

The Martialarm Introduction To Hapkido

Hapkido practitioner becomes skilled in numerous kicks, punches, and blocks. From Aiki-Jujitsu (the predecessor of Aikido) it gets most of its grappling techniques. Thus, the Hapkido practitioner spends an equal amount of time learning techniques such as throws and joint locks. The benefit of studying Hapkido versus studying one striking style and one grappling style is that the practitioner learns to use the two approaches to compliment one another. For example, a Hapkido artist might use a punch to distract her opponent while a difficult throw is set up. Conversely, a Hapkido artist might spin or off-balance his opponent to decrease their ability to defend against a kick. Along these same lines, the Hapkido artist learns to counter in the opposite manner of an attack, thus confusing the enemy. As such, linear attacks are countered with a circular technique and circular attacks are countered with a linear technique. Hapkido artists also learn vital targets and pressure points in order to immobilise their attacker as quickly as possible. Similar Styles: Combat Hapkido - Very similar to traditional Hapkido, this modern version uses Muay Thai striking techniques instead of getting its strikes from Tae Kyon (see Muay Thai under kickboxing styles). Cuong Nhu - A Vietnamese style which incorporates both Karate and Aikido. Kajukenbo - Named after the five styles which were combined to create it: Karate (ka), Judo and Jujitsu (ju), Kenpo (ken), and Chinese Boxing (bo).

Hapkido training can be done in any city in the world and I encourage you to visit our martial arts directory of Hapkido to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/hapkido.html>

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