



# Marietta Martial Arts

## Hapkido Requirements



ICHF - BLUE

### STRIKES

- |                  |                 |                   |
|------------------|-----------------|-------------------|
| 6. Inside elbow  | 8. Upward elbow | 9. Downward elbow |
| 7. Outward elbow |                 | 10. Back elbow    |

### SAME SIDE WRIST

- 16 Thumb up pickoff inside 'S' –

- 17 Over arm wrist elbow lock –

- 18 Thumbs up hammer lock –

- 19 Pickoff elbow to elbow finger lock –

- 20 Elbow flip –

### SIDE WRIST

3. Strike ribs armbar from neck TD –

4. Elbow flip –

5. Flair out finger wrist twist –

### 2 ON 1

1. Run-run pull belt –

2. Outside lead –

3. Hand over wrist –

### TWO ON TWO (Front)

1. Hand against hand elbow to face –

2. Back wrist pushdown palm heel to face –

**TWO ON TWO (Rear)**

1. Center lock –
2. Knee trap drop –

**PUNCH DEFENSE**

3. Throat cut TD – pirie block
4. Knife hand to bicep TD –

**CANE HOOK & PULL**

1. Ankle –
2. Ribs –
3. Groin –
4. Head –
5. Chin –
6. Shoulder –
7. Neck strike to Face –
8. Reverse Neck Forearm to Face –

**CANE: GRAB DEFENSE**

1. Groin Strike, Head Strike –
2. Head or Arm Strike –
3. Groin Strike, Cane Twist TD –
4. Head Strike, Groin Strike –
5. Triple Cane Strikes –

**CANE THRUSTING POKES**

1. Front Offensive, Defensive –
2. Left Offensive, Defensive –
3. Right Offensive, Defensive –
4. Rear Offensive, Defensive –