a dangerous situation. These results are considered to be so since when the security martial art one-armed shoulder throw movement progresses the knees are bent, with the attacker on the back, and when the knee straightens out[10], and it finally ends with by throwing the attacker, and when these happen, the muscle in use is the muscular rectus femoris.

## 2. Research Result

<Table 1> shows the results of the muscle activity of an experienced person and a non-experienced person for the pulling arm's blocking section(section 1) to locking section(section 2) during the security martial art one-arm shoulder throw[11].

<Table 2> shows the results of the muscle mobilization of an experienced person and a non-experienced person for the right (balancing) leg during the security martial art one-arm shoulder throw[11].

**Table 1.** Left arm's muscle activity[11].

Group		L.R	L.U	L.B	L.T
Experts	M	272.4	185.2	447.3	331.2
	SD	53.8	50.2	59.8	90.2
Non-experts	M	425.6	203.6	492.9	255.7
	SD	79.2	64.3	100.3	80.7
	DM	-153.2	-18.4	-45.6	75.5
t-value		1.623	0.343	0.345	0.545

Note: \*p<0.05

※DM: Skilled group - non skilled group

※LR: Left flexor carpi radialis

※LU: Left extensor carpi ulnaris

※LB: Left biceps brachii

※LT: Left triceps

**Table2.** Right leg's muscle activity[11].

Group		R.T.A	R.B.F	R.R.F	R.G
Experts	M	83.5	31.1	91.2	72.4
	SD	5.1	2.7	4.6	5.4
Non-experts	M	100.5	52.0	69.8	93.9
	SD	10.1	2.4	4.5	11.4
t-value		-3.375*	-12.878*	7.429*	-3.818*

Note: \*p<.05

※R.T.A: Right tibialis anterior

※R.B.F: Right biceps femoris

※R.R.F: Right rectus femoris

※R.G: Right gastrocnemius

### 3. Conclusion

These results are considered to be so since when the security martial art one-armed shoulder throw movement progresses the knees are bent, with the attacker on the back, and when the knee straightens out, and it finally ends with by throwing the attacker, and when these happen, the muscle in use is the muscular rectus femoris.

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## Access to Security MARTIAL ART by Training Self-Defense of Hapkido in KOREA

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### Abstract

*This research was done about security martial art, especially based on Hapkido, and the researcher tried to academically access to the application of Hapkido by interviewing three experts in martial art for qualitative research. Also, the researcher reviewed thesis related to security martial art, oriental martial art, and martial art based on Korean traditional idea by preceding research to make the direction of the research access to the topic. Guard is the last method handling various dangers nearest to the subject. To ensure the subject's security from a person inflicting injury, guard should be done based on trained body of the bodyguard, so training security martial art is essential. Therefore, this research is going to suggest the way to applying Hapkido to security martial art.*

*First, unlike other martial arts, Hapkido has various motions, and the motions are easily accessible in accidental situation. Motions such as folding wrist, holding, punching, entraining with weapon, and arresting technique were researched specifically.*

*Second, academic study on Hapkido is short, so Hapkido's integrated samples and teaching materials should be established. Therefore it should be verified as a security martial art by Hapkido martial art.*

*Third, every martial art has its different characteristic of skill suppressing the opponent, and not any particular martial art can be chosen as the best one in suppressing. With general Hapkido, the way to studying the value and applying of Hapkido as a security martial art should be suggested as a basis of other martial arts, so that the independent educational system for security martial art can be established.*

*Fourth, in accidental case of security, it is thought that the objective and valid access is needed by using practical martial motion as a measurement through applying security martial art. And lastly, although the overall educational establishment of security martial art hasn't done yet, by political support and systematic study, leaders of security martial art should be trained, and security martial art should be educated independently, so that the education which can handle the actual emergency while doing guard work can be taught. This thesis is meaningful for it has sought the way to making Hapkido among various martial art be foundation of security martial art.*

