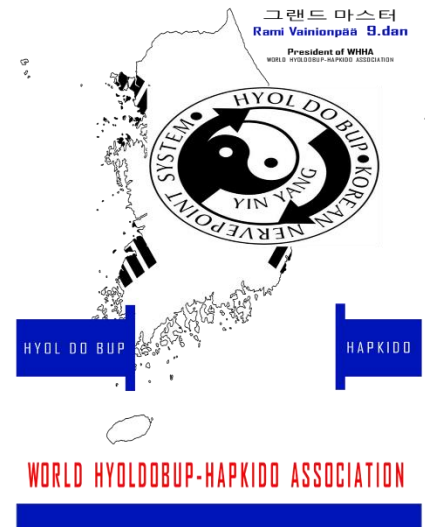




HYOL DO BUP HANDBOOK 2023

THE PURPOSE OF THIS BOOK IS TO BE AN EDUCATIONAL TOOL AND TO TELL YOU WHEN YOU PRACTICE HYOL DO BUP POINTS.



HYOL DO BUP in a nutshell

HyolDo Bup is a mix of different aspects from martial arts and oriental medicine. It consists of various breathing techniques, drills and parts of self-defense (locks, strikes, kicks, control techniques and ways to release yourself from different situations). HyolDo Bup also includes theory, which contains i.e. meridians, yin-yang and 24h clocking.

In practice you will learn different ways different angles of activating pressure points, striking on them and pressing and grabbing them. Attacking and defending while using pressure points to your advantage are also trained. Pressure sensitive attack points, setup points and their activation, using and strengthening different techniques by using pressure points is also important. Knock-out techniques and first aid are also essential part of HyolDo Bup. You will get to know different healing techniques e.g. acupuncture, acupressing (shiatsu), massaging neutral pathways and meditation.

Concept of HyolDo Bup is developed by Rami Vainionpää, who started practicing martial arts in 1979. He has 9th dan in Sin Moo Hapkido and 5th dan in Kombatan. In 1998 he was awarded Instructor of year in Europe. He also received Excellence award in London International Hall of

Fame 2011 for his teaching work.

HyolDo Bup has been influenced by Kombatan, Dim Mak and Wing Chun along with Hapkido.

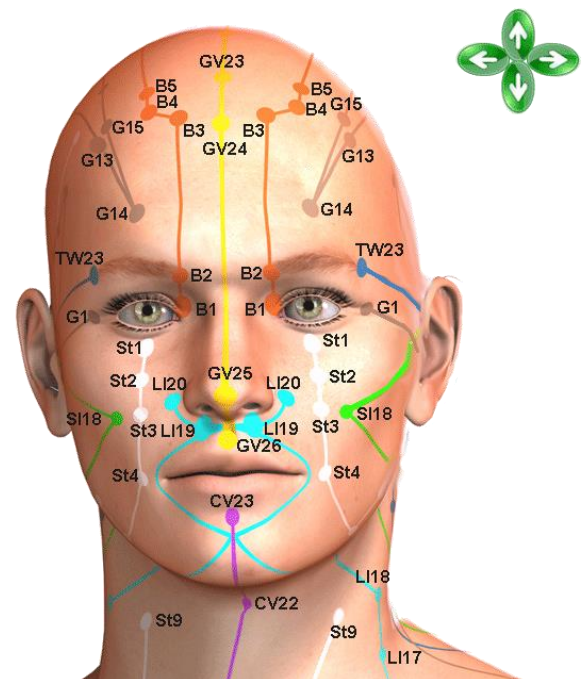
Technic expertise of Pekka Warling (Kyoshu) has helped in HyolDo Bup's development to its final shape. HyolDo Bup has also been hugely affected by Jurg Ziegler, whose knowledge of martial arts is world-class and he has rank of grand master in many martial arts. He has been Vainionpää's personal teacher for over 25 years.

