



Clemmons Family Martial Arts Hapkido Curriculum



10th Gup White Belt For Promotion to 9th Gup Yellow Belt

Punches 1- Jab, Cross 2- Hammerfist 3- Back Fist	Kicks 1- Front Kick 2- Snap Front 3- Turning Kick	Break Falls 1- Backward 2- Side	Trapping Drills 1- Punch, Trap, Punch Alternating Drill. 2- High/Low Drill
Hapkido Concepts 1-Water Theory 2-Circular Motion 3-Non-Resistance	Korean Terminology Attention – Charyut Bow – Kyung nyeh Ready – Jun be	Korean Counting 1 Hanna 4 Net 2 Dool 5 Dah-Suht 3 Set 6 Yuh -Suht	Korean Counting 7 Ill Gope 9 Ah-Hope 8 Yoh-Dohl 10 Yul

Footwork

1-Diagonal Step 45° Left/Right & Front/Back 2-Circle Step 3-Triangle Step

Historic Note on Wrist Grabs – Back in antiquity men used to carry a dagger in a sheath on their belt on the strong-arm side and a sword in a sheath on their weak arm side. They would use the hand on the same side as their dagger to draw the dagger and the same hand to cross over to grab the sword. To prevent the drawing of weapon people would grab their weaker same side hand to grab the wrist of a person drawing a dagger. This would leave their strong hand to defend against the attack. They would use their weaker hand also to reach across and grab the hand of the person reaching to draw his sword leaving their strong hand to counter attack. Today these grabs are used to prevent a person from reaching into their pocket for a knife or gun.

Breakaways 1-4

- 1- **Turning escape** - Push into attacker with your elbow and pivot away to the inside on the back foot.
- 2- **Wrist Circle escape** - Push against attacker's thumb & circle to the outside pushing attacker's arm inward.
- 3- **Knife Hand Assisted** - Strike radial nerve and simultaneously pull your hand away.
- 4- **Hammer fist Assisted** – Turn your palm up, his wrist and simultaneously pull hand away.

Front Same Side Wrist Grabs (Described From Left Hand Attack) 1-4

- 1- **Wrist Lock** – Turn your palm up, reach across and grab the outside of his hand, place your thumb below the webbing of his thumb, triangle step, then press the back of his hand.
- 2- **Corkscrew technique.**
- 3- **Back side Live Hand Press/Wing Lock**
- 4- **Forward Wrist Lock**

Rear Same Side Wrist Grabs (Described From Right Hand Attack) 1-2

- 1- **Elbow Strike** As your turn to the outside of the grabbing hand, bring your knife hand up and strike assailant's elbow with other hand the palm heel strike to jaw.
- 2- **Back Live Hand Press/Wing Lock** - As your turn to the outside of the grabbing hand, bring your knife hand up and counter grab turning assailant's elbow up as you step behind elbow, press elbow down with live hand as you pull their hand up.

Front Cross Wrist Grab (Described From Left Hand Attack) 1-3

- 1- **Wrist Lock**
- 2- **Back Live Hand Press/Wing Lock** – Outside counter grab turning assailant's elbow up as you triangle step behind elbow, press elbow down with live hand as you pull their hand up.
- 3- **Turning Break** - Attack pressure point at elbow, step under and across bringing the attacker's arm over your head and take the attacker down.



9th Gup Orange Belt for promotion to 8th Gup Orange Belt

Kicks 4- Side Kick 5- Back Kick 6- Scoop Kick	Punches 4-Hook 5-Palm Heel	Break Falls 3- Forward Roll	Trapping Drill 3- Brush, Trap, Strike.	Terminology Training Hall – Dojang Uniform – Dobak Belt - Dhee
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Breakaways

- 5- Assisted w/ Knife Hand strike to radial nerve and spinning elbow strike to solar plexus.
- 6- Step in with elbow pointing upward, shoot hand toward knee.
- 7- Slide forward to the backside of the attacker trapping the attacker's knee with your front knee, shoot hand toward the face, twist slightly.

Same Side Wrist Grabs from the Front (Described From Left Hand Attack)

- 5- **OUTSIDE WRIST LOCK** - Rotate arm w/ forward wrist lock, strike to the face, then reach around head trapping under chin. Keep the armbar against your body.
- 6- **FRONT ARMBAR** - Outside Counter Grab, do a front armbar.
- 7- **FINGER LOCK** - Trap attacker's wrist with your cross hand, rotate your palm towards the attacker, push attacker's fingers back and move towards him. (Keep his hand close to your body.)
- 8- **S-LOCK** - Trap attacker's hand and execute S-lock. Be sure to grab the attacker's fingers not hand. Twist hand and wrist in opposite directions.

Cross Wrist Grab from the Front (Described From Left Hand Attack)

- 5- **Elbow Lock** - Inside Counter Grab, strike to the attacker's face, wrap your arm over and around his arm applying pressure to the triceps tendon with radial bone of your arm. Escort or take down.
- 6- **Shoulder Lock** - Inside counter grab, step under arm hyperextending attacker's elbow on your shoulder, reverse turn your body, do outside wrist throw or takedown.
- 7- **Elbow Lever** – Inside counter grab, lift arm placing your other arm beneath attacker's arm putting your palm on their neck the pull attacker's arm up into an armbar under.
- 8- **S Lock**– Trap attacker's hand with your same side hand, counter grab and apply torque downward.

Cross Wrist Grabs from the Rear (Described From Right Hand Attack)

- 1-Circle your grabbed hand up as you turn inward and punch solar plexus.
- 2-Circle your grabbed hand up as you turn inward, step and elbow strike chin.

Side Wrist Grabs (Described From Left Hand Attack)

- 1- Bring your hand into your body and trap the attacker's hand with your cross hand, step slightly forward and place your elbow on top of the attacker's wrist pressing downward to take the attacker down.
- 2- Bring your hand into your body slightly higher up than on previous technique and trap attacker's hand (reach under) with your cross hand, step slightly forward and place your elbow on top of the attacker's elbow, executing an armbar takedown.



