

HAPKIDO: KOREAN ART OF SELF DEFENSE PDF%0A

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Hapkido is a martial art that is an accumulation of many oriental styles. Hapkido's roots can be traced back to both Japanese, Korean and Chinese martial arts.

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Conceptually, Hapkido techniques more closely parallel those of Aikido than Taekwondo. In fact, as the author describes, there is a parental link between the arts. In Hapkido: Korean Art of Self-Defense, Scott Shaw presents a precise description of the techniques, concepts, and applications of this Korean martial art of self-defense.

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Hapkido Korean Art of Self defense Bong Soo Han

Here is the first complete book in English on hapkido, the kick-oriented Korean martial art. Included are warm-up exercises, basic fighting position, punching and striking, blocks and kicks, and hapkido defenses, with more than 500 dynamic photographs.

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Hapkido Korean Art of Self Defense Tuttle Publishing

Hapkido, "The Way of Coordination and Internal Power," is one of the three major Korean martial arts. Founded in 1963 by Master Choi Young-Sul, it is a complete system of self-defense, encompassing striking, kicking, and grappling techniques.

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Hapkido Korean Art of Self Defense Tuttle Martial Arts

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