HYOL DO BUP MERIDIANS

Meridians are electromagnetic channels of energy streaming through body. There is 12+2 main meridians. Those include points that can be pressed, and many health problems can be relieved and even stopped from coming. Understanding principles of meridians is very useful in healing; stiffness and pain in some part of body doesn't seem like just a random pain, but it has certain connection in energy problems in some meridian streaming through particular part of body. Meridian channels are usually named by their location in body and not by the organs they control. Solid organs (zang) and pericardium belong to Yin-meridians and sinus organs (fu) belong to Yang-meridians.

12+2 MERIDIANS

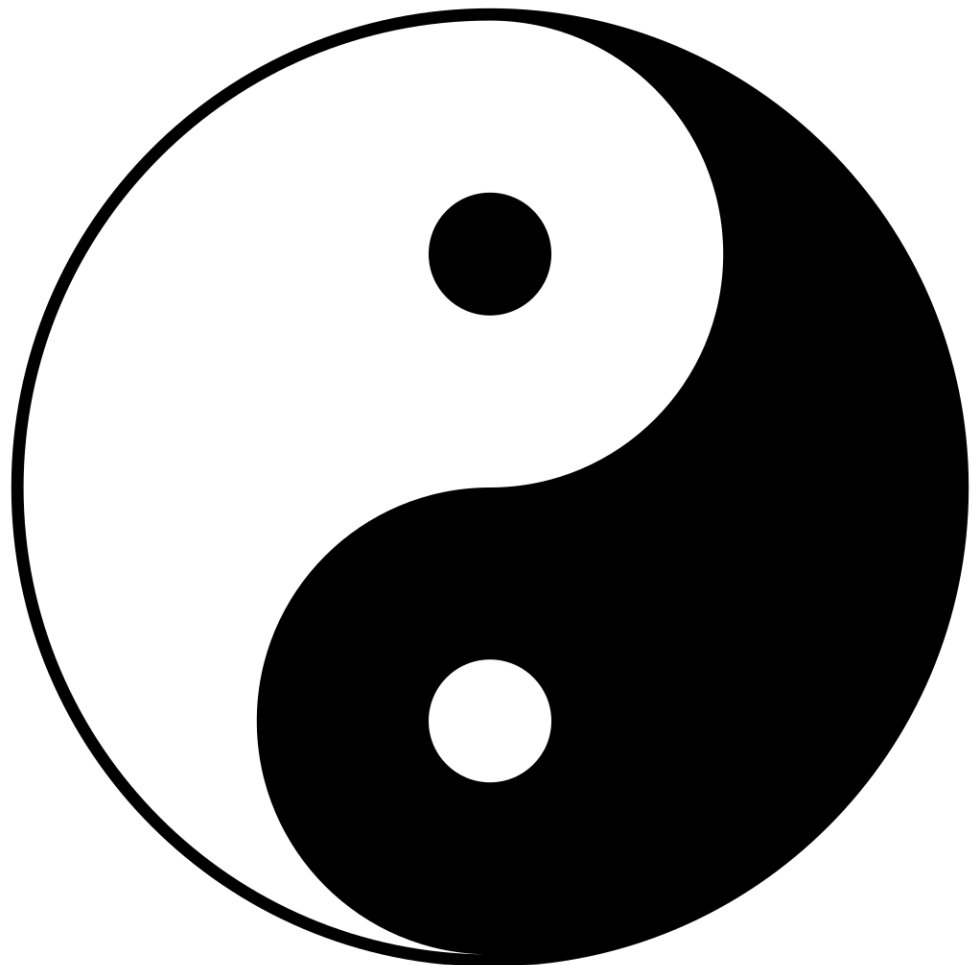
- (1) Su Tae Ym–PyeGyöng-Hand -Lung
- (2) Su Yang Myöng–Tae Jang Gyöng-Hand -Large Intestines
- (3) ChokJang Myöng–Wi Gyöng-Foot -Stomach
- (4) ChokTae Ym–Pi Gyong-Foot -Spleen
- (5) Su So Ym–Shim Gyong-Hand -Heart
- (6) Su Tae Yang –So Jang Gyong-Hand -Small Intestines
- (7) ChokTeYang –Pang GwangGyong-Hand -Urinary Bladder
- (8) ChokSo Ym–Shin Gyong-Foot -Kidney
- (9) Su Gwölym–Shim poo gyong-Hand -Pericardium
- (10) Su So Yang –Sam Jo Gyong-Hand –Triple warmer
- (11) ChokSo Yang –Tam Gyong-Foot -Gallbladder
- (12) ChokGwölym–KanGyong-Foot -Liver



