

# American Hapkido Combatives



## Yellow Belt Requirements for Orange Belt

### Kick Strikes

1. Shin Kick
2. Scoop Kick

### Hand Strikes

1. Inside Elbow
2. Outside Elbow
3. Upward Elbow
4. Downward Elbow
5. Backward Elbow
6. Hook Punch
7. Tiger Mouth

### Break falls

1. Forward Roll
2. Backward Roll

### Trapping Drills

1. Inside SS Over (High) – hook punch drill:
2. Inside SS Under (Low) – hook punch drill:

### Trapping Techniques (Whitebelt)

1. Defense against Punch (outside) - Cross side brushes followed by strike (palm heel, fist, ribs etc...):
2. CSO Armbar:
3. CSO, trap, Wristlock:

### Joint Techniques

Define inside and outside counter grabbing.

1. Armbar - like CS wrist grab: Two hands grabbing one wrist
2. Wristlock: Two hands grabbing one wrist

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## **Yellow Belt**

**Requirements for Orange Belt**

- a. Breakaway 1: Like same side wrist grab Breakaway
  - b. Breakaway 2: Like cross side wrist grab breakaway
  - c. (Mirror Hands) – like SS wrist grab
4. Same side Arm Bar (outside):
5. Breakaway off same side with strikes
- a. Tiger Mouth: SS Wrist Grab:
  - b. Middle Elbow: SS Wrist Grab:
  - c. Upward Elbow: SS Wrist Grab:
6. Sweep Takedown (Step Behind):