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# Hapkido Syllabus

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# INTERNATIONAL SUNGJA-DO ASSOCIATION

## Hapkido Rank Requirements

Advancement above 4th Dan is achieved through a number of criteria as follows, (see note 1 below)

- Time since attaining last grade
- Theoretical knowledge
- Practical ability
- Attendance
- Teaching ability
- Student grading passes
- Theory examination

*Note 1: Grading examinations can be conducted by instructors up to two grades below their present grade, i.e. 2nd Dan instructors can grade students up to 1st Kup. Master level instructors (5th Dan and above) can grade students up to one grade below their present grade, i.e. 5th Dan can grade students to 4th Dan.*

*Note 2: Practical examinations are not usually required above 4th Dan.*

*Note 3: When grading, students will be required to perform techniques in combinations on mitts and pads, sparring is also an integral part of the grading process. It is the student's responsibility to ensure they have the appropriate protective equipment.*

*Note 4: All gradings require that the student perform ALL techniques learnt from beginning training in Hapkido.*

*Note 5: Minimum age requirement for first Dan is 18. We will promote students below 18 to junior black belt status. Time required is the same as for adult black belts. Once a junior black belt student reaches 18, they will automatically be promoted to first Dan (adult level). A junior cannot be promoted above first Dan until they reach adult level. Once at adult level, they may test for second Dan if they have the required time in grade (2 years).*

## The Meaning of the Belt Colours

White signifies a birth, or beginning, of a seed. A white belt student is a beginner searching for knowledge of the art.

Yellow signifies the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. A yellow belt student is given their first ray of knowledge, opening their mind, from an instructor.

Green signifies the growth of the seed as it sprouts from the earth reaching toward the sun and begins to grow into a plant. A green belt student learns to further develop and refine their techniques.

Blue signifies the blue sky as the plant continues to grow toward it. A blue belt student moves up higher in rank just as the plant grows taller. The light feeds the plant so it can continue to grow. The student is fed additional knowledge of the art to enable their body and mind to continue to grow and develop.

Red signifies the red hot heat of the sun as the plant continues growing toward it. A red belt student is higher in rank, they acquire more detailed knowledge and, just as the plant grows slowly toward the sun, so the red belt student learns to be more cautious as their knowledge and physical abilities increase.

Black signifies the darkness beyond the sun. A black belt seeks new knowledge of the art. As they begin to teach others, they begin planting new seeds, their students, many of which will take root deep into the art, blossom and grow through the ranks in a never ending process of self growth, knowledge, and enlightenment.

## 10th Kup White Belt to 9th Kup White Belt – Yellow Stripe

<b>TIME in TRAINING</b>	<b>TWO (2) MONTHS (24 To 36 Hours Of Training)</b>
<b>STANCES</b>	<b>Attention</b> <b>Standing Bow</b> <b>Sitting Bow</b> <b>Horse</b> <b>Ready</b> <b>Basic Body Change Movement</b>
<b>ABDOMINAL BREATHING (Dan Jon Ho Hup)</b>	<b>1) Straight Down (Short Wave)</b> <b>2) Straight Out Toward Front Of Body(Long Wave)</b> <hr/> <b>Reasons For Dan Jon Ho Hup:</b> <b>1- Strengthen Abdomen</b> <b>2- Increase Air Supply</b> <b>3- Lower Center Of Gravity</b> <b>4- Teach You How To Concentrate</b> <b>5- Teach You To Relax</b>
<b>BREAKFALLS</b>	<b>1) Back Breakfall Without Hitting</b> <b>2) Back Breakfall With Hitting</b> <b>3) Side Breakfall</b> <b>4) Forward Roll # 1 (Staying Down)</b>
<b>HAND STRIKES</b>	<b>1) Single Punch In Ready Stance</b> <hr/> <b>2) Palm Heel In Ready Stance</b> <hr/> <b>3) Double Punch:</b> <b>A- Ready Stance</b> <b>B- Horse Stance</b> <hr/> <b>5) Triple Punch:</b> <b>A- Ready Stance</b> <b>B- Horse Stance</b>
<b>BASIC BLOCKING</b>	<b>1) Inside To Out Parry On Inside Of Attacker's Wrist</b> <b>2) Outside To In Parry On Outside Of Attacker's Wrist</b>
<b>KICKS</b>	<b>1) Front Snap Kick</b> <b>2) Low Scoop Kick</b> <b>3) Knee Lift Kick</b>
<b>STRETCHING</b>	<b>Chinese Splits</b> <b>American Splits</b> <b>Butterfly Splits</b> <b>Hurdler Stretch</b> <b>Modified Hurdler Stretch</b> <b>Froggy</b>
<b>RELEASES</b>	<b>1) Pull-out Release, double knife-hand to chest!</b> <b>2) Lead-Down Release, double Palm-hand to jaw!</b> <b>3) Hitting Lead-Down Release, double Palm-hand to jaw!</b> <b>4) Up and Grab Release, Front Snap Kick to Solar Plexus.</b> <b>5) Hitch-hike Release, Outside Elbow strike to hinge of jaw (Mastoid Pressure Point)</b>
<b>TECHNIQUES</b>	<b>1) Downward Elbow Lock, Sudo To Mastoid Pressure Point</b> <hr/> <b>2) Downward Wrist Lock, Front Snap Kick To Solar Plexus</b> <hr/> <b>NOTE: DO BOTH TECHNIQUES FROM A ONE-HAND GRAB, TWO-HAND GRAB, AND NO-HAND GRAB (Straight Technique)</b>

