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Jok Sool

Hwa Rang Do® Jok Sool (Kicking techniques) (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® Martial Art is famous because of the countless kicking techniques included in its syllabus. More than 300 different types of kicks are studied from the basic Tae Soo Do® applications (classic front, side and chop kicks) to the advanced Hwa Rang Do® flying and rotating kicks and the very advanced acrobatic and multiple kicks (against more than one opponent). **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.*

GM Taejong Lee
Marco Mattiucci
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GM Taejong Lee



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