Traditional martial arts Subak technology, system research

Author Junho Song

[education system]

The basic is Jeolgujil.
(breathe) to inhale and exhale
The posture is looking straight ahead.
* Sometimes stand aside

It walks sideways like a crab walks.

Subak differs from Western boxing or martial arts in that it uses strength.
It's heavy (the body shouldn't float)

The timing of hitting is different (intermediate process - breath holding state)
* Crab walking is used critically to maintain the body.
Boxing is based on power that rotates the abdomen and lower body, but in Subak, the basic direction of power is from top to bottom.
* The essence of the practice is to increase pressure (force) through suction in the abdomen and then transmit that force to the arms and legs.

Hitting with your hands or kicking is nothing more than power transmission.

Therefore, in Subak, it is unnecessary to compete once or twice as promised with an opponent like Japanese karatedo, and learn individual skills as you use your body and practice face to face with your opponent to master them.

In the technical system, the Jeolgujil is the basis for all movements.

When you learn how to accumulate power, you then deliver it to the target with

blows, pushes, etc.
It is centered on single technology, but it is not without system.

Due to stereotypes that have become accustomed to Japanese martial arts, the characteristics of our traditional martial arts are largely diluted.

Taekkyeon has a practice system similar to Japanese karate-do, but Subak is different. Compared to that, Korean wrestling is the most similar.

Learn basic movements, muscle strength, and how to use your body, and learn individual skills repeatedly.
Afterwards, the two face each other and naturally practice the movements they used to do alone.

Subak (Martial Arts) and Subak Dance have the same basic

When dancing, pretending to grab the opponent's waist and twisting it to make it fall, and hitting one's body here and there is meaningful in showing off training and strength.

Hitting the body becomes hitting the opponent's body, and hitting the palm becomes hitting the opponent's shoulder or side.

Even when dancing, the fighting is reproduced, and the movements at this time are martial arts.

Depending on the purpose, there is improvisation expressed in martial arts or dance.

It is important to train the technical system to increase strength (pressure) based on the Jeolgujil and transfer it to the extremities such as arms and legs.

Crab walking, which is space movement, and ground stomping, which sustains power, are easy to understand if you think of old-fashioned military training.

When you hit an opponent with your hands or kick them, do it like a push.

The reason is that Subak is different from Western-style boxing or Japanese karate-do in terms of strength.

The blog of the Korea Sports Association introduced subak and called it “danjeon

technology," but the meaning is not very different.
Compared to Japanese martial arts, the number of techniques seems small, but it is not lacking in fighting.

Hitting someone on the shoulder is for practice, not to hurt them.

Subak mainly hits the opponent's shoulders and sides and blocks them.

In addition to hitting with your hands, you can also push opponents with your stomach.

Crossing the arms back and forth is an avoidance (dance is performed while stepping backwards), and lifting the arms sideways has the meaning of showing off.

Kim Hak-hyun said there are similarities with Japanese sumo.

Kim Hakcheon said that it was both a martial art and a dance.

***Although it is known as the Subak dance, it actually contains most martial arts moves (movements required for fighting).**

It can be said that the number of techniques is small, but compared to the Japanese-style karate-do, etc.

The technology handed down in Hwanghae-do is not different from that of Dancheon and has a complementary meaning.

Kwonbeop (another name for Subak) in the 4th volume of Muyedobotongji, published as a government official in 1790, stipulates that two people alternate between attacking and defending following an action.

It's not like that in the private sector.

Cho Man-sik is known to have learned Nalparam, which is said to have been practiced in Pyongyang until the Japanese colonial era. Our traditional martial arts are all single techniques, and the reason there are not many techniques is that there were no private martial arts schools like Japan.

In 1930, Donga Ilbo Newspaper reported that Nalparam in Pyongyang, Taekkyeon in Seoul, and Mungguri in Hamgyeong-do were known as representative regional martial arts.

It is said that the Gyeokdo in Seoul, which remained until the Japanese colonial period, could kill a cow instantly by kicking it with two feet with a handstand hull. Likewise, our subak is a single skill, but it accumulates maximum power in each individual skill and knocks down the opponent with one hit in North Korean expression.

Since modern times, Nalparam and Gyeokdo have been discontinued, and the reality of Mungguri in Hamgyeong-do is unclear.

Subak and dance, Seoul's Taekkyeon, and Korean wrestling, which have been handed down as folk games, have been able to survive until now because the basic skills have not been lost.

In Taekkyeon in the Seoul area, the rule of standing face-to-face and kicking the opponent has been handed down, and in Subak and Dance, it is basic to gather strength and hit. It was basic to face each other and hit each other's shoulders and sides. Because there was a fighting system, I was able to inherit it.

Subak can be understood as a mixture of boxing and ssireum(Korean wrestling) if you dare to compare it.

The training system is simple.

Basic posture > transmit power > hit

Accumulate power as much as possible.	transmitted to arms and legs	hit the opponent (sometimes pushes and knocks over, like wrestling)

***Push the wall with your shoulders or chest when training.**

Learn how to apply abdominal pressure to your shoulders, chest, back, arms and legs.

take a breath	exhale	(holding your breath after inhalation)

There are three types of breathing: inhalation, exhalation, and holding the breath.

*** Breathing and movement must go together. Inhale when you raise your arms and exhale when you lower them.**

Inhale when pulling forward and exhale when pushing or striking.

When grabbing and lifting an opponent, of course, do it while inhaling.

Choi Hye-bong, from Jilin Province in China, testified that she witnessed the Subak training in Jilin Province.

Two people dig a pit and step on the floor with their feet.
It is said that a young woman stood up a thick tree and stepped on it with her foot, breaking it in an instant.

Subak has spontaneity, but it cannot be without a certain form.

In addition to the martial arts techniques handed down in Dancheon, South Hamgyeong Province, there are also those handed down from Kaesong, Hwanghae Province, by people from Bukcheong, South Hamgyeong Province.

Must be able to connect and integrate martial arts and dance.

Both martial arts and dances are performed with the body shrunken and facing forward.

[technical system]

Subak is different from boxing or martial arts in terms of strength.

Modern sports rely on muscular strength, but because Subak accumulate energy through breathing, it is important to deliver abdominal pressure rather than waist rotation. When hitting or kicking, you should push instead of hitting like Karate.

Steps of training - torso > linked to limbs

[training system]

From one side to both sides,, (training sequence)
Start on the right.

Energy transfer to arms, legs, shoulders, and chest, abdominal pressure (force),, Direction - up, down is the default

The two face each other and hit each other's shoulders.

The practice of knocking over is almost like wrestling.

When hitting the opponent, there is a case of hitting it vertically or at a right angle, and a case of hitting it slightly out of the way and hitting it diagonally.

increase in strength
direction consistently,
The arms and legs serve as a medium to transmit the movement of the torso to the target.

Need to understand the difference between simple muscle activity and energy use
Support with trunk, limbs, arms and legs.

more, more,

In breathing, inhalation is related to bending and exhalation is related to extension.

[fighting system]

*Danmae is a North Korean term meaning a strong blow delivered at once.

Integration of breathing and movement

Do it from close range.