**[Keywords]** Hapkido, Security Martial Art, Skill, Rolling, Hypogastric Breathing

## 1. Introduction

Modern Hapkido can be divided into Korean Hapkido and Japanese Aikido, according to its form of training or the process of development. Although it has been less than a decade since the division started in the Oriental cultural area of Chinese character, especially

in Korea, the movement of diving it has started long time ago in Western martial people's view[1]. Some people argue that Korean Hapkido is rooted on Korean ancient martial art, and others argue that martial books of Hapkido, among other modern martial books, has worst jump of logic, and they introduce that their martial art is a special one that has

been secretly passed from long ago[2]. This kind of blind mystification has been criticized pointed out for its problem in depicting the history of Korean Hapkido[2]. The origin of Korean modern Hapkido is Daito-ryu Jujutsu, introduced by Choi Youngsool and Jang Inmok who are in the center of dispute[3].

Commonly, those are rooted in Daito-ryu Jujutsu. Given it, Hapkido cannot be explained without Jujutsu, and it implies that Hapkido is a modern martial art that has been developed with its historical origin on Jujutsu[4].

The Oriental martial art emphasizes softness, unlike other martial arts emphasize power, and it uses the power in softness as necessary. Therefore, suppressing the opponent not with blow like in boxing, but with making him lose his balance is similar to Jujutsu, the soft martial art. Korean wrestling and Japanese Sumo are the examples of Jujutsu[3].

## 2. Body

Hapkido focuses on defense rather than on attacking, using its principle of roundness, softness and harmony. Roundness means the defender identifies the center and induces the opponent's power into round and then take reverse strike, and means not taking the opponent's attack directly, but letting it just flow to the way the force applied [5].

There are various defense skills striking back the attack, and those are folding, shoulder throw, holding down, throw, striking, stabbing, kicking, and so on[6]. The word security martial art reflects a wide range of its contents historically[4].

Starting from forming of tribe, protecting the head of the tribe, continuing on forming kingdom, guarding the king, to forming of nation, protecting the president, technical characteristics, and religious and ideological idea has been concerned differently by each generation and person. The tradition is on understanding the security martial art as a culture with strong mentality or challenging characteristic[7].

In security martial art, the guard should fulfill his duty to ensure the subject's security based on highly trained body of professional guard, and the method is security martial art[8]. General martial art has its purpose on protecting oneself and self-discipline, but security martial art is efficient and systematic overall martial art using whole body parts[9]. Current security martial art is trained with various forms such as Hapkido, Taekwondo, Judo, Yongmoodo, and Kendo, and Hapkido, as one form of security martial art, receives attention as the most effective one to minimize attacker's offense. This is because Hapkido has various skills such as hand skills(throwing, folding with hand), foot skills(kicking, tripping, throwing with foot or leg), throwing skills(throwing or pushing down the opponent when holding with hand or tripping with foot), rolling skill, hypogastric breathing, arresting skill[10]. Meanwhile, preceding researches on whether Hapkido is suitable for security martial art, or which relation it has are being studied in various forms compared to the past.

On the research conducted by Kim Taemin and Park Junghwan(2005), it is divided into attacking skills and defending skills, and Hapkido, consisting of joint skills like folding, throwing, pushing down, and blow skills like kicking, hitting and stabbing, and defense and attack on weapon, is considered as one form of the security martial art, and the training method is suggested. On the research of Hwang Jongdae, Kim Kihong and Kim Donggyu(2009), the research about the bodily, social, and martial meaning of the practice of Korean Hapkido as a security martial art, and about the practical realization based on it preceded. Security martial art consists of various defending skills, protecting the body and life of subject and oneself from the opponent's attack, so the program for each skill is needed, and by using it, the needed skill for protecting the subject should be done automatically according to the situation[11].

## 3. Method of Study

This research has suggested the access to the security martial art through training Hapkido skills based on deducted skills following security martial view and security science theory to apply martial skills of Hapkido to security martial art. This research used in-depth interview as qualitative research method. Using Hapkido textbook issued by each institution, domestic doctorate and master's thesis in security martial art, thesis and book about other martial art used for security, online search and academic journal mainly, the result was deducted by purposive sampling of materials according to the interview aimed at three experts who have careers on security martial art and Hapkido.

