

## HAPKIDO - 16 CONTINUOUS TECHNIQUES FOR OVERPOWERING THE OPPONENT

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### Abstract

Article explains basic principles of Hapkido martial art.

**Key words:** Hapkido, principles

### Introduction (history)

Modern Hapkido was founded thanks to the master Choi Yong Sool who was born in 1904. in Taegu. During Japanese occupation of Korea (1901.-1945.) as a young boy Choi Yong Sool was sent to Japan as a servant to Japanese officer Sogaku Takeda. Serving in Takeda's household, young Sool was able to observe daily exercises done by master Takeda and his son, and he started repeating seen moves in secrecy because at that period Koreans were forbidden from training martial arts. However, Takeda whose ancestors belonged to Minamoto clan, soon noticed that little Korean boy was observing him, and at first he punished the boy because he did not want to get into trouble with Japanese authorities over that.



After some time, Choi took Japanese name Tatujutu Yoshida, and was adopted by master Takeda who started teaching him the art of Daito Ryu Aiki Yu Yutsu, ancient samurai art that later evolved into Aikido. In 1945. Master Choi returned to his homeland Korea.

As story goes, one day the owner of local Taegu brewery, Suh Bok Sub witnessed how master Choi Yong Sool successfully defended himself from attackers. Being an owner of black belt in Judo himself, Suh recognized genuine skill in master Choi's movements and asked him to teach him that skill. Persuaded by Suh Bok Sub in 1951 Master Choi opened his school where he taught his fight style Hap Ki Yu Kwon Bop.



Among the other students of the school, in 1953. there was Ji Han Jae who himself was a master of taekyon. By training hard under master Choi, master Ji noticed certain shortcomings of this art, and together with Kim Moo Wong, he added foot kicks and hand strikes taken from taekyon (predecessor of taekwondo), and named this art as it is known today HAPKIDO. Due to the fact that in the old script signs for Hapkido were identical to Japanese for Aikido, the art changed its name into Kido, but the old name was already widespread through the entire Korea so it was eventually changed back into Hapkido. Master Jin offered the name Hapkido to his master Choi Yong Sool as a token of respect for his skill, but Choi Yong Sool refused it. Master Choi's school gradually declined due to his age, so towards the end of

his life he went to the school of one of his former students where he named his mildly modified style. Chin Chun Kwan. This style disappeared following his death, except in just few Korean schools. Ji Han Jae founded Korea Hapkido Association and World Hapkido Federation.

After the change of political regime in Southern Korea, Master Ji was sent to prison because of his political involvement with former regime. He spent 6 years in prison. He was a personal bodyguard of the president in the overthrown regime. At that time, many of his students wanted to take over the governing of Federation, but they all failed. As it was not "prudent" to be associated with master Ji Han Jae at that time, their only way to take over the power in Hapkido was to form their own organizations of which are now more than 35. Only three of those were officially approved by Korean authorities, so their belts are recognized worldwide. Most of the mentioned 35 organizations are situated in the USA and are led by Korean students of Ji Han Jae, or by students of his students.

Regarding master Ji, upon serving his sentence he founded a new federation and a new Hapkido style called World Sin Moo Hapkido Federation. Sin Moo is Korean for Zen, and it was inspired by master's reflexions from six years long solitary confinement where he spent his time reading, learning and contemplating about Hapkido. His Federation is well spread in Korea, Europe, States and South America. In Korea there is also Korea Hapkido Federation which includes some of the organizations. Logo of that Federation is stylized fist with protruding thumb and index finger painted on red-blue Yin-Yang symbol.

Present Hapkido technique consists of the following:



- locks and jointlocks
- throwing
- grappling
- choking
- sweeping and pinning
- circular blocks
- hand strikes and kicks
- blocks
- applying pressure on pain points and pinching
- falling
- techniques using traditional weapons
- meditation and breathing



Master Choi died in 1986. And was buried in Taegu, on the other hand master Ji Han Jae currently lives and works in New Jersey, where he settled after fleeing from South Korea. Even though he is 65, he successfully organizes seminars all over the world.

