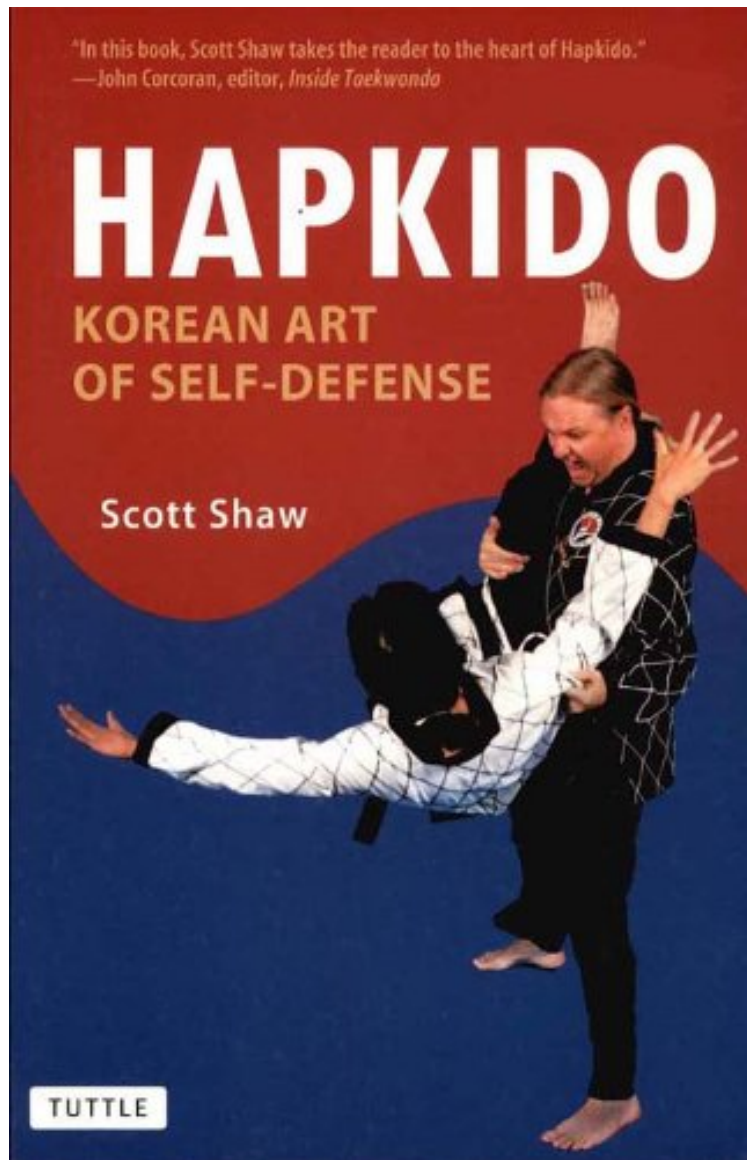


[Pdf free] Hapkido: Korean Art of Self-Defense (Tuttle Martial Arts)

## Hapkido: Korean Art of Self-Defense (Tuttle Martial Arts)

Von Scott Shaw

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**Von Scott Shaw : Hapkido: Korean Art of Self-Defense (Tuttle Martial Arts)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Hapkido: Korean Art of Self-Defense (Tuttle Martial Arts):

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. Gnstig und gut zum EinstiegVon Gunnar HerrmIch habe mir das Buch gekauft, als ich gerade mit Hap Ki Do angefangen habe. Das Buch ist gut zu lesen. Obwohl es englischsprachig ist, sollte jeder mit einem Wrterbuch bewaffnet, es lesen

knnen. Es sind reichlich Abbildungen vorhanden, die im Text gut beschrieben werden. Leider sind die Bilder leicht unscharf. An vielen Stellen konnte ich die korrekte Handhaltung (wo soll der Daumen liegen?, wo fasse ich genau hin?) nicht erkennen. Fazit: Zum Einstieg gut geeignet. Zur Vor-/Nachbereitung des Trainings nur bedingt zu empfehlen. 5 von 5 Kunden fanden die folgende Rezension hilfreich. Trotz Englisch gut erklärt und hilfreiche Bilder. Von Kunde Als Hapkido Anfänger (ich belege seit April einen Kurs) wollte ich mir ein Nachschlagewerk kaufen um die Techniken unseres Kurses nachschlagen und ben zu können. Das Buch ist trotz der englischen (für mich) Fremdsprache einfach und gut zu lesen und zudem gut mit Beispielbildern für die Techniken versehen. Der Schwerpunkt des Buches liegt (wie der Name verrät) auf Abwehrtechniken, Schwerpunkt Würfe, Griffel, Hebeltechniken. Ich finde die Tritttechniken kommen ein wenig zu kurz. Alles in allem ein gutes Buch, überwiegend für Anfänger. 2 von 2 Kunden fanden die folgende Rezension hilfreich. This book is basic and lacks any intermediate techniques. Von Ein Kunde If you don't know how to kick and have never thrown before - this book is for you. If you are currently taking hapkido lessons, are beyond your first couple of belts and want to supplement your master's curriculum - I wouldn't recommend this book. Mr Shaw makes some broad statements about the history of Hapkido which may not be supported by the entire Hapkido community. However, Mr Shaw provides a very knowledgeable account of Korean history and lots of clear photographs.

Kurzbeschreibung Hapkido, "The Way of Coordination and Internal Power," is one of the three major Korean martial arts. Founded in 1963 by Master Choi Young-Sul, it is a complete system of self-defense, encompassing striking, kicking, and grappling techniques. Conceptually, Hapkido techniques more closely parallel those of Aikido than Taekwondo. In fact, as the author describes, there is a parental link between the arts. In Hapkido: Korean Art of Self-Defense, Scott Shaw presents a precise description of the techniques, concepts, and applications of this Korean martial art of self-defense. Profusely illustrated with 220 clear photographs, this instructional hapkido book describes and depicts self-defense techniques against a variety of punches, holds, and kicks. Hapkido has been utilized by military and law enforcement agencies worldwide, but until now little has been written on it. This hapkido guide is one of the few in English to present the essential techniques of this fascinating Korean martial art. Chapters include: The History and Development of Korean Martial Arts The Evolution of Hapkido Danjon: The Center of Ki Hapkido Fundamentals Hapkido Self-Defense Techniques Pressestimmen - In this book, Scott Shaw takes the reader to the heart of Hapkido. --John Corcoran, editor, Inside Taekwondo "In this book, Scott Shaw takes the reader to the heart of Hapkido." --John Corcoran, editor, Inside Taekwondo Kurzbeschreibung Hapkido, "The Way of Coordination and Internal Power," is one of the three major Korean martial arts. Founded in 1963 by Master Choi Young-Sul, it is a complete system of self-defense, encompassing striking, kicking, and grappling techniques. Conceptually, Hapkido techniques more closely parallel those of Aikido than Taekwondo. In fact, as the author describes, there is a parental link between the arts. In Hapkido: Korean Art of Self-Defense, Scott Shaw presents a precise description of the techniques, concepts, and applications of this Korean martial art of self-defense. Profusely illustrated with 220 clear photographs, this instructional hapkido book describes and depicts self-defense techniques against a variety of punches, holds, and kicks. Hapkido has been utilized by military and law enforcement agencies worldwide, but until now little has been written on it. This hapkido guide is one of the few in English to present the essential techniques of this fascinating Korean martial art. Chapters include: The History and Development of Korean Martial Arts The Evolution of Hapkido Danjon: The Center of Ki Hapkido Fundamentals Hapkido Self-Defense Techniques