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The techniques used in Hapkido are

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They are hand strikes, kicking techniques, throwing techniques, joint manipulation techniques and weapons training. For a technique to be included in Hapkido it must work based off three founding principles.

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"Hapkido, Traditions, Philosophy,
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in 'Hapkido' started by terrylamar, Jun 22,
2011. Jun 22, 2011 #1. terrylamar Blue
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Hapkido (UK: / h æ p k i d o / HAP-kee-DOH, US: / h p k i d o / hahp-KEE-doh, also spelled hap ki do or hapki-do; from Korean hapgido [hap .ki.do]) is a hybrid Korean martial art. It is a form of self-defense that employs joint locks, grappling, throwing techniques, kicks, punches, and other

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striking attacks. It also teaches the use of traditional weapons, including knife ...

Hapkido - Wikipedia

This is a hardcover book titled, "Hapkido: Traditions, Philosophy & Technique" by Marc Tedeschi. This book is from 2000 and there are a total of 1135 pages. This

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Book is in overall very good to excellent condition. The outer covers show minor wear. Please look at the photos and ask any questions you might have.

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Empty hand techniques include kicking,

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punching, locking, throwing, and immobilization. Weapons techniques include the knife, cane, rope/belt, club/short stick and sword. One of the most unique aspects of hapkido is its emphasis on techniques done from unusual positions such as the prone or seated position.

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Hapkido will be available to ship in August, 2013. This ground-breaking work is the first to comprehensively document the traditions, philosophy, and techniques of one of the world's most varied, exciting,

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Hapkido - Shambhala Publications

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