

HAPKIDO-HIGH GREEN BELT

BASICS

1. Breakfalls a. Air fall
2. Kicks a. Jump roundhouse
3. Bong Sul Sah Bu
4. Choke a. side; rolling over

TECHNIQUES

1. Ba Gat Hye Jun

- a. Ka sum
- b. Dwi du son mok

2. Ba Gat Guk Gi

- a. Du ka sum
- b. Dwi du pal (two hands hold elbows)

3. Ahn Hye Jun

- a. Dwi uh ke (hand on shoulder
from behind)
- b. Dwi du uh ke

4. Guet Nool Ru Guk Gi

- a. Sang dan kong kyuk
- b. Du ka sum

5. Kong kyuk (attacks)

- a. Chil (standing armbar, back throw
with foot stop)
- c. Gu (two arm shoulder throw, like Sam, lock-up like Pal)

6. Throwing

- a. No attack

7. Punch Defense (straight uhl gul ji ru gi)

- a. Ahn guk gi (with spin)

8. Kick Defense

- a. Axe kick
- b. Axe kick

9. Freestyle

LOCK-UP

arm over head to ground, attack elbow with tiger mouth.

step over arm, attack elbow against leg

front throw with fingers, no lock up

trap arm, take down, lock-up
attack, wrist, shoulder, elbow

b. Pal (two arm elbow attack, air
fall, half roll, twist lock, pal gup)

O-uchi-gari with leg lock
(catch leg with foot)

none

inside catch, O-uchi-gari
outside catch, Sasae-tsurikomi-ashi