

American Hapkido Combatives



Red/Black Belt

Requirements for Black-White Belt

Kick Strikes

Review low rank material

Hand Strikes

Review low rank material

Pressure points

1. Pericardium 6: Middle wrist
2. Heart 6: Wrist Pinkie side
3. Lung 8: Wrist Thumb side

Balance Disruptions

Review low rank material

Trapping Techniques

Review low rank material

Ground Escape

1. Reversal from Guard #1: Scissor Sweep:

2. Escape Full Mount #1 High:

Joint Techniques

1. Bear hugs
 - a. Front Arms Out – Supersternal Notch:

 - b. Front Arms Out - Head Crank:

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- c. Front Arms Out - Jaw lift:

- d. Front Arms In – Love Handles:

- e. Front Arms In – Middle knuckle strike

- f. Back Arms In – Leg Pull:

- g. Back Arms In – Elbow Strike:

- h. Back Arms In – Low Head/ Hiptoss:

- i. Back Arms Out – Finger Peel:

- j. Back Arms Out – Centerlock:

- k. Back Arms Out – Wristlock:

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2. Hair grabs
 - a. Centerlock:
 - b. Armbar:
 - c. Tigermouth:
3. Defense against Front Kicks
 - a. Knee Side Kick:
 - b. Back slam:
 - c. Inside Sweep Front Kick:
 - d. Outside Front Slam:

Weapon Disarms

Basic stick & Knife from the front

1. Stick: #1 slash
2. Stick: #2 slash
3. Stick: #5 slash
4. Knife: #1 slash
5. Knife: #2 slash
6. Knife: #5 slash

Board Breaks (number of boards are at instructor's discretion)

Back Elbow

#1 Front Kick

Extra Curricular Activity

* Don't forget finishes!