8th Gup Yellow Belt For Promotion To 7th Gup Green Belt

Kicks 7- Inside Crescent 8- Outside Crescent 9- Hook	Punches 6- Uppercut 7- Tiger Mouth	Break Falls 4- Forward Roll from Armbar	Trapping Drills 4- Pass Over/Trap/Strike
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Breakaways

- 8 - Push in with elbow towards attacker's face and strike to face area.
- 9 - Point fingers upward, strike with elbow to solar plexus, up to chin and down to sternum or collar bone.
- 10- Push in with elbow towards body and shoot up to throat with tiger mouth strike.
- 11- Slide outside of attacker pushing elbow forward causing breakaway, spin around behind attacker doing an elbow strike to kidney area, then back of head.
- 12- Raise arm up lifting attacker's arm, step under turning to the inside and strike to the ribs, grab the attacker's shoulders, kick to the back of the attacker's leg while pulling downward on shoulders and take an attacker down.

Same Side Wrist Grabs from the Front (Described From Left Hand Attack)

- 9- **Gooseneck**- Outside Counter Grab, strike to the center of the attacker's arm with tiger mouth strike using cross hand, spin to the outside as you pull the attacker's elbow into your armpit area and bend the attacker's wrist into a gooseneck lock.
- 10-**Center Lock** - Reach over with cross hand, grab the attacker's wrist, break away and grab attacker's hand on the thumb side, step under arm and bring attacker's arm over your head to take attacker down.
- 11- **Police Lock + Goose head**- Step under arm and behind attacker, execute a wrist lock by bending attacker's arm behind his back.
- 12-**Escape from A Friend** -Raise attacker's arm, duck under his arm as you turn around to break away, If not a friend, then grab both shoulders from behind and pull down as you kick behind their knee to take them down.

Cross Wrist Grabs from the Front (Described From Left Hand Attack)

- 5-**Turning Break** – Attack Pressure Point at elbow, step under and across bringing the attacker's arm over your head and take the attacker down,
- 6- **Trachea Grab** – Inside counter grab, pull attacker forward putting his elbow against your chest as you step around to the outside and grab around the back of the neck to the trachea.

Side Wrist Grabs (Described From Left Hand Attack)

- 3- Trap Attacker's hand with your free hand, break away and elbow to body, reach up and grab attacker around the neck, pull head toward you to maintain control of the body, step back and pull down and forward to take the attacker down.
- 4- Trap attacker's hand with your free hand, wrap your other hand under his arm to trap it next to your body, step forward and twist to dislocate or take the attacker down.

One Hand Front Middle Sleeve Grab (Described From Left Hand Attack)

- 1-**S-Lock** - Circular motion over attacker's arm use other hand to grab his hand and perform a S-Lock.
- 2-**Wrap Around** –Wrap your arm over his arm making sure your thumb is behind his elbow then lift elbow

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7th Gup Green Belt for Promotion to 6th Gup Purple Belt

Strikes 8- Knife Hand Strike 9- Spear Hand Thrust 10- Ox Jaw Strike 11-Back Fist	Kicks 9- Upward Knee 10-Roundhouse Knee 11-Axe Kick 12-Skip Side	Break Falls 5- Backward Roll Trapping Drills 5- Pass Under Trap Strike	Terminology Spirit Shout – Ki-yap Stop – Keu-man Continue – Kae-Sok
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Breakaways (Two hands grabbing 1 wrist)

- 1- Step to the outside, push elbow downward, reach w/ other hand, grab palm to the back of your hand, pull upward and strike the attacker's face.
- 2- Step to the inside, push elbow downward, reach w/ other hand, grab other hand palm to palm, pull upward striking solar plexus with elbow and sliding up to the chin.
- 3-Step to the outside, push elbow upward, reach w/ other hand, grab palm to the back of your hand, pull outward, follow up with long range hand techniques or kick.

Defense Against Straight Punches (Described From A Right Hand Attack)

- 1-**Live Hand Press/Wing Lock** - Outside trap of attacker's punching arm into an armbar.
- 2-**Tracheal Pressure Point** - Outside trap of attacker's arm, cross hand goes around attacker's neck for a tracheal pressure point technique while maintaining the armbar against your body.
- 3-**Figure 4** - Outside deflection, redirect and execute an outside wrist lock and take down.

One Hand Rear Middle Sleeve Grab (Described From A Right Hand Attack)

- 1-**Circuling Wings** - Step back, circular arm motion over his hand into box lock, palm strike elbow then palm press elbow to ground.

One Handed Front Shoulder Grab (Described From A Left Hand Attack)

- 1-**S-Lock** – Trap attacker's hand at your shoulder with your cross hand, Ki slap to attacker's body, wrap your arm over attacker's arm and shoot your hand down towards the knee.
- 2-**Elbow Lock** -Trap hand on shoulder, pivot in and place elbow onto elbow and press down.
- 3-**Wing Lock** – Using both hands, trap hand on shoulder, pivot and wing lock
- 4-**Wrap Around** – Distract with your same side hand palm heel to the face from the inside the grab, then wrap your arm around and under attacker's arm above his elbow so his arm will be bent. Lift up on your elbow.

One Handed Rear Shoulder Grab (Described From A Left Hand Attack)

- 1-**Sword and Hammer** - Stiff Arm Grab – As you are pulled back, step back and turn toward attacker striking with arm sword to head or neck, then hammer fist groin, when they bend over wrap your arm around their head from bottom then step back with inside foot and throw attacker.
- 2-**Obscure Wing** -Bent Arm Grab – As you are pulled back, step back and turn toward attacker striking elbow striking his solar plexus, then hammer fist groin, when they bend over wrap your arm around their head from bottom then step back with inside foot and throw attacker.

