

HwangYongSa Do

The Imperial Dragon Temple Way

HwangYongSa Do is a unique blend of martial arts generally found in Korea. The name "HwangYongSa", was chosen to honor the Tradition of the HwangYongSa Temple.

One of the most important of Silla's many temples was Hwangyong temple, as it's construction was a national undertaking to enhance the reputation of the dynasty internationally and protect her from warring neighbors. The dragon, symbol of imperial strength, became significant to the origin of the temple which took 17 years to construct. In 554, during the reign of King Chinhung-the organizer of the Hwarang-do as a philosophical study in the 37th year of his reign 576- the court prepared to build a new palace east of Panwol-song (Half Moon Fortress). As construction began, it was reported that a dragon was observed at the construction site. After looking into this matter the king decided to change the intended palace to a temple giving it a name "Imperial Dragon". King Chinhung has always displayed a deep commitment to Hwarang-do and support for the Hwarang warrior movement. Years later, another important figure in the Hwarang movement, the Buddhist priest Won'Gwang wrote that Hwangyong temple was "the white crane in the pond of frogs." The earliest of the great priests of Silla to live and die at Hwangyong temple, Won'gwang (d.640), was born during the reign of king Chinhung.

The practice of HwangYongSa Do translates into: the imperial dragon temple way, it trains the student to relax and align their body so the weight of the various parts are directed to a common center. Practicing HwangYongSa Do teaches one to coordinate and unify the mind and body so that one can function unaffected by an outside influence. The movements are designed to keep a physical attack from interfering with this unified state.

HwangYongSa Do training functions on many levels. The new student soon discovers that it can take five to eight years just to understand the realm of HwangYongSa Do and that it can take a lifetime to truly master the techniques. New students should not be discouraged by HwangYongSa Do's complexity. The path of HwangYongSa Do is exciting and enjoyable one rich in culture and tradition. The numerous techniques in HwangYongSa Do are all based on a few natural laws, timing, correct movement and sensitivity to directional force.

Techniques in our system may resemble techniques found in various martial styles from around the world. This diverse range of martial techniques makes HwangYongSa Do a complete combat system. Generally there are two Korean systems from which our techniques are drawn.

Hapkido: the way of harmony. Hapkido is both an art of self defense and a way of life, a discipline of coordination. It is a unique martial art because it enables one to bring an attacker under complete control. This can be accomplished by blending with the attackers oncoming force- in effect, the aggressor can be thrown by the directional force of their own movement. Hapkido is a martial art involving: Yusul (throwing techniques), Kwanjyelsul (locking and pinning techniques), Joksul (kicking techniques) and Kwonsul (striking techniques). The hand techniques are based on hard and soft forms. the foot techniques are based on linear and circular forms. It is in the sphere of the internal dynamics that the principle of ki (vital energy) and indivisibility of um-yang (yin-yang in Chinese) express themselves as the basis of power.

TaeKwonDo: the way of the hand and foot. TaeKwonDo is also both a martial art of self defense and a way of life, a discipline of coordination. TaeKwonDo is an empty-handed martial art involving kicking techniques and striking techniques practiced through forms and application. The hand techniques are based on hard linear forms. The foot techniques are based on linear and circular forms. It is in the sphere of internal dynamics that the principle of ki (vital energy) and indivisibility of um-yang (yin-yang in Chinese) express themselves as the basis of power.

HwangYongSa Do training also involves the practice of training with both traditional and non-traditional muki (weapons) Training with weapons provides certain qualities that are difficult to discover with hand to hand techniques, and weapons increase the intensity of practice.