### *What is Hapkido*



Hapkido is modern Korean martial art dating from mid 20<sup>th</sup> century. Founder of the modern Hapkido is Korean master Choi Yong Sool. Direct translation of the name from Korean language means "the way of coordinated power". Hapkido is a way to physical and mental coordination. Each movement requires total body coordination, and regular exercise in order to preserve that coordination. During 1940s Choi Yong Sool returned from Japan, where he (by some intricate coincidences) was practicing Japanese martial art called vjestiu Daito Ryu Aiki Ju Jutsu. Upon return to Korea, he invented his own martial art system named HAP KI DO. At that time, Hapkido was very similar to today's aikido. During '50s one of the students of old master Choi Yong Sool, Ji Han Jae who trained Korean art called tae kyon before he studied Hapkido, introduced blocking, hand strikes and foot kicks to hapkido thus making it the most complex of arts.

Every type mentioned is divided into offensive and defensive techniques. Techniques are used in different situations – standing, sitting, jumping, lying down, etc.

Combination of mentioned techniques makes comprehensive system of self-defence in any given situation. Practicing hapkido offers more than just ability to defend oneself. There are many advantages of training hapkido. The most important one is probably the good health achieved through regular training and exercise, discipline and concentration needed during the training for learning the techniques as much as it is needed in everyday life. Apart from this type of training there is also a competitive form of training.

There are still no competitions organized in Bosnia and Herzegovina, but there is every intention to organize those events. Entire art of hapkido is based on circular motions, and central body axis. All motions are natural, and follow the natural laws of physics and biomechanics. Koreans identify those motions to those of water; smooth as river flow, and destructive as wave. In all techniques, relation between Um and Yong (Yin and Yang) is present, soft and hard. UM represents soft, circular motions; and YONG represents hard, linear movements. Circular movements are employed during falls, locks, throwing, sweeping; linear movements are used for blocks, hand strikes and kicks.

Description of the techniques can be compared to some other arts, so the locks and jointlocks are very similar to those found in aikido; kicks, hand strikes and blocks are similar to taekwondo techniques; throwing techniques are similar to judo throws; grappling and pinning to those from jiu jitsu. Everything mentioned makes hapkido the most efficient system of training. Very important form of the training is mental training, as well as internal form of training like breathing. In this way a person is able to maximally use his internal energy or power called Ki or Chi in the East. Those exercises are called “Dan Jom”, and meditation is called “Muk sang ha da”. Apart from these values, hapkido develops ethical qualities of the practitioner through nine laws governing behavior and life as a part of Hapkido training.

By following these rules, introduced by Choi Yong Sool, we become conscientious and responsible members of the modern society.

At the same time, this type of training introduces us to the science of martial arts instead of just superficial training as it is the case with training of other martial sports. Hapkido trainees are dressed in dobok (kimono) similar to karate kimono.

- **humanity**
- **politeness**
- **trust and friendship**
- **goodness (generosity)**
- **loyalty**
- **honour**
- **knowledge**
- **courage**
- **common sense**



Colour of kimono depends on trainee’s level and federation he/she belongs to because each federation has distinctive colour and shape of kimono. Level of trainee is marked by coloured belts in the same order as in taekwondo, but some federations have purple and brown belt as a part of their ranking. Highest master level is 9.Dan, while founders of federations are bestowed a 10. Dan. There are over 35 Hapkido Federations worldwide, as well as other organizations. Most of them are private organizations that sprang from zealous desire of Korean masters to be recognized as the main founders and presidents of the Federations. However, Korean government officially recognizes just few of them, and organizations themselves do not recognize their rivals.

The most famous are Korea Hapkido Federation, World Kido Federation, World Hapkido Association, International Hapkido Federation (Hankido), World Hapkido Federation and World Sin Moo Hapkido Federation. Some of those Federations are situated in the States because hapkido became very popular during Korean War when American soldiers, apart from fighting the war, trained many Korean martial arts including Hapkido.

