

HAPKIDO-BROWN BELT

BASICS

1. **Kicks** a. Both leg kicking combinations
2. **Throwing** a. Tai-a-toshi (body drop)
3. **Dan Bong Sul** (short stick techniques)
a. blocks b. strikes c. blocks and strikes with steps
4. **Holding techniques** a. Kesa-gatame (scarf) b. Yoko-shiho-gatame (side)
c. Kami-shiho-gatame (top)
5. **Kneeling techniques** (judo hold) a. Ba gat hye jun (outside) b. Ba gat guk gi (v-break)
c. Pal gup guk gi (step back) d. Ahn hye jun (shoot) e. Guet nool ru guk gi (slide in)
6. **Jung Bong Sul** (middle stick techniques)
a. down strike/side strike b. down strike/block, side strike
c. thrust d. down strike/ wrist strike e. parry & thrust (moving in)

TECHNIQUES

LOCK-UP

1. **Ahn Guk Gi**
a. Son mok (side grab) ahn guk gi, pal gup and front take-down, ahn guk gi
2. **Dwi Ro Dun Ji Gi**
a. Jun bang kong kyuk take-down, attack elbow against outside shin
3. **Yup Don Ji Gi**
a. Dwi du son mok take-down scooping leg
4. **Yup son Mok** (reverse side grab)
a. Pal gup guk gi (outside) lock to knee.
b. Pal gup guk gi (inside) lock to knee.
c. Ba gat guk gi (outside) arm against outer shin, attack wrist.
d. Ba gat guk gi (inside) elbow into knee, attack wrist.
5. **Kong kyuk (attack techniques)**
a. Sip yuk (finger throw, forward) b. Sip chil (finger grab, doh ah dun ji gi)
c. Sip pal (finger grab, doh ah dun ji gi, grabbing own arm)
6. **Two Man Attack**
a. 1 & 2 Grabbing wrists i. side kick
ii. ba gat hye jun or kong kyuk sah
b. 1 & 2 Grabbing sleeves i. lock 1 elbow
2 Punching ii. in/outside block 2, pal gup guk gi into 1
7. **Freestyle**
8. **White , Yellow, and High Yellow belt techniques** inside and outside techniques