

Hapkido

AN INTRODUCTION TO THE ART OF SELF-DEFENSE



M A R C T E D E S C H I

One of the world's most exciting, varied, and practical martial arts, Hapkido consists of thousand of techniques encompassing all forms of martial skills: strikes, kicks, blocks, avoiding movements, holds, 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 essential material to guide 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 photographs. Precise anatomical drawings of 83 common Oriental pressure points, and comprehensive chapters on history and philosophy make this book essential reading for anyone seeking a concise, honest, and accurate overview of this exciting and fast-growing martial art.

- Over 680 high-quality photographs, and 48 illustrations
- More photos and techniques than any similarly-priced competitive book
- Precise anatomical drawings of 83 common Oriental pressure points
- Comprehensive chapters on history and philosophy
- Sixty practical self-defense techniques, spanning most types of attacks
- Basic material to guide novices during their initial training
- Essential reading for anyone seeking a concise overview of Hapkido

MARC TEDESCHI is an internationally respected artist, designer, and educator, who holds a seventh-degree black belt in Hapkido, a martial art that integrates both healing and combative techniques. He has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of 11 books, including the 1136-page *Hapkido* and *Essential Anatomy*.


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