- (+1) ImMaek-Frontside–Conception
- (+2) Tong Maek-Backside -Government

HYOL DO BUP YIN YANG

Concept of the yin and yang is important in HyolDo Bup. Oriental medicine and pressure points are mostly based on yin and yang. Principle of traditional oriental medicine is to keep balance between yin and yang and if it's unbalanced, return it. Rules based on acupuncture are used in HyolDo Bup but reason for stimulating pressure points is to create energy problems. Yin and yang in choosing of pressure points means that if you choose to attack on yin point, next has to be yang point. Yin points are the lungs, pericardium, heart, kidney, spleen and liver (solid organs). Yang points are large-and small intestines, triple warmer, urinary bladder, gallbladder and stomach (sinus organs).





HYOL DO BUP BODY CLOCK

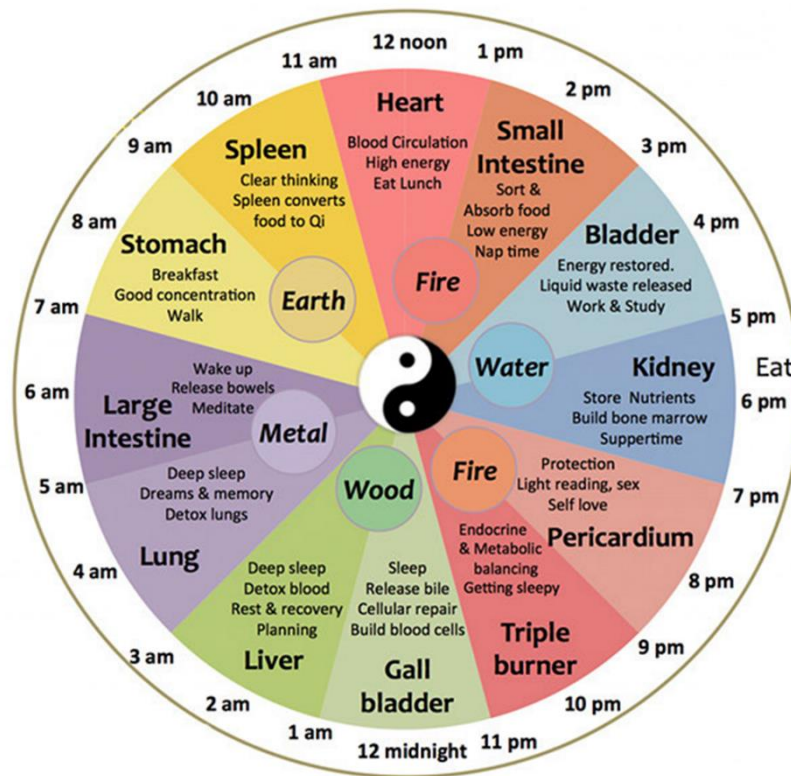
Each organ is "at its best" two hours per day when performing techniques and treatment would be best.

Specific organs and meridians related to them are most active in two hours periods.

When organ's energy is at its best, opposite organ's (12 hours difference) energy is at its lowest.

Let's use liver and small intestine which have opposite times for best activation times for

example. Small intestine digests best at day and liver works best at night. If you eat heavily at evening, you will burden your small intestine's energy and disturb your liver's work. Noteworthy is that not only for physical but also for psychical reasons could result physical symptoms like waking up and nausea at certain times.



