# American Hapkido Combatives



## **Kick Strikes**

- 1. Upward Knee
- 2. Round Knee
- 3. Back Kick

#### **Hand Strikes**

- 1. Spearhand
- 2. Finger Gouges Eyes
- 3. Finger Gouges Fishhook
- 4. Finger Gouges Scratches
- 5. Key Lock Strike
- 6. Ki-Strike

### **Balance Disruptions**

- 1. Foot Trapping Front Step on foot
- 2. Foot Trapping Front SS
- 3. Foot Trapping Front CS
- 4. Foot Trapping Rear

#### **Counter Trapping**

- 1. CS Crossing center line
- 2. CS Not crossing center line

# **Trapping Techniques (Green)**

- 1. SSO Defense against Straight Punch: Hammerlock
- 2. SSO Defense against Straight Punch : Hammerlock Squeeze
- 3. SSO Defense against Straight Punch : Centerlock

#### **Joint Techniques**

- 1. Hammerlock: Two hands grabbing one wrist
- 2. Centerlock: Two hands grabbing one wrist

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3.	Finger	Finger Lock Basics - How to do it and how the body reacts	
	a.	Lapel grab:	
	b.	SS Wrist Grab:	

5. Double Joint Locks – Arms

4. CS Wrist Grab:

- a. SS Wrist Grab: Wristlock/ Armbar/ Choke:
- b. Side Wrist Grab: Wristlock/ elbowlock:
- c. Side Wrist Grab: Wristlock/ elbowlock:

Board Breaks (number of boards are instructors' discretion)
Palm Heel
#2 Front Kick