Subjects of this research are one major professor at a department of security science in a university related to security, one major

professor of Hapkido, and one major professor of security martial art, who have been have their career about security martial art and Hapkido more than a decade. Purposive sampling was done on the three experts, suitable for the interview. The subjects of the research was selected in the place where the researcher can easily research, was selected considering the possibility of approval and permission for the security related experts, and was selected considering accessibility to note the content of the interview.

The selection method used in this research is purposeful sampling, one of the methods of nonprobability sampling which is generally used in qualitative case. This research selected three experts as subject of the research as above, and the personal backgrounds of the subjects are as follow:

**Table 1.** Personal background of the subjects.

Division	Gender	Age	Martial art in major
Professor1	Female	41	Judo, Yongmoodo
Professor2	Male	41	Taekwondo, Judo, Hapkido
Professor3	Male	36	Hapkido, Judo, Yongmoodo

This research conducted qualitative research method to suggest the approach to the security martial art by training Hapkido skills. This research plan and analysis method can enhance its validity and credibility by literature investigation of preceding research and in-depth interview with probity of the researcher and exclusion of bias, and to identify meaningful information found in collected materials, several researchers and references were used. Multiangle analysis is a process of concluding the result using various raw materials about the same topic, and for the validity of the materials of this research essentially needs multangle approach. Therefore, this research classified materials such as the basic information of the subjects, interview and record, by their topic, and compared them to identify the consistency and enhance the validity. Reviewing the subjects is a process of asking the subjects for reviewing the materials to ensure that there is no problem on accuracy and interpretative difference on the

result of classifying and interpreting the raw materials about literature analysis paper, interviewing paper and record paper of the interview.

Selection of expert group is important to verify the effect and feasibility of the research's testing tool, interviewing paper, so the item selection for the paper was done with the acceptance and agreement of expert's opinion.

For qualitative research, since the personal contact between researcher and the subject may invade the subject's privacy, researcher should be careful on some ethical matters. The ethical matter of this research is as follow: The research was progressed, confirming the subject's approval first. The researchers respected the subjects, and collected materials consulting the schedule and place with the subjects, and tried to protect the subjects' position and personal information.

To make sure the information of the subjects is not exposed, the alphabetic initials are marked changed randomly, and it is promised that if the subjects ask for withdrawal of the interviewed content, the researcher will immediately withdraw it without any reason.

#### 4. Conclusion

In the study, subjects of a in-depth interview were consisted of Guard major professors, Hapkido major professors and Security Martial Arts major professors who were on university or college of Security related departments and their average age was 40 and their average working experience of the field in Security Martial Arts. A sampling according to a purpose of interview was total 3 persons and interview was once as using open-ended questions system. Its content was dealt with necessity of Hapkido on Security Martial Arts in order to suitability of Security Martial Arts and improving performance. As a type of practice of Security Martial Arts, Hpakido can be paid attention as the most effective knighthood to minimize attacker's.

This is because Hapkido has various skills such as hand skills(throwing, folding with hand), foot skills(kicking, tripping, throwing

with foot or leg), throwing skills(throwing or pushing down the opponent when holding with hand or tripping with foot), rolling skill, hypogastric breathing, arresting skill.

The contents that these the skills of Hapkido is suitable and excellent for Security Martial Arts were appeared through interviews with Guard major professors, Hapkido major professors and Security Martial Arts major professors who were trained Judo, Teakwondo and Yongmudo except for Hapkido and were on university or college of Security related and the point that it was trained by different and complex types and had such skill system has something to do with one that it can applied different offence skills against possible contingencies when doing security missions. That is, the skills of Hapkido have high effectiveness as Security Martial Arts. The necessity of skills of Hapkido on Security Martial Arts should be focused on the ways of meeting problem based in security techniques. In this context, this research suggests skills to stand against and suppress the attacker following the principle and process in accidental situation, and discusses about effectiveness of Hapkido skills. To achieve the purpose, qualitative research method, in-depth interview, was accomplished and the result was deducted.

