

History of UC Martial Arts, Berkeley, CA

"Top-flight university, top-flight martial arts program."

That was the vision of Dr. Ken Min, who started the first major university-based martial arts program in the nation in 1969, and then went on to lead the movement to introduce taekwondo as an Olympic sport. The program started with a handful of martial arts, organized into clubs of interested students, which met in the wrestling room. Nearly 40 years later, the few tiny groups have grown into a six-club martial arts powerhouse that has made a large impact on the international martial arts community. The UC Martial Arts Program offers instruction in Taekwondo, Judo, Karate, Taiji, Wushu, and Yongmudo (Korean Self-defense). Over the years, rather than having them exist as separate clubs, Dr. Min brought the different arts together to create a solid overall martial arts program. Instruction in UCMAP clubs is carried out by high-ranking instructors in their particular martial arts, many of whom are themselves students of Dr. Min.

Comprised of nearly 600 members and many more alumni, UCMAP has trained many successful competitors and teams, hosted many tournaments, and is held in highly regarded as one of the top producers of martial artists in the country.

The future of the UCMAP was secured in 1995 with an award of an incredible one-million-dollar endowment by the Ministry of Culture and Sports, Republic of Korea, and the World Taekwondo Federation. The award is unique in the United States' academic community, establishing a permanent position for martial arts instruction at UC Berkeley. No other university in the United States has ever raised such an endowment. The Korean gift, officially named the Ken Min Endowed Directorship for Taekwondo and the Martial Arts, celebrates the achievements and lifetime commitment of Dr. Min. When Dr. Min originally talked about retiring, its students and staff were concerned that strong leadership for the program would come to an end. As a result, Dr. Min approached the Korean community for support to continue the program that he spent over a quarter of a century developing. Following an review of UCMAP, the Korean government deemed it worthwhile to support. The Korean Ministry of Culture and Sports awarded the money to Cal to ensure that the program would continue to teach Asian philosophy and culture for years to come.

Mission Statement - UC Martial Arts

"It is the purpose of the Martial Arts Program to preserve the philosophy, techniques, and traditions of martial arts and to develop a scientific understanding of the physical and spiritual implications of human performance."

A prominent feature of the University of California at Berkeley, the UC Martial Arts Program is an expanding, dynamic organization dedicated to providing outstanding martial arts instruction to the campus and surrounding communities. Henry Stone introduced martial arts to UC Berkeley in 1915 with the first Judo club. Under the guidance of dedicated individuals like Henry Stone, Dr. Kyung-Ho (Ken) Min, and current director Dr. Russell Ahn, UCMAP is a nationwide leader in the promotion, development and overall growth of the martial arts. It has grown into an organization that is recognized throughout the world and is a model for other universities.

Since its inception in 1969, the Martial Arts Program of the University of California's Berkeley campus has had a twofold mission. In addition to providing successful, quality technical instruction in all martial arts/sports, the UC Martial Arts Program also endeavors to maximize the academic resources of the university to develop martial arts/sports through research into their philosophical, spiritual and scientific implications.

In addition to offering martial arts classes not only to Cal students but to the residents of Berkeley and neighboring communities, UCMAP and its six clubs are active in organizing and hosting instructional seminars, symposiums and martial art camps, as well as in furthering the presence of martial arts in collegiate, national and world competitions. Pooling together hundreds of its members, UCMAP has ample resources to run such events, especially in a university environment, benefiting from its diverse members.

UCMAP boasts Olympic hopefuls, well-trained instructors, and partnerships with the premiere martial arts educational facility in Korea, Yongin University and Korean National Sport University. The Berkeley program consistently sends student teams to national and international competitions, but also emphasizes scholarship and a focus on the future by the creation of a research facility and the establishment of the International Martial Arts Research Institute (IMARI). IMARI has been published academic journal of martial arts of monograph series that contain an annual compilation of martial arts papers on art, physics, physiology, instruction, and philosophy for an international readership. It's easy to see how UCMAP reflects the mission of UC Berkeley as an academic institution in both spirit and culture.

