

# **SaJa Hapkido**



## **Manual**

by

**Master Blaine Grissom**

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## **About SaJa Hapkido**

SaJa Hapkido literally translates to “Lion's Way of Coordinated Power”. When a lion attacks he is swift, decisive and to the point. SaJa Hapkido follows these same principles in that it is an art of self defense and not a sport. SaJa Hapkido uses the three main principles or theories of all Hapkido systems which are : Water Theory, Circular Theory and Harmony Theory. The difference between generic Hapkido systems and SaJa Hapkido is that in SaJa Hapkido two other principles or theories are also employed. They are the Linear Theory and the Angular Theory. Even though linear and angular techniques are more known for Karate practice, it is the belief of the founder of SaJa Hapkido that linear and angular techniques can be used in conjunction with the three main principles of Hapkido. SaJa Hapkido was founded by Master Blaine Grissom in March of 1998. SaJa Hapkido is governed by the International SaJa Hapkido Federation which is under the umbrella of Lion's Den Martial Arts Association. SaJa Hapkido consists of a ten gup and ten dan rank system. Physical testing is held up to 5<sup>th</sup> Dan and ranking beyond 5<sup>th</sup> Dan is obtained through giving back to the art through teaching.

## **About the Founder**



### **Master Blaine Grissom**

- \*Over 25 years of martial arts experience
- \* Founder Lion's Den Martial Arts Association
- \* Founder SaJaDo / HonHabMooDoKwan
- \* Founder International Combat SaJaDo Union
- \* Founder International SaJa Tang Soo Do Association
- \* Founder International SaJa Hapkido Federation
- \* Founder World KoBuMooKiDo Association
- \* Founder World ShimSooGumDo Federation
- \* Founder Kickin Cubs Program
- \* State representative of North Carolina for National Tang Soo Do Federation 1998-2000
- \* Member of World Kido Federation
- \* Certified Tang Soo Do Instructor through National Tang Soo Do Federation

- \* Certified Hapkido Instructor through World Korean Martial Arts Union
- \* Certified Kobudo Instructor through International Okinawa Kobudo Association
  - \* Certified Okinawa Kobudo Instructor through International Shorin Ryu Karate/Kobudo Federation
- \* Certified Jiu-Jitsu Instructor through International Renzoku Jiu-Jitsu Association
  - \* Certified KumDo Instructor through World Korean Martial Arts Union
  - \* Certified Kendo Instructor through International Budokan Kendo Federation
- \* Other affiliations include: Korean Martial Arts Federation, World Shim Soo Do Federation, International Combat Martial Arts Union, World Combat Arts Federation, Independent Martial Arts Federation, and the United States Head of Family Martial Arts Association, World Moo Sul Kwan Federation
- \* Certified Fitness Trainer through International Sports Science Association
- \* Inducted into American Karate Association Hall of Fame, American Martial Arts Association Hall of Fame, Shintai Ryu Martial Arts Hall of Fame , the US Head of Family Hall of Honor and the American Freestyle Hapkido Association
- \* Veteran of 1st Gulf War, served in Operation Desert Shield/Storm.
- \* Member US Navy ( 1986- 1994) , served as Hospital Corpsman in Fleet Marine Force.
  - \* Associates Degree in Radiologic Technology
  - \* Bachelors Degree in Professional Arts
  - \* Masters Degree in Healthcare Administration

# **SaJa Hapkido Curriculum**

## **10<sup>th</sup> Gup to 5<sup>th</sup> Dan**

### **10<sup>th</sup> Gup**

#### Basic Techniques

Low Block, Middle Punch, Front Kick, Outside  
Palm Deflect  
Nak Bup (Breakfalls and Rolling)  
Backward Breakfall (Sitting, Squatting and  
Standing)  
Side Breakfall (Sitting, Squatting and Standing)  
Forward Breakfall (From Knees and Standing)  
Forward Roll  
Backward Roll  
Rolling Escape (From Armbar and Fan Grab)  
Dive

### **9<sup>th</sup> Gup**

#### Basic Techniques

High Block, Vertical Punch, Side Snap Kick,  
Side Thrust Kick, Inside Palm Deflect  
Breakaways (Same Side Wrist Grab Attack)  
1.) Inner Wedge  
2.) Outside Circle Wedge  
3.) Knifehand Strike  
4.) Hammerfist Strike  
5.) Inside Knifehand, Spin Elbow  
6.) Downward Wedge, Elbow Strike  
7.) Inner Wedge, Backfist Strike  
8.) Upper Wedge, Elbow Strike

