



Marietta Martial Arts

Hapkido Requirements



ICHF – Sr RED

WEAPON OF CHOICE

- 1) Short Stick- 6 techniques
- 2) Stick- 6 techniques
- 3) Rope- 6 techniques

KNIFE DEFENCE

- 1) 6 techniques

One-HAND SHOULDER (Front)

7. Vertical Forearm to Forearm –
8. Downward Elbow Strike to Elbow –

Two-HAND LAPEL

3. Belt Spear-hand to Throat TD –
4. Trapped Outside Lead –

Two-HAND SHOULDER (R)

1. Knifehand to Groin Arm Lock –

Two-HAND MIDDLE SLEEVE (Rear)

1. Step Behind Grab Pants Legs TD –

FULL NELSON

1. Prevent Wrist TD –
2. Prevent Finger Twist TD –

BELT

1. (PD) Cross Hand Wrist-lock Elbow Roll –
2. (PD) Middle Nuckle Backfit Ki Hand to forearm –

HANDSHAKE

1. Presidents Release –
2. Straight Arm Lift & Push –