Below is a list of different organs and meridians working through day:

3-5am, Lung: Lung is cleansed. Emotionally associated with grief.

5-7am, Large Intestine: Time to wake up. Drinking warm water helps emptying large intestine. Imbalances may show up with feeling of guilt.

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7-9am, Stomach: Stomach is ready to take breakfast. Timing is ideal for small intestine that activates at afternoon. If out of balance, symptoms are despair and disgust.

9-11am, Spleen: The spleen extracts nutrients from food, transforms it into energy and transports it to other organ systems. Symptoms of imbalance are over caring and low self-esteem.

11am-1pm, Heart: Lunchtime. After that is good to go for a little walk, drink cup of tea and maybe even take a nap. Nutrients of breakfast are absorbed to circulation of blood. Gloominess might weight heart.

1-3pm, Small Intestine: If this time you have indigestion, it's probably caused by problems in small intestine. Imbalances may show up as feeling of giving up or being not safe.

3-5pm, Urinary Bladder: Urinary bladder's meridian streams through whole body and brings energy and blood for the brains. Drinking water is important, because urinary bladder removes toxins from body through urinating. Symptoms of imbalance are becoming angry and shyness.

5-7pm, Kidney: Regulation of mineral balance is kidneys job, which is according to oriental medicine, related to keeping our kidney "essence" strong. Symptom of imbalance is fear.

7-9pm, Pericardium: Nutrients' absorption at cell level. Symptom of imbalance is inability to express feelings.

9-11pm, Triple warmer: Hormonal activity, enzyme system and homeostasis are being regenerated. Time of relaxing. If imbalanced, there is feeling of hopelessness.

11pm-1am, Gall Bladder: It's important to be sleeping at this time, so you can restore enough energy for next day. Bitterness and grudge are signs of imbalance.

1-3am Liver: Time of purifying feelings and blood. Normally stressed people wake up this time at night. Liver is associated with every feeling; especially with anger

HYOL DO BUP FIVE ELEMENTS

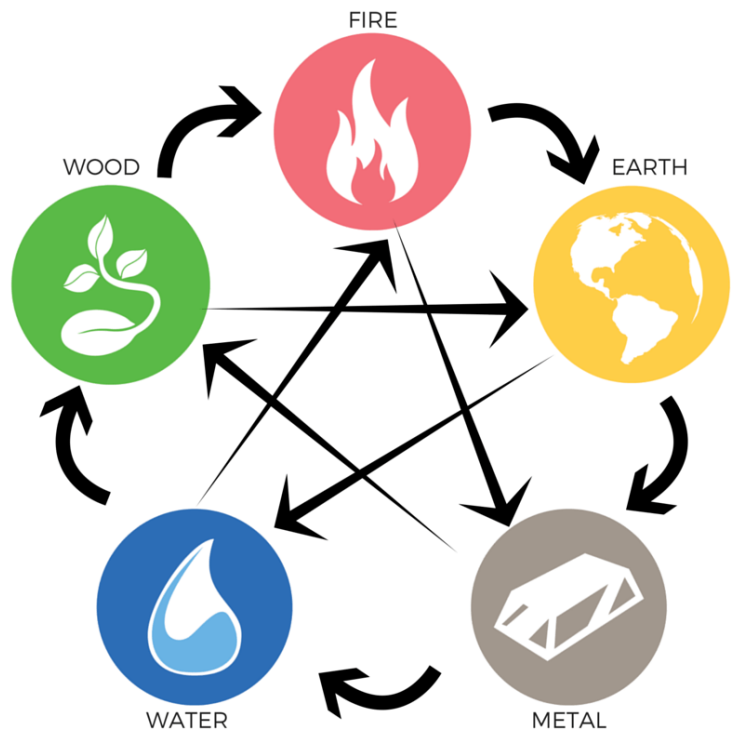
Five elements are interesting and challenging topic. In HyolDo Bup five elements are used for healing and destructive cycle.

