

# American Hapkido Combatives



## 1<sup>st</sup> Dan to 2<sup>nd</sup> Dan

2 years after 1<sup>st</sup> Dan with midterms every 6 months

### Weapon Defense

1. Gun
  - a. Back Head w/ Hand on shoulder
  - b. Back Middle w/ Hand on shoulder
  - c. Side
  - d. Hostage
  - e. Ground
2. Knife
  - a. Hostage Throat Zone 1
  - b. Hostage Throat Zone 2
  - c. Hostage Rear
3. Two handed weapon (axe, bat, golf club etc.)
  - a. Zones 1-4: K-block
  - b. Zone 5

### Weapon Offensive

1. Stick
2. Knife

Comment [J1]: Define offensive requirements

### Ground Escape

6 techniques – 2 demonstrated each midterm

1. Defense from Guard – Attacker punching: **Attacker is in your guard attacking (punching). Same side brush taking attacker off balance by bringing your guard forward, wrap cross side arm around attackers neck trapping the head. Grab same side bicep while slipping your forearm across the side of attackers face or forehead and expand your chest, tighten guard and push away with legs. Be careful with your partner, this is a choke.**
2. Defense from Guard – Attacker trying to lift up: **Attacker is in your guard attacking trying to pick you up and slam you down. Reach down and grab attackers ankles, let go of guard and bring your knees together in front of attackers chest. Push out legs while pulling on ankles. Scoot back and kick groin or roll over with attacker into a full mount.**
3. Escaping from Guard – To Sidebody control
4. Defense against Sidebody Headlock: **Attacker is sidemounted applying a choke (their side is on your chest, facing forward). Tuck chin in, face distraction, reach around with outside arm and grab attackers shoulder. Spin your body outward (into attacker) while**

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continuing to pull the shoulder until you are on top (Stay Low). Bring your outside arm across attacker's neck/face plant both hands on the ground. Use leverage with both arms against attacker's head to push up breaking the choke.

5. Knee on Belly defense #1: Attacker has one knee on your belly striking or trying to get to full mount. Attacker is leaning back keeping his butt low. Hands up for protection, stick hand under & between attacker's legs and grab the back of their waist band, turn to the side while simultaneously going into attacker's supersternal notch with the opposite hand, pull on waist band and roll attacker to his back.
6. Knee on Belly defense #2: Attacker has one knee on your belly striking or trying to get to full mount. Attacker is leaning forward keeping his butt high. Hands up for protection, stick hand under & grab attacker's foot (closest too you) turn to the side and pull his foot toward you while simultaneously pushing on attackers inside hip bone (or strike groin) with the opposite hand. Attacker will fall backwards, roll up and strike.

### Joint Techniques

1. 6 Blending Transitions – 2 demonstrated each midterm
  - a. SS Armbar to Z-lock
  - b. CS Armbar to gooseneck
  - c. Gooseneck to wristlock
  - d. Wristlock to Armbar
  - e. Centerlock to wristlock
  - f. Wristlock to Hammerlock
2. Blending Transitions from punches
  - a. SSCS: Arm Bar – Gooseneck – Wristlock
  - b. SSI Low: Snowball – Centerlock – Wristlock – Z-Lock
  - c. SSI High: Armbar – Wristlock - Hammerlock
3. Shoulder Throw
  - a. CS Wrist Grab

**Comment [J2]:** These are examples. Leave choice to student. Student choice on reference point – wrist grab, punch, bear-hug, etc.

**Comment [J3]:** Choice of student. These are what I choose.

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

Jab, Cross, Scoop Kick

**Demonstrate any previous technique on examiner's request.**