**Table2.** Affiliations and majors of the subjects.

Division	Affiliation	Major
Security science major professor(JSS)	Professor of four-year-course University	Security martial art(Judo,Yongmoodo)
Hapkido major professor (LSH)	Professor of four-year-course University	Security science and security martial art (Judo, Taekwondo, Hapkido)
Security martial art major professor (PJM)	Professor of two-year-course College	Hapkido

The result of the interview was about validity of Hapkido as a security martial art, and approach to the security art by training Hapkido skills for improving security guard's task performance ability, and the contents are as follow:

First, with the form of security martial art training, Hapkido can receive attention as

most effective martial art to minimize the attacker's offense.

Second, Hapkido skills are more effective to suppress the attacker than other martial arts, and the need of Hapkido skill in the case of small place in accidental situation, attacker's possession of weapon, attacker's personal attack, and group attack was suggested through the interview.

Third, Hapkido skill has its unique characteristic using various skills and tools such as folding, throwing, using umbrella, rope, fan, cane, and so on in arresting the attacker that cannot be seen in other martial arts.

Fourth, it is suggested through the interview that Hapkido skill can effectively suppress the attacker in short time without much power by using attacker's offense in accidental case.

Fifth, the interview suggested Hapkido's hypogastric breathing and meditation enhance and stabilize security guard's unstable mental state effectively, and help to enhance guard's body and mental. Unlike other martial arts, Hapkido has various motions of skills, and has high accessibility in accidental case.

Unlike the past, academic research on Hapkido has been done in various fields recently, but still, integrated textbooks and books for Hapkido skills should be established.

In the security accidental situation, it is needed for the guard to approach to the situation objectively and with validity, with the actual motion of Hapkido skills. And through training security martial art and martial art itself, as a preparation of security accidental case, a research on the mental side of the guard to overcome to case should be also done. This research only studied about the need of Hapkido skill among security martial arts, but the methods to handle various harmful situations in accidental case should be suggested from now on.

Lastly, each martial art has its own skills to suppress the opponent, and not any particular martial art can be chosen as the best one in suppressing. With general Hapkido, the way to studying the value and applying of Hapkido as a security martial art should be suggested as a basis of other martial arts, so that the independent educational system for security martial art can be established.

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## KOREAN MARTIAL ART Using Private Security Equipment-Hapkido Focus on Application of Baton Technique

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### Abstract

Private security in Korea has its legal basis on 「The Security Service Industry Act」, in which 'Security Service Industry' is defined as "business upon subcontract of whole or part of security service". Such security service in Korea is classified into Facility Security Service, Escort Security Service, Personal Guard Service, Machine Security Service, and Specialized Security Service. Private security guards in Korea are categorized as general guards and special guards. Both types of guards can carry and use batons and gas pistol while on duty, yet special guards can be equipped with pistol and rifle limitedly.

Type of equipment private security guard can carry includes horns, batons, gas pistol, riot shield, radio, and others necessary for security services that are not designed to have offensive purpose; private security guards can equip safety helmet and stab-proof vest while on duty, and are to use them in minimal circumstances when necessary. Especially baton is crucial to client security and self-defense, guaranteeing mental stability and confidence of guards, while being also crime-preventive with its visual effect.

Consists of strike, joint lock, throwing derived from 8 fundamental types of striking and blocking, baton technique in Korean Hapkido is highly eclectic defensive maneuvers in which self-defense technique with a single baton from hand strike, kicks, stabbing, and clubbing is employed. Although Korean Hapkido mainly trains self-defense with bare hands, use of baton is considerably powerful. While dealing with criminals with knife, even black belt holders can be threatened with one single mistake; however, with baton, certain distance can be maintained, offering several more options: hitting joint or knife to drop knife; thrusting neck or stomach for fatal attack. Also, when attacked by club, baton technique allows both blocking attack and counter-attacking assailant's pressure points, or assailant's attack chance can be minimized through strike, joint locking, and throwing, using principles of baton technique.

