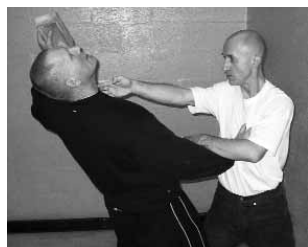


Secret Moves



Hyungs take up the major part of grading tests and are on an equal footing with free sparring at Championships. Yet the very reason for their creation, the defensive applications against unprovoked attack, are often missing. In this guide I have tried to unlock some of the secrets which have been obscured for 100 years. As with most forms the original defensive applications were not passed down except to the select few and have now been lost in the mists of time. Add to this the number of occasions that movements have been changed to suit individual instructors and it is easy to see why today most students practise the movements alone.

Over the past 15 years I have analysed each sequence to give a practical and structured system of self protection.

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