## Hapkido principles

Hapkido utilizes circular, continuous, flowing motions with transitions from one to other techniques without any interruptions. By deflecting the attack with circular blocks and counterattacking, the entire fight change from

angle to angle by just revolving around the axis of the body. This allows transition from one circular motion to other. Exactly this is the concept on which Hapkido-“the way of coordinated power” was founded.

원

**YU**-Soft. Non- resistance, confronting the opponent utilizing the minimum of power avoiding direct confrontation with opponent's attack.

우

**WON**-Circle. Blocking and redirecting of opponents momentum, followed by counterattack by circular motions.

화

**HWA**-Water. Deflecting opponent's attack by flowing movements of the body, much like those of water flow.

### TRAINING PROGRAMME

#### *UPPER WHITE BELT (9. Geup)*

- 1) 1. Breathing technique (il dan –jom)
- 2) hapkido falls: - frontal fall - backward fall - lateral fall
- 3) stands: - natural stand - straddling stand - long stand
- 4) blocks: - upper block - middle block - lower block
- 5) hand strikes : - direct hand strike
- 6) foot kicks: - frontal foot kick - frontal foot block
- 7) obligatory self-defence techniques: - first six techniques of approaching the opponent
- 8) theoretical classes: - rule of central axis - rule of the circle- rule of the water

#### *YELLOW BELT (8. Geup)*

- 1) 2. Breathing technique (i dan-jom)
- 2) Meditation positions
- 3) hapkido falls : - frontal somersault fall - backward somersault fall - lateral somersault fall
- 4) stands: - short stand - walking stand - catlike stand - fight stand
- 5) blocks: - hammer block - block with the karate chop - guard block - guard block with karate chop
- 6) hand strikes: - direct hand strike (opposite leg forward) - wrist strike - fist strike from below (uppercut) - circular hand strike
- 7) foot kicks: - lateral kick - circular kick - cutting kick
- 8) self-defence techniques: - other six techniques of approaching the opponent

- 9) theoretical classes: - short history of hapkido - counting to 20 in Korean

#### *UPPER YELLOW BELT (7. Geup)*

- 1) 3. Breathing technique (sam dan-jom)
- 2) techniques of meditation and relaxation
- 3) hapkido falls: - semi-somersault fall - frontal somersault fall with double strike - handstand – fall
- 4) stands: - akimbo stand – (movement stand) - deep straddling stand - crane stand
- 5) blocks: - x block with forearms - hammer block with open palm edge - double block with forearms
- 6) hand strikes: - hammer hand strike - strike with inner palm edge - finger prod ( spear strike)
- 7) foot kicks: - ultimate kick - ultimate lateral kick - ultimate circular kick
- 8) self-defence techniques: - five self-defence techniques for frontal grappling - five self-defence techniques for back grappling - 2 self-defence techniques for knife attacks - 2 self-defence techniques for baton attacks
- 9) theoretical classes: - names of the techniques employed in upper white and yellow belt in Korean

#### *GREEN BELT (6. Geup)*

- 1) 4. Breathing technique (sa dan-jom)
- 2) hapkido falls: - somersault fall - frontal somersault upwards over obstacles - frontal somersault forward over obstacles
- 3) blocks: - suppressing block - external hook block - internal hook block - block with "active" arm - double block with "active" arm
- 4) hand strikes: - double "hook" strike with thumbs - prodding with two fingers - "tiger

paw" - strike with the palm edge, from up to down - strike with palm's base - lateral elbow

5) foot kicks: - reverse foot kick - pressing frontal kick - stamping kick - reverse tamping kick - lateral foot block - "seal" heel kick - frontal air kick - lateral air kick

6) throwing techniques: -4 hand - 2 foot throw

7) elbowlocks: - four directions of locks on wrist - elbowlock - shoulder lock

8) self-defence: - 10 self-defences from wrist grappling - 5 self-defences from hair grappling - 5 self-defences from choking - self-defences from knife: up-down stabbing, at sides from the outside, at sides from the inside - 3 self-defences from baton attack

9) theoretical classes: - names of the techniques employed in upper yellow and green belt in Korean