The process of suppressing assailants is closely related to practicing 'use of weapon' and 'defense against weapon' in Korean Hapkido. Diversified practice of 'defense against weapon' is necessary for defense against various type of weapons. Private security guard can hold weapons(baton) while on duty, and are to use them in minimal circumstances when necessary.

Baton technique in Korean Hapkido is basis of weapon practice, yet advanced technique that can only be used when highly practiced, hence the need for steady training. Therefore this can be useful in crime prevention and criminal counteract through offering mental stability and confidence to private security guard during on-the-job training or novice education.

**[Keywords]** Hapkido, Private Security Guard, Weapon Practice, Assailant, Baton

## 1. Introduction

Private security defines individuals, organization and commercial enterprises that provide security service for payment from client to protect personal benefits, lives, and properties from any danger[1][2][3][4][5][6] also can be defined as all activities protecting related benefits including life, body, and property of a designated person[3].

The private security industry is receiving the attention of the world as a future growth industry[7].

Type of equipment private security guard can carry includes horns, batons, gas pistol, riot shield, radio, and others necessary for security services that are not designed to have offensive purpose; private security guards can equip safety helmet and stab-proof vest while on duty, and are to use them in minimal circumstances when necessary[4]. Also, by order of the MGAHA, equipment can only be carried while on duty; use of arbitrarily altered equipment to hazard other's personal security is restricted; use of equipment is limited to reasonable circumstance when necessary for successful security service. Other requirement with respect to security equipment is ordered by MGAHA[8].

In security service industry act, the baton is standardized with its length below 700mm and material consist of plastic or metal(including metal alloy)[9], suitable for baton technique in Korean Hapkido, in which 300mm ~ 500mm batons are used.

Private security guard can be equipped while on duty, and are to use them in minimal circumstances when necessary. Especially baton is crucial for client security and self-defense, guaranteeing mental stability and confidence of guards, while being also crime-preventive with its visual effect.

However, equipment usage is not well-educated even during OJT training or novice training. Without proper knowledge of using, the batons of private security guards are considered unnecessary, and are only formally carried, while not equipped properly and stored in work place, Security guards, who must protect clients' personal security from

any hazard, have limitation on bare hand defense unless trained, thus required to use defensive technique using minimal equipment.

Therefore, including baton technique in Korean Hapkido, which is considerably effective for private security guards to arrest and defense against criminal, should be included in OJT or novice training.

Also, validity proof of baton technique of Korean Hapkido as protection method for client's personal security from various danger using baton is the objective.

## 2. Korean Hapkido Baton Technique Application Plan

Korean Hapkido, consists of series of technique including hand techniques – like strike, joint manipulation, throwing, – kicks, waist techniques, kata, break falls, boxing, weapon breaking, hypogastric breathing, arrest and hauling techniques, etc., is renowned for its adequacy in police enforcement, and can be used in confined space to gain control over assailant. Korean Hapkido techniques are classified into empty hand techniques and weapon techniques[10]. Empty hand techniques refer to control assailant without use of weapon, while weapon techniques refer to control assailant with weapon, or using weapon[11].

Also, Korean Hapkido is effective martial art that can react to various type of assailant under unpredictable circumstances[12].

Consists of strike, joint lock, throwing derived from 8 fundamental types of striking and blocking, baton technique in Korean Hapkido is highly eclectic defensive maneuvers in which self-defense technique with a single baton from hand strike, kicks, stabbing, and clubbing is employed[13]. Although Korean Hapkido mainly trains self-defense with bare hands, use of baton is considerably powerful. While dealing with criminals with knife, even black belt holders can be threatened with one single mistake; however, with baton, certain distance can be maintained, offering several more options: hitting joint or knife to drop knife; thrusting neck or stomach for fatal attack.

