HAPKIDO VANCOUVER — WHITE BELT — 18 CLASSES

KICKS / FALLS / ESCAPES

Single Kicks:
Front Knee
Side Knee
Lower Knee Turning
Front Kick, Short Distance
Front Kick, Long Distance

Ground Kicks:
Ground Side Kick
Ground Inside Foot Kick (turtle)
Chopping Heel From Guard
Rocking Back To Sitting

Sitting Inside Foot Kick
Three Point Sitting, Inside Foot Kick
Standing Up To Three Point Defense

Rolling Side Kick
Rolling Side Double Kick
Add Inside Foot Kick And Get Up

Falls:
Side Fall
Sitting Fall
Rolling Side Break Fall
Rolling Up
Grabbing Ankle, Rolling Through

6 SINGLE ESCAPES
1. Escape Down
2. Escape Down And Hitchhike (practice with higher belts)
3. Escape Across
4. Escape Up And Forward (centreline)
5. Single Wrist Fling and Push Check
6. Cross Wrist, Press And Break

STRIKES

8 ELBOW STRIKES
1. Half Crescent Elbow
2. Reverse Elbow
3. Up Elbow
4. Down Elbow
5. Horizontal Elbow
6. Side Elbow
7. Back Elbow
8. Combination Elbow

TECHNIQUES

11 GRAB DEFENSES
1. Cull Takedown From Shoulder, Stepping Back, Arm Bar With Knee Finish
2. Cull Takedown From Shoulder, Stepping Forward, Arm Bar With Knee Finish
3. Lapel: Pressing Thumb Lock (both sides)
4. Lapel: Pressing Thumb Lock, Turning Takedown
5. Any Frontal Grab Or Choke: Finger To Throat,
   A) Wrist Break (stepping forward)
   B) Cull Takedown (stepping back)
6. Knee To Thigh Leg Sweep (with higher belts)
7. Rear Bear Hug: Soo Do To Groin, Stepping around, Hitchhike Or Elbow Takedown
8. Rear Bear Hug: Pressure Point To Back Of Knees
9. Rear Bear Hug: Stomp Foot
10. Rear Bear Hug: Stomp Foot, Arms Up

7 TOP MOUNT TECHNIQUES
1. Basic Bridge
2. Bridge Leg Over, Leg Under
3. Bridge, Reach Over
4. Basic Bridge: Locking Arm, Rolling, Arm Bar Finish
5. Hip Slide
6. Thumb To Nose, Bridge Off, Roll, Headlock Finish
7. Top Mount, Transfer To Guard

3 GUARD TECHNIQUES
1. Knee To Hip, Roll Over, Head Lock Finish
2. Transfer To Side, Head Lock Finish
3. Entering Guard, Feet Inside Thighs And Roll Over, Sitting Head Lock Finish

DEFENSIVE

Outside Fan Parry
Inside Fan Parry
Two Hand Fan Parry

Inside Forearm Block

Opening Door

Startle Response

Foot Work (star)

RS Forward

RS Back

RS 45*

RS Side

RS Back 45*

Relax Jumping FW

Relax Jumping Back

Hapkido Jumps - 50

SPECIAL

Block - Force

Parry = Deflection

Deflection = Brush

Hapkido Creed

Opening Salutation

Count 1 - 5

Folding Uniform

Massage