Healing (generating) cycle:

- Wood feeds Fire
- Fire creates Earth (from ash)
- Earth bears Metal
- Metal collects Water
- Water nourishes Wood

- Destructive (overcoming) cycle:
- Wood parts Earth (such as roots or trees can prevent soil erosion)
- Earth dams (or absorbs) Water
- Water extinguishes Fire
- Fire melts Metal
- Metal chops Wood

- Elements in meridians:
- Earth: stomach / spleen
- Metal: large intestine / lung
- Water: urinary bladder / kidney
- Wood: gallbladder / liver
- Fire: small intestine / heart / triple warmer / pericardium





HYOL DO BUP ACUPUNCTURE

Acupuncture is an old oriental method of treatment, where needles are inserted to patient's body to right points. According to Chinese tradition, points were determined by meridians that figurate organs of body. In treatment of diseases insertion (of needles) affects streams that go through these meridians and goal is balance in organic system. Eastern scientists and medical workers have been able to verify two important physiological effects as a result of inserting needles.



1. Analgesic effect

Wide clinical use of acupuncture has proven its usefulness and power in relieving the pain. Toothache, headache, lumbago, pain in limbs and chest, and stomach ache can be immediately relieved by inserting needles to certain points. Needling is also effective way to remove post-operative pain. With most of the people, acupuncture raises threshold of pain and already that way prevents pain.

2. Regulative effect

This is the most important part of acupuncture. With it problems in organic function can be fixed. Clinically is noticed that needling same point helps in opposite diseases. Diarrhea and constipation for their part are healed by needling same points. Treatment with needles is also good for treating high-and low blood pressure, helping people fainted or in a shock, calm down agitated people, and help people suffering from insomnia. Acupuncture is also found to be effective in some inflammatory diseases. Experimentally it is proven that needling increases amount of white blood cells and enhance phagocytosis.



HYOL DO BUP ACUPRESSING

Acupressing (acupressure) is a treatment method based on traditional oriental therapies. Its purpose is to help with pain or prevent getting sick.

Meaning of acupressing is to improve stream of energy and increase good feeling which releases endorphin. There many different acupressure techniques. Basics of acupressing

Pressing the most easily recognizable acupoints is good way to give first aid or treat your own ailments that doesn't need doctor.

Focus treatment always to topical "pain points", which are called Ah Shi points. Points are easily found by pressing painful part hard. Ah Shi points are very sensitive. It is important to press so hard, that treatment feel a little uncomfortable at beginning. This way results are notably better.

In acute pain (less than 2 weeks) only few times of treatment is needed -approximately 2-3 times. In chronic pain (over 2 weeks) may be needed much more treatment times, even 20 times.

Treating acute pain time between treatments doesn't have to be more than 1 hour. In chronic pain times of treating can be at the start only 2-3 times per week. Lengthen time of treating when condition gets better.

Treatment made by other is better than treating yourself. Different acupressing techniques are practiced in HyolDo Bup.



HYOL DO BUP NEURAL PATHWAY MASSAGE

In massage of neural pathways whole body is treated from head to toes. Massaging is restful and gentle. Head, upper-and lower limbs and back are treated softly with fingertips. After massage feeling is relaxed and calm, some might even fall asleep during massage. Longitudinal-and transverse neural pathways as well as cranial-and spinal nerves are treated. Through peripheral nervous system also central nervous system can be rehabilitated.



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With neural pathway massage blood circulation, lymphatic circulation, metabolism, digestion and hormone activity can recover, in which case the body is cleaned of waste products, internal organs are strengthened, the nutrients are absorbed better and hormonal activity can be balanced. Meaning of this is to make your body's own, natural defensive mechanism to work and that way symptoms created by illness can be relieved or even completely removed. In HyolDo Bup different ways of massaging neural pathways are practiced.

