

American Hapkido Combatives



White Belt

Requirements for Yellow Belt

Kick Strikes

1. #1 Front Kick
2. #2 Front Kick

Hand Strikes

1. Jab
2. Cross
3. Palm Heel

Break falls

1. Forward Fall
2. Backward Fall
3. Side Fall

Trapping Drills

Basic trapping, define the zones

1. Outside SS Brush
2. Outside SS Brush, Trap, Strike
3. Outside SS Brush, trap, trap, strike - Drill
4. Outside CS Brush
5. Outside CS Brush, Trap, Strike
6. Outside CS Brush, trap, trap, strike – Drill

Joint Techniques

1. Same Side Breakaway:
2. Cross Side Breakaway:
3. SS Wrist Grab: Snowball:
4. SS Wrist Grab: Mirrorhands:
5. Cross Side Arm Bar (outside):