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Two Handed Rear Shoulder Grab

- 1-**Wrist Lock** - Tilt one shoulder up and the other shoulder down and slightly unturned in, reach across and grab his hand from your shoulder and press his wrist down.
- 2-**Police Lock** - Tilt one shoulder up and the other shoulder down and slightly unturned in, reach across and grab his hand from your shoulder Place your other hand on his elbow and push his arm up so you can duck under to place in in police lock,



6th Gup Purple Belt for Promotion to 5th Gup Blue Belt

Elbow Strikes 1-Inside, 2-Outside 3-Upward	4- Downward 5- Backward	Kicks 13-Turning Back 14 Spin Hook 15-Tornado Kick	Trapping Drills 5- Pass Under Trap Strike
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2 Hand Front Choke Defense (Described From A Left Hand Attack)

1-Windmill Escape 2-Shoulder Shrug	3-Suprasternal Notch Escape 4-Windmill Escape Against Wall	5-Four Palms
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Two Handed Rear Shoulder Grab

3-Uppercut & Wrist Lock- Tilt one shoulder up and the other shoulder down and slightly turn in, reach across and grab his hand from your shoulder, upper cut to attacker's chin then you press his wrist down.

4- (Optional) Shoulder Throw - You tilt one shoulder up and the other shoulder down and slightly turn in, reach across and grab his hand from your shoulder lift his arm up and across to your other shoulder and throw.

One Handed Lapel Grab (Described From A Left Hand Attack)

1- Wrist Lock - Same side hand traps attacker's hand as you distract to the face with the cross hand, bring cross hand back and grab the wrist, bend forward slightly and then step back and spin to the outside to take attacker down.

2-S- Lock - Cross hand traps and turn attacker's hand over as you shin kick for distraction, bring use same side hand to grab his wrist, twist attacker's hand forward, step back with inside leg and bend forward to bring attacker down to his knees, you can then follow up with various techniques.

3-Wing Lock/Elbow Lock -Trap hand with both of your hands, rotate outside elbow over attacker's arm so you have a wrist lock and an elbow lock (armbar).

4-Grab his thumb and press it back to take him down

5-Friend Escape – Use both hands to grab your shirt below attacker's hand, duck and go under the arm of the attacker. You grab your shirt so it won't be pulled over your head obstructing your view.

6-Reap Throw - Press attacker's elbow inward toward his mid-section with your same side hand as your other arm is wrapped under his other arm or around his neck pushing him to the outside at the same time then triangle step and sweep his leg to take him down.

7-Nose Take Down - Trap attacker's hand on chest with same side hand, use cross hand to pull attacker toward his center mass as you diagonally step to the outside with your outside foot then place the middle finger of your free hand under his nose and push his head back then down.

Two Handed Lapel Grab

1- Trap both of attacker's hands, striking face as you reach over to trap hand then reinforce with the other hand and strike face again, step back pull down then push attacker away with hands to face.

2-Distract with facial strike or low kick, reach through or over attacker's arm with a tiger mouth strike to attacker's throat, reach with other hand to back of attacker's head grabbing hair, take down and lock up on the ground.

3-Grab Attacker's belt with either of your hands, push attacker's suprasternal notch with spear hand, finish with kick to groin or just escape.

Rear Two Hands Grabbing One Wrist

1- **S Lock** –Turn to outside, place your hand on top of his hand then press down.

2- **Live Hand Press/Wing Lock** – Turn to his outside, trap his grabbing hand and perform a Life Hand Press or Wing Lock

Two Hands Grabbing Two Wrist From The Front

1- Circle hands and smash the back of the attacker's wrist together.

2- **White Crane Cools Its Wings** - Keep one hand low, raise the other hand as high as possible, step out and then behind attacker with the other leg to escape.



5th Gup Blue Belt for Promotion to 4th Gup Brown Belt

Kicks Spin Hook	Break Falls 6- Dive	Trapping Drills 6-Trapping Elbow Strike	Terminology Thank You- Kum sa hum ni da You're Welcome – Chuhn Mahn Eh O
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Two Hands Grabbing Two Wrist From Rear

1- **Escape From A Friend** - Keep one hand low, raise the other hand as high as possible, step out and then behind attacker with the other leg to escape
 2- Step out and behind the attacker, trap leg by placing your knee behind attacker's knee, then push the attacker backwards to take him down.

Defense Against Hook Punches (Described From Right Hand Attack)

1-5 **Swords** - Step in with right foot, simultaneously knife hand strike wrist and hammer fist tricep, grab wrist with your left hand while you knife hand strike assailant's neck with your right hand, upper palm heel strike with your left hand to the jaw, then right hand uppercut to solar plexus.
 2-**Elbow Strike** - Step inside and block punch with left hand, elbow strike to head with right arm.
 3-**Spinning Elbow Strike** - Step inside and block punch with right hand, spin and elbow strike to head with left arm.

Two Hands Grabbing One Wrist From The Front

1- Circle your hand to the outside, at the same time grabbing attacker's belt with your free hand, push and pull at the same time to take him down.
 2- **Outside wrist Lock.**
 3- **Cross wrist S-Lock.**
 4- **Turning Break** – Inside counter Grab, strike face for distraction, grab pressure point at the elbow and push to the inside, step across and behind taking his arm over your head to take him down, put knee in armpit when on ground.
 5- **Live Hand Press** – Outside Counter Grab, execute Live Hand Press and take down then roll him over.
 6- **Elbow Lever** - Inside counter Grab, strike to the face, wrap your arm over and under attacker's arm to apply an elbow Lever by grabbing your own garment (the higher the more painful).

Two Hands Grabbing Two Wrist From Front

4- Double outside counter grab, step across and under to cross his arms to flip attacker.
 5- **Double Arm Shoulder Throw:** Push hands out, grab cross wrist and break away, immediately lock elbows over your shoulder and then throw.
 6- Quickly bring your hands together like you are clapping them together only you miss, catch one of attacker's wrists (grab), follow up with a ki strike to the body then Live hand Press.

Rear Collar Grab From Front (Described From Left Hand Attack)

1-**Scissors Armbar** - strike to the face for distraction then start to roll attackers arm from the outside , take your other arm to assist (scissors like) attacker's head will hit your knee.
 2-**Live Hand Press** -Trap attacker's hand behind your head as you strike the attacker's body then duck under, execute an armbar with chin and arm.