GRADUATION SYSTEM

BASIC COURSE



MERIDIAN DATA:

SPLEEN: (Yin EARTH) Sp 6,10,11,15,21

THEORY: Yin /Yang

STRIKES: ENERGY-FENIX-DRAGON-OPEN

TEHNIQUES: HandKnife and Wristtwist

POWER TANJUN: 4 X

OTHER: TW -Sounds

TRIPLEWARMER: (Yang FIRE) Tw 3,11,12,17,23

KICKS: 1, 2, 3

DRILLS: 1-3 + (1-2 combination)

MEDITATION: Oval

ATTACK METHOD: Yin/Yangi

ANMA: 1-13 + 3 ACUPRESSURE BASIC HEALING TECHNIQUES

1.Level - WHITE+1

HYOL DO BUP

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SPLEEN MERIDIAN - Pi Gyong

The spleen element is earth. Its fu (Yang) counterpart is the stomach and is traditionally a transport regulator. Spleen is more important in oriental than in western medicine. In fact, most of what Western medicine defines for the stomach and intestines is, in fact, considered to be splenic in Oriental medicine.

Sp6 SAM YM GYO,

Location: Three cun above the tip of the inner spine, at the back of the tibia.

Strike direction: At a lower angle to the lower inside of the foot.

Set-up point: Blow at the tip of the jaw (no special point, just a blow to the jaw). It doesn't have to be strong, just strong enough to shock the opponent until the blow to Sp6 immediately follows the punch

to the jaw. This can be tested by letting a friend gently hit the chin and then grating his or her knuckle down the inside of the lower leg to Sp6.

Antidote: Rub both sp6 points upward about 15 cm, applying light pressure until effects are absent.

Sp8 CHI GI, in the inside of the leg, five cun per knee.

Location: Three cun below the inner tibial vertebra, on a line joining the Sp9 point between the inner spin, the posterior tibia and the broad tarsus.

Strike direction: Straight to the lower leg, inside the foot.

Other: This point is often used as a set-up point for the third eye stroke, just between the eyebrows. Let's say this combination "blow your head".

Set-Up Point: Although this point can be used as the main target for the stroke, it is itself considered a set-up point and, as such, has no set-up points.

Antidote: Place your hand over the third eye point, applying light pressure down the forehead, while the right-hand supplies light pressure to Sp8.

Sp10 YOUR SEARCH, two cun above the knee.

With the knee folded, the point is two cun above the upper midline of the kneecap, at the protrusion of the inner part of the quadriceps, at the upper border of the inner femoral joint, at the inner edge of the inner thigh muscle. Another way to locate the point is to place your right palm as a cup on the

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patient's left knee with the thumb inside and the other fingers pointing proximally. The dot is located at the base of the thumb.

Strike direction: Above the knee, at an angle to the front of the thigh.

Damage: This is called a shock point because it transmits shock throughout the system. For a second or two, the brain doesn't know what's going on and it gives time to complete the second attack. When you pinch this point with your thumb, you see what it does at that level. Now you can imagine the effect if you hit the point hard, like the heel. The Sp10 does not respond very well to a larger weapon, such as a kick on the ankle. The weapon must be more precise, for example heel, fist, etc. Since this is a "focal point" in the area of blood and healing, the effect on reverse is reversed, allowing the blood to become "careless", which in turn allows the entry of pathogens.

Set-up point: Attacked on the outside of the forearm with a splash on the lower forearm.

Antidote: Treat Sp10 on one foot with compressive pressure.

Sp15 About 3.5 cun below **Sp16**.

Sp21 TAE PÖ Location: At the center line of the armpit, 6 cun below the armpit cavity, midway between the armpit cavity and the free end of the 11th rib, in the seventh space between the ribs.

Strike direction: From the side of the upper body.

Set-up point: Sp6.

