



Marietta Martial Arts

Hapkido Requirements



ICHF - RED

ONE HAND LAPEL

3. Backward –
4. Overarm wrist elbow lock –
5. Elbow push hair chin takedown –

2 HAND LAPEL

1. Over under armbar –
2. Layered arms backhands to face –

ONE HAND SHOULDER (Front)

4. Ki slap inside dive –
5. Ki slap outside dive –
6. Overarm wrist elbow lock –

ONE HAND MIDDLE SLEEVE

1. Forearm to wrist lock –
2. Wrap around –

2 HAND MIDDLE SLEEVE (F)

1. Layered arms backhands to face –
2. Forearm to wrist lock double trap –
3. Forearm to wrist lock –
4. Cross grab elbow wrap around –

SIDE BODY

1. Elbow break bicep shoulder TD –
2. Forearm to elbow bend backfist –

BACK COLLAR

1. Ki hands back elbow armbar to chest –
2. Head under arm trap hand elbow armbar –
3. Elbow shoulder sweep –