

# **REQUIRED TECHNIQUES** **GREEN TO BLUE BELT**

## **TKD**

**ALL PREVIOUS TECHNIQUES, PLUS:**

### **KICKING**

JUMPING STEP-SIDE KICK  
JUMPING STEP-ROUNDHOUSE KICK  
JUMPING STEP-HOOK KICK  
JUMPING BACK-SIDE KICK  
JUMPING BACK-SWING KICK

### **FORMS**

PALGWE SAH JANG (PALGWE 4)

## **HAPKIDO**

### **HANDSHAKES**

1. FROM THE *CANE LOCK*
  - a. KEY-LOCK (ARM BAR)
  - b. TRICEP-LOCK (ARM BAR)
2. FROM THE *FAN LOCK*
  - a. BEHIND-THE-BACK PASS
  - b. TRIANGLE ELBOW LOCK
  - c. REVERSE FAN-LOCK & TWIST (OPEN THE JAR)

### **THROWS**

1. HANDSHAKE TAKE-DOWNS
  - a. REVERSE OUTSIDE-SHORT KEY-LOCK THROW
  - b. KEY-LOCK HIP THROW
  - c. REVERSE OUTSIDE-SHORT TRICEP-LOCK THROW
  - d. TRICEP-LOCK HIP THROW
  - e. OUTSIDE-SHORT TRIANGLE ELBOW LOCK THROW
  - f. TRIANGLE ELBOW LOCK HIP THROW
  - g. ELBOW-PIN LOCK/TAKEDOWN
2. SHOULDER TO LEG TAKEDOWN
3. SHOULDER TO HIP TAKEDOWN
4. 3<sup>RD</sup> POINT ARMBAR THROW

### **KNIFE DEFENSE**

1. MOVE
2. BLOCK
3. STRIKE
4. JOINT-LOCK TAKEDOWN/SUBMISSION

*(Note: A knife is an EDGED weapon. Do not get overconfident training with a practice knife. To help with your training, consider ANY touch of blade to body a failed technique.)*

### **CHOKES**

1. STANDING *GUILLOTINE* (HANGMAN'S) CHOKE
2. DOUBLE-BLADE CHOKE
3. CROSSED-COLLAR CHOKE

### **CHOKE DEFENSE**

1. DEFENSE FROM THE BACK CHOKE
  - a. BACK PIVOT ESCAPE
  - b. BACK PIVOT ESCAPE AND LOCK(S)
2. DEFENSE FROM THE SIDE CHOKE
  - a. OUTSIDE FORWARD ESCAPE & THROW
  - b. OUTSIDE BACKWARD ESCAPE & THROW
  - c. INSIDE STRIKE/LOCK/THROW
3. DEFENSE FROM THE *GUILLOTINE* (FRONT & BACK)
  - a. CHIN DROP/GUARD
  - b. HEAD TURN/JAW GUARD

### **COMBINED HAPKIDO & TKD TECHNIQUES**

1. ONE STEP-SPARRING
  2. FREE-SPARRING (TOURNEMANT RULES)
  3. FREE-SPARRING—FREE STYLE- CHOKE FINISH
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