Rear Collar Grab/Rear Shoulder Grab From Back (Described From Left Hand Attack)

1-**Sword and Hammer** - Stiff Arm Grab – As you are pulled back, step back and turn toward attacker striking with arm sword to head or neck, then hammer fist groin, when they bend over wrap your arm around their head from bottom then step back with inside foot and throw attacker.
 2-**Obsecure Wing** -Bent Arm Grab – As you are pulled back, step back and turn toward attacker striking elbow striking his solar plexus, then hammer fist groin, when they bend over wrap your arm around their head from bottom then step back with inside foot and throw attacker.

Straight In Knife Attack Defense (Described From Right Hand Attack)

1-**Palm Heel** - Straight in knife attack, brush and grab wrist, palm heel strike to back of his hand, keep your hand on the back of his hand, step out and twist hand into an outside wrist lock,
 2-**Center Lock** - Same as above but if knife isn't disarmed close your hands on his wrist, slide your hands down to his hands, lift his elbow up and duck under his arm placing him in a Center Lock.



4th Gup Brown Belt for Promotion to 3rd Gup Red Belt

Kicks & Strikes Review All Previous	Beak Falls Review All Previous	Trapping Review All Previous
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Rear Two Hand Shoulder Grab

1-Wrist Lock - Dip shoulder to one side then turn in toward dipped shoulder, grab hand with both hands and outer wrist lock.
2-Police Lock – Dip shoulder to one side then turn in toward dipped shoulder, grab hand with cross hand, place near side hand under elbow and press elbow up as you duck under his arm and place in police lock.
3-(OPTIONAL) Shoulder Throw - Dip shoulder to one side then turn in toward dipped shoulder, grab hand with cross hand, place near side hand under elbow and lift arm onto other side shoulder and throw.

Front Bear Hugs Arms Free

1-Reap Throw - Step back pushing his hips forward and place you head on his should, knee strikes to groin, trap his arm with one hand and raise your hand high with the other hand, diagonal step to the outside of the lower hand side, pull one arm down and lift other arm up as you sweep with inside foot as you twist his body.
2-Head Twist - Knee strike to stun, place one hand on his chin, use other hand to grab back of his head or hair then twist and step back to take him down.
3-Place one hand on the attacker's lower back, place palm of your other hand under his chin or nose, pull his back toward you as you push his chin/nose forward.
4-Middle knuckle strike with both hands to both of attacker's kidneys, 5- Place one hand on attacker's lower back then pull his back toward you as you press collarbone to take him down

Rear Bear Hugs Arms Free

1-Finger Lock - Grab wrist his left hand, middle knuckle strike to back of his right hand, when hand releases grab his fingers with your left hand, turn outside and take his palm to the floor.

Rear Bear Hug Arms Trapped Above Elbows

1-Captured Twigs –Trap attacker's hands with your left hand as you step out to the left, hammer fist groin with your right hand, as attacker's bends over elbow strike his solar plexus, step on attacker's left foot then right-hand palm heel strike to his left jaw.
2-Police Lock - Sink your body down, throw your shoulders back and raise your arms up. Grab the hand that is on top with one hand, raise his elbow with your other side shoulder and step behind into a Police Lock.
3-Obsecure Wing Sink your body down, throw your shoulders back and raise your arms up, step back behind attacker's foot and turn toward attacker striking elbow striking his solar plexus, then hammer fist groin, when they bend over wrap your arm around their head from bottom then step back with inside foot and throw attacker.
4- (OPTIONAL) Shoulder Throw - Sink your body down, throw your shoulders back and raise your arms up, one hand should be trapped on your elbow, grab hand, pull attacker in then, shoulder throw.

Straight In Knife Attack Defense (Described From Right Hand Attack)

3-Palm Heel/Takedown - Straight in knife attack, brush and grab wrist, palm heel strike to back of his hand, keep your hand on the back of his hand, step out and twist hand into an outside wrist lock,
4-Center Lock - Same as above but if knife isn't disarmed close your hands on his wrist, slide your hands down to his hands, lift his elbow up and duck under his arm placing him in a Center Lock.
5-Righ hand Knife hand strike to his wrist to disarm, use your left hand to check his arm, then knife hand with same hand to his neck.
6-Turning Break - Straight in attack, trap attacking hand with both your hand then close your hands on his wrist, slide your hands down to his hands, lift his hand to bend his elbow then step to the outside to take him down with a Turning Break.
7-Shoulder Lock - Straight in attack, trap attacking hand with both your hand then close your hands on his wrist, slide your hands down to his hands, push his hand toward his center while stopping 90° to the outside with your inside foot, bring his arm over your shoulder to break his elbow.



3rd Gup Red Belt for Promotion to 2nd Gup Senior Red Belt

Kicks & Strikes Review All Previous	Beak Falls Review All Previous	Trapping Review All Previous
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Rear Two Handed Middle Sleeve Grab

- 1-Sissors Armbar – Lower one arm and raise the other arm. Duck under raised arm, trap his hand at the bend of your elbow then Life hand Press above his elbow.
- 2-(OPTIONAL) Shoulder Throw – Turn in and reach across to grab his hand, life his arm over your head and place it on your shoulder then throw,
- 3-Police Lock – Turn in and reach across to grab his hand, lift his arm while ducking under his arm and placing in a police lock.
- 4-Step behind attacker’s leg with one foot then elbow strike solar plexus.
- 5-Step out to one side so his leg is between your legs, reach down and pull up his leg as high as you can while sitting on his knee.

Belt Grabs (Palm Down) (Described From Left Hand Attack)

- 1- With cross hand reach under and lock his hand, distract to the face and take a half step behind then armbar and take down, hold attacker in figure four lock.
- 2-Kick for distraction then strike the bone structure of the back of the hand, then backfist to the face, then radial bone to forearm to take down.

