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One of the world's most varied and practical martial arts, Hapkido consists of thousands of techniques encompassing all forms of martial skills: strikes, kicks, blocks, joint locks, chokes, throws, tumbling, ground fighting, weapons, meditation, and healing. This is the first introductory text to accurately portray Hapkido in its entirety, and includes basic material required by novices during their initial training. Sixty practical self-defense techniques for most types of attack, more than any competitively priced book, are clearly illustrated through hundreds of outstanding photos. Precise anatomical drawings of 83 Oriental pressure points, and in depth chapters on history and philosophy, make this essential reading for anyone seeking a concise overview of this fascinating martial art.

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