Antidote: Rub points Sp20 and 21 downwards if the damage is not serious. Or squeeze G20 dots upwards.

SPLEEN DATE:

MERIDIAN DATA (Abbreviations): Sp

ELEMENT: Earth

FLOW DIRECTION: From foot to body

MY CONTACT: Belly (S)

HALKIO (XI) POINT: Sp8

Type of Taoist: Yin

POINTS: 21 pcs

FLOW TIME: 9am to 11am in the morning

MERIDIAN IN COMMUNICATION: Lung (L)

ALERT (MU) POINT: Liv13

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ORGAN (SHU) POINT: B20

ATTACK POINTS: 6, 10, 11, 15, 21

SENSES: Taste, saliva

DECREASING POINT: Sp5

SEASON: Late summer

OUTER POINT: Sp21

POSITIVE FEELINGS: Equality, compassion

CONNECTING (CREATE) POINT: Sp4, Sp21

Taste: Sweet

CONNECTING (HE) POINT: None

BODY PARTS: Inside legs, stomach, chest

POWERING POINT: Sp2

VITAL VOICE: "(KR) HOOOOO"

ENTRY POINT: Sp1

NEGATIVE FEELINGS: Worrying, sympathy,

SOURCE (YUAN) POINT: Sp3

STORAGE / Cavity organ: Closed organ

COLOR: Yellow, ocher

TRIPLE WARMER MERIDIAN -

The element of the triple heater meridian is fire. The official function of the triple heater is to control the heating.

The triple heater is not so much a body as a function, and therefore there is no match for it in Western medicine.

There are three "heating states" in the body, as follows:

Upper (from diaphragm to head), middle (from diaphragm to hub) and lower (from navel to hub).

The upper space is related to the heart and mind. In the case of Qigong, the upper heater is also involved in breathing. The middle heater is involved in the stomach, spleen, liver and gallbladder. In the case of Qigong, it has to do with digestion.

The lower stoker is dealing with the kidneys, bladder, small intestine and large intestine with. In Qigong it has to do with removal. The upper heater is involved in blood, Ki and air distribution. The average heater is involved in nutrient absorption and digestion. The lower heater is involved in waste removal.

The triple thermal meridian is a summary of the fact that there is a connection between all organs and meridians and that if one organ or meridian is not in balance, then the whole organism is in imbalance. The triple heater is the whole body; if one part is unbalanced, so is the whole body. Although these points are used in battery puncture mainly for meridian problems, they can also be added to the treatment of well-defined organ diseases to improve treatment outcome.

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The triple thermal meridian is very important in Hyol Do Bup. The points on this meridian are excellent set-up points, as well as key points, some of which are extremely dangerous. Due to the nature of the triple thermal meridian, one of its points is struck immediately by imbalance.

T3 Between the little finger and the anonymous, behind T2.

T11 CHÖÖNG NAENG NIGHT

Point T10 is located in the depression that occurs when the elbow is flexed, 1 cun above the elbow. In the cavity above the elbow, behind the lower end of the humerus and at the upper edge of the elbow of the elbow, at the tendon of the triceps (massage point).

Strike direction: Direct to the back of the elbow, slightly above (approximately 1 cun) T10.

Injury: This point can be used to weaken the elbow. In fact, most elbow breakage can be accomplished using this area, rather than the more conventional way of directly attacking the elbow. The reason for this is that this point weakens especially the elbow.

Set-up point: Use point T8.

T12 SO RAK

Position: On the line joining the elbow and point T14, midway between points T11 and T13

(Point of impact).

Strike direction: Straight in, using reciprocating (sawing) movement across the point. In addition to the nerve-point effect, this produces a Ki-effect.

Set-up point: T8.

Antidote: Grasp the entire three-headed muscle and gently squeeze until the arm returns to normal. An alternative treatment is to grab the wrist of the affected arm and gently shake it. Follow the massage down the outside of the forearm, then lightly palpate to the Li10 and then to the T8 with the palm of your hand.

