

HAPKIDO-HIGH YELLOW BELT

BASICS

1. **Breakfalls** a. jump front rolling
2. **Kicks** a. spinning back b. spinning hook
3. **Hand** a. freestyle blocking
4. **Bong Sul Ye Bu**
5. **Chokes** a. front crossed lapel (two palms up, two palms down, one palm up/one palm down)

TECHNIQUES

LOCK-UP

1. **Ba Gat Hye Jun**
 - a. Sang dan kong kyuk
 - b. Yuk son mokx-block, lock folded elbow to knee, attack wrist
2. **Ba Gat Guk Gi**
 - a. Son mok
 - b. Ka sum (with spin)extended elbow on ground, above head, attack elbow with tiger mouth
3. **Ahn Hye Jun**
 - a. Dwi mok jo ru gi (hold with choke)
 - b. Sang dan kong kyukforward take-down with chicken wing
4. **Pal Gup Guk Gi**
 - a. Dwi mok jup gi (grab back of collar)
 - b. Uhl gul ji ru gi
 - c. Front hair grablock extended arm to ground, attack wrist
5. **Kong kyuk (attacks)**
 - a. Il (Ba gat hye jun from spin)
 - b. Ye (Ba gat guk gi from spin)
 - c. Sam (Knifehand block/attack, opposite arm throw)none
none
none
6. **Throwing (no attack)**
 - a. Three step and De-ashi-hari (forward foot sweep)half roll, tiger mouth to elbow
7. **Kick Defense**
 - a. Side kickinside catch, leg lock to front fall, lock ankle
8. **Freestyle**