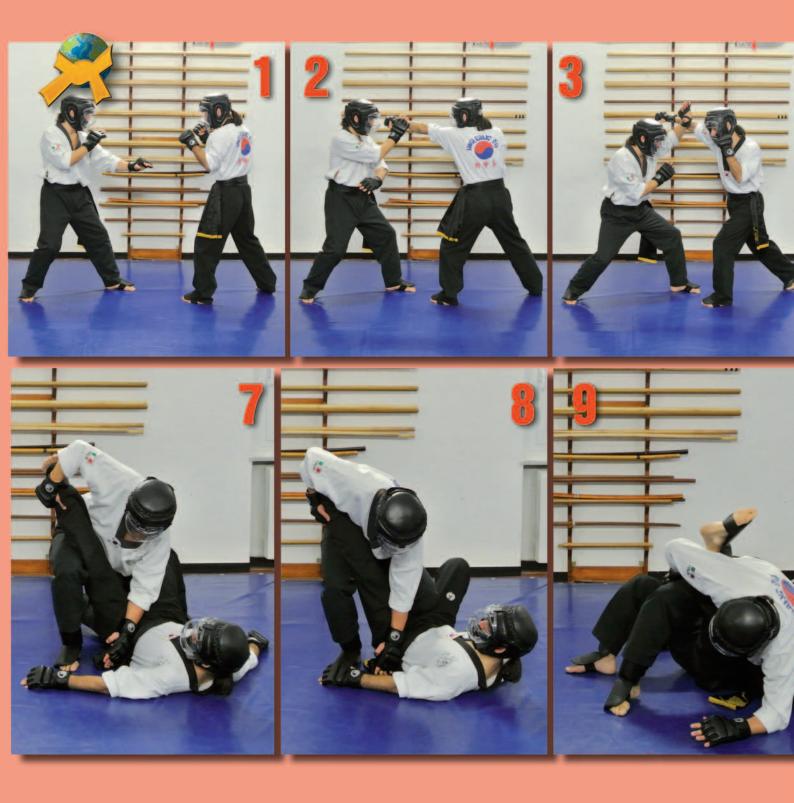


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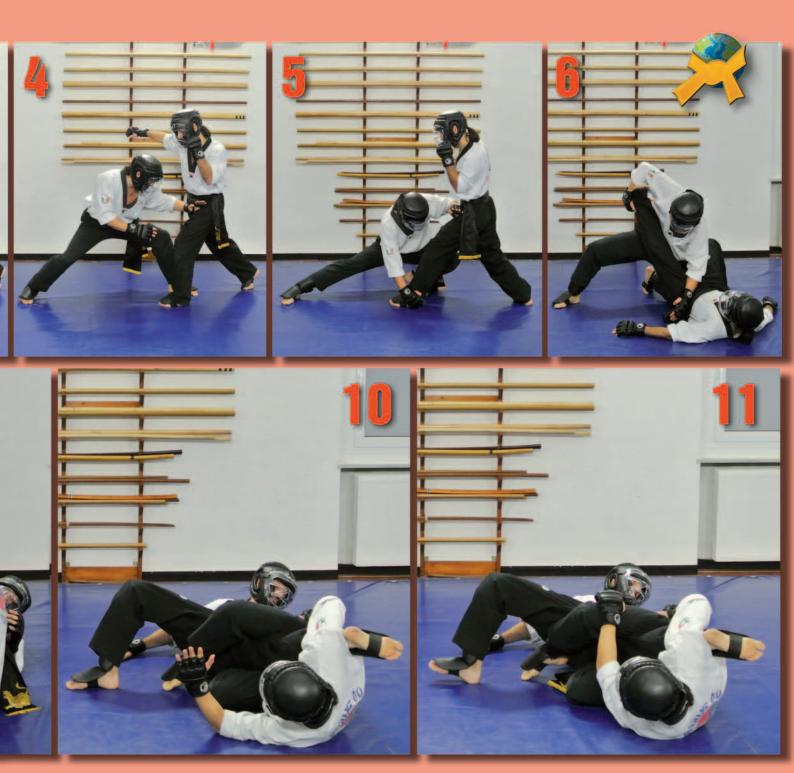




GM Taejoon Lee HWARANG

www.hwarangdo.com www.hwarangdo.it

MMAYPANG



Hwa Rang Do® Yong Too Gi (Continuous Sparring)

(MISSION STATEMENT OF THE WORLD HWA RANG DO® ASSOCIATION)

HWA RANG DO®:

A legacy of Loyalty, Relentlessly seeking Truth, Empowering Lives, Serving Humanity

The Hwa Rang Do® Yong Too Gi is one of the sport application of Hwa

Rang Do®. It's for experienced martial students only (at least 3 years of practice, black or colored sashes). No full contact allowed and special sparring gears required. You can use kicks, punches, palm strikes, knifehand strikes, takedowns and joint locks. The match is without stop for points and going to the ground is possible. No strikes to the ground but grappling techniques only, submission allowed.

More details in the next articles. The photo sequences show some practical applications.

About the author: Hwa Rang Do® Head Instructor, Lieutenant Colonel of the Italian Military Police Force (Carabinieri) and Engineer Marco Mattiucci is the Chief of the Italian Branch of the World Hwa Rang Do® Association and one of the main followers of Grandmaster Taejoon Lee.

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GM Taejoon Lee HWARANG

www.hwarangdo.com www.hwarangdo.it

MMM PMG















Marco Mattiucci

www.hwarangdo.lu www.taejoonlee.com

