

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

The following pages contain the minimum curriculum for your Belt Promotion. There will be additional non-belt specific curriculum which all belts will learn and test on in addition to their minimum curriculum.

Hapkido techniques can injure, maim or kill so remember Hapkido should never be misused. You should only use Hapkido if there absolutely is no other means of escape.

WHITE BELT CURRICULUM

FOR PROMOTION TO YELLOW BELT

FIRST STRIPE TEST

Kicks

- 1-Front Kick
- 2-Round Kick
- 3-Shin Kick

Strikes

- 1-Jab
- 2-Cross
- 3-Hook
- 4-Uppercut

Stances

- 1-Fighting Stance
- 2-Horse Riding Stance
- 3-Cat Stance

Movement

- 1-Left, Right, Front, Back
- 2-Shadow Boxing
- 3-Circle Step
- 4-Triangle Step

Combination Kicks & Strikes

- 1-Various combinations

Break Falls

- 1-Backward
- 2-Side

Terminology

- 1. Attention (Cha-Ryut)
- 2. Bow (Kyung-Lyeh)
- 3. Ready Stance (Joon-Bee)
- 4. Yelling (Ki-Hap)

- One: (Han-na)

- Two: (Dool)

- Three: (Seht)

- Four: (Net)

- Five: (Dah-sot)

- Six: (Yuh-sot)

- Seven: (Ill-gop)

- Eight: (Yuh-dulp)

- Nine: (Ah-hop)

- Ten: (Yuhl)

Breakaways

- 1- **Turning escape** – Push into attacker with your elbow and pivot away to the inside on the back foot.
- 2- **Wrist Circle escape** – Circle your open hand under his hand then push attacker's arm across his body then uppercut punch to attacker's bladder followed by hook punch to attacker's kidney..
- 3- **Knifehand Assisted** – Step forward with your opposite foot while putting your free hand up to protect your face. Knifehand strike radial nerve and simultaneously pull your hand away.
- 4- **Hammerfist Assisted** – Strike the back of the attacker's hand and simultaneously pull hand away.

SECOND STRIPE TEST

Trapping Drill

- 1-Punch/Trap/Punch

Cross Wrist Grab Defense or Inside Wrist Grab Defense

- 1-Escape From Friend: Step to outside of attacker's grabbing hand while lifting his arm and stepping under while turning 180 degrees then pull hand away and walk away.
- 2-**Wrist Lock** (Circle Step Version and Triangle Step Version)
- 3-**Forearm On Elbow Press**
- 4-**Armpit Over Elbow Arm Bar**
- 5-**S Lock**: Trap attacker's hand with your same side hand, counter grab and apply torque downward.
- 6-**Turning Break**-Attack pressure point at elbow, while keeping his hand in front of you step under and across bringing the attacker's arm over your head and either escort or take attacker down diagonally.

BELT PROMOTION TEST

Same Side Wrist Grab Defense or Outside Wrist Grab Defense

- 1-Escape From Friend: Step to outside of attacker's grabbing hand while lifting his arm and stepping under while turning 180 degrees then pull hand away and walk away
- 2-**Wrist Lock** (Circle Step Version and Triangle Step Version)
- 3-**Forearm On Elbow Press**
- 4- **Armpit Over Elbow Lock or Arm Bar**: Trap attacker's hand with your free hand, bring your arm over his putting pressure on attacker's elbow with your elbow to execute an armbar while also executing a wrist lock.
- 5-**S Lock**
- 6-**Turning Break**

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

YELLOW BELT Curriculum For Promotion to Orange Belt

FIRST STRIPE TEST

Kicks

- 4-Inside Crescent
- 5-Outside Crescent
- 6-Side Kick

Strikes

- 5-Back Fist
- 6-Eye Jab
- 7-Knife Hand

Break Falls

- 3-Forward
- 4-Forward Roll

Combination Kicks & Strikes

- 1-Various combinations

Breakaways

- 5- Assisted w/ Knifehand strike to radial nerve and spinning elbow strike to solar plexus.
- 6- Step and strike with upper, middle and lower elbow techniques to the head and mid-section.

