

KICKS	STRIKES	TECHNIQUES	DEFENSIVE	SPECIAL
<p><b>Single Kicks:</b>                      Inside                      Outside                      Pushing                      45*                      Blocking</p> <p><b>Double Kicks:</b>                      Medium Side - High Side                      Right Side - Left side                      Side - Side (with step)                      Side - Jump Side</p> <p><b>Jumping Kicks:</b>                      Jumping Roundhouse                      Jumping Over Belt, Side</p> <p>Hapkido Jumps - 200</p>	<p>Hapkido Knife</p> <p>Hapkido Knife Forearm</p> <p>Combo Elbows</p> <p>Spinning Elbows</p>	<p><b>16 GRAB DEFENSES</b></p> <ol style="list-style-type: none"> <li>1. Wrist: Pull Neck With Pressure Point, Side Knee</li> <li>2. Wrist: Step in, Under Shoulder Arm Lock</li> <li>3. Wrist: Box Step, Reverse Hip Throw, With Pressure point</li> <li>4. Wrist: Punch To Solar Plexus, Step Under, Cull</li> <li>5. Sleeve: Pull, Elbow bash</li> <li>6. Sleeve: 360* Wrist Break, With Pressure Point</li> <li>7. Elbow: Snake And Raise (forward bent shoulder dislocation)</li> <li>8. Shoulder: Hold Your Own Wrist, Lateral Wrist Lock (3 variations)</li> <li>9. Inverted Lapel (from sitting): Corkscrew And Wrist Lock</li> <li>10. Double Lapel: Split Arms, Sweep Kick</li> <li>11. Double Lapel: Step In, Under Shoulder Arm Lock (play guitar)</li> <li>12. Double Lapel: Pressure Points To Wrists With Thumbs, Box Step Throw</li> <li>13. Attempted Two Hand Grab (over arms): Fingers To Eyes, Push</li> <li>14. Attempted Two Hand Grab (under arms): Neck Pull With Pressure Point, Takedown, Soo Do</li> <li>15. Grapple: Hip Check, Shoulder Throw</li> <li>16. Double Shoulder: Snare Arm, Box Step, Cross-armed Throw (release arms on throw)</li> </ol>	<p>Outside Hooking Parry</p> <p>Inside Hooking Parry</p> <p>Downward Hooking Parry</p> <p>Two Hand Hooking Parry</p> <p>Low Hooking Parry</p> <p>Outside Grabbing Parry</p> <p>Inside Grabbing Parry</p> <p>Downward Grabbing parry</p> <p>Two hand Grabbing parry</p> <p><b>6 GRAPPLE TECHNIQUES</b></p> <ol style="list-style-type: none"> <li>1. Side Kick, Inner Reap Throw</li> <li>2. Opposite 7, Outer Reap Throw</li> <li>3. Attempted Inner Reap, Shin Lever Takedown</li> <li>4. Figure 4 Arm Lock, Sweep (stepping in)</li> <li>5. Punch Across, Trap Both Arms, Neck Drag Takedown</li> <li>6. Chopping Kick To Knee, Takedown</li> </ol>	<p><b>6 ESCAPES FROM GUARD</b></p> <ol style="list-style-type: none"> <li>1. Grab Belt, Elbow Pressure To Thighs, Knee On Thigh, Enter Into Sidemount</li> <li>2. From Sidemount Position:                             <ol style="list-style-type: none"> <li>a) Figure 4 Arm Bar Down</li> <li>b) Straight Elbow Break</li> <li>c) Figure 4 Arm Bar Up</li> <li>d) Collar Choke And Elbow Break</li> </ol> </li> <li>3. Sidemount Reversal</li> <li>4. Rotate To 69 Position, Opponent's Arms Over: Shoulder Separation And Foot Check</li> <li>5. Rotate To 69 Position, Opponent's Arms Under: Figure 4 Arm Bar</li> <li>6. Rotate 360* (helicoptering), Trapping Arms, Roll To Stomach, Cobra Choke With Fist To Neck</li> </ol> <p><b>OPENING DOOR - CONSOLIDATE - 6 TECH'S</b></p> <ol style="list-style-type: none"> <li>1. Rush: Forearm To Head, Opposite Arm Lever Throw</li> <li>2. Full Grab: Stepping Back, Shoulder Shrug</li> <li>3. Rush: Headlock And Lift</li> <li>4. Counter To Headlock: Drape Arm, Hand On Hip</li> <li>5. Counter To Headlock: Finger To Throat, Knee Check With Pressure Point, Takedown</li> <li>6. Rush: Pass With Elbow Hook, Waist Grab, Sitting 180* Turn, Rodeo Takedown</li> </ol>