Belt Grabs (Palm Up) (Described From Left Hand Attack)

- 1- Strike to attacker's face while trapping his wrist with cross hand, reach under arm and execute upward elbow strike, then reach up with the same hand to grab lapel then forward roll.
- 2- Outside wrist lock take down, inverted grip same side, then after face distraction reach over and secure attacker's wrist and execute take down.

Head Locks (Described From Right Hand Attack)

- 1-Police Lock –Use inside hand to press the pressure point behind the knee or knife hand groin, as you look up to ceiling and raise your shoulder while handing his other hand, duck under his arm and perform a Police Lock,
- 2- Push attacker's knee forward with your thumb, grab hair or attacker's collar or press nose back, while pushing knee forward pull attacker's body backwards to take down.
- 3- Grab ankle and knife hand to attacker's outer leg, take down and finish with a leg lock on the ground.

Full Nelson

- 1- When you perceive movement drop down into a horse-riding stance and lock attacker's arms against you, grab wrist with cross hand then grab forearm with your other hand, pull into your center and roll attacker over with your hip and take him down.
- 2- Same side wrist grab, then finger grab with opposite hand and push towards you not to the outside, release his other arm and take down.

Straight In Knife Attack Defense (Described From Right Hand Attack)

- 8-Palm Heel/Takedown - Straight in knife attack, brush and grab wrist, palm heel strike to back of his hand, keep your hand on the back of his hand, step out and twist hand into an outside wrist lock,
- 9-Center Lock – Same as above but if knife isn't disarmed close your hands on his wrist, slide your hands down to his hands, lift his elbow up and duck under his arm placing him in a Center Lock.

Back Slash Knife/Blunt Weapon Defense (Described From Right Hand Attack)

- 10-Avoid front slash by leaning back, as the attacker comes back with a back slash raise both hands into an Interview Stanch striking his forearm and biceps as he back swings, grab his wrist and place in an Arm Bar (Life Hand Press or Wing Lock) to take him down.

Downward Knife/Blunt Weapon Attack

- 11-Step out 45° meeting his downward thrust with the back of your inside hand and press down to circle his hand, your hand automatically slides to capture his wrist, perform an outside wrist lock pressing him to the ground. Remove the knife.



2nd Gup Senior Red Belt for Promotion to 1st Gup Black Belt with White Stripe

Kicks & Strikes

Review All Previous

Beak Falls

Review All Previous

Trapping

Review All Previous

Hostile Handshakes (Described From Right Hand Attack)

- 1- Strike to his radial nerve with the middle knuckle of your free hand, follow up with palm heel strike to face if needed.
- 2- Rotate attacker's hand up, strike elbow upward or just push his elbow up in class, then finger lock and eject attacker away from you.
- 3-Thumb Lock
- 4-**Turning Break** - Sandwich hand, step around and take down.

Full Nelson

- 3- Drop into a horse-riding stance, reach back with one hand and grab a finger, apply finger lock, allow trapped arm to get free, walk around to the outside and take down or escort.
- 4- Reach arms high into air, drop both arms down hard onto attacker's arms, reach back and slap head with both hands, grab head and roll attacker forward.
- 5- Place both hands together on your forehead, drop down and step into a horse-riding stance, step behind attacker's leg with one leg, then use your elbow to strike and knock attacker down over your leg.

Front Hair Grabs (Described From Right Hand Attack)

- 1-Trap attacker's hands on head, keep elbows close and kick for distraction, release one hand to strike to elbow joint, take down and remove hand from hair.
- 2-Trap the attacker's hand on your head, keep elbows close and kick for distraction, lower your center of gravity and push up while stepping under, execute center lock or step outside for forward wrist lock.
- 3-Trap with opposite hand, strike to short ribs or underarm, roll arm over and execute an armbar to take down.
- 4-Trap with same side hand, strike to elbow joint to bring attacker in close to you, tiger mouth strike to attacker's throat, step out then sweep to take down.
- 5-**Reap Throw** - Trap attacker's hand on your head with cross hand, use same side hand to push attacker's hand toward his center mass as you bring your arm under his other arm and lift up diagonally step to the outside with our outside foot then sweep his legs with your same side leg.

Rear/Side Hair Grabs

- 1-Turn inside and grab the attacker around the waist, use your hand in front to strike groin and your knee to strike side thigh pressure point.
- 2-**Center Lock** - Trap his hand with both of your hands, turn in ducking under his arm to place him in a Center Lock.

Handgun Defense (Described From Right Hand Attack)

- 1-**Gun pointed to front of your head** - raise your hand to feign compliance, speak to distract attacker, as he responds simultaneously squat down and you grab his gun with both hand and turn it back towards him with circular motion, take the bun and step back pointing the gun to him.
- 2-**Gun pointed to side of your head** - raise your hand to feign compliance, speak to distract attacker, 45° step out as you grab the gun with your outside hand twisting it ford, bring your other hand around to grab gun and twist it out of his hands.
- 3-Gun pointed to your mid-section - **Center Lock** - Twist your body to the opposite side of his hand as you grab his hand with your cross hand, bring your same side hand to grab the gun itself, turn the attacker's hand up as you step under his arm and place him in a center lock.
- 4-Gun pointed to your chest - **Turning Break** - Twist your body to the same side as his hand, grab the attacker's hand with your left hand, upward grab of the gun with your right hand, lift his hand up (gun is upside down) then turn to the outside and take him down.
- 5-Gun pointed to your back -Turn to the outside and trap their hand in your elbow joint, turn the gun out of their hand.



1st Gup Provisional Black Belt (Black Belt with White Stripe) for Promotion to Black Belt Prep Class

Kicks & Strikes Review All Previous	Beak Falls Review All Previous	Trapping Review All Previous
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Handgun Defense (Described From Right Hand Attack)
 6-Gun pointed to the back of your head -turn to the outside and circle your hand over this arm creating a box lock, pull back to disarm the gun.
 7-Hand gun pressed under your jaw. Twist and lean to your right as you grab the gun with your right hand, use your other hand to help trap the gun then turn the barrel of the gun toward the attacker to disarm.