Cross Wrist Grab Defense or Inside Wrist Grab Defense

- 7-**Elbow Lock**: Inside Counter Grab, strike to attacker's face, wrap your arm over and around his arm applying pressure to the tricep tendon w/ radial bone of your arm. Escort or take down.
- 8-**Elbow Break on Shoulder**: Inside counter grab, bring the palm of your other hand behind his elbow and press up, step across and break his elbow on your shoulder then take him down with a outside wrist lock.
- 9-**Arm Sword**: Grab attacker's wrist with your free hand then breakaway against his thumb, step into sideways horse stance the using same hand knife hand strike to his neck (Brachial Strike)
- 10-**Crossing Talon**:: Outside counter grab put attacker's arm in a Forearm On Elbow Press, then step in and elbow stike the head followed by a palm heel strike to face then rake your fingers across face. Raise up and Hammerfist Attacker's kidney then elbow strike down on backbone finally place hand on his head and knee strike his face.

SECOND STRIPE TEST

Trapping Drills

- 2-High/Low

5 Step Warm Up Drill

- 1-Jab Jab, Cross
2. (Duck) Hook Cross
3. Upward Knee, Upward Knee

5 Step Warm Up Drill

4. Elbow, Elbow
5. Round Kick, Round Kick

Same Side Wrist Grab Defense or Outside Wrist Grab Defense

- 7-**Forward Wrist Lock**
- 8-**Gooseneck Lock**: Outside Counter Grab, strike to the center of the attacker's arm with tiger mouth strike using cross hand, spin to the outside as you pull attacker's elbow into your arm pit area and bend the attacker's wrist into a gooseneck lock.
- 9-**Front Forearm On Elbow Press**
- 10-**Hammerlock 1**: Strike to face with cross hand, reach around behind elbow, lift elbow while also lifting with same side hand, rotate your body to the outside while shooting your same side arm up and into an hammer lock.
- 11-**Arm Sword Takedown**: Outside counter grab and push his arm to the outside as you step in and strike his neck with your forearm the cup his head with your hand and strike his midsection with your knee then step back 180 degrees as you push his head down and his arm up to take him down.

BELT PROMOTION TEST

Defense Against Punches

- 1 Straight Punch- slide to outside, block with outside hand and counter with backfist.
- 2 Straight Punch- slide to inside, block with outside hand and counter with backfist
- 3 Straight Punch- slide to outside, block with inside hand and counter with Palm Heel strike.
- 4 Straight Punch- slide to inside, block with inside hand and counter with Palm Heel strike.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

ORANGE BELT CURRICULUM FOR PROMOTION TO PURPLE BELT

FIRST STRIPE TEST

Kicks

- 7-Axe (Inside)
- 8-Axe (Outside)
- 9-Pushing Kick

Strikes

- 8-Hammer Fist
- 9-Cup Hand Slap
- 10-Elbow

Break Falls

- 4-Backward Roll

Breakaways

- 7- Push in with elbow towards attacker's face and strike to face area.
- 8- Point fingers upward, strike with elbow to solar plexus, up to chin and down to sternum or collar bone.
- 9- Slide to the outside of attacker pushing elbow forward causing breakaway, spin around behind attacker doing an elbow strike to kidney area, then back of head.

Cross Wrist Grab Defense or Inside Wrist Grab Defense

- 11-**Trachea Choke:** Inside Counter Grab, pull attacker forward as you step around to the outside and grab around the back of the neck to the trachea.
- 12-**Police Lock:** Step to the outside of his grabbing hand, grab his hand and raise his arm and push it back while you step under and behind attacker placing his arm in a hammer lock. Torque his wrist and press the pressure point above his elbow.
- 13-**Shoulder Throw:** Grab attacker's wrist with your free hand then get in a horse riding stance as step and turn your body 180 degrees placing your shoulder under his armpit then throw by pulling his arm and standing up..