## 9th Kup White Belt – Yellow Stripe to 8th Kup Yellow Belt

<b>TIME in TRAINING</b>	<b>TWO (2) MONTHS Continuous Training Since Last Test!</b>
<b>PREVIOUS TECHNIQUES:</b>	<b>Proficiency In All Skills Must Increase With Rank.</b>
<b>STANCES</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Forward Fighting Stance</li> <li>3) Back Stance</li> <li>4) 90° Pivot</li> </ol>
<b>ABDOMINAL BREATHING (DAN JON HO HUP)</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Straight Up (Long Wave)</li> </ol>
<b>BREAKFALLS</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Forward Roll # 2 (Coming Up)</li> </ol>
<b>HAND STRIKES</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Lunge Punch</li> <li>3) Reverse Punch</li> </ol>
<b>BLOCKING DRILLS</b>	<ol style="list-style-type: none"> <li>1) Stationary Free Style Blocking</li> <li>2) Open Hand Mirror Reflex Training Drill</li> </ol>
<b>KICKS</b>	<ol style="list-style-type: none"> <li>1) Front Thrust Kick</li> <li>2) Defensive Side Snap Kick</li> <li>3) Side Stepping Side Kick (#1 And #2) From Ready Stance</li> </ol>
<b>STRETCHING</b>	<p>Chinese Splits                      American Splits                      Butterfly Splits                      Hurdler Stretch                      Modified Hurdler Stretch                      Froggy Splits</p>
<b>TECHNIQUES</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>3) Outward Wrist Lock, Front Thrust Kick To Face</li> <li>4) Major Outer Leg Reap:                         <ol style="list-style-type: none"> <li>A) Drop Knee On Ribs As You Punch To Mastoid Pressure Point.</li> <li>Or</li> <li>B) Stomp To Armpit</li> </ol> </li> </ol> <p><b>NOTE: DO ALL FOUR TECHNIQUES FROM A ONE-HAND GRAB, TWO-HAND GRAB, AND NO-HAND GRAB (Straight Technique)</b></p>

## 8th Kup Yellow Belt to 7th Kup Yellow Belt – Green Stripe

<b>TIME in TRAINING</b>	<b>TWO (2) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Side Stance # 1 And # 2</li> <li>3) 180° Pivot</li> <li>4) Cross-Step Shuffle Movement (K-Step)</li> </ol>
<b>ABDOMINAL BREATHING (DAN JON HO HUP)</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> </ol>
<b>BREAKFALLS</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Back Breakfall # 3 (Basic Roll)</li> </ol>
<b>HAND STRIKES</b>	<ol style="list-style-type: none"> <li>1) All Previous Hand Strikes</li> <li>2) Snap Punch</li> <li>3) Back Fist 4) Hammerfist</li> </ol>
<b>BLOCKING</b>	All Previous Blocking Movements Western Boxing Attack And Defense Practice
<b>KICKS</b>	<ol style="list-style-type: none"> <li>1) All Previous Kicking Movements</li> <li>2) Four-Count Side Kick</li> <li>3) Front Thrust Kick # 2 (With Forward Leg)</li> <li>4) Front Snap Kick # 2 (With Forward Leg)</li> <li>5) Side Kick # 2 (With Forward Leg)</li> </ol>
<b>STRETCHING</b>	Chinese Splits American Splits Butterfly Hurdler Modified Hurdler Froggy
<b>TECHNIQUES</b>	<ol style="list-style-type: none"> <li>1) Straight Techniques:              A- Circular Wrist Lock, Back Takedown              B- Slide-Thru Hammerlock, Sudo To Pressure Point (Ah Moon)</li> <hr/> <li>2) One-Hand And Two-Hand Grab:              A- All-Direction Throw # 1 Basic, Sudo.              B- Figure Four Takedown, Sudo.              C- Hand Throw # 2, Knee On Elbow Pin, Sudo.</li> <hr/> </ol> <p><b>NOTE: DO ALL TECHNIQUES FROM A ONE-HAND GRAB, TWO-HAND GRAB, AND NO-HAND GRAB (Straight Technique)</b></p>

## 7th Kup Yellow Belt / Stripe to 6th Kup Green Belt

<b>TIME in TRAINING</b>	<b>THREE (3) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	<ol style="list-style-type: none"> <li>1) All Previous Stances</li> <li>2) Cross-Step 180° Pivot With Body Change</li> <li>3) Cross-Step 360° Pivot With Body Change</li> <li>4) Offensive Fighting Stance (Attack Stance)</li> <li>5) Natural Stance</li> </ol>
<b>ABDOMINAL BREATHING (DAN JON HO HUP)</b>	<ol style="list-style-type: none"> <li>1) All Previous</li> <li>2) Straight Out To Each Side</li> <li>3) Stomach Twist</li> <li>4) Side Push</li> </ol>
<b>BREAKFALLS</b>	<ol style="list-style-type: none"> <li>1) All Previous Body Movements</li> <li>2) Forward Roll # 2 (Coming Up)</li> <li>3) Forward Roll # 3 (Diving Over One Person Kneeling)</li> <li>4) Backward Roll Basic</li> <li>5) Belt Roll</li> </ol>
<b>HAND STRIKES</b>	<ol style="list-style-type: none"> <li>1) All Previous Hand Strikes</li> <li>2) Knife Hand Overhead</li> <li>3) Knife Hand Inside</li> <li>4) Knife Hand Outside: A- Quick Snap; B-Follow Through</li> </ol>
<b>BLOCKING</b>	<ol style="list-style-type: none"> <li>1) All Previous Blocking Movements</li> <li>2) <b>KICK BLOCKING PRACTICE:</b> One Minute Continuous</li> </ol>
<b>KICKS</b>	<ol style="list-style-type: none"> <li>1) All Previous Kicking Movements</li> <li>4) Inside Crescent Kick</li> <li>5) Outside Crescent Kick</li> <li>6) Roundhouse Kick: A- Strike With Instep B- Strike With Ball Of Foot</li> </ol>
<b>STRETCHING</b>	Chinese Splits American Splits Butterfly Hurdler Modified Hurdler Froggy
<b>LEG TAKEDOWNS</b>	<ol style="list-style-type: none"> <li>1) Leg Lever Takedown</li> <li>2) Outside Ankle Nerve Takedown</li> <li>3) Inside Ankle Nerve Takedown</li> <li>4) Inside Knee Push (With Side Kick)</li> <li>5) Outside Knee Push (With Side Kick)</li> </ol>
<b>TECHNIQUES</b>	<ol style="list-style-type: none"> <li>1) <b>EASY HAND THROW:</b> A- # 1 Application (Stepping Forward) _____</li> <li>B- # 2 Application (Stepping Back) _____</li> <li>2) <b>CROSS-HAND GRAB:</b> A- Downward Wrist-Lock, Knee Strike To Face _____</li> <li>B- Circular Wrist-Lock: _____</li> <li>1- Hammerlock Pin _____</li> <li>2- Criss-Cross Takedown _____</li> <li>C- All-Direction Throw Advanced, Knee On Elbow Pin _____</li> <li>D- Major Hand Throw, 180° Pivot, Pin With Outward Wrist-Lock _____</li> </ol>