*UPPER GREEN BELT (5. Geup)*

1) blocks: - circular hand block - block with open back of the hand - block with upside down palm - block with inner foot edge - block with outer foot edge

2) hand strikes - frontal elbow strike - back elbow strike - circular elbow strike - prod with one finger - prod with thumb

3) foot kicks - circular roundhouse kick - double circular kick with the same foot - double circular kick - circular kick while landing - knee kick forward - lateral knee kick - knee kick downwards - circular air kick - back air kick

4) throwing techniques - 4 hand throws - 2 foot throws

5) locks - 2 elbowlocks - 2 shoulder locks

6) choking - 2 forearm - 2 palm

7) working with weapons - 2 techniques for short stick (dan-bong) - directions of knife cuttings - handling the knife

8) self-defence - 10 techniques of self-defence for lapel grappling - 5 techniques of self-defence for back grappling - 5 techniques of self-defence for shoulder holding - 5 techniques of self-defence for grappling with the opposite hand - 5 techniques of self-defence for knife attack - 2 techniques of self-defence for firearms attack

9) breaking techniques: - direct with fist - frontal foot kick

10) theoretical: -names of the techniques employed in upper green belt in Korean

*BLUE BELT (4. Geup)*

1) foot kicks: - back circular air kick - cutting air kick - frontal kick from the floor - lateral kick from the floor - back kick from the floor - back circular kick from the floor - circular kick from the floor

2) throwing techniques: - 4 hand throws - 4 foot throws - 2 self-sacrificing throws

3) locks: - 4 elbowlocks from sitting position - 4 shoulder locks from standing position

4) choking: - 4 cross choking - 2 doboko / kimono choking

5) working with weapons : - 2 techniques for short stick (dan-bong) - 2 techniques for knife attack

6) self-defence - 10 techniques of self-defence for elbow and forearm grappling - 10 techniques of self-defence for belt grappling - 5 techniques of self-defence for grappling with the opposite hand - 5 techniques of self-defence for knife attack - 4 techniques of self-defence for firearms attack - 5 techniques of self-defence for throwing

7) breaking techniques: - strike with the edge of the palm - lateral foot kick - one technique per examiner's choice

8) sparing 3x1 minutes

9) theoretical classes: - names of the techniques employed in blue belt in Korean

*UPPER BLUE BELT (3. Geup)*

1) foot kicks: - back air kick with revolving for 360° - back circular air kick - back circular air kick with revolving for 360° - double frontal air kick - frontal air kick with both legs - lateral air kick with both legs

2) throwing: - 4 hand throws - 4 foot throws - 4 self-sacrificing throws

3) locks: - 5 elbowlocks- 5 shoulder locks

4) choking: - 4 doboko / kimono choking

5) working with weapons - 2 techniques for short stick (dan-bong) - 2 techniques for knife attack

6) self-defence -10 techniques of self-defence for hand strikes -10 techniques of self-defence for foot kicks - 5 techniques of self-defence for holding with both hands - 5 techniques of self-defence for pushing - 5 techniques of self-defence for tie - 10 techniques of self-defence for weapons

7) breaking techniques: - wrist strike - circular foot kick - cutting foot kick - frontal air kick

8) sparing 3x 2 min.

9) theoretical classes: - names of the techniques employed in upper blue belt in Korean - principles of warming up and workout

*RED BELT (2. Geup)*

1) throwing: - 4 foot throws

2) locks : - 4 locks on the ground

3) choking: - 8 choking on the ground

4) working with weapons - 10 techniques for short stick (dan - bong) - 5 techniques for

knife attack- 2 techniques for walking sticks  
 5) self-defence : - 10 techniques of self-defence for frontal grappling - 10 techniques of self-defence for grappling with both hands - 15 techniques of self-defence for different weapons

6) sparing: - 3 x 2 min. - ground fight

7) breaking techniques: - strike with the inner side of the palm - elbow strike - back foot kick - lateral air kick, over the obstacle - one technique per instructor's choice