SECOND STRIPE TEST

Same Side Wrist Grab Defense or Outside Wrist Grab Defense

- 12- Rotate arm with forward wrist lock, strike to the face, and then reach around head trapping under chin. Keep arm bar against your body.
- 13- Push attacker's arm away with same side v-hand, strike tricep with cross hand, bend attacker's arm upward with same side hand, slide your cross arm forward and lock the attacker's arm backwards. Do an escort or take down.
- 14- **Hammer Lock 2:** Pull attacker's arm across your body, reach under with your cross hand and grab attacker's wrist, break away and elbow strike to the attacker's head, knife hand strike the attackers arm and rotate attacker's arm into a hammer lock.
- 15-**Shoulder Throw:** Grab attacker's wrist with your free hand and lift his arm, using a horse stance step toward his raised hand and slide your shoulder under his armpit the throw.

BELT PROMOTION TEST

Trapping Drill

- 3-Brush/Trap/Strike

Defense Against Punches

- 5 Straight Punch- slide to outside, block with inside hand and counter with Ridge Hand
- 6 Straight Punch- slide to inside, block with inside hand and counter with Ridge Hand.
- 7- Outside trap of attacker's punching arm into an armbar.
- 8- Outside trap of attacker's arm, cross hand goes around attacker's neck for a tracheal pressure point technique while maintaining the armbar against your body.
- 9- Outside deflection, redirect and execute an outside wrist lock and take down.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

PURPLE BELT CURRICULUM **FOR PROMOTION TO GREEN BELT**

FIRST STRIPE TEST

Kicks

- 10-Inside Hook
- 11-Hook Kick
- 12-Back Kick

Strikes

- 11-Head Butt
- 12-Arm Sword
- 13-Ridge Hand

Breakaways (2 hands grabbing 1 wrist)

- 1- Step to the outside, push elbow downward, reach with other hand, grab palm to the back of your hand, pull upward and strike to the attacker's face.
- 2- Step to the inside, push elbow downward, reach with other hand, grab other hand palm to palm, and pull upward striking solar plexus with elbow and sliding up to the chin.
- 3- Step to the outside, push elbow upward, reach w/ other hand, grab palm to the back of your hand, pull outward, and follow up with long range hand technique or kick.

Defense Against Punches

- 10- Hook Punch Defense- inside deflection and strike to the biceps to redirect and take attacker down.
- 11- Hook Punch Defense-**Five Swords**

SECOND STRIPE TEST

Defense Against Punches

- 12-Hook Punch Defense-**shoulder throw**
- 13-**Sleeping Giant:** Big Hook Punch Defense: Step out at 45 degree angle, duck under and uppercut low, step behind, grab shoulders drive attacker's head into wall. With right hand still holding shoulder, lean on left foot then side kick behind his knee with your right foot. Now pull his shoulder toward you and strike his head with your left elbow. Grab chin on the right with your left hand thumb down and pull as you step back with your left foot then hook punch with your right hand.

Side Wrist Grabs

- 1- Bring your hand into your body and trap attacker's hand with your cross hand, step slightly forward and place your elbow on top of attackers wrist pressing downward to take attacker down.
- 2- Bring your hand into your body slightly higher up than on previous technique and trap attacker's hand (reach under) with your cross hand, step slightly forward and place your elbow on top of the attacker's elbow, executing an armbar take down.
- 3- Trap Attacker's hand with your free hand, break away and elbow to body, reach up and grab attacker around the neck, pull head toward you to maintain control of the body, step back and pull down and forward to take attacker down.
- 4- Trap attacker's hand with your free hand, wrap your other hand under his arm to trap it next to your body, step forward and twist to dislocate or take attacker down.

BELT PROMOTION TEST

Trapping Drill

- 4-**Pass Over/Trap/Strike**

Side Wrist Grabs

- 5- Bring your hand up and rotate your palm away from you, grab attacker's wrist with your free hand, break away and grab attacker's wrist with that hand and take down

Two Hands Grabbing Two Wrist (Front)

- 1- **Vertical Hand Smash**-Step in and shoot hand across to smash attacker's hands together.
- 2- **Horizontal Hand Smash**-Inside counter grab, circle hands and smash the back of the attacker's hands/wrist together.
- 3- **Leg Sweep:** Keep one hand low, raise the other hand as high as possible, step out and then behind attacker with the other leg while shooting your high hand behind his head.

