

# STUDENT NOTES

## DAN BONG LEVEL 1 (SHORT STICK)



Master James Halman

FORCE OPTIONS SELF-DEFENSE 400 Block Muskegon Ave Whitehall, MI

# DANBONG LEVEL 1: INTRODUCTION

## Basics

Learning The Stick	Angles of Attack	Drills
Grip & Parts of the Stick	6 Count	Striking- W/Footwork
Striking	8 Count	Striking - Combos

## Defensive Techniques – Against Grabs

2	Defense Against Wrist Grabs
4	Defense Against Various Grabs
3	Defense Against Chokes

## Defensive Techniques – Dynamic Defenses

5	Punch Defenses (Counter Striking)
3	Kick Defenses (Counter Striking)

## Introduction to the Dan Bong

Dan Bong is a Korean word that means “short stick”.

Although there are many types of traditional Korean martial arts weapons, one of the most practical in self-defense is the Dan Bong, which is why it is part of the combat Hapkido System.

The Dan Bong is a universal defensive weapon that can be found almost anywhere. It may be a pencil, ruler, rolled up newspaper, hairbrush, lint roller or any stick piece found on the floor. It can be easily adapted to virtually any situation for self-defense. It is very versatile and can be used for quick locks, catches, disarms and counterattack movements. It is easy to conceal and is very practical. Many police and other law enforcement officers, as well as the armed forces, use the Dan Bong in different forms of batons. The techniques are natural, fluid, and practical. The traditions of this ancient Korean weapon teach mental control, confidence, respect, discipline, and humility.

Many other martial arts use Short stick as well applications from combat stick will even overlap the more you learn.

# DANBONG LEVEL 1: CONCEPTS & FOOTWORK

## Concepts To Understand

**Flicking strikes:** Because the Dan bong is short you do not have the same leverage as you do with the long stick. Each strike is a flicking strike so that it does more damage.

**Range:** Again, due to the length of the Dan Bong this is a close quarters weapon. It does not have the range that a long stick would have. This is where your basic combat hapkido training comes into play. Using the skills that you learn to close distances and to get into a close quarter position.

**Targets:** Similar to the long stick (Combat Stick), wood always seeks bone. Striking muscle or soft tissue areas may cause a reaction or a stinging feeling, but this can quickly fade when the attackers, adrenaline starts pumping. Make sure you are aiming for bone structure when striking

## Footwork Stance

This unlike the combat stick training we will move back to a left lead or what we consider to be our normal fighting stance. For example, this would be a left lead with the Danbong being held in your dominate hand such as my right. Instead of thinking of the Dan Bong as my main defense and attack, I am using it more as an extension of my empty hand techniques.

### Holding the Dan Bong:

- 1.) The snapping strike: You should hold the Dan Bong closer to the middle so that you can get a good snap when striking. I would grab as shown below. The reason for this is because you will use the butt of the stick for striking and captures. You will also not get a good snapping strike holding the Dan Bong at the bottom.



- 2.) Shaft Strike: This can be used when delivering a push away or strike to the throat, knee, or elbow. Please see the image below for proper hand placement. Refer to the yellow shaded areas.



- 3.) The reverse grip: This is used for insertion techniques. This could be for chokes, deflections, or strikes. See the image bellow.



# DANBONG LEVEL 1: GRAB DEFENSES

## Defense Against Wrist Grabs 1-2 Breakaways

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Defense against Various Grabs (1-4)

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# DANBONG LEVEL 1: GRAB DEFENSES

## Defense Against Chokes (1-3)

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DANBONG LEVEL 1: DYNAMIC DEFENSES

## Defense Against Punches 1-4 (Applying Counter Striking)

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DANBONG LEVEL 1: DYNAMIC DEFENSES

## Defense Against Kicks 1-2 (Applying Counter Striking)

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DANBONG LEVEL 1: DRILLS

## Striking Combo Drills

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---