8) theoretical classes: - names of the techniques employed in red belt in Korean - ways and principles of leading the training

#### *BLACK BELT 1. DAN*

1) COMPLETE PROGRAM LEADING TO BLACK BELT

2) working with weapons: - 10 techniques for walking sticks - 20 techniques for short stick (dan-bong) - 15 techniques for knife attack - 5 techniques for middle length stick

3) self-defence: - 5 techniques of self-defence for wrist grappling - 5 techniques of self-defence for opposite hand grappling - 5 techniques of self-defence for hair grappling - 5 techniques of self-defence for shoulder grappling - 5 techniques of self-defence for lapel grappling - 5 techniques of self-defence for belt grappling - 5 techniques of self-defence for frontal grappling - 5 techniques of self-defence for back grappling - 5 techniques of self-defence for both hands grappling - 5 techniques of self-defence for hand strikes - 5 techniques of self-defence for foot kicks - 10 techniques of self-defence for knife attacks - 5 techniques of self-defence for baton attacks - 5 techniques of self-defence for firearm attacks

4) sparing: - 3 x 1 min. - ground fight - sparing against two opponents

5) breaking techniques: - 1 hand strike as per candidate choice - 1 foot kick as per candidate choice - 1 air foot kick as per candidate choice - 1 special technique as per candidate choice - 1 technique as per examiner's choice

6) theoretical classes: - history of hapkido - philosophy of hapkido - name of certain techniques in Korean

#### **16 different defences from the attacker**

1. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Using the right hand, attacker grabs the attacked person's left hand. Attacked person maximally spreads the fingers thus weakening attacker's squeeze.

After that the attacked person moves into so called straddling stand thus entering the opponent's "interior" which results in liberation of his hand. After that, using freed hand person attacked employs his elbow to strike the attacker in the plexus region. As a result, the opponent is overpowered in a single step.

2. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Using the right hand, attacker grabs the attacked person's left hand. Attacked person maximally spreads the fingers thus weakening attacker's squeeze. After that the attacked person moves into so called straddling stand thus entering the opponent's "interior" in one long forward stand resulting in upper body leaning towards the opponent's body. Using the external part of the freed hand. i.e. using the palm edge attacked person strikes the opponent to the neck and the opponent is down.

3. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Using the right hand, attacker grabs the attacked person's left hand. Attacked person maximally spreads the fingers thus weakening attacker's squeeze. After that the attacked person moves into so called straddling stand thus entering the opponent's "interior" in one long forward stand resulting in upper body leaning towards the opponent's body. Using the upper, external part of the closed freed hand attacked person strikes the opponent to the temple region thus effectively rendering him disabled.

4. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Attacked person moves into mildly forward stand and strikes the opponent's wrist area (i.e. lower part of the forearm) using the freed hand. After that, the attacked person moves into so called catlike stand i.e. turns his back to the opponent and using the freed arm strikes the opponent to the stomach area.

5. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Attacked person over-grabs the hand i.e. utilizes the grabbed arm to grab the opponent's arm in turn. After that the attacked person moves into so called "straddling" stand and pulls the opponent's attacking hand utilizing his own freed hand, attacked person then strikes the opponent's rib cage area (using elbow).

6. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Attacked person over-grabs the hand i.e. utilizes the grabbed arm to grab the opponent's arm in turn. After that the attacked person moves into so called "straddling" stand and using his freed arm strikes the opponent's forearm with so called cutting strike i.e. utilizing the edge of the palm to deliver the strike in downward direction to the opponent's biceps area thus freeing himself from attacker's arm and moving into long forward stand resulting in delivering the blow using the open hand edge to the opponent's neck. Opponent is then successfully overpowered and is down.

7. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Attacked person then makes the sudden hand move downwards, maximally spreading the fingers of the attacked hand in order to decrease the opponent's squeeze. Next step involves over-grabbing with both hands on attacker's hand. Attacked person then moves into "straddling" stand, enters the opponents "interior" pressing elbow to elbow. At the same time, making the lock on attacker's arm. Opponent is disabled and submitted.

8. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's wrist. Attacked person then makes the sudden hand move downwards, maximally spreading the fingers of the attacked hand in order to decrease the opponent's squeeze. Next step involves over-grabbing with both hands on attacker's hand and twists it. Thus opponent's hand is in a lock and rendered incapable.

9. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's lower part of the forearm, while the attacked person is defending himself using the same grab. At the same time, attacked person moves under opponent's arm and folds it under opponent's armpit thus making the lock on opponent's fingers. After that the attacked person straightens the opponent's hand holding him in a lock utilizing the other arm to apply the pressure to opponent's triceps. Upon that, the attacked person moves into long forward stand and pushes the opponent's arm making him do the somersault fall. While doing that, the attacker never lets go of the opponent's arm which then ends in ground lock – pressing the opponent's elbow to his knee thus placing the opponent into submitted position.

10. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's lower part of the forearm, while the attacked person is defending himself using the same grab on opponent's attacking hand while placing his own hands to the chest utilizing the elbow of the attacked hand to make the lock on opponent's arm. Then he moves the opponent's arm maximally upwards and then revolves for 180 °. Upon turning like this, attacked person places his own elbow between opponent's shoulder blades and using the large forward stand pulls the opponent backward forcing him to the floor.

11. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's lower part of the forearm, while the attacked person is defending himself using the same grab on opponent's attacking hand while placing his own hands to the chest utilizing his free arm to lock the opponent's wrist. After that the attacked person places his free arm onto opponent's elbow thus effectively executing so called triceps cutting, while at the same time moves forward and renders the opponent subdued.

12. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's lower part of the forearm, while the attacked person is defending himself by grabbing the attacker's wrist and twisting his arm thus making a lock on the opponent's ulna. The attacked person then places both hands to his chest and makes the downward pressure. After employing this downward pressure, person can utilize either forward stand or backward. This move puts the opponent in a bad position.

13. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's clothes in the shoulders area. Attacked person pretends to be attempting the escape to the opposite side in order to maximally stretch the opponent's arm. Then from the inside, places his attacked hand onto opponent's hand rendering the opponent's elbow in a lock. Then, the attacked person strikes the opponent's face with an open hand, in order to dazzle him a bit. Attacked person then places his free hand onto opponent's arm, then this attacked arm presses onto his own arm in the region of forearm thus locking the entire opponent's arm rendering him helpless in the process. By executing small, forward stand person then throws the opponent down without

letting him go. Attacked person then uses his knee to press the opponent's ribs, locking his elbow at the same time. Thus the opponent is overpowered.

14. Attacker and person attacked are in a normal, moderately astride stand. Attacker frontally grabs the attacked person's hair. Attacked person defends itself using both hands, grabs the opponent's wrist and kicks him in the genital region. This makes the attacker to move his hands from the attacked person. Then the attacked person moves to grab the opponent's hands and locks his fingers.

15. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's chest with both hands. Attacked person defends himself by delivering a sudden strike to opponent's face or genital region in order to distract him from

the grab. After this surprise blow, the attacked person moves to make the lock on one of opponent's arms by grabbing his hand, twisting it while pressing the opponent's elbow at the same time. Thus the opponent is overpowered.

16. Attacker and person attacked are in a normal, moderately astride stand. Attacker grabs the attacked person's chest with one hand. Attacked person defends himself by delivering a sudden strike to opponent's face or genital region in order to distract him from the grab. After this surprise blow, the attacked person moves to make the lock on one of opponent's arms by grabbing his hand, delivering sudden downwards pressure with simultaneous stepping forwards or backwards. This move puts the opponent in a bad position.

### **Conclusion**

As a conclusion we can just say that Hapkido, as a martial art, is very useful. As such it can be employed in all dangerous situations as well as in everyday life.

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## **HAPKIDO - 16 KONTINUIRANIH TEHNIKA ZA SAVLADAVANJE PROTIVNIKA**

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### **Sažetak**

Članak objašnjava temeljne principe Hapkido borilačke vještine.

**Key words:** Hapkido, principi

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