

Worcester Park's path to a healthier and safer life

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Hapkido: Master Sung's Dojang in Worcester Park and New Malden - More Than Martial Arts, It's a Path to a Healthier, Safer Life.

The quest for personal safety has become more pressing in an era of rising crime rates and uncertainty, especially around South London, including Epsom. That's what led me, in my forties, to take up Hapkido at Master Sung's dojang in Worcester Park—a decision that has since transformed my life. Though initially driven by self-defence concerns, I quickly discovered that Hapkido is much more than a means to protect oneself. With the recent opening of Master Sung's new dojang in New Malden, even more people can benefit from this remarkable martial art.

Starting Hapkido at my age wasn't without its challenges. Learning new physical skills in your forties has its hurdles, and progress can feel painstakingly slow. But in Master Sung's dojang, the sense of community runs deep. Here, we celebrate every achievement—whether it's a beginner mastering their first stance or a long-time student advancing in rank. Each step forward is shared with classmates who cheer each other on, making the journey one of friendship and mutual encouragement rather than solitary struggle.

Hapkido combines martial arts' physicality with a philosophy emphasising calmness, discipline, and respect. In my classes with Master Sung, we focus as much on learning techniques for self-defence as we do on building resilience and mental strength. This is invaluable for adults and children, women, and anyone wanting to gain confidence and self-control.

Originating in Korea, Hapkido blends various elements: striking, joint locks, throws, and weapons training. But its focus on defensive tactics makes it particularly effective—and safe. Practitioners learn to redirect an opponent's energy rather than relying on sheer strength. This makes it ideal for everyone, regardless of size, age, or physical condition.

Master Sung's classes emphasise practical, real-world applications, making Hapkido especially appealing to women and parents of young children. While the latest crime rates have driven many adults like me to seek some form of self-defence, parents are increasingly looking for ways to teach their children the skills and confidence needed to navigate life safely.

Hapkido is not just about learning to defend yourself; it's a complete lifestyle that brings countless physical and mental benefits. Since joining Master Sung's class, I've felt more agile, fit, and mentally balanced. The physical routines in Hapkido work the entire body, improving cardiovascular health, flexibility, and strength. These are intense sessions, but each movement also demands focus and discipline—qualities that seep into everyday life.

And beyond the physical, Hapkido has been a boon to my mental well-being. Master Sung incorporates meditation and breathing exercises that help reduce stress, making each class feel like a journey toward inner peace.

One of the most unexpected rewards of my Hapkido journey has been becoming part of a community united by shared goals and mutual respect. Master Sung has built an inclusive environment where people of all ages and skill levels come together. His teaching style is patient and personalised, ensuring that everyone feels comfortable while still being pushed to their limits. With the new location in New Malden, this sense of community is only growing, reaching more people and making Hapkido accessible to even more Londoners.

Joining Hapkido has been a profound experience that has armed me with skills for self-protection and taught me the deeper values of discipline and balance. This art may be rooted in ancient Korean tradition, but its relevance and benefits are as essential today as ever.

If you're considering taking up martial arts, or even if you're just looking for a positive way to challenge yourself, Master Sung's dojang in Worcester Park or New Malden is the perfect place to start. After all, the journey of a thousand miles—or perhaps just the journey toward personal growth—can begin with a single step onto the mat.

Find out more about Hapkido: <https://self-defence-classes.online/master-sung/>

Live Classes for new students: SKMA Hapkido & Kummooyeh New Malden, 16 Malden Rd, New Malden KT3 6DD, Tel: 07771 886319