

# HAPKIDO-BLUE BELT

## BASICS

1. Kicks a. Jump sidekick
2. Bong Sul review all previous bong sul
3. Breathing form Sum Shi Gi

## TECHNIQUES

## LOCK-UP

### 1. Ba Gat Hye Jun

- a. Jap ko ji ru gi (lapel grab and punch) attack elbow against outside shin (elbow bent).
- b. Jun bang kong kyuk (stomach) kon kyuk sah, attack elbow against outside shin (elbow straight).

### 2. Dol Rye Dun Ji Gi

- a. Yuk son mok none
- b. Sang dan kong kyuk none
- c. Dwi dung ju mok (spinning back fist) none

### 3. Ahn Guk Gi

- a. Son mok with elbow.
- b. Mok jo ru gi (with spin) over top with arm.

### 4. Dol Ah Dun Ji Gi

- a. Yuk son mok hand on wrist behind back.
- b. Sang dan kong kyuk lock arm behind back.

### 5. Kong kyuk (attack techniques)

- a. Sip (Bat gat guk gi, tai-otoshi air fall)
- b. Sip il (leg take-down, front; foot lock-up)
- c. Sip ye (leg take-down, rear; foot lock-up)

### 6. Throwing

- a. Sang dang kong kyuk Koshi-guruma (hip wheel with neck), Kesa-gatame, fig. 4 arm-bar, palm down

### 7. Tackle Defense

- a. Waist grab Guillotine choke
- b. Bear hug over arms Before grab, dol ah dun ji gi

### 8. Side head-lock

front groin strike, side roll, kesa-gatame

### 9. Full Nelson

- a. Before grab spin to pal gup guk gi
- b. After grab same side finger grab, spin out to ahn hye jun back throw

### 10. Freestyle