

# HAPKIDO-GREEN BELT

## BASICS

1. **Breakfalls**            a. jump side
2. **Kicks**                a. out/inside    b. jump front (back and front leg)
3. **Bong Sul Sam Bu**
4. **Choke** (from knees)            a. front; rolling to side

## TECHNIQUES

### 1. **Ba Gat Hye Jun**

- a. Pal gup (elbow grab)
- b. Uhl gul ji ru gi

## LOCK-UP

arm over head to ground, attack elbow with tiger mouth.  
(x-block) and same as above

### 2. **Ba Gat Guk Gi**

- a. Dwi du uh ke (two hands on shoulder from behind)
- b. Dwi du son mok

step over arm, attack elbow against leg

### 3. **Ahn Hye Jun**

- a. Sang dan kong kyuk (face knife attack)
- b. Du ka sum (two hands hold lapel)

front throw with fingers, no lock up

### 4. **Ahn Guk Gi**

- a. Ka sum (inverted grip)
- b. Sang dan kong kyuk

straight down drop, no lock-up  
back throw, no lock-up

### 5. **Kong kyuk (attacks)**

- a. Sah (Ba gat guk gi, air fall)
- b. Oh (Ahn hye jun, back throw)
- c. Yuk (Son mok guk gi from behind, back throw)

### 6. **Throwing**

- a. Hook punch
- b. Upper cut

wheel throw, half roll, elbow attack with tiger mouth.  
x-block, pal gup guk gi to ground, chicken wing

### 7. **Kick Defense**

- a. Turn back kick

inside catch, Okuri-ashi-harai (foot sweep)

### 8. **Freestyle**