



The Right Path

By Han Woong Kim

Hapkido is well known for its effectiveness in dangerous situations. The techniques used are dynamic and known as practical methods of self-defense. I teach students to efficiently use the techniques when they are confronted with any type of aggression. I also encourage students to learn more about their bodies and their own physical limits. Students must learn to properly control different parts of their bodies while training in addition to their own physical strengths and weaknesses. Self confidence comes from fully understanding one one's own body.

Important qualifications for students to become proficient in Hapkido are dumbness and patience. By dumbness I don't mean the person must become "stupid." Rather, when you put on your uniform, you should try not to think too much or you will lose your focus. Your mind must be clear. A lot of students think before they actually do something. They want to take the easy way out instead of actually doing the techniques. Listen to your instructor and follow his/her directions. In the early phases of training, the body should "learn" by doing. After putting in the time to practice, students should think about what they're doing. They must understand the meaning and the philosophy behind each technique. Obviously, you also must have patience in order to accomplish your goals in martial arts. If you don't stop training, you will earn a black belt and accomplish your goals in martial arts.


Learning proper Hapkido maneuvers and techniques is not hard as long as a student is focused, disciplined, and patient. Understanding the spiritual aspect of the art is a different educational path. This path varies from person to person depending on his or her interpretation of what he or she is learning. Students learn the spiritual aspect of the art from a good curriculum based on the experience of Grandmasters and/or Masters that is passed down from generation to generation. Students need guidance from the Master instructor who has dedicated his/her life to the art.

In today's society, many people want to see results quickly and easily, without effort. For example, when



you go on the Internet, with one click you can instantly find something that is fun and easy to do. Martial Arts training is not like this, however; it requires a lot of patience, focus, self-discipline, dedication, and sweat.

All Hapkido practitioners should be proud of themselves for teaching and studying such a great art. Study consistently and I personally guarantee that you will see that the art of Hapkido is filled with innovative ideas on self-defense.

Martial artists believe that Martial Arts are an essential part of our society. What we do today will affect the future of the arts. We all have the responsibility to pass our arts on to future generations, like other martial artists before our time. Let's keep the Martial Arts tradition alive by developing more innovative ideas for future generations. 

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