

American Hapkido Combatives



Green Belt

Requirements for Purple Belt

Kick Strikes

1. #1 Round Kick
2. #2 Round Kick
3. Slap Kick

Hand Strikes

1. Ridge Hand Strike
2. Upper Cut Punch

Balance Disruptions

1. Hi-Lo: 2 Grab 2 Front:

Counter Trapping

1. SSO Crossing center line
2. SSO Not crossing center line

Trapping Techniques (Orange Belt)

1. SSI Low - Head Turn
2. CSO Defense against Straight Punch: Gooseneck
3. SSO Defense against Straight Punch: Wristlock
4. SSO Defense against Straight Punch: round kick finish

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Joint Techniques

1. Gooseneck: Two hands grabbing one wrist
2. Z-lock: Two hands grabbing one wrist
3. Outside Wristlock: Two hands grabbing one wrist
4. Hammer Lock SS Wrist Grab:
5. Hammerlock Squeeze SS Wrist Grab:
6. Center Lock SS Wrist Grab:
7. Center Lock CS Wrist Grab:

* Don't forget finishes!