

HAPKIDO-HIGH BLUE BELT

BASICS

1. Kicks a. Same leg kicking combinations
2. Bong Sul Oh Bu
3. Breathing form Dan jun ho hup

TECHNIQUES

LOCK-UP

1. Ba Gat Guk Gi

- a. Yup kong kyuk
- b. Du son mok

attack elbow against outside shin
(elbow straight).
outside spin, air fall, same attack

2. Ahn Hye Jun

- a. Jun bang kong kyuk
- b. Pal gup (elbow grab)
- c. Jap ko ji ru gi (hook punch)

pal gup take-down, chicken wing
front take-down, ahn guk gi on ground
attack holding hand, take-down like a.

3. Dol Rye Dun Ji Gi

- a. Yup kong kyuk (reverse)

with foot sweep

4. Yup Don Ji Gi

- a. Yuk son mok
- b. Jun bang kong kyuk (stomach)
- c. Yup kong kyuk (baseball bat, rev.)

none
none
none

5. Ho Hop Jo Jul (breathing exercise)

6. Kong kyuk (attack techniques)

- a. Sip sam (Bat gat hye jun, straight)
- b. Sip sah (pal gup guk gi, outside)
- c. Sip oh (guet nool ru guk gi)

7. Throwing

- a. no attack

Ippon-seoi-nage, Kesa-gatame, outside leg
over neck, arm-bar (palm up)

8. Bear Hug (from behind, fingers laced)

Thumb attack, chicken wing to ground

9. Freestyle