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Hapkido: Traditions, Philosophy, Technique

By Marc Tedeschi



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*The most comprehensive text ever written on a single martial art.
Superbly 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.

In addition to self-defense techniques, chapters are included on East Asian philosophy, martial arts history, anatomy, meditation, healing, and pressure point fighting, as well as in-depth, previously unpublished interviews with the world's preeminent Hapkido Grandmasters and renowned Grandmasters of related martial arts.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, Aikido, 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 literature. View sample pages, read book reviews, or get more information at marctedeschi.com



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Editorial Review

Review

"Within minutes of opening Marc Tedeschi's new book, *Hapkido*, you know you have your hands on an exceptional work. *Hapkido* is an enormous, comprehensive, detailed, beautifully illustrated and, somehow, very personal reference work for those who want to learn about this fascinating martial art...an astonishing degree of detail...It covers so much ground and its material is so well presented that no martial arts library will again be complete without it."

- **Journal of Asian Martial Arts**

"If you hold this book in your hand, words will fail you. 1136 pages, more than 9000 photos, 2.5 inches thick, 11 x 8.5 inches large, and almost 8 lbs heavy! If you turn to the first pages you are lost. You forget the time and you are lost in the apparently infinite information explosion contained in this work...for the Hapkidoist it is a treasure chest full of information and impulses...If I had the choice to take a book with me onto a lonely island, I would decide on this book...An absolute must for any Hapkidoist!"

- **Hapkidoshop.com (Germany)**

"The best martial arts book ever published...How does one even begin to review a book of this scope and sophistication? My first inclination is to pronounce it to be the Holy Grail of martial arts instructional texts...bringing a new level of clarity and intellectual precision in presenting previously 'too complex to describe' concepts and techniques...It is simply a monumental accomplishment, nothing less, and belongs in every library...You can spend years finding things in Tedeschi's book which will broaden and enhance your own personal practice."

- **IronCrane.com**

"This book is in my experience the most comprehensive ever written on a single martial art. It is superbly organized, highly informative, and contains thousands of outstanding photographs. An authoritative presentation of basic principles and techniques, integrated with modern innovations, makes this work indispensable to martial artists of virtually any style."

- **Professor Wally Jay**, founder and grandmaster of Jujitsu America

"*Hapkido* is an overwhelming achievement. Its comprehensiveness and the quality of the writing and design are unmatched in martial arts literature. The author's integration of history, philosophy, and technique into the larger framework of martial arts as a whole makes this book invaluable to any martial artist. Tedeschi's treatment of weapons techniques is honest, practical, and well worth studying."

- **Nicklaus Suino**, author of *The Art of Japanese Swordsmanship*

About the Author

Marc Tedeschi is an internationally respected designer, photographer, educator, and martial arts master. He has studied Eastern philosophy, healing arts, and combatives for more than 40 years, training extensively in Hapkido, Taekwondo, Jujitsu, Judo, and Karate. A prolific writer, Mr. Tedeschi's landmark publications

rank with the finest ever produced on the healing and martial arts. He is the author of over a dozen works, including the 1136-page *Hapkido*, the 896-page *Taekwondo*, *Essential Anatomy for Healing and Martial Arts*, and a unique series of general martial arts books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts.

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