

KICKS/ FALLS/TECHNIQUES	STRIKES	TECHNIQUES	DEFENSIVE	SPECIAL
<p><b>Single Kicks:</b>                      Low Side                      Low Roundhouse                      Inside Foot                      Back</p> <p><b>Jumping Kicks:</b>                      Jump Scissors Front                      Jump Lead Front                      Jump Rear Front</p> <p><b>Falls:</b>                      Front Fall                      Back Fall                      Falls From Crouching</p> <p><b>6 SHUT DOWNS</b>                      1. Grabbing Neck, Swing Into Headlock, Throw                      2. Knee To Stomach, 180* Take Down, Collar Choke                      3. Knee To Chest Option                      4. Locking Arm, Lift Up, Step Under With Stutter Step, Choke                      5. Rodeo Take Down Option                      6. Shoot From Standing, Crouch, Check Knee, Knee Bar Or Groin Kick</p> <p><b>FROM THREE POINT DEFENSE</b>                      1. Opponent Kicks With Right Leg: Opening door 180*, Spear To Pelvis Takedown                      2. Opponent Kicks With Left Leg: Cross Arm Block, Hitchhike Takedown                      3. Opponent Strikes: Block With Arm, 180* Takedown</p>	<p>Straight Palm                      Side Palm                      Ridge Hand To Groin                      Close Range Palm</p> <p>Jab Foot In Bucket                      Stutter Step</p> <p>Hapkido Jumps - 100</p> <p><b>7 DOUBLE ESCAPES</b>                      1. Elbow Up                      2. Elbow Across                      3. Palms Together To Right                      4. Palms Together To Left                      5. Single Press Release To Right (half of #3)                      6. Pull Off Hand, Step Back, Spear Punch                      7. Peel Off Hand, Cartwheel With Footsweep Takedown</p> <p><b>4 REAR CHOKE DEFENSES</b>                      1. Opponent Pushes, Pressure Point At Elbow, Shoulder Throw                      2. Opponent Pulls Back, One Step, Look To Ground, Rotation, Throw                      3. Two Steps, Sweep                      4. One Step, Drop To One Knee, Shoulder Throw, Wrist Lock</p>	<p><b>10 GRAB DEFENSES</b>                      1. Wrist Kal Technique, Long Step Version (with prance)                      2. Short Step Version (driving straight down)                      3. Shoulder Grab, Downward Finger Lock (hook with fingers)                      4. Shoulder Grab, Turning Takedown, Arm Bar Finish                      5. Sacrifice Throw, Forearm To Neck Or Side Mount Finish                      6. Figure 4 Arm Bar, Drop, Side Mount Finish                      7. Stepping Under, 180* Turn, Drive To Ground                      8. Side Headlock: Pressure Point To Back Of Knee, Forehead Takedown                      9. Side Headlock: Hand On Hip, Stepping Between Legs, Rolling Through, Arm Bar Finish                      10. Side Headlock: Hand On Shoulder, Sacrifice Throw Behind Legs, Roll To Arm Bar Finish</p> <p><b>7 TOP MOUNTS</b>                      1. 180* Turn, Arm Bar                      2. Opponent Grabbing, Foot Release                      3. Counter To Arm Bar                      4. Roll Off, Shoulder Dislocation                      5. Lock Hand To Shoulder, Drive Forearm To Hip, Roll Over, Elbow Break                      6. Opponent Grabbing, Transfer Arm Across Body, Side Choke (diaphragm)                      7. Arm Neck Scissors Choke</p>	<p>Rising Block</p> <p>Low X-Block (step back)</p> <p>Outside Forearm Deflection (salute)</p> <p>Double Outside Forearm Block</p> <p>Deflection (startle response)</p>	<p>Count 1- 10</p> <p>Curriculum Terminology</p> <p>Basic Angles From Fighting Stance:</p> <p>Shuffle FW                      Shuffle BW                      Shuffle 45*                      Shuffle R / L                      Shuffle Back 45*</p> <p><b>7 KNIFE TECHNIQUES</b>                      1. Stationary To Torso: Inside Forearm Check, Ridge Hand Strike                      2. Stationary To Face: Joint Lock, Break Straight To Heel                      3. Thrust To Torso: Low X-Block (fingers up)                      4. Cross Thumb Block, Stepping In 180*, Takedown                      5. Cross Thumb Block, Kal Takedown                      6. Outside Forearm Block (down), Stepping into 180* Turn, Arm Trap, Reverse Wrist Break                      7. Outside Forearm Block (down), Wrist Break</p>