

KICKS	TECHNIQUES	TECHNIQUES	TECHNIQUES
<p>Double Kicks: Medium Turning - Low Turning Low Turning - Outer Sweep Big Toe - Jumping Medium Turning Jumping Spinning Outside Crescent - Low Turning Jumping Lead Front - Low Turning Rolling, Low Turning Jumping Double Front Rising Block, Low Turning</p> <p>Triple Kicks: Medium Turning - Low Turning - Outer Foot Sweep Inside Crescent - Jumping Spinning Outside Crescent - Low Turning</p> <p>STRIKES All Strikes With Attacking/ Grabbing Motion</p>	<p>5 PUNCH DEFENSES</p> <ol style="list-style-type: none"> 1. Scissors Break To Elbow 2. Arm Manipulation (your arm under): Thumb Hooks, Shoulder Dislocation 3. Arm Manipulation (your arm over): A) Cull Forward Takedown B) Opening Door 4. Right Outside Forearm Deflection, Soo Do To Kidney 5. Left Outside Fan Parry, Spin Under, Reverse Elbow To Solar Plexus <p>3 CROSS WRIST TECHNIQUES</p> <ol style="list-style-type: none"> 1. Extend Arm, Spin Under, Extend Wrist Takedown (magic "L") 2. Hold Opponent's Hand, Curl Your Hand Over, Press Down (magic "L" or platform) 3. Twist Over Opponent's Hand, Press With Soo Do, Basic Wrist Lock Takedown 	<p>13 FRONTAL BODY GRAB DEFENSES</p> <ol style="list-style-type: none"> 1. Sleeve: Raise Opponent's Arm, Hapkido Knife, Spear Punch Up 2. Sleeve: Finger Spear To Armpit, Kal 3. Elbow: Hold Hand, Forearm Trap, Bow And Turn For Wrist Lock 4. Elbow: Forearm Trap And Pressure Point, Spin Under/Behind, Lock Arm (reverse bent shoulder dislocation) 5. Shoulder: Hold Hand, Snake Arm Down, Bow And Turn 6. Straight Arm Variation 7. Shoulder: Hold Hand, Pivot Under, Bent Wrist lock, Throw (release wrist) 8. Side Collar: Palm To Chin And Lever Spine 9. Side Collar: Inside Forearm Smash To Elbow, Clamp Hand With Head, Takedown 10. Back Collar: Spear Punch, Duck Under, Kal 11. Back Collar: Spear Punch, Duck Under, Forehead Takedown 12. Hair: Hold Hand, Bring Elbow Over, Lateral Wrist Lock (step in) 13. Hair: Hapkido Knife To Biceps, Spear Punch To Ribs 	<p>7 SINGLE WRISTS</p> <ol style="list-style-type: none"> 1. Escape Down, Pivot Under, Arm Over Shoulder, Arm Lock, Throw 2. Escape And Corkscrew Wrist Into Torso 3. Side Shoulder Arm Break 4. Off Balancing With Rowing Motion, Catch At Ankle 5. Off Balancing, Soo Do Behind Knee 6. Escape and Fireman's Throw 7. Escape, Arm To Face, Throw (large circle) <p>4 TANBONG TECHNIQUES</p> <ol style="list-style-type: none"> 1. Vs Punch: Left Outside Fan Parry, Strike To Head 2. Vs Punch: Right Outside Deflection, Strike To Knee 3. Vs Punch: Outside Deflection, Snake Over, Lever Arm For Takedown 4. Vs Side Kick: 2 Handed Block Down