## 6th Kup Green Belt to 5th Kup Green Belt / Stripe

<b>TIME in TRAINING</b>	<b>THREE (3) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	All Previous Stances
<b>DAN JON HO HUP</b>	1) All Previous 2) Up, Down, Up
<b>BREAKFALLS</b>	All Previous Breakfalls 1) Forward Roll # 3 (Diving Over 2 People Kneeling) 2) Belt Roll (Diving Over 1 Person Kneeling)
<b>HAND STRIKES</b>	1) All Previous Hand Strikes 2) Inside Elbow Strike: A- Upward (Uppercut) B- Downward <hr/> 3) Outside Elbow Strike 4) Back Elbow Strike 5) Downward Elbow Strike
<b>PURSUIT TECHNIQUES</b>	Straight Line Attack And Defense Practice
<b>KICKS</b>	1) All Previous Kicking Movements 2) Roundhouse Kick 3) Hook Kick 4) Low Hook Kick 5) Slap Kick 6) Spinning Side Kick
<b>STRETCHING</b>	Must Show Definite Increase In Flexibility Since Last Test!
<b>YUDO THROWING TECHNIQUES</b>	1) Major Outer Leg Reap 2) Major Hip Throw 3) Body-Drop Throw 4) Major Inner Leg Reap
<b>TECHNIQUES</b>	1) <b>BELT GRAB PALM UP:</b> A- Arm-Lock Body-Drop Throw, Twist Elbow With Palm To Pin Him, Punch To Face <hr/> B- Thumb Lock <hr/> 2) <b>BELT GRAB PALM DOWN:</b> Downward Wrist-Lock, Forearm Lever Under Chin, Shuffle Forward And Push Opponent Back To Floor. <hr/> 2- 180° Pivot, Takedown, Stomp Armpit, Come-Along Pin <hr/> 3) <b>COLLAR GRASP:</b> Elbow Roll-Lock, Sudo To Neck <hr/> 4) <b>TWISTING LAPEL GRIP:</b> Snap Punch, Major Hand Throw Catch, Jawbone Push Cross-Step Throw, Squeeze Elbow With Knees As Middle Finger Presses Mastoid Pressure Point, Punch Face. 5) <b>TWO-HAND THROAT CATCH:</b> A - Forearm Nerve, Rear Hair Takedown B- Overhead Arm Sweep, Backfist, Front Thrust Kick

## 5th Kup Green Belt – Stripe to 4th Kup Blue Belt

<b>TIME in TRAINING</b>	<b>FOUR (4) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	All Previous Stances
<b>ABDOMINAL BREATHING (DAN JON HO HUP)</b>	1) All Previous 2) Side Push 3) Up, Down , Up
<b>BREAKFALLS</b>	1) All Previous Breakfalls 2) Forward Roll # 3 (Diving Over 3 People Kneeling) 3) Back Breakfall # 4 (Over One Person Kneeling) 4) Belt Roll (Diving Over 2 People Kneeling)
<b>HAND STRIKES</b>	1) All Previous Hand Strikes 2) Eagle Claw 3) Spear Hand: A- Vertical B- Horizontal 4) Crain Beak 5) Spinning Back Fist 6) Bearfist: A- Quick Snap B- Follow-Thru 7) Inner Knuckle Fist: A- Quick Snap B- Follow-Thru
<b>BLOCKING</b>	1) All Previous Blocking Movements 2) <b>FOUR-WAY PUNCH BLOCK:</b> ***Partner Attacks With Right-Left Face Punches: Execute Left Inside-Out Block
<b>KICKS</b>	1) All Previous Kicking Movements 2) Skipping Side Kick 3) Skipping Roundhouse Kick 4) Skipping Hook Kick 5) Skipping Slap Kick 6) Skipping Front Thrust Kick 7) Skipping Front Snap Kick 8) Double Side Kick 9) Double Roundhouse Kick
<b>STRETCHING</b>	Must Show Definite Increase In Flexibility Since Last Test!
<b>FREE AREA MOVEMENT PURSUIT TECHNIQUES:</b>	Attack And Defense Practice
<b>YUDO THROWING TECHNIQUES</b>	1) All Previous 2) One-Arm Shoulder Throw 3) Two-Arm Shoulder Throw
<b>LIGHT YUDO FREE-STYLE:</b>	One Minute Continuous
<b>TECHNIQUES</b>	1) All Previous 2) <b>HAYMAKER PUNCH:</b> A- Left Inside To Out Block And Grab, Right Forward Elbow Strike To Shoulder Pressure Point (Oon Moon), Right Outside Knifehand To Neck, Leg Reap Takedown B- Cutting Elbow Throw, Come-Along Pin, Palm Heel To Face C- All-Direction Throw Advanced, Knee On Elbow Pin, Sudo D- Inside Shoulder Throw, Twisting Elbow Pin, Punch

