



Hapkido Mastery

River City Hapkido

Lesson Plan #1

10 min - **Opening and Welcome**

- Review handbook, goals, and advancement

10 min - **Meaning of the Hapkido**

Hap = Harmony

Ki = Power

Do = Way or Path

Hapkido is the “anti-martial art”. It was designed as a way to defend against and overcome an attacker with skill in many forms of martial combat. With roots in Aiki-jujitsu, Hapkido adds striking and punching to joint-locks, throws, and grappling, making it one of the original mixed martial arts. However, unlike modern MMA training, Hapkido gives the student a solid base in different forms of defense, and roots the strategy of that defense in the principles of ***water***, ***circle***, and ***harmony***. This gives the student a solid framework on which to develop their skill so that they are not caught off-guard when in real defense situations.

It is designed to allow a martial artist to rapidly subdue an opponent and render any attacker completely incapable of causing harm. Since Hapkido affords total control over a physical confrontation and emphasizes precision over brute strength, the hapkidoist can localize any damage dealt to an opponent and avoid creating unintended injury.

For this reason, it is very popular among private security and law enforcement agents throughout the world.

But, make no mistake. Hapkido also enables the practitioner to leverage extremely powerful and even deadly force if absolutely necessary, such as in a life-or-death confrontation. The art’s primary emphasis is on practical self-defense.

5 min - of wrist stretching

Falling and Rolling

35min- Cross grabs (oposit side wrist grab)

1. Wrist lock - (finshing with something out of the 6 fining moves you know)
2. Live hand press - (circle Step to the knee to the back)
3. Arm bar - (finish sit down while holding the arm)
4. Turn and break - (Different directions Front ,side, being)
5. ScareCrow (center lock) - Finishing with live hand press and even to a gooseneck.