Two Hands Grabbing Two Wrist (Behind)

- 1-**Center Lock:** Step out and back then execute a center lock.
- 2- Step out and behind attacker, trap leg by placing your knee behind attacker's knee, using your arm against his face push attacker backwards to take him down.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

GREEN BELT CURRICULUM FOR PROMOTION TO BLUE BELT

FIRST STRIPE TEST

Kicks

- 13-Sweeping Kick
- 14-Twisting Heel
- 15-Knee Kick

Strikes

- 14-Tiger Mouth
- 15-Spear Hand

Two Hands Grabbing Two Wrists (Front)

- 4- **Cross Arm Shoulder Throw**: Double outside counter grab, step across and under to cross his arms to flip attacker.
- 5- **Double Arm Shoulder** Throw: Push hands out, grab cross wrist and break away, immediately lock elbows over your shoulder and then throw.
- 6- **Armpit on Elbow Lock or Armbar**: Quickly bring your hands together like you are clapping them together only you miss, catch one of attacker's wrists (grab), follow up with a ki strike to the body then Armpit on Elbow Lock or Armbar.

Two Hands Grabbing Two Wrists (Behind)

- 3- Step out and back, then execute horizontal center lock.
- 4-**Forearm On Elbow Press**: Step forward with one foot, elbow strike with opposite hand, spin to the outside to counter grab, then execute an Forearm On Elbow Press, kick if needed.

SECOND STRIPE TEST

Trapping Drill

- 4-**Pass Over/Trap/Strike**

Two Hands Grabbing One Wrist

- 1- **Outside wrist lock.**
- 2- **Cross wrist S-Lock.**

One Hand Shoulder Grab (Front)

- 1- Trap hand at shoulder with your cross hand, bring your other hand under attacker's wrist, V-hand up, rotate your bottom hand so you push down on attacker's wrist while the other hand maintains the trap on your shoulder.
- 2- Trap with same side hand at the wrist, grab pressure point at the elbow, lift up on attacker's elbow, step under his arm behind attacker placing in a lock.
- 3- **Wrap Around**: Distract with your same side hand to the face, wrap over arm (from the inside) and then under attacker's arm at the elbow. Make sure that it is at the elbow. His arm should be bent.

BELT PROMOTION TEST

One Hand Lapel Grab Defense or One Hand Chest Grab Defense

- 1-Escape From Friend: grab your dobok with both hands below your friend's hand, turn toward your friend's hand then step under and turn 180 degrees then escape and walk away.
- 2- **Wrist Lock**: Same side hand traps attacker's hand as you distract to the face with the cross hand, bring cross hand back and grab the wrist, bend forward slightly and then take attacker down.
- 3-Lapel Pull Defense 1: Trap grabbing hand with your same side hand with the thumb under this thumb and palm over his hand, grab his wrist with your other hand as you point your near side foot to the outside and your opposite side foot does a Triangle step across body then turn hips and twist body to take down.
- 4-Lapel Pull Defense 2: As attacker pulls you close, grab his opposite shoulder with your hand so your forearm is under this throat then triangle step to the outside and take down.
- 5-Lapel Pull Defense 3: Wrap one arm behind attacker's back, press his chin back as far as you can then let go elbow strike the sternum.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

BLUE BELT CURRICULUM FOR PROMOTION TO BROWN BELT

FIRST STRIPE TEST

Kicks

- 13-Spin Hook
- 14-Low Spinning Roundhouse
- 15-Low Spinning Hook

Back Collar Grab From Front Defense

- 1- **Bridge Armbar**: Strike to the face for distraction then start to roll attackers arm from the outside, take your other arm to assist (scissors like) attacker's head will hit your knee.
- 2- **Forearm On Elbow Press**: Push attacker's chest the as you duck under his arm, execute a Forearm On Elbow Press with chin and arm.
- 3- Trap his hand by pressing your head and shoulder on his hand then do a middle block strike to the elbow.

Two Hand Lapel Grab Defense or Two Hand Chest Grab Defense

- 1- Snake over and under, trap wrist as you insert arm, execute an armpit over elbow armbar.
- 2-Trap both of attacker's hands to your chest by placing both of your arms over his wrist, slap attacker's face with both hands as you trap, step back to apply pressure down, shoot hands out to attacker's face.

