

American Martial Arts Federation

10th Gup White Belt

HAPKIDO TECHNICAL INFORMATION

Orange Stripe

- A. Breakaways
- B. Shoulder Grab Checks

Yellow Stripe

- A. Same Sides
- B. Cross Wrists

Green Stripe

- A. Ground Techniques
- B. Throw Technique

Blue Stripe

- A. Falls / Kicks / Strikes

Black Stripe

- A. Testing Ready with
Core Techs

Falls & Tumbling

- 1-Forward Roll
- 2-Backward Break-fall
- 3-Forward Dive

Blocks:

- 1-OFAB
- 2-IFAB
- 3-Knife hand block

Kicks:

- 1-Front Kick
- 2-Side Kick
- 3-Round Kick

Strikes:

- 1-Back Elbow
- 2-Front Elbow
- 3-Vertical Punch
- 4-Lead Jab
- 5-Hammerfist Strike
- 6-Palm Heel

Pressure Point:

- 1-Cuticle Press
- 2-Back of Knuckles
- 3-Thumb Joint

Core Breakaways:

- Leverage breakaway
- Circular breakaway
- Chop block breakaway

Core Joint Locks:

- Outward Wrist Lock
- Straight Arm Bar

Core Throw:

- Trip Takedown

Ground Defense:

- FG #1
- FG #2
- IOG #1

BREAKAWAY #1

Two step breakaway.

BREAKAWAY #2

Elbow strike to solar plexus.

BREAKAWAY #3

Circle breakaway with Palm Heel to Chin.

BREAKAWAY #4

Circle breakaway to balance break.

BREAKAWAY #5 Cross Wrist escape

Knuckle rake.

BREAKAWAY #6 Cross Wrist escape

Fingernail to cuticle

BREAKAWAY #7 Cross Wrist escape

Circle breakaway to Vertical Punch.

BREAKAWAY #8 Overhand Wrist Breakaway (fingers on top of wrist)

Downward pull breakaway.

ONE HAND SAME SIDE WRIST GRAB #1

Outward + Bent Wrist Lock takedown

ONE HAND SAME SIDE WRIST GRAB #2

Knifehand to knuckle bent wrist lock takedown

CROSS WRIST GRAB #1

Knifehand armbar

CROSS WRIST GRAB #2

Palm Heel to armpit circular takedown.

ONE HAND SHOULDER GRAB #1 (Right hand shoulder grab)

Inner forearm block to Palm Heel

ONE HAND SHOULDER GRAB #2 (Right hand shoulder grab)

Outer forearm to back elbow

GRAPPLING LOCK-UP #1

Trip Takedown

FROM THE GUARD #1

Knee Sweep Escape

FROM THE GUARD #2

Knee Press Escape

INSIDE OPPONENTS GUARD #1

Guard Escape