Also, when attacked by club, baton technique allows both blocking attack and counter-attacking assailant's pressure points, or assailant's attack chance can be minimized through strike, joint locking, and throwing, using principles of baton technique.

Time, place, and means of all attacks are managed by assailants, thus, private security guards should always be vigilant, assuming all attacks are unpredictable; the batons should always be equipped in order to defense against weapon with confidence.

The process of controlling assailants is closely related to practicing 'use of weapon' and 'defense against weapon' in Korean Hapkido Diversified practice of 'defense against weapon' is necessary for defense against various type of weapons.

As the security service industry act states that private security guard can hold weapons(baton) while on duty, and are to use them in minimal circumstances when necessary, private security guard on duty must be equipped, with knowledge of baton techniques familiarized through OJT.

Baton technique in Korean Hapkido is basis of weapon practice, yet advanced technique that can only be used when highly practiced, hence the need for steady training. Therefore this can be useful in crime prevention and criminal counteract through offering mental stability and confidence to private security guard during on-the-job training or novice education.

Also, validity proof of baton technique of Korean Hapkido as protection method for client's personal security from various danger using baton is the objective of this research.

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## The Principle of YiJinJing Postures and Value for MARTIAL ARTS in KOREA

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### Abstract

*This study was conducted in order to examine the motion principles of YiJinJing and their implications for martial arts. For this study, we interpreted and explained the 12 motions of YiJinJing in Naegongdoseol and identified their values as a martial art and their implications for training. The identified principles of YiJinJing motions were first relax the mind so that the mind follows the motion and change of the body, second breath naturally and gently and harmonize the motion and the breath softly and evenly, third repeat strong and soft motions by controlling strength, fourth choose a adequate posture and make an adequate sound for each motion. The 12 motions of YiJinJing are organically interconnected with one another as a whole, and breath is made naturally in harmony with motion according to the person's mind. In addition, the main purpose of the motions is strengthening muscles and bones by exercising force. All body activities with characteristics of Oriental martial arts accompany operation of Qi. Such operation of Qi is embedded in the traditional martial art training and it is just Oriental characteristics that we cannot find in other Western sports. Qi accumulated during martial art training flows to the place where mind is concentrated. Although YiJinJin training has been known as a kind of regimen to live longer without diseases, YiJinJin training has the same start and end with martial art training. When you make the flexible and soft movements of YiJinJin fast and strong, they become martial art movements attacking the counterpart and defending yourself from the counterpart's attacks. In concrete, Qigong movement such as twisting and relaxing arms and legs flexibly are the postures to enforce muscles and bones and they are same as body training in martial arts preparing for combats with enemies. These spirit of mind, spirit of meridian, and spirit of breath in YiJinJing training are correlated with one another from the viewpoint of martial art training and suggests that the contents of the martial art include mind training, body training and breath training, which are the basics of martial arts.*

**[Keywords]** Martial Arts, Principle, YiJinJing, Postures, Value

### 1. Introduction

The YiJinJing is a Healthy Body Regimen passed down through generations from ancient China. It is basic training method for martial arts and has been loved by people for a long time. There is a great diversity of opinion on the origin and transmission of YiJinJing and many of them are speculative results summarizing their opinions rather than literature analysis from the perspective of science.

Thus there are difficulties to compose an accurate academic foundation from the perspective of martial arts.

Although there are many different opinions regarding origin and writing of YiJinJing in academic world, this study refers to literature issued and endorsed by Sports Administration of China which is a Chinese government agency for its historical reference[1]. Interpretation of YiJinJing movements is made

based on Health Qigong that Chinese government is executing. The twelve postures are interpreted and meanings of those 12 postures are investigated. Furthermore, the value of YiJinJing, a kind of Qigong training, is reviewed from the perspective of martial arts.

