

# HAPKIDO VANCOUVER

## PURPLE BELT

### 90 CLASSES

KICKS	STRIKES	TECHNIQUES	DEFENSIVE	SPECIAL
<p><b>Single Kicks:</b>                      Inside Turning Heel                      Outer Foot Sweep                      Thigh                      Spine                      Partner</p> <p><b>Double Kicks:</b>                      Inside Crescent - Outside Crescent                      Inside Crescent - Side                      Inside Foot - Side                      Blocking - Roundhouse</p> <p><b>Special Kicks:</b>                      Medium Turning                      Jumping Spinning Outside Crescent                      Ground Scissors                      Rolling, Ground Scissors</p>	<p>Forward Hammering                      Side Hammering                      Back Fist                      Spinning Back Fist                      Front Back Fist Down                      Side Back Fist Down</p> <p>Full Contact Random Attack</p>	<p><b>8 ATTACKS</b></p> <ol style="list-style-type: none"> <li>Two Hand Wrist Grab And Lifting to Break (sliding down arm to wrist)</li> <li>Two Hand Wrist Grab And Lifting, Stepping Under 180*, Corkscrew, Cull Takedown Or Dislocation</li> <li>Single Hand Wrist Grab, Pressure Point To Elbow, Stepping Through, Bent Wrist Finish</li> <li>Sliding Arm, Wrist Grab, Spin 180* Takedown</li> <li>Pressure Point To Knee And Hook, Palm Strike To Solar Plexus, Foot Sweep</li> <li>Step Behind Leg, Elbow To Solar Plexus Takedown</li> <li>Shin Lever Takedown</li> <li>Jumping Head Lock Takedown</li> </ol>	<p><b>7 SITTING DEFENSES</b></p> <ol style="list-style-type: none"> <li>Hook Inside Both Ankles With Feet, Shin Push Takedown, Heel To Groin Finish</li> <li>Double Knee Spread With Pressure Point, Push, Head Butt To Groin Or Slide Up With One Knee</li> <li>Grab Back Of Heel, Forefinger Joint To Shinbone, Takedown, Push Leg Over, Palm Strike</li> <li>Side Kick Takedown (hooking instep to back of heel, knife edge of other foot to shinbone)</li> <li>Cross Wrist Grab, Hold Behind Ankle, Spear Hand To Groin, Palm Strike Or Spear Punch</li> <li>Same Wrist Grab, 360* Walk Around</li> <li>Same Side Shoulder Grab, Foot Check To Hip, Other Foot To Thigh, Receiving Throw</li> </ol>	<p><b>8 SIDE KICK DEFENSES</b></p> <ol style="list-style-type: none"> <li>R Outside Scoop, R Foot Sweeps Supporting Leg, Step Through</li> <li>R Outside Scoop, L Inside Foot Kick To Supporting Leg, Sweep To Side</li> <li>L Outside Scoop, Sweep And Palm Strike To Solar Plexus</li> <li>L Inside Scoop, R Elbow Smash To Thigh</li> <li>Double Outside Scoop, Head Butt To Thigh</li> <li>Two Hand Rolling Catch, Pressure Point To Shin, Takedown, Push Leg Over, Palm Strike</li> <li>Stepping Back, L Forearm Catch, Heel And Toe Twist Takedown, Leg Split (hip separation)</li> <li>Stepping Outside, Two Hand Scoop, 180* Turning Takedown (progressive lift up to 45*)</li> </ol>
<p><b>STAFF</b></p> <ol style="list-style-type: none"> <li>Hand Transfer</li> <li>Vertical Rotation</li> <li>Horizontal Overhead Rotation</li> <li>Horizontal Rotation At Waist, With Classic T Foot work</li> <li>Waist To Head Transfer</li> <li>Two hands Holding Over Under Attack</li> <li>Vertical Rotation and Transfer From Side To Side</li> <li>Single Hand To front</li> <li>Single Hand to Back</li> <li>Vertical Transfer From Behind To Overhead</li> <li>Block Up</li> <li>Block Side</li> <li>Hand Slide</li> <li>Overhead Strike</li> <li>Sparring With Staff</li> </ol>			<p><b>9 GROUND DEFENSES</b></p> <ol style="list-style-type: none"> <li>Top Mount Choke: Push Elbows Up, Hook With Legs And Push Over, Elbow To Groin Finish (feet like a duck)</li> <li>Top Mount Choke, Arms Pinned Down With Knees: Bridge Over, Roll Out, Cross Ankles, Separate Knee Joint</li> <li>Scarf Hold: Pressure Point To Neck, Knuckles To Ribs, Roll Over, Cull To Jaw, Arm Bar Finish</li> <li>Scarf Hold: Counter Thumb To Neck, Leg Over Head Lock, Wrist Break</li> <li>Scarf Hold: Leg Under, Picture Frame, Arm Lock</li> <li>Lateral Wrist Lock, Roll Over, Arm Lock</li> <li>Rear Choke, Legs Crossed: Ankle Break</li> <li>Rear Choke, Legs Uncrossed: Grabbing Foot, Cull To Shin With Pressure Point</li> <li>Rear Choke, Legs Apart: Pressure Point To Arm, Slide Up And With Back On Opponent, Roll To Side Mount</li> </ol>	