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Hapkido: Korean Art of Self-Defense

By Scott Shaw



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Hapkido: Korean Art of Self-Defense By Scott Shaw

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. 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.

Profusely illustrated with 220 clear photographs, this instructional hapkido book describes and depicts self-defense techniques against a variety of punches, holds, and kicks. Hapkido has been utilized by military and law enforcement agencies worldwide, but until now little has been written on it. This hapkido guide is one of the few in English to present the essential techniques of this fascinating Korean martial art. Chapters include:

- The History and Development of Korean Martial Arts
- The Evolution of Hapkido
- Danjon: The Center of Ki
- Hapkido Fundamentals
- Hapkido Self-Defense Techniques



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Editorial Review

Review

"In this book, Scott Shaw takes the reader to the heart of Hapido."—John Corcoran, editor, *Inside Taekwondo*

About the Author

Scott Shaw is a master instructor in the Korean martial arts of Hapkido and Taekwondo. He is certified as a seventh degree black belt by the prestigious Korea Hapkido Federation, and frequently travels to Korea to train directly under the art's top masters. Shaw has published articles in a number of international magazines, including *Black Belt*, *Inside Karate*, *Inside Taekwondo*, *Karate/Kung-fu Illustrated*, *Martial Arts Masters*, and *Taekwondo Times*. He is also the star of the four-part instructional video series on Hapkido by Unique Publications Video.

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