

Hapkido Brisbane

Techniques

There are five basic steps to Hapkido fighting techniques

1. Think (defence or attack)
2. Move (45 degrees to side)
3. Block (Hand, foot or body)
4. Technique (Strike, kick, throw, punch)
5. Finish



Water Principal

The weakest things in the world can overmatch the strongest things in the world.

Nothing in the world can be compared to water for its weak and yielding nature; yet in attacking the hard and the strong nothing proves better than it. For there is no alternative to it.

The weak can overcome the strong and the yielding can overcome the hard.

This all the world knows but does not practice.

Tao Te Ching By Lao Tzu

Hapkido's Eagle Symbol



Eagle gripping an arrow

This emblem is meant to symbolise strength, speed, perseverance, superiority, and freedom.

The wings symbolise the ability to soar, physically and spiritually, without restrictions.

The arrow represents a weapon or attack.

The eagle's talons seize the arrow and control it, symbolising speed, power, decisiveness, strength of grip, and clarity of purpose.