Looking into literature passed down up to now, it is found that most of them acknowledge that YiJinJing Sesugyeong and Shaolin Martial Arts were introduced by Dharma[2][3][4]. Dharma was from South Cheonchukguk(South India), came to China in 536 and settled down in Temple Shaolin Mt. Sung and became the forefather of the Zen sect in China. The method of YiJinJing rooted at Ascetic Magic in Ancient China dates back a very long time ago. According to historical research, ascetic was originated from shaman dancing performed in ancient society and it became a mandatory subject of regimen in the warring states period[5]. Monks in Temple Shaolin played important roles in the transmission of YiJinJing. According to historical materials, the Zen sect introduced by Dharma was based on Temple Shaolin Mt. Song in Hanam Province. The training of Zen sect is mostly sitting up straight. However, when a person sits for a long time aeremia blocks and accumulates so we must exercise our muscles using martial arts or ascetic magic. Therefore, in the area of Mt. Sung in Hanam Province martial arts and ascetic magic were actively performed and transmitted from Six Dynasties to Shui and Tang.

Monks in Shaolin exercises bones and muscles and made the body strong using martial arts and ascetic magic. During this process, they completed an original 'Healthy Body

Building Method' through continuous modification, improvement and supplementation. It is named as YiJinJing, which is secretly handed down through monks perfecting their martial arts skills[6].

## 2. Characteristics of 12 Postures in YiJinJing

Security The oldest YiJinJing 12 postures' woodblock-printed book is recorded in Nae-gongdoseol published by Banul at the 8th sovereignty of Emperor Hampung in Qing. Generally speaking, traditional YiJinJing describes theories and methods such as religion, oriental medicine and Yin-Yang and the Five Elements theory according to the perspective that they think important and they compose many different schools according to their perspectives[1].

YiJinJing introduced in this study analyzed traditional 12 postures of YiJinJing published by Health Qigong Management Center of General Administration of Sport of China and principles of the movements. Movements of YiJinJing are organically connected to make movements into one. The focus of the movement is to push the ligament to make forward the bone, to relax and to unfold constantly and to make the hard and the soft help each other. Breaths during the training make movements and breaths integrated naturally and thought follows the shape of the movement. Methods of YiJinJing make bones and small and large joints move maximum direction and as wide angle as possible by bending, straightening, stretching and pulling the upper limbs, the lower limbs and the trunk.

**Figure 1.** Standard operating sequence of YiJinJing.



Routine 1

Routine 2

Routine 3

Routine 4



Routine 5



Routine 6



Routine 7



Routine 8



Routine 8



Routine 10



Routine 11



Routine 12

**Table 1.** Contents of YiJiJing postures.

Routine 1	Wei Tuo presenting the pestle 1
Routine 2	Wei Tuo presenting the pestle 2
Routine 3	Wei Tuo presenting the pestle 3
Routine 4	Plucking a star and exchanging a star cluster
Routine 5	Pulling nine cows by their tails
Routine 6	Displaying paw-style palms like a white crane spreading its wings
Routine 7	Nine ghosts drawing swords
Routine 8	Three bodily squatting position
Routine 9	Black dragon displaying its claws
Routine 10	Tiger springing on its prey
Routine 11	Bowing down in salutation
Routine 12	Swinging the tail

### 3. Values as Martial Arts and Regimen

The You Guijin in 'Qigong Therapy Practice' addressed that 'Qi has the meaning of breath and Gong means to moderate and train breathing or posture constantly[6]. In other words, it means to put efforts into or to exert yourselves to the utmost. So to speak, Qi means breath and Gong means training so Qigong means Breath Training. It means constant moderation of breath and exercise of postures and it was treated as regimen in the ancient times. Qigong is compound world of Qi and Gongneung and Gongneung in Chinese

means effects, efficacy or action. Therefore it means actions of Qi or put efforts into Qi. It moderates and enforces functions of organs in human body, induces potentials, prevents and cures diseases, makes people healthy and love longer through training such as moderation of postures, breath training, mind and body relaxation, operation of will concentration and rhythmic movements. Qigong is a kind of regimen to train body so that people can live longer healthily without diseases[7].

