



Marietta Martial Arts

Hapkido Requirements



ICHF - YELLOW

BREAKFALLS

1. Sitting Right
2. Sitting Left

PUNCHES

1. Vertical – jab & cross
2. Hammer fist
3. Back fist

KICKS – (F) & (R) LEG

4. Front
5. Side
6. Back

BREAKAWAYS

5. Inward push –
6. Circle pushdown –
7. President release –
8. Upward –
9. Knee trap –

SAME SIDE WRIST

- 3 Inside twist and rip –
- 4 Forward elbow –
- 5 Polar guidance –

CROSS WRIST

1. Hand over wrist arm bar –
2. Elbow break on shoulder TD –
3. Upper arm lock –

SETS

1. Star Block Set One