Hapkido: Traditions, Philosophy, Technique



Description:

1136 Pages - 9000 Photos - 2000 Techniques----The most compre­henive text ever written on a single martial art. Suprbly organized, highly informative, profusely illustrated.Indispensable to martial artists of virtually any style.----This ground-breaking work is the first to comprehensively document the traditions, philosophy, and techniques of one of the world's most varied, exciting, and practical martial arts--Hapkido. More than 9,000 photographs introduce over 2,000 martial techniques, including strikes, kicks, blocks, avoiding movements, holds, joint locks, chokes, throws, falls, tumbling, ground fighting, and weapons. Numerous closeups show precise grips, leverage methods, pressure points, hitting surfaces, and direction of force. Inaddition to self-defense techniques, chapters are included on East Asian philosophy, martial arts history, anatomy, meditation, healing, and pressure point fighting, as well as indepth, previously unpublished interviews with the world's preeminent Hapkido Grandmasters and renowned Grandmasters of related martial arts. Because of similarities between Hapkido and many other martial arts, including Taekwondo, Jujutsu, Alkido, Judo, and Tai Chi Chuan, this book is a useful reference for practitioners of all martial arts styles, from novices to masters. This unique work of exceptional quality is the definitive text on Hapkido, and a classic of martial arts

Hapkido Traditions Philosophy Technique

Christopher Coleman, Esq.

Hapkido Traditions Philosophy Technique:

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other works on martial techniques and anatomy Regardless of the style you practice these books will enrich your training improve your technique and deepen your understanding of the unique qualities embodied in your own martial art

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