

Yongmudo

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Introduction

The Martial Arts Research Institute of Yongin University, Korea developed a new name, mission, vision and technique called *yongmudo* on October 15, 1998. It is a discipline for the next millennium of martial artists.

Yongmudo is a challenging martial art developed for the futuristic training method of Korean martial arts by adopting and enhancing the techniques of judo, taekwondo, ssirum and kumdo, along with hapkido, plus wrestling and boxing with emphasis on self-defense, self improvement, knowledge and techniques. Its mission is to incorporate up-to-date health and safety knowledge plus current technology of training in yongmudo for the mind and body.

The Martial Arts College of Yongin University was established in 1953. Its mission: *Justice, courage with courtesy for lifelong training, a positive contribution not only to society and country, but to humankind, through martial arts and sports education.* Yongmudo strives to integrate techniques of Korean martial arts, not only the techniques of self-defense and self-improvement but also various forms of meditation, psychological and environmental health enhancement through training of the mind and body.

The word *Yong* means “dragon”. The dragon was worshipped by many ancient Asian kingdoms as the most revered mystical being capable of unparalleled feats. Dragons were able to fly, breathe fire, live underwater or underground, conquer nature by causing tsunamis, earthquakes, floods and typhoons. It was glorified by painters, poets and writers as the most admired protector that could bring prosperity and good fortune to its worshipers.

Mu means martial; combat and fighting, physical, mental and psychological warfare and strategy.

Do is “way of training and way of living”. It is a way of life empty and void of preconceived philosophies, able to learn from nature, live with nature, fight against nature and have the consistency of water that can adjust to any alteration of its natural flow.

Training Value of Yongmudo

A. Specified as balanced physical development by combining muscular activities; will

- develop muscular strength, endurance, balance and flexibility.
- B. Increase self discipline; self confidence will be developed by continuity of mental and physical improvement through lifelong practice.
 - C. Develop a safe lifestyle through practicing safety methods of kinesthetically descriptive and prescriptive technical movements.
 - D. Builds mental confidence to make spontaneous judgments and decisions without losing rationale.
 - E. Develop positive social behavior through ongoing action/reaction training using the technique of controlled power, speed and distance of deadly and serious contact being re-digested during meditation.
 - F. Develop courtesy as physical and mental confidence is built by ongoing training of mind, body and spirit.
 - G. Develop leadership and fellowship through positive, confident attitude in daily life encounters of national and global social environment.
 - H. The most important value of yongmudo training is constant implementation of up-to-date proven scientific knowledge and information in training and learning methods. The same *principle of water* will apply: change and adjust to the flow of the surrounding socioeconomic environment of each future generation.

History of Yongmudo

In preparation of its Golden Anniversary, Yongin University strategically created a new martial arts discipline on October 15, 1998 to be developed through the Martial Arts Research Institute. A Yongmudo Development Committee was organized by Yongin University and subdivided into academic and technical research sub-committees. These sub-committees met separately at least once per month during the past seven years.

The academic sub-committee formulated the physiological, bio-mechanical, psychological and philosophical foundation of yongmudo while the technical sub-committee developed techniques by representation of all martial arts specialists of judo, taekwondo, hapkido, kumdo, ssirum, self defense, wrestling, boxing and others. The Development Committee also consulted with Korean martial arts leadership through academic symposiums, seminars, exhibitions and demonstrations once per semester.

The root of yongmudo is ho shin sul (self defense techniques) which has been taught as an extracurricular activity since Yongin University was founded in 1953. These techniques eventually became very popular in the training of martial arts demonstrations, externally and internally, until a Combative Sports Department was created in 1976 that included hankido (yongmudo), kumdo, and ssirum in its curriculum.

A formal movement for the newborn martial arts discipline was named hankido, then kukmudo, and finally changed to yongmudo. It was promoted and encouraged by Yongin University alumni, over a thousand worldwide who currently teach martial arts. These Masters and Grandmasters have had a decisive influence on the formation of the Korean Yongmudo

Federation as well as the World Yongmudo Federation which was founded April 25, 2002.

This newly born Korean martial art is gaining popularity not only in Korea but all over the world among those seeking a martial arts discipline that combines the modern concept of self defense and health-enhancement training for the mind, body and spirit.

Safety and Risk Management

Since yongmudo requires lifelong training, to avoid the risk of injury is an important element of safety education. The nature of training in martial arts requires extensive preparation and introduction of basic techniques. Most injuries occur among students at the beginner level. That is why a sequential step by step, closely supervised instruction with a well developed curriculum is necessary to minimize or eliminate risk of injury. Unlike the traditional disciple instructional system like a tiger or lion training their offspring to be successful in the wild with a 24-hour watchful eye and attention, the contemporary martial arts instructional system is mostly group instruction which requires verbal and written guidelines along with demonstration and repetition.

The instructor must be prepared in all areas of teaching and training such as safety conditions of floors, training surface, electrical, ventilation, barriers, wall, training aids of bags and mirrors, entrances and exits; in other words, inspection of the training studio and building must be up to safety standards. Those who are beginning martial arts training must be evaluated by a specialist for their physical and mental fitness.

Yongmudo instruction should begin with proper warm-up with cardio-respiratory readiness. A two degree higher body temperature should be reached by running before allowing stretching exercises of all muscles and joints, especially fingers and toes. The most important warm up routine is psychological and anticipated visualization of mind and spirit, especially the scheduled contact nature of training with partner(s). Cool down exercises should consist of breathing exercises and meditation. During meditation, the student should breathe in through the nose and out slowly through the mouth while reviewing the instruction and training of the class.

An adequate training drill by each level of students, proper safety equipment and well controlled instruction with slow to quick speed will not only promote safety but also develop accuracy and patience of students with the Yin and Yang principle of proper breathing.

Masters and Teaching Assistants should be prepared with CPR training and a first aid kit. Emergency arrangements with all personnel involved in the martial arts instructional environment should be established as part of risk management.

For further information about yongmudo, please contact the Martial Arts Research Center, Yongin University, Korea (www.yongin.ac.kr)