



Marietta Martial Arts

Hapkido Requirements



ICHF - BROWN

2 ON 1

4. Counter grab step across & under –
5. Outside counter grab forearm to elbow –
6. Upper armlock –

TWO ON TWO (Front)

3. Hi lo hand sweep –
4. Lower flip –
5. Pick off elbows on shoulder throw –
6. Pick off ki slap mid section –

TWO ON TWO (Rear)

3. Step under inside 'S' –
4. Passing the horizon –

ONE HAND LAPEL

1. Trapped outside lead –
2. Trapped 'S' –

ONE HAND SHOULDER (Front)

1. Ki slap hand ax –
2. Step under hammer lock –
3. Wrap around –

PUNCH DEFENSE

5. Inside elbow to face TD –
6. Scissors to elbow throw –