

KICKS/ TECHNIQUES	STRIKES	TECHNIQUES	DEFENSIVE	SPECIAL
<p>Single Kicks: Big Toe Side High Roundhouse Medium "Roundhouse" Jump Side Knee</p> <p>Dizzy Roll Side Roll</p> <p>6 KNIFE TO BACK TECHNIQUES</p> <ol style="list-style-type: none"> 1. Knife In Right Hand: Turning 180*, Enter Into Arm Trap, Reverse Wrist Break 2. Knife In Right Hand: Turning, Trapping Arm, Cull Takedown 3. Knife In Left Hand: Turning, Elbow Or Wrist Break 4. Knife In Left Hand: Turning, Leg Sweep 5. Knife To Throat: Turning Away From Blade, 180* Rotation, Elbow Break 6. Knife To Throat: One Hand Out, One Hand In, Opposite Rotation To Reverse Wrist Lock, Transfer To Elbow break <p>6 BODY SURFS FROM GUARD</p> <ol style="list-style-type: none"> 1. Arm Transfer, Head Lock Choke 2. Head Lock, Using Legs 3. Grab Wrist, Hook Arm Fro Inside, Shoulder Lock 4. Grab Wrist, Release Guard, Figure 4 From Outside, Shoulder Lock 5. Headlock, Guillotine, Legs Finish 6. Arm Neck Scissors Choke 	<p>Traditional Soo Do Palm Down Soo Do Vertical Soo Do</p> <p>Relax Jumping - Switch Stance</p> <p>Jumping Belt</p> <p>Hip Throw (holding opponent's belt)</p> <p>Lapel Throw (judo style)</p> <p>Hapkido Jumps - 150</p> <p>Secondary Salutation</p> <p>Curriculum Terminology</p> <p>Concept Of Off-Balancing From Ground:</p> <ol style="list-style-type: none"> 1. "Swim" From Top Mount 2. "Body Surf" From Guard 	<p>17 REAR GRAB DEFENSES</p> <ol style="list-style-type: none"> 1. Push: Double Reverse Soo Do 2. Pull Back Collar: Forehead Takedown 3. Turning, Inside Cull Takedown 4. Change Hands: Turning, Outside Cull Takedown 5. Back Collar And Wrist: Turn On Heel, Kal 6. Both Elbows: Elbow To Solar PlexusTakedown 7. Both Elbows: Leg Trap With Arm Takedown (hitchhike) 9. Wrist Grab (interlocking fingers): Finger Lock, Soo Do To Neck 10. Waist Grab (holding wrist): Reverse Wrist Lock, Kick 11. Waist Grab (hiding hand): Pressure Points To Elbows, Double Back Elbow Strikes 12. Under Shoulders (1/2 Nelson): Trap Arm, Basic Wrist Lock 13. Under shoulder (1/2 Nelson): Knee Push And Throw 14. Full Nelson With Fingerlock: Finger Lock, Soo Do To Neck 15. Full Nelson: Pressure Points To Jaw With Thumbs, Head Throw 16. Full Nelson Or Bear Hug: Outside Leg Hook, Sitting 17. Full Nelson Or Bear Hug: Inside Leg Hook, Shin Lever <p>3 DEFENSES FROM GROUND (AFTER THROW)</p> <ol style="list-style-type: none"> 1. Opponent Standing At Side: Table, Special Knee Grab, Push Over 2. Opponent's Leg Trapped: Hold One Ankle, Special Knee Grab, Push Away 3. Opponent Standing Over Head: Spin Around, Hold Both ankles, Push Away 	<p>Downward Fan Parry</p> <p>Roof Block</p> <p>Low Outside Forearm Block</p> <p>Low Inside Forearm Block</p> <p>4 PUNCH DEFENSES FROM GUARD</p> <ol style="list-style-type: none"> 1. Blocking With Arm And Leg, Hooking Knee, Roll Over And Out 2. Opponent Pulls Back: Triangle Choke Lock With Legs 3. Double Punch: Arm Bar And And Same Side Grapevine, Lock With Leg, Chin Push, Roll Over 4. Wrist Break, Guard Foot To Knee, Arm Bar And Face Kick <p>8 DEFENSES FROM GUARD</p> <ol style="list-style-type: none"> 1. Opponent's Two Feet On Ground: Grabbing Ankles, Release Guard, Push With Knees To Chest, Achilles Tendon Lock 2. Opponent Wedges (stacks): Grab Lapel, Feet To Hip, Overhead Roll, Top Mount, Head Lock 3. Opponent's One Foot On Ground: Hip Shift, Leg Over, Arm Bar 4. Rederiction Hip Shift, Leg Push, Roll Over 5. Push Off Hips, Leg Choke 6. Double Elbow Break 7. Transfer To Arm Bar 8. Full Ankle Choke 	