

Hapkido Brisbane

Basic Hapkido Methodology

Most conflict starts because one party has not shown the appropriate level of respect for the other, who is naturally offended.

Your Country, in class we show respect for our country by bowing to the flags. Without respect for our country society would be rife with civil wars, riots and disputes with other nations.

Training Partners, the highest level of respect should be shown for those that we practice the martial arts with. Lack of respect when practicing can result in one partner being injured. We should always appreciate the time our classmates put into training for without them there would be no class.

Instructors & Teachers, students who are disrespectful of their school or teacher never learn. They waste their time and money and that of other classmates who are distracted by others fooling around. Show respect for your teacher by keeping good order and obeying their instructions.

Meditation, dear your mind, control breathing, focus on one thing (sounds). Meditation is used to clear the mind and enable us to focus and concentrate. With practice this techniques can not only be used for martial arts but also for every day events like sport, school and general relaxation. Meditation can be done alone or in a group whether it is for five minutes or an hour

Ki-up, Ki-power of the mind, Up-to project that power. Loosely translated, Ki-up means to project your inner power Your Ki-up should make you feel strong and confident. While making your opponent feel afraid and unsure of their capabilities.

