



## Hapkido Escapes (Volume 2)

*Scott Williams*

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## **Hapkido Escapes (Volume 2)** Scott Williams

Simple escapes incorporating the principles of the martial art of Hapkido. These escapes can be used by all ages and against grabs, chokes, and pins against the wall and ground. The focus in this book is the escapes themselves, since there is no striking the techniques can be safely practised with full resistance without danger to your training partner.

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