Defense Against Kicks
 1- Attacker front kicks and you catch the kicking leg from inside centerline by trapping the leg in your elbow notch. Grab garment sweep attacker's leg and take down.
 2- Attacker front kicks or sidekicks, you catch the kicking leg, outside center line, same as above except you sweep leg from the front.
 3- Attacker does either of the previous kicks. Step to the side and execute a kick to the attacker's support leg.
 4-Attacker does either of the previous kicks. Trap the attacker's leg from the outside, strike face and lift leg straight up, taking the attacker to the ground.

Guillotine Choke (Described From Right Hand Attack)
 1-Grab the sides of attacker's pants so he can't step back, knee strikes to his groin, slid your hands down attacker's legs to behind his knees then pull up behind his knees and push forward with your shoulder.
 2-Knife hand groin to make him bend over, wrap you inside arm around his head so you each have a guillotine choke on each other then sit down bring one of your legs under his body as you throw him over.

Rear Naked Choke (Described From Right Hand Attack)
 1-Place your left-hand palm under the elbow of attacker's left arm, use your right hand to grab hold of his right wrist. Push up with your left hand and pull down with your right hand to escape.
 2-Grab the attacker's right hand with both of your hands, take baby steps to the right until his right shoulder is under your right shoulder then bend at the waist to throw him off.

Blunt Weapon Defense- Strike to Head (Described From Right Hand Attack)
 1-Step in and block forearm with your left hand and grab his wrist, bring your right hand around and grab the stick twisting it down,
 2-**Elbow Lever** - Strike to head - Step in block the forearm with your left hand and strike the face with your right hand, as you block forearm grab the wrist, bring your striking hand over and around his elbow as you turn 45°, turn his hand up, then perform an elbow lever.

Straight In Knife Attack Defense (Described From Right Hand Attack)
 12-**Tornado Throw** - Step to outside with 45° with your left foot, as he thrusts you wrap his arm with your left arm and crack his elbow against your ribs, capture his hand in your right hand and step in so his hand with the knife is going to his eyes then turn his wrist to the outside to take him down,
 13-Step outside 45° with your left foot, as he thrusts catch and trap his hand as your palm heel strike his elbow, then reach for the hair on the back of his head or his back collar and grab and pull back as you sweep out his front leg.



Black Belt Prep Class for Promotion to 1st Dan/1st Degree Black Belt Ten Classes

- Class # 1** - Review of entire White Belt Curriculum
- Class # 2** - Review of entire Yellow Belt Curriculum
- Class # 3**- Review of entire Orange Belt Curriculum
- Class # 4**- Review of entire Green Belt Curriculum
- Class # 5**- Review of entire Purple Belt Curriculum
- Class # 6**- Review of entire Blue Belt Curriculum
- Class # 7**- Review of entire Brown Belt Curriculum
- Class # 8**- Review of entire Red Belt Curriculum
- Class # 9**- Review of entire Senior Red Belt Curriculum
- Class # 10**- Review of entire Provisional Black Belt Curriculum

Ten Steps To Disarm Weapons

- *Hands up*
- *Gun pointed to head or center mass unless otherwise noted.*
- *Get off the Line of Fire*
- *Block Softly and Hit Hard*
- *Attach to Attacker*
- *Control The Firearm*
- *Administer Pain Right Now*
- *Take Weapon When Safe*
- *Put him out of Commission*
- *Leave! Escape!*
- *Call Police, Report Attack*

Handgun Disarms

FRONT

- 1-Front Draw-Gooseneck
- 2-Gun to Forehead # 1
- 3-Gun to Forehead # 2
- 4-Gun to Midsection # 1
- 5-Gun to front midsection #2
- 6-Hostage-gun under jaw

SIDE

- 1-Gun to Side of Head #1
- 2-Gun to Side of Head #2
- 3-Gun to Kidney
- 4-Gun to Liver/Bladder

BACK

- 1-Rear Draw-Hammer Lock
- 2-Gun to Mid-Back #1
- 3-Gun to Mid-Back #2
- 4-Gun to Back of Head #1
- 5-Gun to Back of Head #2
- 6-Hostage-Gun to side of head



1st Dan/Degree Black Belt for Promotion to 2nd Dan/Degree Black Belt

Kicks	Strikes	Break Falls
1 - Muay Thai shin kick	1 - Ki strike or Ki slap	#1 - Side breakfall
2 - Inside heel kick	2 - Thumb strike	#2 - Standing forward roll breakfall
3 - Flip kick		

Breakaways

- 1 - Execute a low stun. Rotate your wrist palm up turning to the outside slightly and simultaneously do a ridge hand strike with your cross hand to the side of the attacker's neck.
- 2 - Rotate the hand that is being grabbed palm up and strike upward with your knee, smashing it against the back of the attacker's hand. Follow up with a ki slap using the hand that was grabbed to the attacker's face.

Same Side Wrist Grab Release Techniques:

- 1-Turn your wrist to the outside and feed it to your other hand like in an armbar making sure his wrist is bent, breakaway your grabbed hand against his thumb, bring your freed hand under and around his arm and grab his thumb into a thumb lock.
- 2-Guillotine Choke - Outside counter grab pulling his arm down, other hand knife hand strike to neck, place in Guillotine Choke, sit down and flip him over.
- 3-Hammer Lock - Distract to face, reach over his arm with your free hand and pull up his elbow, turn to the inside using your trapped hand to place him in a Hammer Lock, reach over with your other hand to grab his hair or step in and put in a guillotine choke.
- 4-Turn your wrist to the outside and feed it to your other hand like in an armbar making sure his wrist is bent, breakaway your grabbed hand against his thumb, place your knife hand on his wrist rather than his elbow and press down

1 HAND INVERTED CROSS WRIST GRAB FROM THE FRONT

- 1) Center Lock - Bring your hand up towards you, tilting his hand slightly, reach around under his hand and place him in a Center Lock

Joint Lock Against Standard Grip, Side Wrist Grab:

- 1 - Execute a low stun. Quickly raise your arm to the back and twist your body to the side, grab the attacker's wrist with your free hand and breakaway your grabbed hand then use your freed hand to press down on the back of his hand to take him down. Place your knee on his biceps and keep pressure on his hand.