The University of California Martial Arts Program is unique in its amalgamation of athleticism and scholarship, vision and history, innovation and tradition. What began as one man's passion is now a well-established institution steeped in UC Berkeley's culture of high standards.

Source: <https://ucmap.org/about/>

Common Terminology

- **Arc Hand – Ageumson**
- **Arm – Pal**
- **Attention – Charyut (sounds like Chari-yut)**
- **Back or Backwards – Dwi (i.e. Dwi Chagi = Back Kick)**
- **Begin – Sijak**
- **Belt – Ti**
- **Block – Makgi (sounds like Mah-key)**
- **Bow – Kyungnet**
- **Breaking – Gyeok-pa, Kyeok-pa, Kyuk-pa, etc.**
- **Continue – Kaesok**
- **Dodge or Evade – Pihagi**
- **Elbow – Palgup**
- **Fist – Joomock**
- **Foot – Baal**
- **Foot (Ball of Foot) – Apchuk**
- **Foot Blade – Balnal**
- **Foot Instep – Baldeung**
- **Forms – Poomse or Poomsae (sounds like Poom-say)**
- **Front – Ap (i.e. Ap Chagi = Front Kick)**
- **Grab – Japgi**
- **Hand – Son**
- **Head – Mori**
- **Hello – Anyeong Haseyo (sounds like An-young Ha-say-yo)**
- **Instructor – Sabomnim (sounds like Sah-bum-nim)**
- **Jump – Ttwigi**
- **Kick – Chagi (sounds like Cha-gee)**
- **Knee – Mureup**
- **Leg – Dari**
- **Neck – Mok (or Mog)**
- **Punch – Jireugi**
- **Push – Milgi**
- **Ready – Joon Bi**

- **Referee – Joo Sim**
- **Return (i.e. turn & face instructor at the end of a form) – Baro (sounds like Baa-row)**
- **School (Taekwondo) – Dojang**
- **Self-Defense – Hosinsool**
- **Shin – Jeonggangi**
- **Side or Sideways – Yeop (i.e. Yeop Chagi = Side Kick)**
- **Sparring – Kyorugi**
- **Stance – Sogi or Seogi (sounds like Say-oh-gee)**
- **Stop – Kalyeo**
- **Strike – Chigi (sounds like Chee-gee)**
- **Thank you – Kamsa Hamnae Da (sounds like Kamsa-ham-ni-da)**
- **Thrust – Jjireugi**
- **Uniform – Dobok**
- **Yell – Kihap (sounds like Kee-yah-p) – word to use when you are kicking or punching for power**
- **Axe Kick– Chigah Chagi or Naeryeo-Chagi**
- **Back Kick– Dwi-Chagi**
- **Crescent Kick– Bandal-Chagi**
- **Front Kick– Ap-Chagi**
- **Hook Kick– Huryeo-Chagi**
- **Push Kick– Meereo-Chagi**
- **Roundhouse Kick– Dollyo-Chagi**
- **Scissor Kick– Kawi-Chagi**
- **Side Kick– Yeop-Chagi**
- **Spinning Hook Kick– Dwi-Huryeo-Chagi**
- **Abdomen (Belly) – Bae**
- **Ankle – Balmok**
- **Arm – Pal**
- **Back – Teung or Deung**
- **Bone – Ppyeo**
- **Chest – Kaseum**
- **Chin/Jaw – Tuk or Teok**
- **Ear – Gwi**
- **Elbow – Palgup or Palkkumchi**

- **Eye – Noon**
- **Finger – Songarak**
- **Fist – Joomock**
- **Foot – Bal**
- **Foot (Ball of Foot) – Apchuk**
- **Foot Blade – Balnal**
- **Foot Instep – Baldeung**
- **Groin – Nang Sim**
- **Hair – Morikarak**
- **Hand – Son**
- **Head – Mori or Meori**
- **Knee – Mureup**
- **Leg – Dari or Tari**
- **Mouth – Ip**
- **Neck – Mok or Mog**
- **Nose – Ko**
- **Shin – Jeonggangi**
- **Throat – Mokgumeong**
- **Wrist – Son Mok**