### **8th Gup**

#### Basic Techniques

Outside Block, Outside Forearm Deflect, Side lunge punch, Roundhouse Kick

Breakaways (Same Side Wrist Grab Attack)

9.) Inside Throw

10.) Outside Throw

11.) Upper Elbow

12.) Roundhouse Elbow

13.) Inside Entrance, Knifehand Strike, Rear Collar Grab, Take Out

Knee

Breakaways (2 Hands Grab 1 Wrist Attack)

14.) Upper Elbow with Handshake

15.) Roundhouse Elbow

16.) Pullout Elbow with Reverse Handshake, Return Elbow Strike

### **7th Gup**

#### Basic Techniques

Inside Block, Inside Forearm Deflect, Backfist, Back Kick

B o o C h a e ( F a n G r a b s ) v e r s u s :

1.) Same Side Wrist Grab

2.) Cross Wrist Grab

3.) Middle Sleeve Grab

4.) One Hand Shoulder Grab (Front)

5.) One hand Shoulder Grab (Rear)

6.) Punch

7.) Belt Grab

### **6th Gup**

#### Basic Techniques

Tiger Mouth, Oxjaw, Closed 2 Hand Inside Block, Inside Crescent Kick

B o o C h a e ( F a n G r a b s ) v e r s u s :

8.) One Hand Lapel Grab

9.) 2 Hands Grab 2 Wrists (Front)

10.) 2 Hands Grab 2 Wrists (Rear)

11.) 2 Hands Grab 1 Wrist (Front)

12.) Inverted Side Wrist Grab

13.) Stick

14.) Knife

15.) Gun

### **5th Gup**

Basic Techniques

Hammerfist, High X-Block, Slap Kick, Outside  
Crescent Kick

Hei -Jun (4 Direction Throw) versus:

- (1.) Same Side Wrist Grab
- (2.) Cross Wrist Grab
- (3.) 2 Hands Grab 1 Wrist (Front)
- (4.) 2 Hands Grab 2 Wrists (Front)
- (5.) 2 Hands Middle Sleeve Grab (Rear)
- (6.) 2 Hands Grab 2 Wrists (Rear)

### **4th Gup**

Basic Techniques

Palm Heel Strike, Low X-Block, Ax Kick,  
Scoop Kick

Hei -Jun (4 Direction Throw) versus:

- 7.) One Hand Lapel Grab
- 8.) Belt Grab
- 9.) Punch
- 10.) Stick
- 11.) Knife
- 12.) Gun

### **3rd Gup**

Basic Techniques

Knifehand, High Knifehand Block, Hook Kick,  
Front Knee Kick, Roundhouse Knee Kick

Y u n -H a n g ( C e n t e r l o c k ) v e r s u s :

- 1.) Same Side Wrist Grab
- 2.) Cross Wrist Grab
- 3.) 2 Hands Grab 1 Wrist (Front)
- 4.) 2 Hands Grab 2 Wrists (Front)
- 5.) One Hand Lapel Grab
- 6.) One Hand Middle Sleeve Grab (Front)



## **2nd Gup**

### Basic Techniques

Ridgehand, 2 Hand Inside Knifehand Block,  
Back Spin Kick, Side Spin Kick,  
Spin Outside Crescent Kick

Y u n -H a n g ( C e n t e r l o c k ) v e r s u s :

- 7.) 2 Hands Grab 2 Wrists (Rear)
- 8.) 2 Hand Middle Sleeve Grab (Rear)
- 9.) Punch
- 10.) Stick
- 11.) Knife
- 12.) Gun

## **1st Gup**

### Basic Techniques

Spearhand (Optional), Jumping Back Kick,  
Jumping Front Kick, Jumping Roundhouse  
Kick

P a l K u m C h i ( A r m b a r s ) v e r s u s :

- 1.) Same Side Wrist Grab (Outside Approach)
- 2.) Cross Wrist Grab
- 3.) 2 hands Grab 1 Wrist (Front)
- 4.) 2 hands Grab 1 Wrist (Rear)
- 5.) 2 Hands Grab 2 Wrists (Front)
- 6.) 2 Hands Grab 2 Wrists (Rear)
- 7.) Same Side Wrist Grab (Inside Approach)
- 8.) Cross Wrist Grab (Reverse Armbar)

