

JU SOOL KWAN HAPKIDO

Hapkido is a dynamic and also eclectic Korean martial art. It is a form of self-defense that employs throwing, joint-locks, chokes and immobilization techniques, as well as kicks, punches, and other striking attacks.

Hapkido is the preferred defense tactics of military and police professionals as well as any job requiring the possibility of dealing with physical threats and confrontation.

Hapkido is a modern martial art developed in Korea after the Japanese occupation. While Choi Yong-Sul is credited with being the founder of Hapkido, several martial artists brought together training from Daito-Ryu Aiki-Jujutsu, Judo and ChungDoKwan TaeKwonDo to form the all inclusive art. These practitioners were responsible for both adding diversity and depth to the techniques of Hapkido, as well as introducing the art to Seoul.

- Practicing striking arts improves performance on divided attention tasks, maintaining self-control, and improving alertness
- Training in striking arts leads to lower depression, greater self-esteem and improved working memory (*Journal of Sport and Heal Sciences, September 5, 2016*)





CLASS SCHEDULE

Monday	6:00 - 6:45pm	Junior Hapkido (6-12)
	7:00 - 8:00pm	Adult Hapkido / Adv. Junior Hapkido (Purple and above)
Wednesday	5:30 - 6:15pm	Junior Hapkido (6-12)
Thursday	7:00 - 8:00pm	Adult Hapkido / Adv. Junior Hapkido (Purple and above)
Friday	5:15 - 6:00pm	Junior Hapkido (6-12)
Saturday	10:15 - 11:15am	Adult Hapkido / Adv. Junior Hapkido (Purple and above)