



Indo Hap Ki Do: Dynamic Martial Art

Tarun Roy Choudhury

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Hap Ki Do is an ancient Korean Martial Art with its roots going back about 2000 years ago. Over the course of centuries it has evolved to its current form wherein it is one of the most popular and effective martial arts in the world. Unlike other martial arts with its strong emphasis on Power – Hapkido is a balanced martial art utilizing a variety of “soft techniques” such as joint locks and targeting numerous pressure points in the human body along with other martial arts techniques such as strikes, pressure point manipulation, kicks and throws. This makes it particularly useful for Self Defence for men and women regardless of their age and fitness levels.

This book covers in detail the theory and techniques of Indo Hap Ki Do – a system of martial art taught by Dojunim Tarun Roy Choudhury. Dojunim Tarun Roy Chowdhury has more than 38 years of experience in Hapkido and other Martial arts (such as Burmese Boxing, Aikido and Taekwondo). Based on his experience – Dojunim Roy Choudhury who has trained in Hapkido for many years has taken the best elements of these martial arts and tailored it in an Indian context. Indo Hapkido is also an expression of his personal philosophy of honesty, loyalty and respect.

This book covers the following elements:

- a) Short biography of Dojunim Tarun Roy Choudhury
- b) Short history of classical Indian martial arts
- c) Testimonials of the practitioners of Indo Hap Ki Do
- d) Basic Techniques of Indo Hap Ki Do covering breathing techniques, stances, blocks, strikes, kicks and joint locks
- e) Techniques for different belts
- f) Brief overview of Stick and Sword fighting techniques
- g) Description of Academy of Indo Hap Ki Do and the different activities, social programs carried out in Kolkata, India.

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