## 4th Kup Blue Belt to 3rd Kup Blue Belt – Stripe

<b>TIME in TRAINING</b>	<b>FOUR (4) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	All Previous Stances
<b>DAN JON HO HUP</b>	All Previous
<b>BREAKFALLS</b>	1) All Previous Breakfalls 2) Forward Roll # 6 (Air Roll)
<b>HAND STRIKES</b>	All Previous Hand Strikes
<b>BLOCKING</b>	All Previous Blocking Movements
<b>KICKS</b>	1) All Previous Kicking Movements 2) Hatchet Kick A- Inside B- Outside  3) Spinning Heel Kick A- Straight Leg B- With Hook  4) High Side Kick (With Forward Leg) 5) High Roundhouse Kick (With Forward Leg) 6) High Hook Kick (With Forward Leg) 7) High Slap Kick (With Forward Leg) 8) Double Front Kick 9) Inside Crescent Kick / Front Thrust Kick Combination
<b>STRETCHING</b>	Must Show Definite Increase In Flexibility Since Last Test!
<b>CONTINUATION TECHNIQUES: (against punches)</b>	One Minute Continuous Soft Style Defense
<b>FREE SPARRING</b>	One Minute Continuous
<b>TECHNIQUES</b>	<p><b>FRONT BODY TACKLE:</b> A- Bring Right Knee Up To Face Or Chest, Pivot To Your Left And Execute A Body Drop Throw Over Your Right Leg. B- Execute Right Front Kick To Knee Or Groin, Right Overhead Sudo To Back Of Neck (Ah-Moon Point), Left Hand Grabs Right Shoulder, Right Forearm Goes Across Pressure Point Yom-Chum, Right Hand Grabs Your Left Forearm, Apply Pressure As You Step Back And Drop On Right Knee.</p> <p><b>PUNCHING ATTACK:</b> A- Left Inside To Out Block And Grab, Right Snap Punch, Major Outer Leg Reap Takedown. B- Left Inside To Out Block, Folding Elbow Lock. C- Downward Elbow Lock: 1- Left Inside To Out Block, Right Arm Snakes Under, Elbow Roll Lock, Sudo To Neck.</p> <p>2- X-Block 3- Double Outside Parry</p> <p><b>REAR HAIR OR THROAT TAKEDOWN:</b> Left Inside-Out Block, Right Hand Snakes Under And Grabs Wrist As Left Hand Grabs Throat, Step Back And Drop On Right Knee, Breaking His Right Elbow Over Your Left Knee.</p> <p><b>CLUB ATTACKS (Overhead Strike):</b> A- Elbow-Lock Hip Throw. B- Circular Wrist-Lock, Cutting Elbow Throw, Come-Along Disarming Pin, Strike Face. C- Vacuum Throw Basic # 1 And # 2. D- X-Block Circular Wrist-Lock, Disarm Weapon, Strike Elbow Tip, Execute:</p> <p>1- Rear Criss-Cross Takedown</p>
<b>CHOKING</b>	1- Scissor Choke With Stick Against Side Of Neck.

<p><b>TECHNIQUES:</b></p>	<p>A- Front Palm-Up Lapel Choke  B- Front Palm-Down Lapel Choke  C- Front One Palm Up-One Palm Down Lapel Choke  D- Rear Naked Choke Hold  E- Rear Forearm Scissors Choke  F- Side Choke (Scissors)</p> <hr/> <p>2) REAR TWO-HAND GRASP:  A- Step-Out Major Hand Throw, Roll Him Over With Straight Elbow Lock Pin, Then Apply Circular Shoulder Lock Pin.  B- Finger-Lock Throw, Roll-Over Finger-Lock Pin  C- Outward Wrist-Lock, Front Kick  D- Circular Wrist-Lock, Cutting Elbow Throw, Come-Along Pin, Palm Heel To Face  E- Turn 180°, Downward Wrist-Lock, Front Snap Kick To Solar Plexus, Execute Step Thru Circular Wrist-Lock Throw, Hatchet Kick To Face, Apply Come-Along Pin, Palm Heel To Face</p> <hr/> <p>3) REAR TWO-HAND MIDDLE SLEEVE GRAB:  A- Step-Out Arm Cross Throw, Lock Elbow With Your Palm And Pin  B- Step-Out Shoulder Wheel Throw  C- Step-Out And Behind Him, Elbow Strike To His Solar Plexus And Takedown</p> <hr/> <p>4) REAR TWO-HAND SHOULDER GRAB:  A- Body-Deop Throw, Apply Knee On Elbow Pin, Punch Face  B- Left Major Hand Throw Catch, Right Palm Bends His Elbow, Drop On Your Right Knee As You Execute A Shoulder Throw, Apply Come-Along Pin, Follow Up</p> <hr/> <p>5) REAR TWO-HAND FINGER CHOKE:  A- Left Hammerfist To Groin, Turn To Your Right And Do Spine Stretch Takedown, Stomp To Groin.  B- Butt Thrust, Hand Throw # 2 With Knee On Elbow Pin, Sudo.  C- Heel Up Kick To Groin, Side Kick To Inside Of His Knee And Takedown.</p> <hr/> <p>6) REAR FOREARM CHOKE:  A- Hammerfist To Groin, Hair Grab Knee Drop Throw, Hammerfist To Nose.  B- Shoulder Throw, Drop Knee On Ribs, Punch To Face.  C- Left Sudo To Groin, Right-Left Elbo Strikes To Solar Plexus, Turn Right And Execute Right Major Outer Leg Reap:  1- Drop Knee On Ribs, Punch To Face  2- Stomp To Armpit</p> <hr/> <p>7) REAR FOREARM CHOKE AND WRIST GRAB:  A- Shoulder Throw, Drop Knee On Ribs, Punch To Face  B- Circular Wrist-Lock With Finger-Lock Come-Along  C- Left Stomp On Shin, Right-Left Elbow Strikes, Turn And Execute Right Major Outer Leg Reap, Follow-Up Strike.</p>
<p><b>DEFENSE AGAINST THROWS:</b> Opponent attempts two-arm shoulder throw</p>	<p>1) Perform An X-Block To Lower Ribs And Push Down.</p> <hr/> <p>2) Left Hand Grabs Pressure Point "Kyuhl Boon" (Trapezius Muscle), Right Hand Goes To Back Of Right Knee, Throw Him Back Over Right Bent Knee, Follow-Up.</p> <hr/> <p>3) Pull His Face Back, Dropping Him On Your Left Knee, Execute A Right Overhead Sudo To His Chest.</p> <hr/> <p>4) Right Foot Steps Down On His Right Knee, Left Short Standing Fist To Kidney, Left Inner Knifehand To His Jaw Hinge, Left Hand Pulls His Chin Back, Execute Right Hammerfist To Nose.</p> <hr/> <p>5) Apply Hanging Choke.</p>
<p><b>ESSAY</b></p>	<p>Three (3) Pages On A Hapkido, Typed And Double-Spaced</p>

