

Hapkido Articles on Self-Defense: Volume Two (Paperback)

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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly. (Mitchell Kuhn III)

HAPKIDO ARTICLES ON SELF-DEFENSE: VOLUME TWO (PAPERBACK)



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Buddha Rose Publications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Korean martial art of Hapkido is an advanced system of self-defense designed to provide its practitioners with viable tools to defend against even the most aggressive of attackers. Within the pages of this book are presented in-depth understandings of Hapkido s self-defense arsenal. Also detailed in this book is how Hapkido utilizes the internal energy of Ki, in addition to Hapkido techniques for the use of the Hapkido Cane, the Staff, and the Sword, also known as Kumdo. There are over three-hundred photographs presented in association with the techniques detailed in this book. The articles presented in this book were written by Hapkido Master Scott Shaw and were originally published by some of the most respected martial art journals in the industry.

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