



Welcome to Freestyle Hapkido



Introduction

I hope to give a brief introduction to both Hapkido and Freestyle Hapkido, by way of asking a question and then answering it. Because of the large area the topics I feel it is best to explain things as I would to a beginner who has just entered my class for the first time

What is Hapkido?

This is by far the most common question I get asked by new members, seemingly they think this is an easy question to answer. But like many simple questions it has no single answer. Instead there are many simple answers that do not answer the whole question. The simple fact is the only way to know what Hapkido is, is to do Hapkido. Whilst taking this into account the points I try to make are:

- Hapkido is a Korean martial art.
- Literally Hapkido means the way of co-ordinated Power. The protectors of the Korean Royal Family started Hapkido over a thousand years ago.
- Hapkido is a circular art that uses an opponent's own momentum against them.
- Hapkido is a soft art, which uses your inner power where other arts depend solely on physical strength.
- Hapkido also offers physical and spiritual benefits as well as helping to improve co-ordination, self-confidence, respect and improved mental focus.

Though I understand that this is short list that only covers very basic and simple topics, I only use it as a general introduction to Hapkido. However have found that many students especially beginners are often overwhelmed by the complexities of all aspects of Hapkido and so I try to teach by action and example rather than just verbal communication.

Why Hapkido?

When people ask me, "Why should I do Hapkido?" I always tell them why I personally chose to do Hapkido.

After trying several different arts, I finally decided to follow the Hapkido way, because it had a lot more to offer than the other styles that I had tried. Whereas some arts offered hand and foot techniques, others offered grappling and throwing, Hapkido combines them into one. As a beginner I noticed that compared to some of the other martial arts I had tried, Hapkido made more sense from a usable form of defence which allowed me to not only understand what I was doing, but why, and what it could be used for (Self defence, and it was made clear to me that it is only to be used as such).

As I began to progress within Freestyle Hapkido I noticed that we used a more circular movement allowing us to use our adversaries force and momentum against them as opposed to trying to beat it meaning that you don't have to be stronger than an attacker to defend yourself

Anthony Hughes Martial Arts History

1982 – At age 14 began to look into various types of Martial Arts.

1983 – Studied Freestyle Hapkido under Mr. N. Kalpakos.

1990 – Achieved First Degree Black Belt. Also began to teach under the supervision of Mr. Kalpakos.

1991 – Began to teach local school children as part of sports program. (Katoomba & Springwood High)

1992 – Achieved Second Degree Black Belt. Mr. Kalpakos moved interstate, leaving existing students to be instructed by Master Hughes.

1993 – Opened third branch of Freestyle Hapkido Training Centres within the Blue Mountains. Obtained security license, began to teach Lithgow correctional centre staff. Met Master Michael Crim and expanded on His Hapkido training.

1995 – Achieved Third Degree Black Belt under Master Crim

2000 – Achieved Fourth Degree (Master) Graded by Master J.H.Kim (8th degree)

- Level one coaching certificate (Australian coaching council).

2001 – Affiliated with International Hapkido Federation South Korea

- Level two coaching certificate (Australian coaching council).

2005 – Master Hughes, leaves the International Hapkido Federation South Korea to continue customise a more modern Hapkido style. Also during this time Master Hughes achieved Fifth Degree Blackbelt

2010 – Master Hughes received his Sixth Degree Blackbelt

Master Hughes has also studied the following styles of fighting & martial arts:

- Boxing (Western)
- Karate (Zen Chi Ru & Buddha Khan)
- Muay Thai (Kick Boxing)
- Rhee Taekwondo
- Kendo
- Shoda Kan
- Tai Chi
- Kung Fu (Freestyle) – White Crane
- Kenpo (American Kenpo Karate)
- Kido Martial Arts

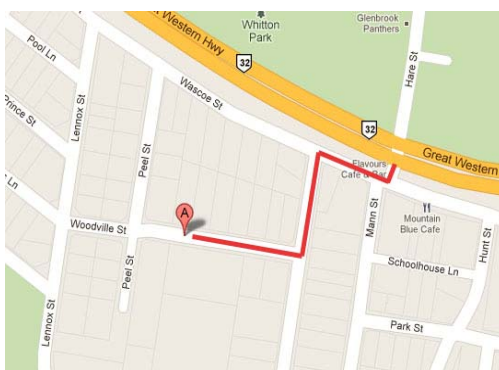
Lessons

Monday Night – **KATOOMBA***

Katoomba Classes are held at Master Hughes's Private Studio. Beginners are suggested to attend Tuesday or Thursday classes. Kids Classes 6pm to 7pm, Adults Combined Class 7pm to 8:30pm

Tuesday Night – **GLENBROOK**

Glenbrook Public School (Woodville Road), Juniors and Seniors 6.30pm to 8.30pm (combined class)

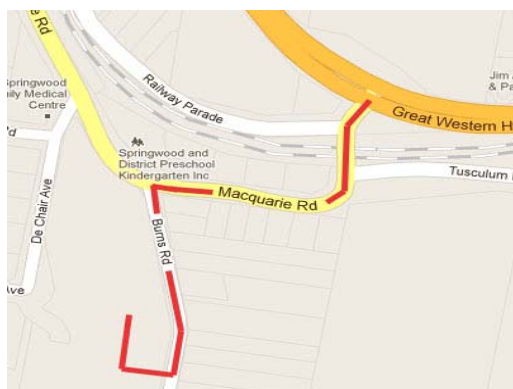


Wednesday Night – **KATOOMBA***

Katoomba Classes are held at Master Hughes's Private Studio. Kids Classes 6pm to 7pm, Adults Combined Class 7pm to 8:30pm

Thursday Night – **SPRINGWOOD**

Springwood Public School (Burns Road), Juniors and Seniors 6:30pm to 8:30pm (combined class)



Saturday Morning – **KATOOMBA***

Juniors and Seniors, Class starts at 11.00am to 2.00pm

* Please note: As this is a private residence please contact Master Hughes directly for details and address information

Contact Details

Please do not hesitate to contact me if you have any more questions regarding lessons:

- Mobile: 0410-311-394

- Studio: 02-4782-6645

- Email: Please use the Freestyle Hapkido website [contact form](#)

Free Lessons!

Present this cut out to Master Hughes and receive your first lesson free.



Freestyle Hapkido Studios INSURANCE DISCLAIMER

Full Name _____

Date of Birth _____ Age _____

Nationality _____ Sex _____

Address Contact Nos. (Hm) _____ (Mob) _____ (Bus) _____

Previous Training _____

DISCLAIMER AGREEMENT

I wish to become a member of FREESTYLE HAPKIDO STUDIOS, and I understand that it is a sport similar to Boxing and Karate, and that it is possible that I may become injured. I agree that it is a condition of my joining the Martial Arts School that I release and forever discharge the FREESTYLE HAPKIDO STUDIOS, and its committee members thereof, servants, agents, employees, and other members from any responsibility or liability for and against any actions, suits, demands or claims in negligence, contract or otherwise relating to any injury, damage or loss which I might incur or sustain during the course of training which I will be undertaking with the School. I also understand that it is my duty as a student of the School to make sure that my insurance is kept up to date and renewed for every year that I will be training with the Martial Arts School.

Signed _____ Date _____

(If under 18 years of ages this form must be signed and dated by a Parent/Guardian)

Signed Parent/Guardian _____ Date _____

(Name of the above signed Parent/Guardian) _____