



Marietta Martial Arts

Hapkido Requirements



ICHF - Cane Write-up

CANE: PUNCH DEFENSE

Right step through punch

- 1) **Groin Strike, Cane Twist TD** - (cane RT-H) RT foot back to 4:30, LF hand outward block counter grab, rising cane strike to groin, RT foot step onto toes twist cane for TD.
- 2) **Head Strike** - (cane RT-H) RT foot back to 4:30, LF hand outward block counter grab, cane strike to LF side of head.
- 3) **Hook Thrust, Ankle Prop TD** - (LF-H hook, RT-H shaft) RT foot back to 4:30, hook thrust to face to stop punch, hook RT ankle LF sidekick to knee for TD.
- 4) **Tip Rake, Knee Strike, Thrust Solar Plexus** - (cane RT-H) LF foot back to 7:30, RT outward supported middle block, grab cane LF hand, rake tip back across face, upward diagonal strike to RT knee for TD, downward tip thrust to solar plexus.
- 5) **Midsection strike, Ankle Prop TD, Hook Strike** - (LF-H hook, RT-H shaft) LF foot up to 10:30 while ducking to avoid punch, strike to midsection, hook RT ankle pull cane for TD, hook slashing strike to face.
- 6) **Cane and Leg Choke** - (cane RT-H) LF foot up to 10:30, RT outward supported middle block, hook thrust to lower back, hook neck pull for TD, place RT foot behind neck for choke.
- 7) **Standing Cane Forearm Choke** - (cane RT-H) LF foot up to 10:30, RT outward supported middle block, hook thrust to lower back, hook neck LF hand pulls on cane as RT forearm back of neck pushes for choke.
- 8) **Groin Strike, Groin Hook** - (cane RT-H) LF foot up to 10:30, LF hand inward parry, rising cane strike to groin, step behind hook to groin pull up on cane as LF hand grabs hair and pulls down.
- 9) **Quick Standing Cane Forearm Choke** - (LF-H middle of cane) LF foot to 10:30, LF inward block with cane, stepping behind hook neck, pull with LF hand with RT forearm across back of neck, push for choke.