As efforts are made to summarize the methods of Qigong from the perspective of

medicine, to apply it to the treatment or prevention of diseases and to remove superstitious elements, it is called Qigong therapy. In Ancient Asia, people used to make efforts to find the way of maintaining health in nature. While fighting with ageing and diseases, methodologies on health are recognized and created. The method they found is to moderate and to enforce functions of organs in human body, to induce potentials, to prevent and cure diseases, to make people healthy and live longer through training such as moderation of postures, breath training, mind and body relaxation, operation of will concentration and rhythmic movements through ascetic magic[8]. The characteristics of YiJinJing which handed down for a long time are slow movement, easy and simple to learn and outstanding effects on promotion of health. There are many clinical reports that Qigong training prevent disease and helps treatment by promoting blood circulation and unblocking meridian system through moderation of consciousness and breaths and bringing physiological and psychological changes in human body[9][10]. Heollwoong[11] published an article regarding the effects of Qigong training including YiJinJing on blood and endocrine system and observed physiological changes in human body by Qigong training for the first time in Korea, while JinYoungsu, etc[12], addressed that low intensity training such as Qigong gymnastics which is a kind of breathing exercise among traditional training methods would improve automatic regulation, increase hormone reaction by influencing on neuroendocrine system, activate beta adrenaline receptor on the surface of cell membrane and finally bring changes in immune system. Through the report that psychological aspect of Qigong training makes effects on stress mitigation and stress tenacity, there are some study results where we can check changes in autonomic nervous system moderation function and changes in fitness for protection according to changes in Qigong exercise type and quantity of motion[13]. Lee Jaebum and Kim Yongkuk[14], addressed that YiJinJing g training is a flexible muscle exercise with breathing and thinking activities according to the flow of Qi loading breaths on

body movement and concentrating consciousness on the movement unlike general stretching and the effects of Qigong are bigger than general body movements.

#### 4. Conclusion

Security All body activities with characteristics of Oriental martial arts accompany operation of Qi. Such operation of Qi is embedded in the traditional martial art training and it is just Oriental characteristics that we cannot find in other Western sports. Qi accumulated during martial art training flows to the place where mind is concentrated. Body movement and breath move together with Qi and demonstrate strong energy at the body part on which mind concentrates[14]. In martial art training, body movement is a media between Mind and Body. It places importance on breathing and it operates Qi with breathing. This is one of major common things between Yeokkeungyeong and martial art training. Mind Moderation, Body Moderation, Breath Moderation used for Yeokkeungyeong training go with Three Method Training such as Jigam -Quitting Feeling, Chosik- Breath Moderation and Geumchok- Forbidding Touching in martial art training. This training method includes all the aspects such as aspect as health, aspect as functional tool and aspect as cultivation. The ultimate purpose of martial art training can be the superior concepts such as Chisindeukdo -Attaining Nirvana by governing Body and Mubyeongjandgu- good health and long life.

Although YiJinJing training has been known as a kind of regimen to live longer without diseases, YiJinJing training has the same start and end with martial art training. When you make the flexible and soft movements of YiJinJing fast and strong, they become martial art movements attacking the counterpart and defending yourself from the counterpart's attacks. In concrete, Qigong movement such as twisting and relaxing arms and legs flexibly are the postures to enforce muscles and bones and they are same as body training in martial arts preparing for combats with enemies. YiJinJing training to reach Sinsinilyeo Ji-

haenghapil - Unity of Mind and Body and Consistency between Knowledge and Behaviors by training breaths and concentrating the consciousness is the same as the goal that martial arts orient. Jeongsinjigi - Qi of Mind, Kyeongmaekjigi - Qi of Meridian and Hoheupjigi - Qi of Breath of YiJinJing have correlation with martial art training methods such as mental training, body training and breath training. It can be interpreted that YiJinJing training is a method of martial art training, health management method where Geumchok through body, Jigam through mind and Chosik through breath are balanced and martial art technique for self-protection.

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