

Hapkido: Korean Art Of Self-Defense

By Scott Shaw

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HAPKIDO is a Korean Martial Art of Self Defense HAP = Coordination or Harmony KI = Energy or Power DO = The Art or The Way HAPKIDO is The Art of Coordinated Energy

In fact, as the author describes, there is a parental link between the arts. In Hapkido: Korean Art of Self-Defense, Hapkido Self-Defense Techniques: 37

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