## **1st Dan**

### Basic Techniques

Elbow Drill, Jump Spinning Back Kick, Jump  
Spinning Side Kick,  
Jump Spin Outside Crescent Kick

P a l K u m C h i ( A r m b a r s ) v e r s u s :

- 9.) One Hand Lapel Grab
- 10.) One Hand Collar Grab (Front)
- 11.) One Hand Rear Collar Grab  
(Rear)
- 12.) Inverted Side Wrist Grab
- 13.) One Hand Shoulder Grab
- 14.) Punch

S o n M o k ( S n a k e ) v e r s u s :

- 1.) Same Side Wrist Grab
- 2.) Cross Wrist Grab
- 3.) One Hand Lapel Grab
- 4.) One Hand Middle Sleeve Grab
- 5.) Belt Grab
- 6.) One Hand Shoulder Grab (Front)
- 7.) Side Wrist Grab
- 8.) One Hand Rear Wrist Grab

## **Master Series Curriculum**

### **2<sup>nd</sup> Dan to 5<sup>th</sup> Dan**

#### **2<sup>nd</sup> Dan**

##### **HoSinSool**

- 1) Defense vs. 2 Hand frontal Choke
- 2) Hammerlock Defense vs. Same Side Wrist Grab
- 3) Gooseneck Defense vs. Same Side Wrist Grab
- 4) Fingerlock Defense vs. Pointing / Poking Finger
- 5) Defense vs. Hostile Handshake
- 6) Defense vs. Frontal BearHug(Arms In)
- 7) Defense vs. Frontal BearHug(Arms Out)
- 8) Defense vs. Rear BearHug(Arms In)
- 9) Defense vs. Rear BearHug(Arms Out)

##### **Combinations**

- #1) PalKumChi/SonMok
- #2) PalKumChi/SonMok
- #3) PalKumChi/MokJoRuGi

##### **Weapons**

##### **Tahn Bong Basics**

##### **Strikes**

- 1) Right Downward Diagonal Strike
- 2) Left Downward Diagonal Strike
- 3) Right Upward Diagonal Strike
- 4) Left Upward Diagonal Strike
- 5) Right Horizontal Midsection Strike
- 6) Left Horizontal Midsection Strike
- 7) Right Temporal Strike
- 8) Left Temporal Strike
- 9) Top of Head Strike
- 10) Thrust

##### **Blocks**

- 1) High Block
- 2) Low Block
- 3) Inside Striking Block
- 4) Outside Striking Block
- 5) Outside Deflect
- 6) Inside Deflect

**3rd Dan**  
**HoSinSool**

- 1) Defense vs. 2 Hand Frontal Choke
- 2) Hammerlock vs. Cross Wrist Grab
- 3) Gooseneck vs. Straight Punch
- 4) Fingerlock vs. Lapel Grab
- 5) Defense vs. Hostile Handshake
- 6) Defense vs. Frontal Bearhug (Arms In)
- 7) Defense vs. Frontal Bearhug (Arms Out)
- 8) Defense vs. Rear Bearhug (Arms In)
- 9) Defense vs. Rear Bearhug (Arms Out)

**Combinations**

- #4) Yun Hang / SonMok
- #5) Yun Hang / Pal Kum Chi
- #6) Yun Hang / MokJoRuGi

**Weapons**

**Tahn Bong Sparring Sets**

- 1) 4 Defenses vs. Straight Punch
- 2) 3 Defenses vs. Overhead Attack
- 3) 2 Defenses vs. 2 Hand Lapel Grab
- 4) Defenses vs. Same Side Wrist Grab
- 5) Defenses vs. Cross Wrist Grab
- 6) Defenses vs. Stick Grabs

## **4<sup>th</sup> Dan**

### **HoSinSool**

- 1)Fingerlock vs. Lapel Grab
- 2)Fingerlock vs. Choke
- 3)Fingerlock vs. Cross Wrist Grab
- 4)Ankle Takedown vs. Side Headlock
- 5)Double Ankle Takedown vs. Side Headlock
- 6)PalKumChi vs. HairGrab
- 7)YunHang vs. Hostile Handshake
- 8)Fingerlock vs. Full Nelson
- 9)Forward BooChae vs. Attempted Full Nelson

