

American Hapkido Combatives



Blue Belt

Requirements for Brown Belt (12 mo)

Kick Strikes

1. Ax Kick
2. Back Flip Kick

Hand Strikes

Review low rank material

Pressure points

1. Spleen (SP) 11: Inside Thigh about where fingertips hang. 45° up and in toward hip. Strike with scoop kick, shin kick or punch
2. Gallbladder (GB) 31: Common Peroneal, about where fingertips hang. 45° up and in toward knee. Strike with scoop kick, shin kick or punch
3. Bladder (B) 55: Top of Calf where muscles separates, push or strike point toward foot. Show from sweep or heel hook kick.

Balance Disruptions

Review low rank material

Trapping Techniques (Purple Belt)

1. SSO Defense against Straight Punch: Wristlock/ Armbar/ Choke
2. CSO Defense against Straight Punch: Wristlock/ Elbow lock

Joint Techniques

1. Throws
 - a. Punch Defense: Hook Punch- Spin elbow:
 - b. Punch Defense: Shoulder Throw:
 - c. SS Wrist Grab: Comealong:
 - d. CS Wrist grab ½ Million:
 - e. SS Wrist grab: ½ Million:

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2. Inverted CS Wrist Grab:

3. Hip Throw

Board Breaks (number of boards are instructors' discretion)

Reverse Elbow

#2 Front Kick

* Don't forget finishes!