

American Hapkido Combatives



Brown Belt

Requirements for Red Belt

Kick Strikes

Review low rank material

Hand Strikes

Review low rank material

Pressure points

1. Lung 5: Inner Forearm lower elbow outside
2. Large Intestine 10: Outer Forearm lower elbow outside
3. Heart 2: Inner Bicep above elbow
4. Governor 26: Under nose
5. Jawline

Balance Disruption

Review low rank material

Trapping Techniques

1. SSI Defense against Straight Punch: Comealong
2. CSO Defense against Straight Punch: ½ million

Joint Techniques

Upper Body Grabs

1. Behind Collar
 - a. Armbar “X”:
 - b. Duck Armbar:
 - c. Tigermouth Sweep:
2. Shoulder
 - a. Forward Wrist Lock:
 - b. Wrist Lock: Knee Reach:
 - c. Armbar:

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- d. Double Joint Lock – Wrist/ Armbar:
 - e. Z-Lock: Icecream Scoop:
 - f. Wrap Around:
3. Lapel
- a. Outside Wristlock:
 - b. Forward Wristlock:
 - c. Armbar:
 - d. Tigermouth Sweep:
 - e. Z-Lock:
 - f. Headcrank – Snake
 - g. Double Joint Lock - Thumb & wrist lock:
 - h. Wraparound:
4. mid sleeve
- a. Z-Lock - Ice Cream Scoop:
 - b. Wrap Around:
5. Finger Locks
- a. Handshake - Sandwich Break:

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1. Joint throw – Centerlock throw: Execute from centerlock trapping drill

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

Knife hand strike
#3 Side kick

* Don't forget finishes!