### **Combinations**

- #7)Son Mok/PalKumChi
- #8)SonMok/BooChae

### **Weapons**

#### **Cane Basics**

##### **Strikes**

- 1)Downward Strike
- 2)Upward Strike
- 3)Right Downward Diagonal Strike
- 4)Left Downward Diagonal Strike
- 5)Right Upward Diagonal Strike
- 6)Left Upward Diagonal Strike
- 7)Side to side Strike
- 8)Thrust
- 9)Hooking

##### **Blocks**

- 1)Rising Block
- 2)Low Block
- 3)Side Striking Block
- 4)2 Hand Side Striking Block
- 5)Downward Striking Block

### **Cane Sparring Sets**

- 1)Cane vs. Straight Punch (7 Techniques)

## **5<sup>th</sup> Dan**

### **HoSinSool**

- 1)Wall Defense Technique #1 (Elbow Smash/Head Slam)
- 2)Wall Defense Technique #2 (Double Knifehand Chop/Knee Strike)
- 3)Sitting Defense Technique #1 (Ankle / Knee Takedown)
- 4)Sitting Defense Technique #2 (Back of Knee Takedown)
- 5)Sitting Defense Technique #3 (Double Leg Takedown/Ax Kick Finish)
- 6)Sitting Defense Technique #4 (Backward Flip / Choke Finish)
- 7)Thumb Strike vs. Headlock
- 8)YunHang vs. Hairgrab
- 9)Behind Back Armbar vs. Full Nelson

### **Combinations**

- #9)SonMok/HeiJun
- #10)SonMok/YunHang/BooChae

### **Weapons**

#### **Cane Sparring Sets**

- 1)Cane vs. Downward Attacks (4 Techniques)
- 2)Cane vs. Wrist Grabs (4 Techniques)
- 3)Cane vs. 2 Hand Frontal Chokes (2 Techniques)
- 4)Cane vs. 2 Hand Rear Attacks (2 Techniques)
- 5)Cane vs. Bearhugs (4 Techniques)
- 6)Cane vs. Rear Choke (2 Techniques)
- 7)Cane vs. Knife Attacks (2 Techniques)
- 8)Cane vs. Kicks (3 Techniques)

## SaJa Hapkido Rank Chart

<u>Rank</u>	<u>Belt Color</u>	<u>Title</u>
10 <sup>th</sup> Gup	White w/1 Yellow Stripe	
9 <sup>th</sup> Gup	White Belt w/2 Red Stripes	
8 <sup>th</sup> Gup	Orange	
7 <sup>th</sup> Gup	Orange w/1 White Stripe	
6 <sup>th</sup> Gup	Green	
5 <sup>th</sup> Gup	Green w/1 White Stripe	
4 <sup>th</sup> Gup	Green w/2 White Stripes	
3 <sup>rd</sup> Gup	Red	
2 <sup>nd</sup> Gup	Red w/1 Red Stripe	
1 <sup>st</sup> Gup	Red w/2 White Stripes	
1 <sup>st</sup> Dan	Black	Kyo Sa Nim
2 <sup>nd</sup> Dan	Black	Kyo Sa Nim
3 <sup>rd</sup> Dan	Black	Kyo Sa Nim
4 <sup>th</sup> Dan	Black w/ Horizontal Red Stripe	Sa Bum Nim
5 <sup>th</sup> Dan	Black w/ Horizontal Red Stripe	Sa Bum Nim
6 <sup>th</sup> Dan	Black w/ Horizontal Red Stripe	Sa Bum Nim
7 <sup>th</sup> Dan	Black w/ Horizontal Red Stripe	Sa Bum Nim
8 <sup>th</sup> Dan	Red Belt	Kwan Jang Nim
9 <sup>th</sup> Dan	Red Belt	Kwan Jang Nim
10 <sup>th</sup> Dan	Red Belt	DoJuNim