Joint Lock Against 2 Hands Grabbing 2 Wrists From the Front

- 1 - Execute a low stun. Execute a double outside counter grab. Step under as you twist the attacker's arms over your head. Pull both of the attacker's arms violently downward breaking or hyper-extending the attacker's elbows over your L and R shoulders.

Joint Lock Against 2 Hands Grabbing 2 Wrists From the Back:

- 1 - Hammer Lock - Step behind the attacker as you counter grab his right wrist with your right hand, left elbow strike to solar plexus, continue to turn under his arm, and as you lift his arm insert your other arm to apply a hammerlock.

Joint Lock Against 2 Hands Grabbing 1 Wrist:

- 1 - Execute a low stun. Move your arm away from your body to cause the attacker to turn slightly, allowing you to get to the back side of the attacker. Using your free hand, reach around the attacker's neck and grab the trachea pressure point. Step backwards with your inside foot to take the attacker to the ground, place your knee on the attacker's head to secure and maintain him.

Joint Lock Against A Hostile Hand Shake:

- 1 - Step back, stick your thumb straight up grabbing it with your other hand thumb down, apply downward pressure on the back of his hand with your knuckles to take him down or just release.
- 2 - Center Lock - Completely release your grip opening your hand as you grab his thumb with your thumb, turn his hand up and inward and grab the back of his hand his hand with your other hand to apply a center lock.



Defense Against Punches:

- 1 - Outside redirect with your cross hand, ki strike his ribs with your same side hand, as he bends down you use the same side hand to execute a palm strike to his face to finish.
- 2 - Outside redirect with your cross hand, move behind him striking his ears with both of your palms, grab the eyes at the same time and pull him backward and down as you step to the side.
- 3 - Outside redirect with your cross hand, strike his tricep with your forearm bone, spin around behind him executing an elbow strike to his kidney and finish with a low side kick to the back of his leg to take him down.
- 4 Same side arm loops over to receive his punching arm, continue to turn your body as you strike the kidney, using the same arm you struck with, loop over his head to apply a choke or takedown.
- 5 - He does an in close double hook punch, your hands are up and in front of your face, intercept his first punching arm then his second punching arm, step across and behind his front leg to execute a sweep to take him down. Maintain one arm and apply the finishing technique of your choice.
- 6 - Outside redirect with your cross hand, bring your other elbow up and strike downward on top of his bicep muscle, lock your reversing hand with your other wrist, reverse his punching hand and apply an outside wrist lock takedown.
- 7-**Crossing Talons** –45° Step to the outside, brush and trap his arm, Life hand press at attacker's elbow, elbow strike head, rake fingers across face, palm heel face, hammer fist kidney, elbow backbone, place hand on head then knee strike.

Joint Lock Against a 1 Hand Lapel Grab:

- 1 - Cross hand traps attacker's hand and same side hand traps attacker's wrist, pivot to the inside of the attacker, slide your same side hand to the attacker's elbow while keeping his hand trapped against your body. Bow at the waist and push down on the attacker's elbow with one finger. As the attacker goes down push his elbow forward into a lock, while placing your knee on his shoulder into a secured position lock.
- 2 - Same start as above technique but the attacker is too strong, so you reverse your direction and duck under his arm and into a center lock, followed by a goose neck, followed by a vertical gooseneck into a wrist lock throw if desired.

Long Gun Disarm # 1

- Get Offline by Rotating to the Outside (*usually the right side*)
- Use same side hand (*usually left hand*) to clear the weapon & grab barrel
- Insert your second hand (*usually right hand*) under his elbow & grab the gun stock
- Violently push barrel of gun in to attacker's face and pull-down gun stock to take and secure weapon

Long Gun Disarm # 2

- Get Offline by Rotating to the Inside (*usually the left side*)
- Use same side hand (*usually left hand*) to grab the barrel of the gun
- Other hand (*usually right hand*) come underneath and grabs his thumb of his supporting hand pulling it off the weapon.
- Violently smash barrel of gun into attacker's face then disarm gun

Long Gun Disarm # 3

- Get Offline by Rotating to the Inside (*usually the left side*)
- Use same side hand (*usually left hand*) to grab the barrel of the gun
- Other hand (*usually right hand*) come underneath and grabs his thumb of his supporting hand pulling it off the weapon.
- Bring his hand up and your elbow over the weapon
- Push attacker's hand back and press elbow weapon down.



This 3rd Dan curriculum can be seen at <https://tinyurl.com/2jffvxvb>

2nd Dan/Degree Black Belt for Promotion to 3rd Dan/Degree Black Belt

Defense Against Punches:

- 1 Defense against a straight punch. Passover punch defense, grab hand and take around behind attackers back into a wristlock. With hand and arm secured put a chokehold on attacker. Secure arm with body pressed against attacker's body and use other hand to intensify choke hold.
- 2 Defense against a straight punch from right back position. Brush, trap, and strike technique then Ki strike with right hand followed by a palm heel to side of chest. Step on the attacker's foot and strike with both hands to push him.
- 3 Defense against a hook punch from right back position. As the hook punch comes, strike the attacker's arm with right hand palm then left-hand check and strike to face with left hand.
- 4 Defense against a straight punch. When the punch comes step to side and brush attacker's arm with left hand. Strike to attacker's abdomen with your right forearm. When the attacker bends over elbow strike on the back with left elbow.
- 5 Defense against a straight punch from right back position. Brush the attacker's arm inward then bring right arm under his arm and strike the neck with forearm. Lock the arm around neck then do a sweep to take him down.
- 6 Defense against straight punch from right back position. Brush attackers the trap attacker's arm. Slid in and strike chest with left elbow strike then strike up on attacker's arm with left forearm. Trap hand and figure four lock then take attacker down.

