

Hapkido Brisbane

About Hapkido

Hapkido is a dynamic Korean martial art. It is a form of self-defense that employs joint locks, techniques of other martial arts, as well as kicks, punches, and other striking attacks. There is also the use of traditional weapons, including a sword, rope, cane, short stick, and staff which vary in emphasis depending on the particular tradition examined.

Hapkido contains both long and close range fighting techniques, utilizing jumping kicks and percussive hand strikes at longer ranges and pressure point strikes, joint locks, or throws at closer fighting distances. Hapkido emphasizes circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength.

Proper Hapkido tactics include using footwork and a series of kicks and hand strikes to bridge the distance with an opponent. Then to immediately control the balance of the opponent (typically by manipulating the head and neck), for a takedown or to isolate a wrist or arm and apply a joint twisting throw, depending upon the situation; Hapkido is a comprehensive system and once the opponent's balance has been taken, there are a myriad of techniques to disable and subdue the opponent.

Hapkido makes use of pressure points which are also used in traditional Asian medical practices such as acupuncture point. These pressure points are either struck to produce unconsciousness or manipulated to create pain allowing one to more easily upset the balance of one's opponent prior to a throw or joint manipulation.

Hapkido emphasizes self defense over sport fighting and as such employs the use of weapons, including environmental weapons of opportunity, in addition to empty hand techniques. If the student of Hapkido chooses to use the attack skills he/she will quickly overwhelm their opponent.

It is not easy to put in words the richness and complexity of this ancient art.