# SaJa Hapkido

## Test Fee Chart

<b>Rank</b>	<b>Test Fee</b>
10 <sup>th</sup> Gup	\$45
9 <sup>th</sup> Gup	\$45
8 <sup>th</sup> Gup	\$55
7 <sup>th</sup> Gup	\$55
6 <sup>th</sup> Gup	\$65
5 <sup>th</sup> Gup	\$65
4 <sup>th</sup> Gup	\$65
3 <sup>rd</sup> Gup	\$75
2 <sup>nd</sup> Gup	\$75
1 <sup>st</sup> Gup	\$75
1 <sup>st</sup> Dan	\$150
2 <sup>nd</sup> Dan	\$200
3 <sup>rd</sup> Dan	\$250
4 <sup>th</sup> Dan	\$300
5 <sup>th</sup> Dan	\$350
6 <sup>th</sup> Dan	\$400
7 <sup>th</sup> Dan	\$450
8 <sup>th</sup> Dan	\$500
9 <sup>th</sup> Dan	\$600
10 <sup>th</sup> Dan	N/A



# **SaJa Hapkido**

## **Memberships and Rank Recognition**

Memberships are offered on a lifetime basis into the International SaJa Hapkido Federation. SaJa Hapkido is a wonderful system to train in as an individual art or as an add on art for existing schools. Also for individuals with rank in other hapkido or aikido styles, the International SaJa Hapkido Federation offers rank recognition. See below for membership options and rank recognition schedule.

### **Individual Membership**

**\$40 Lifetime**

### **Charter Membership**

**\$100 Lifetime**

### **Rank Recognition Fees**

<b><u>Rank</u></b>	<b><u>Fee</u></b>
1 <sup>st</sup> Dan	\$75
2 <sup>nd</sup> Dan	\$100
3 <sup>rd</sup> Dan	\$150
4 <sup>th</sup> Dan	\$200
5 <sup>th</sup> Dan	\$250
6 <sup>th</sup> Dan	\$275
7 <sup>th</sup> Dan	\$300
8 <sup>th</sup> Dan	\$400
9 <sup>th</sup> Dan	\$500

For applications please log on to : [www.sajado.org](http://www.sajado.org)

And mail to :  
Lion's Den Martial Arts  
1407 Mangum Ave.  
Creedmoor, NC 27522

# SaJa Hapkido Terminology

## Hapkido Techniques

There are five levels of hapkido training: kibonsul (basic techniques), chogupsul (beginner techniques), hoshinsul (body techniques), mukisul (weapons techniques), and chonjinsul (advanced techniques).

## Categories of techniques

Kibonsul	Basic techniques
Nakbop	Falling methods
Chogupsul	Beginner techniques
Kwonsul	Striking techniques
Pyungsul	Palm or ki strike techniques
Makgisul	Blocking techniques
Joksul	Kicking techniques
Kwanjyelsul	Locking and pinning techniques
Yusul	Throwing techniques
Mokjo Leukisul	Choking techniques
Jiabsul	Pressure point techniques
Mukisul	Weapons techniques
Kyukpasul	Breaking techniques
Zwaki	Sitting techniques
Waki	Ground techniques
Tooki	Counter techniques
Junkwanbop	Speed throws
Sunsul	Attacking techniques
Yunhaingsul	Carrying or arresting techniques
Musul	Combat techniques
Bakchikisul	Head butting techniques
Bangkwonsul	Striking pressure points
Bangjoksul	Kicking pressure points
Bhang Joksul	Defense against kicking techniques

## Basic Techniques

### Sogi

Junbi  
Masogi  
Kimasogi  
Apsogi  
Dwitsogi

### Sunsul

Sonmoksul  
Yuk Sonmoksul  
Ohtsul / Euiboksul  
Sangsoo  
Yang Sonmuksul

### kwanjyelsul

kwanjyel ilsul  
kwanjyel isul  
kwanjyel samsul  
kwanjyel sasul  
kwanjyel osul

### yusul

yu ilsul  
yu isul  
yu samsul  
yu sasul  
yu ohsul  
yu yuksul  
yu chilsul  
yu palsul  
yu kusul

### **Kwonsul**

Pyungsul  
Montong Jirugi  
Ap Jirugi  
Banda Jirugi  
Sudo  
Phalkkumchi  
Kwansul  
Maedupjupoh Jirugi  
Kagkwon

### **Stances**

Ready stance  
Fighting / L stance  
Horse stance  
Front stance  
Back stance

### **Grabbing (attacking) techniques**

Same side wrist grab techniques  
Cross side wrist grab techniques  
Clothing grab techniques  
One hand grasped with two  
Both hands grasped techniques

