

HAPKIDO

The Ideal Second String to the Bow

Today's world of Political Correctness and Ambulance-chasing lawyers, you can no longer rely solely on kicking, punching and blocking to defend yourself. You must be able to render an assailant helpless without injuring him. Hapkido is a Korean Martial Art which combines elements of Taekwondo, Aikido, Judo, Ju Jitsu and Kung Fu.

Master John Gill, 5th Dan Hapkido and 5th Dan Taekwondo, is one of Australia's most high-profile examples of this reality. Master Gill, who instructs at his two clubs on Sydney's North Shore, is the current World Self Defence Champion and winner of NSW, Australian, USA and World Titles.

"While striking techniques are OK in the competition arena and against a life-threatening assailant," he says, "they are really most inappropriate in the vast majority of self-defence situations."

Master Gill began his Martial Arts life in Taekwondo, but was introduced to Hapkido 19 years ago by his Taekwondo mentor, Grand Master Sung Soo Lee, 9th Dan Hapkido and 9th Dan Taekwondo

"Master Lee is the only person in the world with 9th Dan grading in both Hapkido and Taekwondo. He gave me one demonstration of Hapkido and I was hooked. It filled a gap I wasn't even aware of until that moment."



**John Gill 5th Dan
Hapkido & Taekwondo
Takes charge!**

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The Ideal Second String cont..

An area of special interest for Master Gill is that of schoolyard bullying. "Many kids have their childhood ruined by bullies," he says. "You can't teach them to punch and kick other kids, but teach them a few basic self defence techniques and it turns their life around. I've seen kids cured of such disorders as asthma and bed-wetting merely by gaining the confidence which Hapkido gives them."



On August 16th Master Gill is presenting a seminar as part of the Motivational Masters series. The seminar is at the Melbourne Sports and Aquatic centre from 4:15 until 5:30pm.

For Black Belt Instructors who are interested in adding Hapkido to their qualifications, Grand Master Lee has designed a fast-track Black Belt Bridging Course. Students of this course undergo a concentrated twelve month curriculum and emerge with an accredited 1st Dan in Hapkido. Master Gill is one of the two designated Instructors appointed by Grand Master Lee to teach this course. The other is Dr John Jory of JC Martial Arts in Melbourne.

Dr Jory is 4th Dan Hapkido and 3rd Dan Judo. He is a Sports Medicine Specialist, Sports Psychologist, Consultant to the Victorian Institute of Sport and Medical Commissioner for the Professional Boxing and Combat Sports Board of Victoria.

"Whereas Master Gill started out in a striking Art and then added Hapkido to give him grappling skills," says Dr Jory, "I started out in Judo and added Hapkido to give me striking skills. The Hapkido hasn't displaced Judo in my life, but has added another dimension to it."

Master Gill and Dr Jory have a close collaboration, blending Master Gill's skills in the physical techniques with Dr Jory's expertise in psychology and human movement.

"It is self evident that, once a Martial Arts practitioner reaches a certain level of expertise, it is what goes on inside his head that makes the difference," states Master Gill. "We have developed a system which uses the yin and the yang of mind and body to develop the Martial Artist."



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Master Gill has recently produced a DVD on rapid, easily learned and effective self-defence.

Dr Jory has complemented this with the production of his DVD, a Consumer's Guide to the Martial Arts.

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