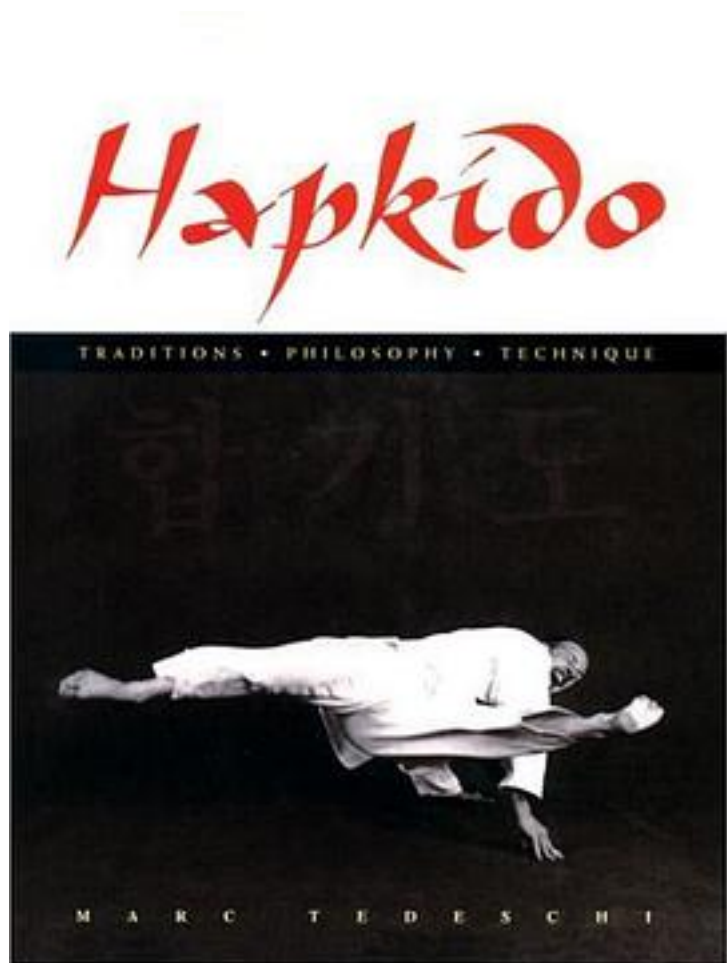


Hapkido



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This is the first introductory text to accurately portray Hapkido in its entirety. One of the world's most exciting, varied, and practical martial arts, Hapkido consists of thousands of techniques encompassing all forms of martial skills: strikes, kicks, blocks, avoiding

movements, joint locks, chokes, throws, tumbling, ground fighting, weapons, meditation, and healing. Clearly written and expertly photographed by the author of the landmark Hapkido: Traditions, Philosophy, Technique, this unique book is essential reading for anyone seeking a concise, honest, and accurate overview of Hapkido's history, philosophy, and techniques.

It includes:

- Over 680 high-quality photographs, and 48 illustrations
- More photos and techniques than any similarly priced competitive book
- Precise anatomical drawings of 83 common Oriental pressure points
- Comprehensive chapters on history and philosophy
- Sixty practical self-defense techniques, spanning most types of attacks
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Hapkido

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