

# HAPKIDO



**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-range 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.



## Tuesday

4:00pm-5:00pm  
(below 9 yrs)

5:30pm-6:30pm  
(8 yrs & above)

## Thursday

3:30pm-4:30pm  
(below 5 yrs)

4:30pm-5:30pm  
(5 to 9 yrs)

6:00pm-7:00pm  
(above 9 yrs)

## Sunday

11:30am-12:30pm  
(all ages)

Fee: \$160 per class  
(Monthly course)

Venue: Squash Court A G/F

Instructor: Ignacio Alba Ruiz  
(5 DAN Hapkido Master)



To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.