Against the Wall Defenses:

- 1 Attacker has your back against the wall while grabbing both lapels. Strike to solar plexus then press pressure points on both attacker's elbows, slide out so attacker hits the wall. Strike the attacker's head against the wall with your left hand and strike to the groin with your right hand.
- 2 Attacker has you against the wall with a two-hand choke on your throat. Stun with double punch or spear-hand to armpits. Secure one wrist while peeling back the finger on the other hand into a finger lock and press the finger lock forward so the attacker turns his head. Pass your other hand OVER the hand with the finger lock and secure attacker with a rear naked choke hold.
- 3 Attacker has you with a one hand choke hold against the wall preparing to punch you with his other hand. Perform an inside middle block to the inside of his arm. As he falls forward execute an elbow strike with your other arm.

Defense Against Kicks:

- 1 Attacker throws a front kick. Step to the outside and catch his leg with your right arm. Strike to the attacker's face and use a finger under his nose to execute a takedown of the attacker while continuing to hold his foot. Once the attacker is down place your knee on his chest and execute a figure four lock on his ankle.
- 2 Attacker throws roundhouse kick. Catch the attacker's leg with your left arm while striking his face with your right hand. Execute a downward elbow strike with your right arm onto the top of his thigh while, at the same time, striking up on the back of his thigh with your right knee then sidekick attacker's knee.
- 3 The attacker throws a front kick. Step to the outside and catch his leg with your right arm. Use the fingers on your left hand to reach behind his knee then pull his knee inward and twist his leg at the same time to take him down. Once he is down, place your knee on his ribs and do a figure four lock on his ankle.
- 4 The Attacker throws a roundhouse kick and you catch it with your left hand. You reverse your feet then do an armbar on his thigh to take him down. When he is down reverse your left hand to a guillotine lock on his right ankle then step across his body and sit on his butt while leaning back with his trapped foot.

Defense Against One Hand Lapel Grab

- 1 THUMB TWIST-Stun the attacker. Grab his left wrist with your right hand and turn the palm of your left hand against his thumb. Torque his thumb out the down and pull his arm into you as you take him down.
- 2 THUMBS TO ELBOW AND NECK PRESSURE POINTS-Stun to face or leg. Use your same side thumb to trap pressure point below and outside elbow. Push in on elbow while grabbing collar with opposite hand. Dig your opposite thumb into artery at the base of neck. Push down on neck and in on elbow to take attacker to ground.
- 3 STUN TO NECK, TAKE DOWN-Use same side thumb to trap pressure point below and outside elbow. Use your opposite arm in sweeping stun to attacker's neck (like a ridge hand attack, but with arm) Circle arm around attacker's neck and tighten into neck lock. Take to the ground.
- 4 STUN TO NECK-Do not trap attacker's arm. Swing your opposite arm in sweeping ridge arm stun to attacker's neck. Continue turning to trap his hand and take attacker down, press you knee on his neck or head,



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Defense Against Cross Lapel Grabs

1 WRIST LOCK AND ELBOW BAR—Stun to face or leg. Same side hand (your right hand, if attacker has grabbed you with his right hand) traps around attacker's thumb, your thumb against his palm. Rotate inside, lifting your opposite elbow over the attacker's arm. His elbow turns upwards. Trap the other side of his hand with your second hand. Both your thumbs are now up. Either strike down with your elbow on attacker's arm (a break), or trap attacker's arm under your armpit while applying upward pressure on wrist with both hands.

2 OUTSIDE ELBOW STRIKE, THEN WRIST LOCK AND ELBOW BAR—You need attacker's arm to be straight for this technique. Therefore, you punch under attacker's arm or stun to face to make him rear back and straighten it. Same side hand (your right hand, if attacker has grabbed you with his right hand) traps around attacker's thumb, your thumb against his palm. Your opposite hand goes under attacker's arm and does outside to inside strike at or below elbow. Then continue as in previous technique. Rotate inside, lifting your opposite elbow over the attacker's arm. His elbow turns upwards. Trap the other side of his hand with your second hand. Both your thumbs are now up. Either strike down with your elbow on attacker's arm (a break), or trap attacker's arm under your armpit while applying upward pressure on wrist with both hands.

3 DETACH HAND, THEN OUTSIDE WRIST LOCK TAKEDOWN—Stun to face or body with opposite hand. Use the distraction to remove attacker's hand from your lapel with your same side hand. Torque with same side hand and strike or push with opposite hand to increase pressure. Take the attacker back and to outside. Will go to ground on his back.

Defense Against Double Shoulder Grab

1 Right hand punch the Attacker's solar plexus then wrap your left arm around one of attacker's arms. Place your other hand on the kidney area of attacker's back. Sweep the attacker's leg and take him to the ground.

2 Grab one of attacker's arms while striking down with elbow on attacker's other arm. Using the hand you used with the elbow strike reach over and grab behind attacker's elbow of the hand you have trapped. Pull his elbow up, turn and put him in a hammer lock.

Long Gun Disarm # 4

- Get Offline by Rotating to the Inside (*usually the left side*)
- Use same side hand (*usually left hand*) to brush the barrel of the gun then snake your cross hand (*usually right hand*) over barrel and wing lock the barrel of the gun under your armpit.
- Jab his eyes, grab his thumb to remove it from gun then extract the weapon.

Long Gun Disarm # 5

- Get Offline by Rotating to the Inside (*usually the left side*)
- Use same side hand (*usually left hand*) to brush the barrel of the gun.
- Bring your cross hand behind his hand holding the barrel and pull it down, smash gun into V of elbow then press his arm down onto barrel of the gun.

Long Gun Disarm # 6

- Get Offline by Rotating to the Inside (*usually the left side*)
- Use same side hand (*usually left hand*) to brush the barrel of the gun, bring your right arm up and wing lock the gun, Use your right hand to knife hand his wrist hold barrel and use left hand to pull his finger above the trigger to free the weapon.