I	Hanja	Sino-Korean	Native Korean	Ordinal
0	零/〇	공 (gong) 영 (yeong) 제로 (jero)		
1	一	일 (il)	하나 (hana)	첫째 (cheotjae)
2	二	이 (i)	둘 (dul)	둘째 (duljae)
3	三	삼 (sam)	셋 (set)	셋째 (setjae)
4	四	사 (sa)	넷 (net)	넷째 (netjae)
5	五	오 (o)	다섯 (daseot)	다섯째 (daseotjae)
6	六	육 (yuk)	여섯 (yeoseot)	여섯째 (yeoseotjae)
7	七	칠 (chil)	일곱 (ilgop)	일곱째 (ilgopjae)
8	八	팔 (pal)	여덟 (yeodeol)	여덟째 (yeodeoljae)
9	九	구 (gu)	아홉 (ahop)	아홉째 (ahopjae)
10	十	십 (ship)	열 (yeol)	열째 (yeoljae)
11	十一	십일 (shipil)	열하나 (yeolhana)	열한째 (yeolhanjae)
12	十二	십이 (shipi)	열둘 (yeoldul)	열둘째 (yeolduljae)
13	十三	십삼 (shipsam)	열셋 (yeolset)	열셋째 (yeolsetjae)
14	十四	십사 (shipsa)	열넷 (yeolnet)	열넷째 (yeolnetjae)
15	十五	십오 (shipo)	열다섯 (yeoldaseot)	열다섯째 (yeoldaseotjae)
16	十六	십육 (shipnyuk)	열여섯 (yeolyeoseot)	열여섯째 (yeolyeoseotjae)
17	十七	십칠 (shipchil)	열일곱 (yeoilgop)	열일곱째 (yeoilgopjae)
18	十八	십팔 (ship-pal)	열여덟 (yeolyeodeol)	열여덟째 (yeolyeodeoljae)
19	十九	십구 (shipgu)	열아홉 (yeolahop)	열아홉째 (yeolahopjae)
20	二十	이십 (eeship)	스물 (seumul)	스무째 (seumujae)
30	三十	삼십 (samship)	서른 (seoreun)	서른째 (seoreunjae)
40	四十	사십 (saship)	마흔 (maheun)	마흔째 (maheunjae)
50	五十	오십 (oship)	쉰 (swin)	쉰째 (swinjae)
60	六十	육십 (yukship)	예순 (yesun)	예순째 (yesunjae)
70	七十	칠십 (chilship)	일흔 (ilheun)	일흔째 (ilheunjae)
80	八十	팔십 (palship)	여든 (yeodeun)	여든째 (yeodeunjae)
90	九十	구십 (guship)	아흔 (aheun)	아흔째 (aheunjae)
100	百	백 (baek)	온 (on)	온째 (onjae) 백째 (baekjae)

Poomsae 1-6

1) Il jang

First poomse (form)

This form represents Yang, the heaven/light.

From ready position:

Turn left in walking stance, left foot forward; simultaneously doing a down block with the left hand.

Step forward with your right foot, into a walking stance, while punching to the body with your right hand.

Step your right foot back and pivot 180° to face the right ending in a walking stance; simultaneously do a down block with the right hand

Step forward with the left foot into a walking stance and punch with the left hand.

Step to the front with the left leg, settle into a front stance (left leg forward); at the same time down block with the left arm then punch with the right.

Slide the right foot up and turn back to the right into a walking stance (right foot forward) and middle block with the left arm.

Step forward into a walking stand with the left leg forward and punch with the right arm.

Step your left foot back and pivot 180° to face the left in a walking stance (left foot forward), middle block with the right arm.

Step forward with the right foot into a walking stance and punch with the left arm.

Step to the front with your right left leading into a front stance; simultaneously down block with the right arm followed by a punch with the left hand.

Slide the back foot (your left foot) forward while turning to the left, ending in a walking stance with your left foot forward while doing a left handed high rising block

Now do a front kick with the right leg, landing the kick in a walking stance with the right foot in front. As you land punch with the right hand.