T17 YE PUNG, in a concave position behind the base of the ear, half a cun at the edge of the ear.

The triple heater¹⁷ point is just behind the lower jawbone, in the well below the ear. This point is located directly above the root of the seventh cranial nerve (facial nerve). A stroke at this point can lead to unconsciousness and increased cardiac parasympathetic effects. In addition, the facial nerve has direct connections to the circulatory and trigeminal nerves, which, when irritated, are connected to

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cardiac arrest. Thus, irritation of the triple-warm-up point 17 can stimulate the circulatory and trigeminal nerves, leading to fainting or cardiac arrest in the recipient. In addition, attacks in this area have been associated with accidental CRF and there are countless autopsies with bruising (bruising) in this area and accidental CRF. The mechanism is thought to affect head rotation in combination with the C2 vertebrae rotation, as part of this vertebra is easily accessible below this point.

T23 SHI YUK KONG, Triple Heater²³ is just outside the brow. This point is located on the facial nerve branch and can be used to cause unconsciousness or increased involuntary cardiac effects. The facial nerve has direct connections to the circulatory and trigeminal nerves, which, when stimulated, are connected to cardiac arrest. Thus, irritation of the triple heater point 23 can stimulate the trigeminal and rotator nerves, resulting in fainting.

TRIPLE WARMER DATA:

MERIDIAN DATA (Abbreviations): T, Tw, Th

ELEMENT: Fire

FLOW DIRECTION: Finger-to-head

CONTACT MERIDIAN: Pericardium (P)

HALKIO (XI) POINT: T7

ORGAN (SHU) POINT: B22

ATTACK POINTS: 3, 11, 12, 17, 23

SENSES: None

DECREASING POINT: T10

SEASON: None

OUTER POINT: T23

POSITIVE FEELINGS: None

CONNECTING (CREATE) POINT: T5

Taste: None

TYPE OF DAUGHTER: Yang

POINTS: 23 pcs

FLOW TIME: 9pm to 11pm late at night

MERIDIAN IN COMMUNICATION:
Gallbladder (G)

ALARM (MU) POINT: Cv5

CONNECTING (HE) POINT: None

BODY PARTS: Surrounding the ears, , the
outside of the forearms

STRENGTHENING POINT: T3

VITAL VOICE: "HIII"

ENTRY POINT: T1

NEGATIVE FEELINGS: None

SOURCE (YUAN) POINT: T4

STORAGE / CAVITY BODY: Neither

COLOR: None

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WORLD HYOL DO BUP – HAPKIDO ASSOCIATION

The Association is responsible for all activities within the art of Hyol Do Bup in World.

GRADINGS

Graduates are currently approved by Rami Vainionpää. Graduation fees are distributed 50/50 between the club / organization

All exams must have a Hyol Do Bup Pass.

The clubs do not have to pay a membership fee to the organization.

The organization organizes one event each year, touring in different locations. At the same time, the seminar will hold an annual meeting of the organization. The Board of Directors is elected every two years.

Here's a little our alliance rules for clubs and countries. Each country offers for clubs / members the best possible way to practice the Hyol Do Bup... Our association is being made to the concept within which the system is Graduation. Graduate system is the support material for the countries / clubs responsible for the DVD and support materials in the form. (Google drive)

Graduation system is as follows White belt (1. level), white belt + blue marker (2.level), blue belt (3.level), blue belt + red mark (4.level), red belt (5.level), red belt + black mark (6.level) and 1st degree black belt.

Our association for one year and an international seminar countries at least. one seminar per year

Graduation fee goes to read as follows: The HDB association of the passport will be € 6 and €9 countries clubs for 15€ / pcs

Graduation fee of color belts: HDB association 5€ and 15€ countries member of the graduation fee of 20 € / degree

Black Belt Graduation 100 € / degree (every dan)

Enjoy and come to World Hyol Do Bup – Hapkido Association