

HAPKIDO

(course for Adults and Children)



Hapkido is a Korean martial art adapted by the military and civilian defence personal. It is a highly diverse martial art that employs unique joint locks, grappling and throwing techniques, apart from punches, kicks and striking attacks. Hapkido employs both long-rang and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes and pressure point strikes. It also emphasize on circular motion, redirection of force and gaining control over their opponents through footwork and body positioning to use leverage, avoiding the use of brute strength against brute strength.



- Date : **Every Tuesday**
- Time/Age : **5:00pm-6:00pm (age 4-9 years old)**
6:00pm-7:00pm (age 10-14 years)
7:00pm-8:00pm (age 15 years and above)
- Age : From 4 years and above
- Fee : \$160 per class
- Venue : Squash Court A
- Instructor** : Ignacio Alba Ruiz (5th Dan Master)



For further enquiries and registration, please contact the Fitness Centre on 2657 8292