



Marietta Martial Arts

Hapkido Requirements



ICHF - PURPLE

KICKS – (F) & (R) LEG

9. Upward knee
10. Roundhouse knee

STRIKES

3. Knife hand
4. Spear hand
5. Ox jaw – bend fingers towards (inside) wrist and strike with the (top part of the) wrist or boney part

2 ON 1 – BREAKAWAYS

1. Elbow to face –
2. Elbow to solar plexus –
3. Downward elbow strike –

SAME SIDE WRIST

- 11 Double action 'S' –
- 12 Lifting elbow lower reverse armbar –
- 13 Elbow to face lower reverse armbar –
- 14 Spin out and under –
- 15 Step under center lock –

CROSS WRIST

7. Outside lead quick drop –
8. Outside finger lock and twist TD –

SIDE WRIST

1. Trap forearm to wrist lock –
2. Under trap over arm wrist lock –

PUNCH DEFENSE

1. Armbar –
2. Armbar across chest choking head twist –

CANE

6. Cane and Leg Choke -

7. Standing Cane Forearm Choke -

8. Groin Strike, Groin Hook -

9. Quick Standing Cane Forearm Choke -

CANE SINGLE HAND BLOCKS

1. Striking Sweeping (Broom) –
2. Middle Perry –
3. Roof with Perry –
4. Downward Fan –
5. Upward Fan –
6. Post –