

## **Duk Moo Hapkido Seminar in Iran**

On 9-12 July Master Dimitris Ifantidis, 5<sup>th</sup> Dan Korea Hapkido Federation, representative of Duk Moo Hapkido in Greece, visited the city of Qazvin, Iran to give a 3-day seminar on Hapkido.

Master Dimitris was invited by Master Morteza Payahoo 5<sup>th</sup> Dan Modern Hapkido Federation, in collaboration with Master Kim Beom 7<sup>th</sup> Dan, President of Duk Moo Academy in Europe, Official representative of Korea Hapkido Federation in England, and Instructor of Master Dimitris.

The reason for organizing this seminar was Master Payahoo's wish to join Duk Moo Hapkido and become an official member of the Korea Hapkido Federation.

On 8 July at 19:30 Master Dimitris, along with his student Mr. Stavros Siskos 2<sup>nd</sup> Dan as an assistant, boarded a flight from Athens airport to Iran, via Qatar.

He arrived at Tehran IKA airport at 05:00 on Friday 9 July, where he was picked up by two of Master Payahoo's students and an interpreter.

After a two-hour drive, they reached Qazvin, a city with a population of 1.5 million.

At the hotel Master Dimitris and his assistant, were warmly welcomed by Master Payahoo and his senior students.

The first seminar was scheduled for the afternoon of that day, from 19:00 to 21:30, with the participation of color and black belts.

Before conducting the seminar, Master Dimitris attended an impressive demonstration by Master Payahoo's students, which was of a very high level.

During the seminar, Master Dimitris showed the participants breathing techniques, explaining the proper way of applying them as well as their great importance for the performance, as well as health, of the Hapkido trainee.

He then went on to show single and double kicks, as well as ways to use the opponent's strength against him.

At the end of the first day, he taught self-defense techniques and explained the difference between Duk Moo and other Hapkido styles.

On 10 July at 09:00 Master Dimitris taught Master Payahoo high level Hapkido techniques, giving step by step details and clarifications.

In the afternoon of the same day, from 18:00 to 19:00 Master Dimitris's student, Mr. Stavros Siskos, taught a group of children. After that, from 19:00 to 21:00, Master Dimitris taught the red and black belts sit-down kicks, punch defense and self defense.

On the next morning, 11 July, he continued teaching Master Payahoo high level techniques, as well as the first long stick form, starting with the basic moves and then moving on to the entire form; long stick is a Duk Moo tradition, since the founder of Duk Moo, Grand Master Kim Duk In, learned this technique and its weapons from his grandfather General Jul Chung Kim Kyung Sik (a senior martial arts warrior in charge of the king's bodyguards). At 17:00 in the afternoon, Master Dimitris's assistant Mr. Stavros Siskos taught the children's group until 18:00. From 18:00 to 20:00, Master Dimitris continued showing self-defense techniques, and then taught sword skills to the black belts only, using basic moves and cuts towards different directions.

At 20:00, closing the seminar, Master Dimitris talked to the students again about Duk Moo Hapkido and its founder Grandmaster Kim Duk In, who is one of the few original

Grand Masters in the world, as he is No. 3 9<sup>th</sup> Dan Certification of Korea Hapkido Federation, as well as the first who taught Hapkido in the Seoul Police Academy. After that, the students presented Master Dimitris and his assistant Mr. Stavros Siskos with gifts, and asked them to visit them again as soon possible. The seminar was attended by more than a hundred students, all of which showed true respect, commitment, and willingness to learn.

After the end of the seminar, Master Payahoo and the interpreter took their invited guests to the center of the city for souvenirs and to show them some of the landmarks and historical sites. The sightseeing ended with a meal, during which they discussed their impressions from the seminar and considered their future relations, as well as the further development of Duk Moo in Iran.

Early in the morning of 12 July, two of Master Payahoo's students and the interpreter drove their guests to Tehran IKA airport, from where the latter departed for Athens at 06:00 in the morning, via Qatar.

Salaam alaikum!