

HAPKIDO-HIGH BROWN

TECHNIQUES

1. Joaw Dea Ryun (2 person kneeling)

ATTACK

- a. Yup kong kyuk
- b. Mok jo ru gi
- c. Du ka sum
- d. Yup kong kyuk (reverse)

DEFENSE

- Ba gat hye jun
Ba gat guk gi
Guet nool ru guk gi
Pal gup guk gi

2. Ba Gat Guk Gi

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|---|--|
| a. Sang dan kong kyuk (overhead) | Opposite hand block |
| b. Jap ko ji ru gi (mid-hold, hook punch) | Attack holding hand, with spin |
| c. Ssang son mok | Grasp release up between hands, attack opposite hand |

3. Ahn Hye Jun (five attacks, each with a.-d. defenses)

- a. Front take-down
- b. Side-fall (pal gup guk gi, take-down)
- c. Front throw
- d. Back throw

4. Pal Gup Guk Gi (inside and outside)

- a. Dwi du son mok {i-step back, ii-step forward (like Pal)}
- b. Du son mok (attack thumb)
- c. Jap ko sang dan kong kyuk (overhead)

5. Throwing

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|-------------------------------|-------------------|
| a. gaurding stance, no attack | single foot sweep |
| b. punch, stepping in | double foot sweep |

6. Holding

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|---|---|
| a. Counter to right arm ippon-seoi-nage | sweeping right leg, to scissor choke |
| b. Counter to right arm ippon-seoi-nage | check, falling to scissor choke from knee |

7. Choke defense (prone, stomach)

- a. opponent single arm chokes from behind pull choke down, roll to pal gup guk gi

8. Two Man Grabbing

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|-------------------------------------|----------------------------------|
| a. 1. Holding knife | groin strike 1 |
| 2. Bear-hug with arms | slide out of 2 to pal gup guk gi |
| b. 1. Jun bang kong kyuk with knife | crescent kick block |
| 2. Bear hug with arms | pal gup guk gi |

9. Freestyle

10. Blue and High Blue belt techniques inside and outside techniques