### 3rd Kup Blue Belt – Stripe to 2nd Kup Red Belt

<b>TIME in TRAINING</b>	<b>FOUR (4) MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	<b>All Previous Stances</b>
<b>DAN JON HO HUP</b>	<b>All Previous</b>
<b>BREAKFALLS</b>	<b>All Previous Breakfalls</b>
<b>HAND STRIKES</b>	<b>All Previous Hand Strikes</b>
<b>BLOCKING</b>	<b>All Previous Blocking Movements</b>
<b>KICKS</b>	<b>1) All Previous Kicking Movements</b>
<b>STRETCHING</b>	<b>Must Show Definite Increase In Flexibility Since Last Test!</b>
<b>DEFENSE AGAINST KICKS</b>	<p><b>1) FRONT KICK:</b>  A- Left 45° Outside Step, Catch Under His Ankle With Right Elbow Bend, Left Hand Applies Pressure To His Knee And Takedown.  B- X-Block, Right Snap Kick To Hamstring Of His Kicking Leg, Right Roundhouse Kick To Face.  C- Left 45° Outside Step, Right Arm Circles Under His Leg, Drive Right Palm Heel To His Chest And Takedown.  D- Execute Any Block, Drop Knee-Lock Takedown.  E- Execute Sliding X-Block As You Step Right 45° Inward, Do Left Leg Wrap, Execute A Left Roundhouse Sweep To Anchor Leg.</p> <hr/> <p><b>2) SIDE KICK:</b>  A- Execute Foot Trap, Twist His Ankle To The Right And Throw.  B- Drop Spinning Heel Kick.  C- Right Inside-Out Parry, Right Side Kick To Knee, Right Hook Kick To Head.  D- Trap As In # 1 Technique, Twist Him To Mat Face First, Left Leg Steps Over His Leg, Locking His Knee And Toes.</p> <hr/> <p><b>3) ROUNDHOUSE KICK:</b>  A- Left Parry Grab, Right Arm Wraps Over His Thigh, Execute Right Leg Sweep Throw Over Your Right Leg.  B- Right Hand Blocks Inside Of His Knee As Left Hand Blocks His Shin, Fold His Knee And Takedown, Pin.  C- Left Inside-Out Block, Right Palm Heel To Chest And Right Major Inner Leg Reap.  D- Left Inside-Out Parry Grab, Do Right Hook Kick Under And Back Over His Leg, Bend His Knee And Takedown, Turn Your Right Back Hip Toward Him, Pin.</p> <hr/> <p><b>4) SPINNING HEEL KICK:</b>  A- Pivot With The Kick And Execute A Low Spinning Leg Sweep To Anchor Leg.  B- Right Inside-Out Block And Grab, Execute A Left Leg Sweep Throw Over Your Left Leg.</p> <hr/> <p><b>5) HOOK KICK:</b>  A- Right Inside-Out Block, Left Hand Grabs His Right Hand, Execute Major Hand Throw.  B- Right Inside-Out Block And Grab, Left Knee Lift Kick To Inside Of His Right Thigh, Left Side Kick To Inside Of His Left Knee.</p>
<b>LIGHT YUDO FREESTYLE WITH PIN</b>	<b>Give And Take Throws And Pins. (Two Minutes Continuous)</b>
<b>FREE STYLE DEFENSE AGAINST BODY GRABS</b>	<b>One Minute Continuous</b>
<b>FREE SPARRING</b>	<b>Two Minutes Continuous</b>
<b>ESSAY</b>	<b>Five (5) Pages On A Martial Arts Subject, Typed And Double-Spaced</b>

## 2nd Kup Red Belt to 1st Kup Red Belt – Stripe

<b>TIME in TRAINING</b>	<b>SIX (6) MONTHS</b> Continuous Training Since Last Test!
<b>STANCES</b>	All Previous Stances
<b>DAN JON HO HUP</b>	All Previous
<b>BREAKFALLS &amp; BODY MOVEMENTS</b>	All Previous Breakfalls & Body Movements
<b>HAND STRIKES</b>	All Previous Hand Strikes
<b>BLOCKING</b>	<p>1) All Previous Blocking Movements</p> <p>2) Knowledge Of Blocking The Following:</p> <hr/> <p>A- Right Or Left Round Kick          B- Right Or Left Back Kick          C- Right Or Left Hatchet (Axe) Kicks (Inside; Outside)          D- Right Or Left Crescent Kicks (Inside; Outside)          E- Right Or Left Spinning Kicks</p>
<b>KICKS</b>	<p>1) All Previous Kicking Movements</p> <p>2) Low Roundhouse Kick / Low Spin Heel Kick Takedown</p> <p>3) Low Roundhouse Kick / Drop Spin Heel Kick Takedown</p> <p>4) Drop Side Kick:</p> <p>A- With Back Leg (Attack)          B- With Forward Leg (Defense)          C- Spinning</p> <p>5) Rolling Heel Kick</p> <p>6) Scissor Kick Takedown</p> <p>7) Side Kick / Spinning Scissor Kick Takedown</p> <p>8) Drop Knee-Lock Takedown</p>
<b>STRETCHING</b>	Must Show Definite Increase In Flexibility Since Last Test!
<b>DEFENSE PATTERNS IN FREE SPARRING</b>	<p>1) Ee Soo Shik Dae Ryun -- 2-Step Sparring.          * Partner Attacks With Alternating Punches (2)          * You Should Deliver A Decisive Counter After His Second Punch.</p> <hr/> <p>2) Sam Soo Shik Dae Ryun -- 3-Step Sparring          A- Partner Attacks With Three Alternating Punches.          B- Partner Attacks With Any Three Different Punch And Kick Combinations.</p> <p>* You Are To Devise Your Own Original Block And Counter-Attack Strikes Or Kicks. For Each Category You Should Be Prepared To Demonstrate At Least Five (5) Different Counters.</p>
<b>DEFENSE AGAINST PUSHES</b>	<p>1) Inside Steering Wheel Throw</p> <p>2) Outside Steering Wheel Throw</p> <p>3) Double Wrist Drop Throw</p> <p>4) Cross-Step Trip</p> <p>5) Body Block Throw # 1 &amp; # 2</p> <p>6) Inside Wrist Grab, Step-Thru Arm-Cross Throw</p> <p>7) Leg Scissors</p> <p>8) Vacuum Throw # 1 &amp; # 2</p> <p>9) 180° Pivot Hand Throw</p> <p>10) Downward Elbow-Lock, Sudo To Neck.</p>
<b>COUNTER-REACTIVE TECHNIQUES</b>	<p>1) Execute A Right Overhead Strike; Partner Catches Wrist In Both Hands:</p> <hr/> <p>A- Grab His Right Hand With Your Left Hand, Execute Major Hand Throw.          B- Cross-Step Right Foot, Bend Right Elbow, Left Hand Grabs His Left Wrist, Execute A Elbow-Lock Shoulder Throw Over Right Shoulder.          C- Step In Right Foot, Left Hand Pulls Right Hand Up And Out, Execute A Left Spinning Heel Kick To His Left Temple.          D- Bend Right Elbow, Left Hand Grabs His Left Hand, Execute Folding Wrist-Lock.</p> <hr/> <p>2) Execute Right Overhead Strike; Partner Attempts Downward Elbow-Lock:</p> <hr/> <p>A- Circle To Your Left, Turn Back, Right Hand Grabs His Right Wrist, Execute A Downward</p>

