

# Han Moo Kwan Tae Kwon Do Shipsu



Shipsu is expected to be demonstrated by students who are testing as a Brown Belt or above. If not explicitly stated, the default stance is an Attack Stance. Shipsu is all about focused in-power. Shipsu can also be seen in literature written as Ship Soo or Sip Soo. Its meaning is "Ten Hands" (i.e., the weapon with the power of ten hands) and is similar to the karate form Jitte, although there are differences. Its origin is most likely from the Tomari-te school in Okinawa. This form supposedly represents the bear.

The 12 new moves, techniques, or variations to techniques introduced in Shipsu are:

- Shipsu Ready Stance  
*Note: Feet Together; Right hand is in a fist in front of center, Left hand wraps the Right fist*
- Outward Ridge Hand (short strike at waist level)
- Cat Stance Variant Upper Punch
- Cat Stance Variant Inward Low Block
- Horse Stance Outward Ridge Hand
- Right/Left Facing Horse Stance Knife Hand
- Cross Step Upward 'X' Block  
*Note: Right arm augments (is the inside arm) the left arm in a 'X' Block*
- Horse Stance Double Downward Hammer Fist to side of the body
- Horse Stance Double Break
- Sweeping Attack Stance Combination Split Double Palm Strike
- Elongated Attack Stance Combination Downward Hammer Fist/ Medium Block
- Sweeping Attack Stance High Block

Key challenges of Shipsu:

- Linear focus while body moves in an arc
  - "In-power" – internal energy
  - Maintain presence as you split energy. Example includes but not limited to:
    - Elongated Attack Stance Combination Downward Hammer Fist/ Medium Block
    - Sweeping Attack Stance Split Double Palm Strike
  - Stay focused as you separate power (mostly energy) from the physical body; working with the two independently
- Instructor calls: Shipsu
  - Enter Attention Stance
  - Instructor calls: Ready
  - Enter Shipsu Ready Stance
  - Instructor calls: Begin
  - 1. Left hand opens to a knife hand; Start in-power generation
  - 2. Left Foot Sweeps back 45 Degrees to the Left (left toes aligned with right heel); Execute Right Outward Ridge Hand at height of solar plexus with left hand (closed fist) reciprocal
  - 3. Left Foot Sweeps 90 Degrees forward to the Left (left heel aligned with right toes); Execute Left Upper Punch with Right Inward Hammer Fist (palm upward)
  - 4. Left fist raises above and slightly outside of shoulder; Execute Left Inward Low Block (right arm remains in place; low block comes across right arm)
  - 5. Sweep Right Foot to the Right; Execute Right Facing Horse Stance Right Outward Ridge Hand with closed fist reciprocal
  - 6. Right foot Steps Forward 90 Degrees to the Left; Execute Right Facing Horse Stance Knife Hand (left arm remains in closed fist reciprocal position)

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7. Left Foot Steps Forward 90 Degrees to the Right; Execute Left Facing Horse Stance Left Knife Hand with knife hand reciprocal
8. Right Foot Steps Forward 90 Degrees to the Left; Execute Right Facing Horse Stance Right Knife Hand with knife hand reciprocal
9. Right cross over step; both hands set to closed fist reciprocal position; Execute Upward 'X' Block
10. Left foot slides outward into Horse Stance; Execute Horse Stance Double Downward Hammer Fist to sides of the body
11. Stance remains the same; Set into 'X' Block; Execute Double Break to the side of the body
12. Left foot Steps Forward 180 Degrees to the Right; Execute Left Side Medium Block (no reciprocal)
13. Right foot Steps Forward 180 Degrees to the Left; Execute Right Side Medium Block (no reciprocal)
14. Left foot Steps Forward 180 Degrees to the Right; Execute Left Side Medium Block (no reciprocal)
15. Right foot slides to the Left; Set into Ready Stance
16. Sweep 90 Degrees to the Right; Execute Right Cat Stance Attack
17. Right foot sweeps back and to the left; Execute Right Sweeping Attack Stance Split Double Palm Strike with a Kiyup!
18. Execute Left Sweeping Attack Stance Split Double Palm Strike
19. Execute Right Sweeping Attack Stance Split Double Palm Strike
20. Turn 225 Degrees to the Left; Execute Right Elongated Attack Stance Combination Right Medium Block/Left Hammer Fist
21. Slide 90 Degrees to the Right; Execute Left Elongated Attack Stance Combination Left Medium Block/Right Hammer Fist
22. Left foot sweeps back and to the right; Execute Sweeping Left Attack Stance High Block
23. Execute Sweeping Right Attack Stance High Block
24. Initiate Sweeping Left Attack Stance High Block; After foot passes right foot, turn 180 Degrees to the Left and complete the block
25. Execute Sweeping Right Attack Stance High Block
26. Turn 180 Degrees to the Left; Enter Shipsu Ready Stance
  - o Instructor calls: Relax

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