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Hapkido Training Guide

Patricia Butterworth



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her hippy experiences and relationship challenges As a psychologist she provides insights into grief life and the mindset to achieve and she recounts the successful strategies she has learned to reach one's full potential Filled with wisdom this memoir examines a gradual unfolding of Patricia's spirituality and pivotal moments in her life It documents her journey during thirty two years in Hapkido and how at the age of sixty six after overcoming physical personal and emotional challenges she achieved master status Create Your Success resonates with those who want to connect with their inner potential chart their own life course and create their own success

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become a master in application of the concepts Being an unique conceptual based training system it is applicable to all martial arts practitioners Tactical Hapkido can be a stand alone martial arts system or the concepts taught in this encyclopedia can be added to your personal repertoire to make your martial arts an art This material contains the master application of the concepts to weapons training offense initiation stick knife fighting applying the traditional cane blocking drills Combative Training Program and Ki striking research

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