Step back with the right foot, pivot 180° to face the right, right foot forward in a walking stance while doing a right handed high rising block.

Front kick with the back leg (your left leg) landing in a walking stance with the left leg in front and punching with the left hand.

Pick up your LEFT leg and step to the back of the room, settling into a front stance (left leg forward), here do a left handed down block.

Slide forward into a front stance with the right leg forward and punch with the right arm. Kiap (yell)

Wait 4 seconds then return to ready position.

2) Ee jang

What does this poomse represent? Lake

From ready stance.

Turn left into a walking stance, left leg forward, down block left.

Step forward into a front stance with the right leg and body punch right

Step with your right leg behind, pivot 180°, land in a walking stance, right

Down block with the right arm, step forward into a front stance with the left

Body punch with the left hand.

Step to the front with the left leg into a walking stance, middle block right

Step forward into a walking stance with the right leg, middle block left

Step with the left leg to face the left, down block left arm

Front kick to the face with the right leg, land a front stance

Punch to the face with the right hand

Step behind with the right leg and turn to face the right, walking stance.

Down block with the right, front kick to face with the left, land front stance

Punch to the face with the left hand.

Step to the front with the left leg, walking stance, high rising block left arm

Step forward into a walking stance with the right, high-rising block right

Pick up your left leg step behind your right leg and turn toward the back

Turn all the way to face the right side, left leg forward walking stance

Middle block with the right

Now pick up your right leg, pivot on the left to face left, walking stance

The right leg is forward, facing the left side, middle block with left arm

Step to the back with the left leg, land walking stance, down block left

Kick with the right leg, punch to the body with the right arm, (walking s.)

Kick with the left leg, punch with the left arm, (walking s.)

Kick with the right leg, punch with the right arm (walking s.)

Kiap

Wait 4 seconds return to ready position

3) Sam jang

Represents Fire

From ready position, turn left, left foot forward, walking stance
Down block with the left hand
Front kick with the right leg, land in front stance
Double punch, right then left
Step back with the right leg and turn 180°, walking stance, right
Down block with the right hand, front kick left, land in a front stance
Double punch, left then right
Step with the left leg to the front of the room
Single, knife-hand strike to temple, with right hand
Step forward with the right foot, single, knife-hand strike with the left
Step again with the left leg, to the left side, land in a back stance
Single, knife-hand middle block with the left.
Slide the left leg out to the side (not forward or back) a little bit
Shift weight into a front stance and punch with the right hand.
Pick up the right leg, pivot on left, and turn to face the right side
Land in a back stance, right leg forward.
Single knife-hand middle block with the right hand
Slide the right leg out, shift weight into a front stance, punch left
Step with the left leg towards the front in a walking stance.
Middle block with the right hand,
Step forward with the right foot and middle block left.
Now (as in ee jang) step the left foot behind the right and turn
When you turn be sure you are going towards the back of the room*
With left foot forward in a walking stance, down block left
Front kick right, land in a front stance, double punch right the left
Step the right foot behind, pivot 180° to the left side
In a walking stance, right foot forward, down block right
Front kick with the left leg, land in a front stance
Double punch, left then right
The left leg now steps to the back of the room
Down block left, punch right
Step with the right foot, down block right punch left.
Front kick left, down block left, punch right
Front kick right, down block right, punch left.
Kiap.
Wait 4 seconds return to ready position

