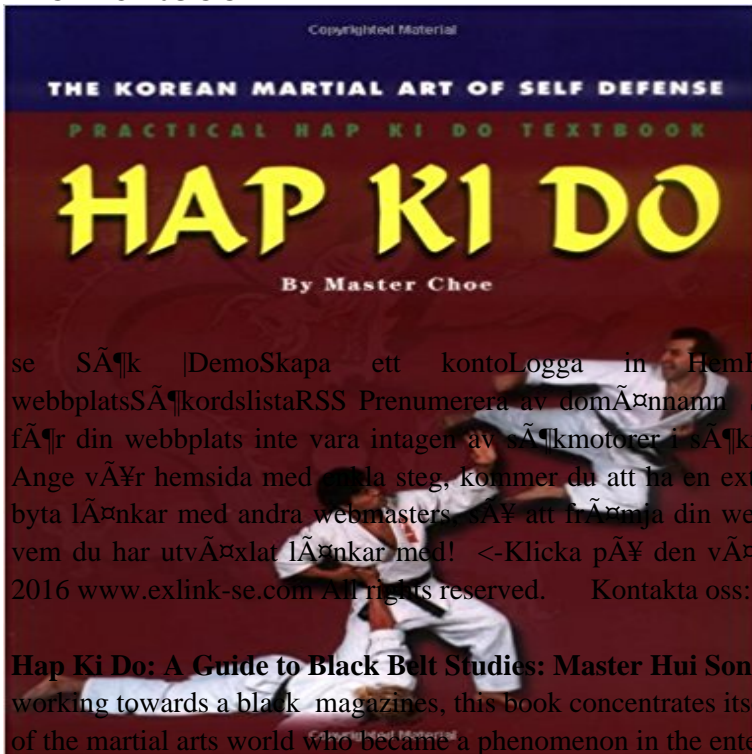


# Hap Ki Do: The Korean Martial Art of Self Defence: Practical Hap Ki Do Textbook



Hap Ko Do is an ancient Korean martial art that uses a soft style of fending off attack. This book covers a full range of Hap Ki Do techniques with step by step descriptions and hundreds of photos.

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