

American Hapkido Combatives



Orange Belt

Requirements for Green Belt

Kick Strikes

1. #1 Side Kick
2. #3 Side Kick

Hand Strikes

1. Forearm Strike
2. Knifehand Conventional
3. Knifehand – Upset
4. Hammer Fist

Balance Disruptions

1. Head Turn :

Trapping Drills

1. Elbows (windshield wiper):
2. Elbows blocking:

Trapping Techniques (Yellow belt)

1. SSI Over (High) Defense against Hook punch: Armbar
2. SSO Defense against Straight Punch: Outside Sweep –step behind like yellowbelt SS wrist grab
3. CSO Defense against Straight Punch: side kick to knee finish
4. SSO Defense against Straight Punch: shin kick to knee finish

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Joint Techniques

1. Armbar - like SS wrist grab: Two hands grabbing one wrist
2. Sweep –step behind like SS wrist grab: Two hands grabbing one wrist
1. Gooseneck: SS Wrist Grab:

2. Z- Lock
 - a. SS Wrist Grab:

 - b. CS Wrist Grab:

3. Outside wrist lock: SS Wrist Grab:

* Don't forget finishes!