



Marietta Martial Arts

Hapkido Requirements



ICHF - ORANGE

BREAKFALLS

1. Standing Right
2. Standing Left
3. Sitting Back
4. Sitting Front

PUNCHES

4. Uppercut – low & high
5. Hook – vertical

KICKS – (F) & (R) LEG

4. Roundhouse
5. Inside crescent
6. Outside crescent

BREAKAWAYS

5. Spinning hammer elbow –

6. Downward –

7. Horizontal inward –

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. Finger Set One