HAPKIDO-YELLOW BELT

BASICS

1. Breakfalls a. front rolling b. back rolling

2. Kicks a. back b. hook

3. Hand a. open backhand b. knifehand

4. Grasp Release a. spin b. two hand c. both hands

5. Bong Sul Il Bu

6. Chokes a. scissor with one arm up

TECHNIQUES	LOCK-UP
1. Ba Gat Hye Jun	
a. Yup kong kyuk (side strike)	elbow into knee, attack wrist
b. Du son mok (grab both hands)	
2. Ba Gat Guk Gi	
a. Yuk son mok (cross hand)	extended wheel, standing elbow trap
b. Uhl gul ji ru gi	with knees, attack wrist
3. Ahn Hye Jun	
a. Dwi du son mok (two wrist from behind)	forward take-down from elbow
b. Ssang son mok	chicken wing on ground
c. Uhl gul ji ru gi	
4. Pal Gup Guk Gi	
a. Yup kong kyuk (reverse)	lock wrist to knee
b. Ssang son mok	
c. Yup kong kyuk (baseball bat swing, rev.)	
d. Side head-lock	front groin strike, lock wrist to knee (forward and backward take-down)
5. Throwing	
a. Yup kong kyuk	O-goshi (hip throw), leg over neck, arm bar
6. Kick Defense:	
a. Roundhouse kick	Inside catch & block, O-uchi-gari

7. Freestyle