



Senior Brown Belt ~ Advanced

"Constant repetition carries conviction." ~ Robert Collier

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far, repeat the "5 times" practice for each technique then start over.

↓ FIRST STRIPE

☯ **Strikes**

- 29- Tiger Mouth
- 30- Outer Forearm
- 31- Rolling Punch
- + All Previous Strikes

☯ **Ground Kicks**

- 24- Defensive Position
- 25- Round kick
- 26- Hook Kick
- 27- Sidekick
- + All Previous Kicks

☯ **Trapping Drills**

+ All Previous Trapping Drills 1 -7

☯ **Terminology**

- 7-Thank You ~ Kum sa ma dah
- + All Previous Terminology

☯ **Break Falls**

+ All Previous BreakFalls 1 - 6

☯ **Striking Releases**

36-Sword of destruction (Hook Punch)-Step back with your opposite foot as you knife-hand block his punch with your same side hand, front snap kick the attacker's groin with your front foot then reverse knife-hand his neck.

37-Crossing Talons (Cross Wrist Grab)-Counter grab his hand the place in Life Hand Press then elbow strike to the side of his head, palm heel to side of his head, use your fingernails to rip his face, Bring your arm up high and over his kidney the hammer fist his kidney, elbow strike to spine, place your hand on his head then knee to his face.

38- 2 Hands grabbing two hands up wrists - Turn attacker's hand in toward your body and bring your elbow over his arm then push down. Use the elbow to strike the sternum or the head of the attacker.

39- You have to attack suddenly. Flick your hand to the opposite of the aggressor's neck. As he turns his head, Bend your other arm, like a hook punch, striking the lower back of his head with your forearm.

40-Rear Collar Grab ~ Turn into the attacker, strike groin as you duck under his arm

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

☯ **CORE CONCEPT: C16 GROUND DEFENSES**

↓ **SECOND STRIPE**

☯ **FROM KNEES**

- 1- S Lock
- 2- Ankle Lock
- 3- Wing Lock
- 4- Bridge Arm Bar
- 5- Palm Press Elbow
- 6- Fireman's Throw

↓ **THIRD STRIPE**

☯ **FROM CROSSED LEG**

- 1- Scissors Kick
- 2- Kick To Knee
- 3- Overhead Throw
- 4- Knees To Shins
- 5- Technical Stand Up

↓ **FOURTH STRIPE**

☯ **GROUND GRAPPLING**

- 1- Top Mount Escape 1
- 2- Top Mount Escape 2
- 3- Top Mount Escape 3
- 4- Guard Escape 1
- 5- Guard Escape 2
- 6- Americana Lock
- 7- Kimura Lock
- 8- Triangle Choke

The Martial Arts of Jiu-Jitsu and Brazilian Jiu-Jitsu focuses on ground fighting. In Hapkido we focus on getting up off the ground to fight. The ground (asphalt, concrete, gravel, etc.) is not our friend. While on the ground you are not in a good position to defend against others who may attack you.

Requirements for Promotion To your next belt (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.