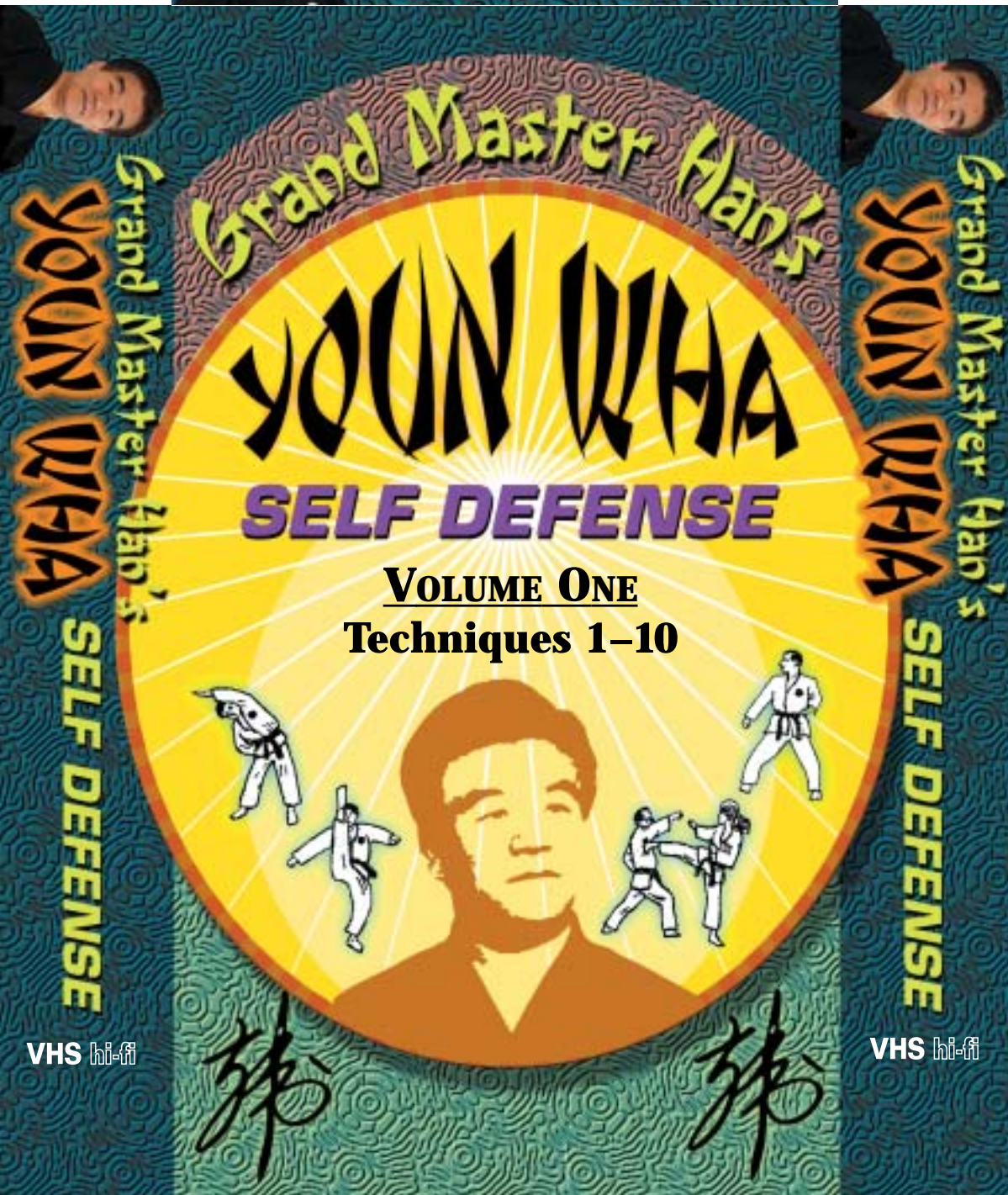


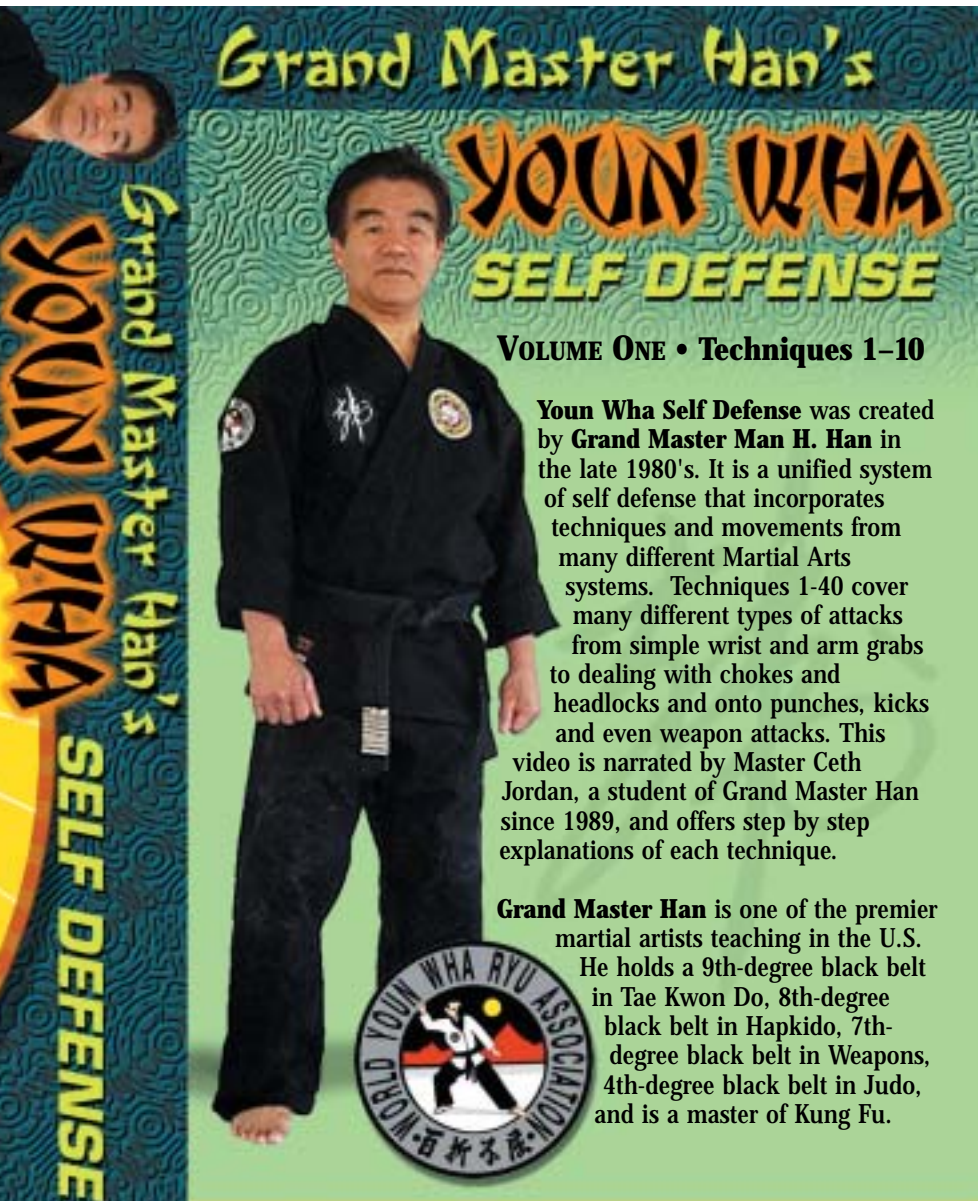


Grand Master Han's  
**YOUN WHA**  
SELF DEFENSE



VHS 60-90

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**VOLUME ONE • Techniques 1-10**

**Youn Wha Self Defense** was created by **Grand Master Man H. Han** in the late 1980's. It is a unified system of self defense that incorporates techniques and movements from many different Martial Arts systems. Techniques 1-40 cover many different types of attacks from simple wrist and arm grabs to dealing with chokes and headlocks and onto punches, kicks and even weapon attacks. This video is narrated by Master Ceth Jordan, a student of Grand Master Han since 1989, and offers step by step explanations of each technique.

**Grand Master Han** is one of the premier martial artists teaching in the U.S. He holds a 9th-degree black belt in Tae Kwon Do, 8th-degree black belt in Hapkido, 7th-degree black belt in Weapons, 4th-degree black belt in Judo, and is a master of Kung Fu.



VHS 60-90

Special Thanks from Master Ceth Jordan:  
*Goes to Grand Master Han for allowing us the opportunity to learn and teach the Youn Wha Ryu system of Martial Arts. Also to Derek Ratliff for his outstanding performance on this video. To Master Scott Good and Master Jeanie Good for there input and support in making this happen and to Master Mike Humphrey for his input and the use of his academy to make this video. To Robert Willard for producing and directing this video.*