

American Hapkido Combatives



Red Belt

Requirements for Red-Black Belt

Kick Strikes

Review low rank material

Hand Strikes

Review low rank material

Pressure points

1. Conception 22: Super-sternal Notch
2. Stomach 12: Collar notch

Balance Disruptions

Review low rank material

Trapping Techniques

1. Split Entry

Joint Techniques

1. Side Body Grab
 - a. Tigermouth Sweep:
 - b. Hand Wrist capture:
2. Belt Grab Down
 - a. Armbar:
 - b. Forearm Strike with outer forearm:
3. Belt Grab Up
 - a. Elbow lock/ Throw:
 - b. Outside Wristlock:
4. Defense against multiple Hook Punches:

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5. Side Head Lock Defense
 - a. Drop Back:
 - b. Push Pull:
 - c. Ankle Grab:
 - d. Hammerlock:
6. Front Head Lock Defense
 - a. Sit Out: This is an extremely violent takedown - Practice from knees

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

Ridge hand
Shin Kick

* Don't forget finishes!