



Marietta Martial Arts

Hapkido Requirements



ICHF - Deputy Black

CLUB DEFENSE

- 1) 6 techniques

Two-HAND LAPEL

5. Stepping Back Layered Arms –
6. C to Throat Hair TD –

BEAR HUG UA (R)

1. Double Strike Center Lock –
2. Double Strike Polar Guidance –
3. Finger Lock –

HAIR

1. Strike to Elbow Bend TD –
2. Step Behind Wrist Lock –
3. Armpit Strike Armbar –
4. C to Throat Sweep –

FULL NELSON

3. Finger Lock –
4. Head TD –
5. Step Behind TD –

BELT

3. (PU) Under Arm Lapel TD –
4. (PU) Outside Lead TD –

HANDSHAKE

3. Elbow to Elbow Strike Ki Strike –
4. Outside Spin TD –

HEADLOCK

1. Knee Twist Elbow TD –
2. PP Behind Knee Hair TD –
3. Ankle Thigh TD –