SECOND STRIPE TEST

One Hand Low Sleeve Grab Defense

- 1-Low Sleeve Grab-Knife Hand
- 2-Low Sleeve Grab-S Lock

One Hand Middle Sleeve Grab Defense

- 1- **S-Lock**: Insert thumb at attacker's thumb joint (near wrist) trap it and wrap forearm over and towards you.
- 2- **Wrap around**, lift up on elbow; (Upward armbar).
- 3- **Hammer Lock**

BELT PROMOTION TEST

One Hand Front Shoulder Grab Defense

- 4- Trap hand at shoulder with your cross hand, Ki slap to attacker's body, wrap arm over attacker's arm and shoot your hand down towards the knee.
- 5- Trap hand at shoulder with your cross hand, Ki slap to attacker's body, wrap arm over attacker's arm and then go into attacker and strike the throat.
- 6- Trap hand at shoulder with both of your hands, rotate outside elbow over attacker's arm so you have a wrist lock and an elbow lock (armbar).

One Hand Lapel Grab Defense or One Hand Chest Grab Defense

- 4- **S-Lock**, strike to face for distraction.
- 5- **Armpit on Elbow Lock or Armbar**: Trap hand with both of your hands; rotate outside elbow over attacker's arm so you have a wristlock and an elbow lock (armbar).
- 6- Strike elbow to the inside with your outside hand, take a step to the outside snake other hand under and through attacker's chin, twist head to take down.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

BROWN BELT CURRICULUM **FOR PROMOTION TO HIGH BROWN BELT**

FIRST STRIPE TEST

Back Collar Grab From Rear Defense

- 1-Bridge Armbar
- 2-Sword & Hammer
- 3-Obscure Wing

Two Hand Lapel Grab Defense or Two Hand Chest Grab Defense

- 3- Grab Attacker's belt with either of your hands, push attacker's suprasternal notch with spear hand, finish with kick to groin or just escape.
- 4- Trap attacker's hand with same side hand, vertical punch to stomach with other hand, go right over to trapped hand, grab wrist and bend slightly maintaining trapped hand, execute outside wrist lock takedown.

Two Hands Grabbing Two Sleeves From Rear Defense

- 1- Faint in one direction, step behind trapping leg while keeping shoulder close to attacker, reach down and grab both pants legs and pull up violently.

Two Hand Rear Shoulder Grab Defense

- 1-Wrist Lock
- 2-Bridge Armbar

SECOND STRIPE TEST

Belt Grabs (Palm Down) Defense

- 1- With cross hand reach under and lock his hand, distract to the face and take a half step behind then armbar and take down, hold attacker in figure four lock.
- 2- Kick for distraction then strike the bone structure of the back of the hand, then backfist to the face, then radial bone to forearm to take down.
- 3- **Shoulder Throw:** Trap attacker's hand with both of your hands, turn slightly toward his arm, drop down into a horse riding stance and step bring your shoulder under his armpit then throw.

Inverted Lapel Grab

- 1-Forearm On Elbow Press
- 2-**Center Lock:** Trap attacker's hand on chest with both hands, thumbs up, turn slightly toward his arm then step under his arm and turn 180 degrees.
- 3-Trap attacker's hand on chest with opposite side hand, place same side palm of your hand on his elbow and press his elbow up, step across with horse stance putting his arm over your shoulder then raise your hips and throw.

BELT PROMOTION TEST

Full Nelson Defense

- 1- When you perceive movement drop down into a horse riding stance and lock attacker's arms against you, grab wrist with cross hand then grab forearm with your other hand, pull into your center and roll attacker over with your hip and take him down.
- 2- Same side wrist grab, then finger grab with opposite hand and push towards you not to the outside, release other arm and take down.

