



# Marietta Martial Arts

## Hapkido Requirements



ICHF - 2<sup>nd</sup> Dan

### STRIKES

- 1) Ki slap
- 2) Thumb thrust

### KICKS- (F) & (R) LEG

- 1) Muay Thai kick –
- 2) Savate - "Front hook" –
- 3) Flick kick –

### BREAKAWAYS

- 1) Flair out ridgehand to neck –
- 2) Knee to back of hand –

### SAME SIDE WRIST

- 1) Forward power thumb-lock –
- 2) Guillotine choke tamanagi –
- 3) Ki hand to wrist –
- 4) Lifting elbow lower reverse armbar –

### TWO ON TWO (F)

- 1) Back twist break elbows –

### TWO ON TWO (R)

- 1) Back elbow lower reverse arm-bar –

### SIDE WRIST

- 1) Inverted - Flair out palm to floor –

### TWO ON ONE

- 1) Hand out pp chin twist TD –

### INVERTED CROSS WRIST

- 1) Center lock –

### HANDSHAKE

- 1) Thumb grab knuckles to back of hand –
- 2) Thumb lock to center lock –

### **PUNCH DEFENSE**

- 1) Ki slap palm heel to head –
- 2) Step behind ear slap finger to eyes TD –
- 3) Outside spin elbow to spine kick –
- 4) Armbar across back choke TD –
- 5) Double hook wrap around TD –
- 6) Elbow to bicep figure four TD –

### **GUN DEFENSE**

6 techniques

### **KNIFE DEFENCE**

6 techniques

### **CLUB DEFENSE**

6 techniques

### **GROUND DEFENSE**

6 techniques