

American Hapkido Combatives



Black/White Belt

Requirements for Black

Kick Strikes

Review low rank material

Hand Strikes

Review low rank material

Pressure points

Review low rank material

Balance Disruptions

Review low rank material

Trapping Techniques

Review low rank material

Ground Escape

1. Escape from Guard (From tie down):
2. Escape from Side Mount:

Techniques

1. Defense against Round Kicks
 - a. Round Kick – Kneebar:
 - b. Round Kick - Common Peroneal:
2. Nelson holds
 - a. Stuff Fingerlock:

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Requirements for Black

- b. Stuff Hipthrow:

- c. Leg Pull:

- d. Fingerpeel:

- e. Head Throw:

- 3. Chokes
 - a. Two Hands Front - Finger Peel:

 - b. Two Hands Front Ground - Finger Peel:

 - c. Two Hands Front against Wall:

 - d. Hostage from behind:

Weapon Defense

- 1. Gun: Front High
- 2. Gun: Front Middle

Defense against multiple attackers

Board Breaks (number of boards are at instructors' discretion)

- Cross
- Ax Kick

*Don't forget finishes