	<b>Elbow-Lock, Sudo. B- Circle To Left, Right Hand Grabs His Right Wrist, Left Hand Grabs His Right Wrist In Circular Wrist-Lock Position, Execute Step-Thru Circular Wrist-Lock Flip Throw, Hatchet Kick, Come-Along Pin.</b>
<b>ESSAY</b>	<b>Six (6) Pages On A Martial Arts Subject, Typed And Double-Spaced</b>



## 1st Kup to Cho Dan – Bo to 1st Dan Black Belt

**We use the same requirements for both belt levels (1st Kup and Cho Dan-Bo). This ensures that the student ACTUALLY KNOWS the requirements for 1st Degree Black Belt!**

<b>TIME in TRAINING</b>	<b>12 MONTHS Continuous Training Since Last Test!</b>
<b>STANCES</b>	All Previous Stances
<b>BODY MOVEMENTS</b>	All Previous Body Movements
<b>HAND STRIKES</b>	1) All Previous Hand Strikes 2) <b>See Attacking Maneuvers Below</b>
<b>KICKING</b>	1) All Previous Kicking Movements 2) Flying Same Leg Combinations: A- Front Thrust / Round Kick B- Front Snap / Side Thrust To Side C- Hook Kick / Round Kick D- Front Snap / High Slap E- Round Kick To Front / Side Thrust To Front
<b>STRETCHING</b>	Must Show Definite Increase In Flexibility Since Last Test!
<b>ONE-STEP SPARRING</b>	Ten (10) Ballistic And Ten (10) Non-Ballistic
<b>SELF DEFENSE</b>	All Break Hold From A Kneeling Position
<b>TECHNIQUES</b>	1) # 1 - # 15 (1-Hand; 2-Hand; No Hand; Punch; Stick; Knife ) 2) All Previous Throws 3) Easy Hand Throw 4) Hip Toss 5) Knee-Drop Throw 6) Modified Tenkan Throw
<b>BREAKFALLS</b>	All Previous
<b>COUNTER REACTIVE TECHNIQUES</b>	1. Execute A Right Overhead Strike; Partner Catches Your Wrist In Both Hands: _____ A) Grab His Right Hand With Your Left Hand, Execute A Major Hand Throw B) Cross-Step Right Foot, Bend Right Elbow, Left Hand Grabs His Left Wrist, Execute Elbow Lock Shoulder Throw Over Right Shoulder C) Step In Right Foot, Left Hand Pulls Right Hand Up And Out, Execute A Left Spinning Heel Kick To His Head D) Bend Right Elbow, Left Hand Grabs His Left Hand, Execute Folding Wrist Lock _____ 2. Execute Right Overhead Strike; Partner Attempts # 1 Technique (Downward Elbow Lock): _____ A) Circle To Left, Turn Back, Right Hand Grabs His Right Wrist, Execute # 1 Technique Of Your Own B) Circle To Left, Right Hand Grabs His Right Wrist In Circular Wrist Lock Position, Execute Step Thru Circular Wrist Lock Flip Throw
<b>DEFENSE AGAINST A KNIFE</b>	1) <b>OVERHEAD STRIKE:</b> A- All-Direction Throw Advanced, Knee On Elbow Pin. B- Elbow-Lock Hip Throw C- Elbow-Lock Shoulder Throw # 1 & # 2 D- Elbow Roll Lock, Sudo To Neck, Straighten Up And Execute All-Direction Throw Advance, Execute Twisting Elbow Pin. _____ 2) <b>BACKHAND SLASH:</b> A- Rear Hair Takedown, Elbow Break Across Knee. B- Step-Thru Figure Four Takedown Basic. C- Standing Choke With Elbow-Lock Across Your Chest, All-Direction Throw Advanced, Elbow Pin With Either Knee Or Palm Of Hand. _____ 3) <b>BODY THRUST:</b> A- Hand Throw, Straight Pin B- Outward Wrist-Lock, Kick, Step-Over Elbow-Lock With Your Leg. C- Folding Elbow-Lock

	<b>D- Outside Hair Throw With Elbow-Lock, Hammerfist To His Nose.</b>
<b>ESSAY</b>	<b>Five (5) Pages On A Martial Arts Subject, Typed And Double-Spaced</b>