Back of Elbow Defense

- 1-Forearm On Elbow Press
- 2-Step Behind Trap Leg/Elbow Strike

Hostile Handshake Defense

- 1- Strike to radial nerve with middle knuckle of your free hand, follow up with palm heel strike to face if needed.
- 2- Rotate attacker's hand up, strike elbow upward or just push up in class, then finger lock and eject attacker away from you.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

SENIOR BROWN BELT FOR PROMOTION TO RED BELT

FIRST STRIPE TEST

Trapping Drill

- 6-Pax Sow Drill

Seated Position Defense

- 1-Bridge Arm Bar
- 2-Ankle Lock
- 3-Armpit on Elbow Arm Bar
- 4-Fireman's Throw
- 5-Overhead Throw

SECOND STRIPE TEST

Back of Wrists

- 3-Center Lock
- 4-Wrist Lock

Two Hand Lapel Grabs

- 5- Trap both of attacker's hands, striking face as you reach over to trap hand then reinforce with the other hand and strike face again, step back pull down then push attacker away with hands to face.
- 6- Distract with facial strike or low kick, reach through or over attacker's arm with a tiger mouth strike to attacker's throat, reach with other hand to back of attacker's head grabbing hair, take down and lock up on the ground

Belt Grab (Palm Up) Defense

- 1- Strike to attacker's face while trapping his wrist with cross hand, reach under arm and execute upward elbow strike, then reach up with the same hand to grab lapel then throw forward.
- 2- Strike to attacker's face while trapping his wrist with cross hand thumb up and twisting up, grab his wrist with your other hand then turn your left foot to outside, then step across with your right foot as you twist your body to take attacker down.
- 3-**Thumb Lock**: push his thumb back and down with your thumb.

THIRD STRIPE TEST

Hostile Handshake Defense

- 3- Sandwich attacker's hand, step in and elbow strike with your forearm / elbow.
- 4- Grab pressure point at the attacker's elbow, step under and take down.

Full Nelson Defense

- 3- Drop into a horse riding stance, reach back with one hand and grab a finger, apply finger lock, allow trapped arm to get free, walk around to the outside and take down or escort.
- 4- Reach arms high into air, drop both arms down hard onto attacker's arms, reach back and slap head with both hands, grab head and roll attacker forward.
- 5- Place both hands together on your forehead, drop down and step into a horse riding stance, step behind attacker's leg with one leg, then use your elbow to strike and knock attacker down over your leg.

BELT PROMOTION TEST

Head Lock Defense

- 1-Trap attackers outside arm then place your hand on his outside knee. Step in between his legs then sit down taking him down. Half mount if he still have you in a headlock and place the knife edge of one arm on his neck and use your other hand to press down. You can also put him in an armbar.
- 2- Push attacker's knee forward with your thumb, grab hair or attacker's collar, while pushing knee forward pull attacker's body backwards to take down.
- 3- Trap attacker's outside arm the place your hand on his hand as you step in close to his leg. Then you step back with your outside leg 180 degrees and stand up. Duck you had and bring his arm behind him.
- 4- Groin strike between attacker's legs, trap hand, put into rear arm lock.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

RED BELT CURRICULUM **FOR PROMOTION TO SENIOR RED BELT**

FIRST STRIPE TEST

Hostile Handshakes

- 5- **Thumb Lock**
- 6- Sandwich hand, step around and take down.

Headlock Against Wall

- 1-**Leg Pull Takedown**
- 2-Hook Leg/Arm Lock/Strike

Front Bear Hugs Under Arms Defense (Ultimate Stupid Grab)

- 1-Trap Arm Step To Side in a horse stance then step across with the same side foot as the hand that traps his arm then lift and hip throw
- 2-**Kidney Strike** with hammer fist or middle knuckles of both hands.

SECOND STRIPE TEST

Front Bear Hugs Under Arms Defense (Ultimate Stupid Grab)

- 3-Hug with arm behind his back, palm to chin to press his head backward and lower body forward then knee strike to groin
- 4-Hug with arm behind his back and pull up as you place your hand on his shoulder with your thumb on his collar bone and press down.

Hair Grab Defense

- 1- Trap attacker's hands on head, keep elbows close and kick for distraction, release one hand to strike to elbow joint, take down and remove hand from hair.
- 2-Trap attacker's hand on head, keep elbows close and kick for distraction, lower your center of gravity and push up while stepping under, execute center lock or step outside for forward wrist lock.
- 3- Trap with opposite hand, strike to short ribs or under arm, roll arm over and execute an armbar to take down.
- 4- Trap with same side hand, strike to elbow joint to bring attacker in close to you, tiger mouth strike to attacker's throat, step out then sweep to take down.