4) Sa jang

Represents Thunder

From starting position

Step left into a back stance, left foot forward. Double knife hand middle block

Step forward with the right into a front stance

Push down, open handed with left, create table strike with right

Step 180° with the right leg, into a back stance facing the right, right forward

Double knife hand middle block, step forward into a front stance, left

Push down with the right and strike over the top with the left

Step to the front in a front stance, left

With the left arm do an open handed high rising block

Simultaneously with the right, open handed strike to the temple

Front kick with the right leg, land front stance

Grab and pull back with the right arm, punch with the left

Side kick to the front with the left leg, land in walking stance

Side kick to the front with the right leg, land in back stance

Double knife hand middle block

With the left leg step behind and turn all the way around to face the right

Your back is turned to the front

Left leg forward in a back stance, bakamaki palm out left

Front kick and return it to the back stance, middle block with the right

Pick up your right leg and pivot on the left to face the left side

With the right leg forward in a back stance, bakamaki palm out right

Front kick with the left, return to the same spot and middle block left

Step to the back of the room with the left leg into a front stance

High rising open handed block with the left and temple strike right

Front kick with the right leg, land in a front stance, back fist right

Left leg steps up to the right side in a walking stance

Middle block with the left arm (left leg forward) punch right

Pivot to face the right, land in a walking stance right leg forward

Middle block with the right arm punch left

Step to the back with the left leg, land in a front stance

Middle block left, double punch (right then left)

Slide forward into a front stance, right

Middle block right, double punch (left then right)

Kiap.

Wait 4 seconds return to ready position

5) Oh jang

Represents Wind

From starting position turn to the left and step into a front stance, left
Down block, left, pull it back, slide leg into t-stance, bring fist around
(here you bringing your fist all the way around and down on a 'shoulder')
Step to the right in a front stance down block right
Slide leg into t-stance and bring fist around and down on shoulder
Step forward with the left leg, front stance, middle block left then right
Front kick with the right leg, land in front stance, right
Back fist with the right, middle block left
Front kick left, front stance left, back fist left middle block right
Slide forward into a front stance, right, back fist right
Step behind with the left leg into a back stance, facing right
Single knife hand middle block, left
Slide forward into a front stance, elbow with the right
(punch right hand into left fist)
Step back and turn 180' to the left, back stance, right leg forward
Single knife hand middle block right
Slide forward into front stance, elbow left (fist into hand)
Step to the back with the left leg into a front stance
Down block left, middle block right, front kick right
Land in a front stance, down block right, middle block left
Step into a front stance with the left leg to the right
High-rising block, left, side-kick right, land in front stance
Elbow left into right hand
Step behind and turn 180' with the right, face left in front stance, right
High rising block right, side kick left, front stance, elbow left
Step to the back with the left, down block left, middle block right
Front kick, land in twisted stance, back fist
Kiap
Wait 4 seconds return to ready position

6) Yook jang

Symbolizes Water

Turn left into front stance, left leg forward; left hand down block.
Front kick with the back (right) leg, return it to the back in a back stance
As you land the back stance do a bakamaki, palm out.
Pick up the right leg and turn 180° land in a front stance right leg, right side.
Do a down block with the right arm.
Front kick with the back leg (left), return it back into a back stance.
Bakamaki with the right arm, palm out.
Step to the front with left leg into a front stance
Single knife hand middle block with the right hand.
Round kick with the right leg, land in a walking stance.
Step with the left leg to the left, landing in a front stance.
Bakamaki palm out with the left hand (extend your arm)
Punch with the right to the body
Front kick with the right, land in a front stance punch left.
Pick up the right foot and step behind, turn 180° land in a front stance.
Bakamaki with the right hand (palm out and arm extended); then punch left
Front kick with the left leg, land with the left leg forward in a front stance.
Punch left.
Step back with the left leg and turn to face the front in ready stance.
Cross both arms in front of your chest, take a deep breath
As you exhale controllably lower both arms into two down blocks on each side
Step forward into a front stance with the right leg.
Single knife hand middle block to the front with the left hand.
Round kick with the left leg, kiap, land in a walking stance.
From the walking stance, step behind with the right leg (turn 270°)
Land in a front stance right leg forward (your back should be to the front)
Down block with the right hand, front kick left, pull the leg back
Land in a back stance and bakamaki, palm out, with right hand.
Pick up your left leg, pivot on the right foot, 180° land in a front stance
Your left leg is forward, down block with the left hand.
Front kick with the right leg, return it to the original spot, land a back stance
Bakamaki with the left hand.
Now step back with the right leg into a back stance. Left leg forward
Facing front in the back stance, double knife hand middle block, left forward
Step back into another back stance, double knife hand middle block, right
Step back into a front stance, open hand push across waist, punch right
Step back into a front stance, open hand push across waist, punch left.
Wait 4 seconds return to ready position