## 1st Dan to 2nd Dan Black Belt

TIME in TRAINING	TWO (2) YEARS Continuous Training Since Last Test!
STANCES	All Previous Stances
BODY MOVEMENTS	All Previous Body Movements
HAND STRIKES	1) All Previous Hand Strikes 2) <b>See Training Principles Below</b>
KICKING	1) All Previous Kicking Movements 2) Phase Kicks: See Below This Chart!
STRETCHING	Must Show Definite Increase In Flexibility Since Last Test!
ONE-STEP SPARRING	Ten (10) Ballistic And Ten (10) Non-Ballistic
SELF DEFENSE	All Break Hold From A Kneeling Position
TECHNIQUES	1) # 1 - # 15 (1-Hand; 2-Hand; No Hand; Punch; Stick; Knife ) 2) All Previous Throws 3) Easy Hand Throw 4) Hip Toss 5) Knee-Drop Throw 6) Modified Tenkan Throw
BREAKFALLS	All Previous
COUNTER REACTIVE TECHNIQUES	<p>1. Execute A Right Overhead Strike; Partner Catches Your Wrist In Both Hands:</p> <hr/> <p>A) Grab His Right Hand With Your Left Hand, Execute A Major Hand Throw B) Cross-Step Right Foot, Bend Right Elbow, Left Hand Grabs His Left Wrist, Execute Elbow Lock Shoulder Throw Over Right Shoulder C) Step In Right Foot, Left Hand Pulls Right Hand Up And Out, Execute A Left Spinning Heel Kick To His Head D) Bend Right Elbow, Left Hand Grabs His Left Hand, Execute Folding Wrist Lock</p> <hr/> <p>2. Execute Right Overhead Strike; Partner Attempts # 1 Technique (Downward Elbow Lock):</p> <hr/> <p>A) Circle To Left, Turn Back, Right Hand Grabs His Right Wrist, Execute # 1 Technique Of Your Own B) Circle To Left, Right Hand Grabs His Right Wrist In Circular Wrist Lock Position, Execute Step Thru Circular Wrist Lock Flip Throw</p>
DEFENSE AGAINST A KNIFE	<p>1) OVERHEAD STRIKE: A- All-Direction Throw Advanced, Knee On Elbow Pin. B- Elbow-Lock Hip Throw C- Elbow-Lock Shoulder Throw # 1 &amp; # 2 D- Elbow Roll Lock, Sudo To Neck, Straighten Up And Execute All-Direction Throw Advance, Execute Twisting Elbow Pin.</p> <hr/> <p>2) BACKHAND SLASH: A- Rear Hair Takedown, Elbow Break Across Knee. B- Step-Thru Figure Four Takedown Basic. C- Standing Choke With Elbow-Lock Across Your Chest, All-Direction Throw Advanced, Elbow Pin With Either Knee Or Palm Of Hand.</p> <hr/> <p>3) BODY THRUST: A- Hand Throw, Straight Pin B- Outward Wrist-Lock, Kick, Step-Over Elbow-Lock With Your Leg. C- Folding Elbow-Lock D- Outside Hair Throw With Elbow-Lock, Hammerfist To His Nose.</p>
ESSAY	Five (5) Pages On A Martial Arts Subject, Typed And Double-Spaced

## PHASE KICKS

PHASE I: Any spin kick where you travel 180 degrees toward your target as in the following:

- Spin Back
- Spin Heel
- Spin Hook
- Spin Crescent

PHASE II: Any spin kick where you jump and spin 180 degrees toward your target.

PHASE III: Any kick where you jump and spin 360 degrees toward your target.

PHASE IV: Any kick where you first run at least 15 feet and then jump and spin 360 degrees toward your target.

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# Hapkido, Wing Chun, Kempo Attacking Maneuvers Reflex Training

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## OPPONENT IN RIGHT LEAD STANCE

### *RIGHT OVER OPPONENT'S RIGHT*

Forward to Face:

- Right Grab, Left Punch to Face or Ribs.
- Left Pak Sao to Right Elbow, Right Punch or Right Palm-Heel to Face or Ribs.
- Left Pak Sao, Right Grab, Right Knee to Midsection as you pull opponent into you.

Outside Sweep:

- Slip Right Hand around and under opponent's Right arm, Left inside pin of his Right arm, Right Backhand to Face or execute a straight left to Face.

Punch to Midsection:

- Right Downward Block, Left Punch to Face or Right Backhand to Face.
- Left Pak Sao, Right Punch to Face.

Wrist Grab:

- Left sidestep, Right Formal Tan Sao (with Palm remaining in an up position) towards opponents' Groin.

### *RIGHT UNDER OPPONENT'S RIGHT*

Forward to Face:

- Right Tan Sao, Left Punch.
- Right Tan Sao with Left Pak Sao, Right Punch to Face.

Inside Sweep:

- Right hand slips out and under opponent's right arm, left pin or guard, Right Back-hand to Face.

Midsection Strike:

- Right Downward Parry, Left Punch.
- Right Downward Parry, Left pin, Right Backhand to Face.
- Block with Right Elbow, Left Punch to open area.

Pull Down:

- Right Bong Sao, Left Pin, Right Backhand to Face.

### ***RIGHT OVER OPPONENT'S LEFT***

Left lead jab:

- Right Pak Sao, Right Backhand to Face as Left pins.
- Right Pak Sao, Left wrist grab, Elbow Break with your Right Forearm.

Left Hook to Face:

- Upward Deflecting Block with Right hand, Right Punch.
- Left Pak Sao, Right Punch.
- Left Pak Sao and Right Tan Sao simultaneously, Right and left strike to face.

Punch to Midsection:

- Right Downward Block, Left and Right Punch to Face or open Area.
- Left Pak Sao, Right Punch.
- Upward Jerk
- Right Jut Sao, Right Punch or Right Backhand to face with side step.

Wrist Grab:

- Right Bong Sao, Right Instep Stomp, Left Punch.

### ***RIGHT UNDER OPPONENT'S LEFT:***

Forward to Face:

- Left Pak Sao, Right Punch.
- Right Grab, Left Punch.