### **Locking and pinning techniques**

Elbow lock  
Arm pin  
Wrist in turn  
Wrist twist  
Wrist pin

### **Throwing techniques**

Wrist out turn  
Four direction throw  
Rotary throw  
Entering throw  
Open and turn  
Foot throw  
Hip throw  
Shoulder throw  
Heaven-earth throw

### **Striking techniques**

Palm / ki strike  
Center punch  
Front punch  
Reverse punch  
Knife hand strike  
Elbow strike  
Spear hand  
Upper punch  
Back fist strike

### Makgisul

Arae Makgi  
Olgool Makgi  
Pal Montong Makgi  
Anpal Montong Makgi  
Sangsu Makgi  
Nuluh Makgi

### Joksul

Ap Chaolligi  
Ap Chagi  
Bandal Chagi  
Dollyo Chagi  
Bandaе Dollyo Chagi  
Yop Chagi  
Dwit Chagi  
Naeryo Chagi  
Golcho Chagi  
Bandaе Golcho Chagi  
Bekyo Chagi  
Twiyo Chagi

### **Mukisul**

Boochaisul  
Bongsul  
Dangum  
Danbong  
Gumsul  
Jeepangesul  
Mokgum  
Phobaksul  
Waegum

### **Blocking techniques**

Low block  
High block  
Outward middle block  
Inward middle block  
X block  
Downward palm block

### **Kicking techniques**

Front rising kick  
Front kick  
Crescent kick  
Turning kick  
Reverse Turning kick  
Side kick  
Back kick  
Axe kick  
Hook kick  
Reverse Hook kick  
Twist kick  
Jumping kicks

### **Weapon techniques**

Fan techniques  
Staff techniques  
Wooden practice knife  
Short staff  
Sword techniques  
Cane techniques  
Wooden sword  
Rope or belt techniques  
Japanese sword

## General Terms

Head of Training (Master Instructor)	Kwan Jan Nim
Instructor 4-6 Dan (black belt)	Sah Bum Nim
1-3 Dan (black belt)	Keo Sa Nim
Senior Student	Sum Bae Nim
Training Hall	Do Jang
Training Uniform	Do Bak (Bok)
Belt	Dee
Student Rank	Koup (Gup)
Black Belt Rank	Dan (Don)
Shout (express Spirit)	Ki Ap
One Step Sparring	Han Boe Kyo Rugi
Free Sparring	Kyo Rugi
Front Stance	Ap Coe Be (Chun Gul Ja Sae)
Back Stance	Dweet Coe Bae (Fu Gul Ja Sae)
Side Stance	Joo Choom So Gi (Ki Maja Sae)
Mutual Respect	Don Giel
Attention	Cha Ryuht
Bow of Salute	Kyung Neh
Return	Ba Roe
Meditation	Moong Yum
Ready	Joon Be
At Ease	She Oh
Sit down	Ahn Jo
Stand Up	Eh Ro Set
Turn	To Rah
Look then Turn to Rear	Dee Ro To Rah
Begin	Shee Chak

Stop (Break)	Gall Yoe
Thank You	Ca'am Sah Hahm Nee Dah
Your Welcome	Chuhn Mahn Eh Yo

### Counting in Korean

- |               |              |                      |
|---------------|--------------|----------------------|
| • 1. Ha Na    | 10. Yuhl     | Il = One/First       |
| • 2. Dool     | 20. Sue Mul  | Ee = Two/Second      |
| • 3. Set      | 30. Saw Reun | Sahm = Three/Third   |
| • 4. Net      | 40. Ma Heun  | Sah = Four/Fourth    |
| • 5. Da Sut   | 50. Shi Heun | Oh = Five/Fifth      |
| • 6. Ya Sut   | 60. Yaw Seun | Yook = Six/Sixth     |
| • 7. Ill Gope | 70. Ill Heun | Chil = Seven/Seventh |
| • 8. Yuh Dul  | 80. Yuh Deun | Pahl = Eight/Eighth  |
| • 9 Ah Hope   | 90. Ah Heun  | Koo = Nine/Ninth     |
| • 10. Yuhl    | 100. Beck    | Ship = Ten/Tenth     |

**For more information on SaJa Hapkido**

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