THIRD STRIPE TEST

Front Bear Hugs Over Arms Defense

- 1-Horse bite love handles, step to side then sweep
- 2-Palms to groin to get him to step back trap one arm and place your other arm around his body, then pivot on your front foot and step across his body with the same side foot as your trapping arm then lift and hip throw.

Side Body Grabs

- 1- Trap hand by bringing your inside elbow under arm then side kick attacker's thigh.
- 2- Trap hand as you strike to face, then knife hand twist at forearm to take attacker down, then strike face to get attacker off.
- 3- Trap hand by bringing your same side hand in to grab with ki fingers on his wrist then press up and out.

Defense Against Kicks

- 1- Attacker front kicks and you catch the kicking leg from inside center line by trapping the leg in your elbow notch. Grab garment sweep attacker's leg and take down.

BELT PROMOTION TEST

Defense Against Kicks

- 2- Attacker front kicks or sidekicks, you catch the kicking leg, outside center line, same as above except you sweep leg from the front.
- 3- Attacker does either of the previous kicks. Step to the side and execute a kick to the attacker's support leg.
- 4-Attacker does either of the previous kicks. Trap attacker's leg from the outside, strike face and lift leg straight up, taking attacker to the ground.
- 5-Front Kick Defense-Brush attacker's leg to the outside to turn attacker around so his back is to you. Kick his groin from the rear then sidekick the back of his nearest knee and finish with a straight punch.
- 6-Front Kick Defense-Brush attacker's leg to spread out his legs then kick him in the groin. As attacker bends over from the kick hit him with a Palm Heel strike to the chin.

Clemmons Family Martial Arts Hapkido Self-Defense Curriculum

SENIOR RED BELT **FOR PROMOTION TO BLACK BELT**

FIRST STRIPE TEST

2 Hand Front Choke Defense

- 1-Duck & Roll/Forearm On Elbow Press
- 2-Step Back/Arm Sword
- 3-Belt Grab/Spear Hand
- 4-Groin Kick/Double Thumb Grab
- 5-Thumbs to Eyes Gouge

Two Hand Choke Against Wall Defense

- 1-Dropping the Ram-Wrap arms to the inside of his shoulders then grab his shoulders, drop down on right knee and pull him forward to hit his forehead on back wall. Grab his ankle with your left hand and elbow strike the inside of his knee with your right elbow to take him down. Take an adjustment step then stomp groin.

SECOND STRIPE TEST

Rear Naked Choke Defense

- 1-Overhead throw
- 2-Hammer Lock
- 3-Shoulder Takedown

Guillotine Choke Defense

- 1-Groin Strike, Takedown
- 2-Backward Roll
- 3-Guillotine Counter Grab then Roll

THIRD STRIPE TEST

1 Hand Push Defense

- 1-Vertical Finger Lock
- 2-Horizontal Finger Lock

Rear Bear Hugs Under Arms Defense

- 1- Elbow to head, strike both hands at index finger knuckle for release, grab one hand and step under into center lock.
- 2- Elbow to head, strike both hands at index finger knuckle for release, grab one hand and step around feeding the hand into your other hand, then execute a forward wrist lock, front kick if needed.
- 3- Attacker has fingers interlocked. Trap attacker's arms, grab finger and lock to body, release one arm and step out and around into a full choke.

FOURTH STRIPE TEST

Rear Bear Hugs Over Arms Defense

- 1- High grab. Drop into horse riding stance, cross hands in front of you, explode arms upward, elbow strike and hammer fist to attacker's groin, back fist to attacker's face, step forward and back kick.
- 2- Police Lock- Lean back and squat into Dan Jung breathing stance and raise your arms, grab one hand then duck under and put attacker in Police Lock.
- 3-Shoulder Throw- Lean back and squat into Dan Jung breathing stance and raise your arms, grab one hand and bring it over your head so both of his arms are on the same side then shoulder throw.
- 3-Low grab. Drop into a horse riding stance, put pressure onto one of attacker's arms with your elbow, free other hand and elbow strike to attacker's head. Trap attacker's hand with same side hand you did elbow strike with and free other hand, reach around head and lock attacker's neck then throw over, follow up with lock up on ground
- 4- Middle grab. Head butt, drop down and reach for attacker's ankle, pull leg up and when attacker falls kick to the groin.