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The Hapki Way: Reviewing the history and usage of Hap and Ki in the art of Hapkido

Grant A Miller

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The Hapki Way: Reviewing the history and usage of Hap and Ki in the art of Hapkido Grant A Miller This book looks at the origins of Hap and Ki as they are found in Hapkido. Going back to 660 B.C., the roots of the art are traced from ancient Korea to Japan, where we find it in an ancient samurai family's art. Master Choi, Yong Sool, a master of Daito-Ryu Aiki Jujutsu, brought the art he learned while living in Japan back to Korea, where Dojunim Ji, Han Jae expanded upon and refined the art, adding to it the Sam Rang of the ancient Korean kingdom, until it eventually became the Hapkido we know of today.

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