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# Shining a light on Hapkido

By Andrew Johnston

IT exists largely in the shadow of more widely studied martial arts such as Karate or Ju Jitsu but Justin Bray is building the profile of the little-known discipline of Hapkido in Queanbeyan.

Hapkido is a Korean martial art that focuses on footwork and body positioning and avoiding a contest of strength against strength. It is closely related to Taekwondo, another Korean martial art in which Bray also specialises.

"I imagine most people are pretty familiar with the punching and kicking and blocking moves involved in Taekwondo whereas Hapkido is soft martial art," Bray said.

"Hapkido is all about harmony, with a greater emphasis on circular motion than Taekwondo but it also involves grabbing, take downs, throws and weapons.

"They're both full martial arts disciplines in their own right but when you study both of them, the sum of their parts is almost greater than the whole. They complement each other beautifully."

For anyone interested in learning Hapkido or Taekwondo, Bray will be running classes at Queanbeyan High School, corner of Surveyor Street and Agnes Ave, Queanbeyan.

Classes run every Monday and Thursday with Taekwondo from 6.30-7.30pm and Hapkido from 7.30- 8.30pm. Each student's first month of classes are free.



Hapkido instructor Justin Bray is bringing the little-known Korean martial art to Queanbeyan.

Photo: Andrew Johnston

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