

KICKS	TECHNIQUES	TECHNIQUES	TECHNIQUES
<p>Single Kicks: Low Turning Flying Side (hold foot)</p> <p>Double Kicks: Big Toe - Jump Roundhouse (opposite foot) Big Toe - Side (opposite foot) Big Toe - Back (opposite foot) Outer Foot Sweep - Opposite 7 Side - Opposite 7 Double Medium Turning Inside Crescent - Jumping Outside Crescent</p>	<p>6 HAND ATTACKS</p> <ol style="list-style-type: none"> 1. Thumb Forefinger Pressure Point. Take Forward And Down. 2. Grabbing Hand, Lifting Up And Down. 3. Pressure Point To Base Of Thumb, Wrist Break (from side) 4. Pulling Wrist From Side, Step And Elbow Break. 5. Figure 8 Counter Rotation: Rear Elbow Grab, Spinning Under 180*, Left And Right Strike To Torso 6. Figure 8 Counter Rotation: Peel Off Shoulder Arm And Jump Out <p>7 SINGLE WRIST TECHNIQUES</p> <ol style="list-style-type: none"> 1. Spinning Elbow To Torso, Break Off With Palm 2. Pull Forward, Spear Punch 3. Pull Forward, Tiger's Mouth 4. Strike Wrist, Strike Head (Hapkido knife) 5. Lock Arm Behind Elbow, Roll Up Wrist, Leg Check, Throw 6. Spinning 180* Under Arm, Elbow Strike Or Elbow Pressure Point, Shoulder Throw 7. Box Step, Peel Off, Step Under, Extended Wrist Throw 	<p>5 HANDSHAKES</p> <ol style="list-style-type: none"> 1. Jump And Spin To Wrist Break 2. Lever Thumb Down And To Side 3. Lever Thumb Break Up, Using Pressure Point At Elbow 4. Lever Thumb Pulling Down, Draw Forward (make eyelet) 5. Wrist Break Palm Up, Overhand Grab <p>7 DOUBLE WRIST TECHNIQUES</p> <ol style="list-style-type: none"> 1. Escape Down: Pivot Through, Over Shoulder Arm Lock, Throw 2. Escape Down: Cradle arms And Break With Side Shoulder 3. Stepping Back, Strike Wrists Together 4. Twist Arm Apart, Pull Down To Knee 5. Twist Arm Apart, Drive Knee To Solar Plexus 6. Circle Hands, Push Opponent's Wrist Into Him 7. Locking Arms, Push Back Using "K" Centering 	<p>5 BELT GRAB DEFENSES</p> <ol style="list-style-type: none"> 1. Over Belt Grab: Lateral Wrist Lock (hands watched) 2. Over Belt Grab: Spear Knuckle To Back Of Hand, Hapkido Knife To Neck 3. Over Belt Grab: Lateral Wrist Lock (using inside circle ridge) 4. Over Belt Grab: Snake Under, Press Behind Triceps, Shoulder Dislocation 5. Under Belt Grab: Lock On With Left Hand, Grab Lapel, Elbow Break, Step In, Drive To Ground <p>KENDO AND SHORT STICK Basic Pattern - 8 To Set</p> <p>SHORT STICK 8 STRIKES</p> <ol style="list-style-type: none"> 1. Hammering Overhead: Shaft To Head, Butt To Sternum 2. Side Hammering: Butt To Temple 3. Inside Block, Backhand Strike To To Temple With Butt Or Shaft 4. Reverse Grip, Inside Block, Hook Neck, Takedown 5. Elbow Strike Inside, Outside 6. Outside Deflection, Kidney Strike 7. Straight Thrust To Throat Or Solar Plexus 8. Double Arm Strike, Rotation