Left Hook to Face:

- Upward Deflecting Block, Right Punch.
- Left Pak Sao, Right Punch.

Punch to Midsection:

- Right Downward and Parry, Left and Right Punch.

Jut Sao:

- Counter with Formal Tan Sao (Palm-up), Left Punch.

Wrist Grab:

- Right Bong Sao, Instep Stomp, Left Punch.
- Drive Elbow to opponent's Sternum, Pin arm, Left Punch.

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## **Sungja-Do Training Principles & Exercises**

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### ***CONCEPTS***

Concepts are ways of doing things in an orderly or disorderly manner, by using the attributes you have.

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### ***ATTRIBUTES***

Your Skills, Strengths, Abilities, Speed, etc.

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### ***DESTRUCTION***

An entry, a way of entering your opponent's circle. From a destruction flow into whatever Art/System is applicable at that time.

Example:

- From a destruction you may use a straight-through blast from Wing Chun using the CENTER LINE THEORY, if there is no block.
  - From a destruction you may use a joint-lock or armbar as in Hapkido or Aiki-Jujitsu, if there is an obstruction (block).
-

## **TYPES OF DESTRUCTION from FILIPINO KALI**

- Horizontal Gunting
- Vertical Gunting
- Rear Elbow Gunting
- Eye Jab
- Front Elbow Gunting

## **GUNTING**

Striking at specific points such as: Biceps, Triceps, Fist, Forearm, Eyes, Throat, Etc..

- Example: Against a lead jab  
Vertical Gunting with Elbow (striking his fist with an upward elbow) into an Eye Jab with the same arm/hand. If blocked, come under the block with a wedge (the other hand) and jab to the eyes, then go into a trapping action (slap, block and grab), strike to neck, grab head and pull it into a strike with back elbow, then outer elbow with opposite elbow, then headbutt, grabbing head and pull into a knee strike while turning his body, then twist his head further into a takedown and follow-up.
- Use destruction as a first shot.
- Zone away from the opponent's rear hand.
- Do not equate against the technique. Equate against the line of attack. Attack the angle not the technique. Keep hands up in protective posture.
- Use a Stop-Hit if the opponent winds up to punch or kick.
- Example: Finger-jab to eyes, Kick to shin or knee.
- Sensitivity training is a must.
  - Example: Chi-sao from Wing Chun or Kublah from The Filipino Arts.
- Example of Kublah: Raise--Slap--Hit!
  - Right hand lead
  - Left hand lead

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## **FOUR RANGES OF FIGHTING**

- Kicking
- Punching
- Trapping
- Grappling

To defend against kicks, one must know how to kick. If you know the mechanics of the kick, then you know where the kick can come from.

Some defenses used in various systems for kicks all look similar, but may have *subtle little differences* in execution.

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## **KALI**

### **STRAIGHT LINE KICKS**

- (Side Kick, Front Kick)
- Low---Just pick up Knee and move into Trapping Range
- Middle---Check Kick and Downward Gunting with Elbow.
- High---Check kick and strike with upward knee to kicking leg (into a kick to his Groin or supporting leg or kicking leg Thigh).

### **SPIN TYPE KICKS**

- Use a *STOP HIT* to his butt during training, but to his spine or lower back on streets.

### **CIRCULAR KICKS (Roundhouse Kick, Crescent)**

- Low---Pick up Knee and use knee to Block or strike his shin.
  - Middle---Use of Elbow Gunting to Nerves on outside of leg.
  - High---Check with Hand or Forearm and use Elbow Gunting to Rake Inner Shin.
- 

## **SILAT**

### **Front Kick (Entry)**

- Low---Scoop or hit to outside or inside.
- Middle---Scoop or hit to outside or inside.
- High---Hit to enter outside or inside

### **Side Kick (Entry)**

- Low
  - A. Bend Knee out of way.
  - B. Downward Gunting with Backfist.

### **Middle**

- Downward Gunting with Backfist or Elbow.
- Scoop and Raise.

### **High**

- Lean back and Kick Groin or leg itself.
- Backhand Gunting to Calf or Thigh.

### **Round Kick (Entry)**

- Low---Block with Point of Knee.
- Middle---Slide or step 45 degrees in the direction of Kick- Use left arm to wrap over his leg as a right hand checks leg.
- High---Slide or step 45 degrees in the direction of Kick---Use left to shelve under his Kick---Use right to check Kick.

## **HAPKIDO**

### **Front Kick**

- Left 45 degrees outside step, catch under his ankle with Right Elbow Bend, left hand applies pressure to his Knee and Take Down.
- Block with Double Palm-Heel and convert it into X-Block Grab, Right Front Snap Kick to the Back of his Kicking leg, Right Round Kick to the Face.
- Left 45 degrees outside step, Right arm circles under his leg, Drive a Right Palm-Heel to his chest and Take Down.
- Execute Any Block, Drop Knee-Lock Take Down.

### **Side Kick**

- Execute Foot Trap, twist his Ankle to the Right and Throw.
- Drop Spinning Heel Kick.
- Right Inside-Out Parry, Right side snap Kick to Knee, Right Hook Kick to Head.
- Trap as in Hapkido-A above, Twist him to the ground Face First, Left leg steps over his leg, locking his Knee and Toes.

### Round Kick

- Left Parry Grab, Right arm wraps over his Thigh, execute Right leg Sweep Throw over your Right leg.
- Right hand Blocks the Inside of his Knee as the Left hand Blocks his Shin, Fold his Knee and Take Down.
- Left Inside-Out Block, Right Palm-Heel to Chest and Right Inner leg Reap.
- Left Inside-Out Parry Grab, do a Right Hook Kick under and Backover his leg, bend his Knee and Take Down, Turn your Right Back Hip toward him and Pin.

### Spin Heel Kick

- Pivot with Kick and execute Low Spinning Leg Sweep to anchor leg.
- Right Inside-Out Block and Grab, execute Left leg Sweep and Throw over your left leg.

### Hook Kick

- Right Inside-Out Block, Left Hand Grabs his Right hand, execute Major Hand Throw.
- Right Inside-Out Block and Grab, Left Knee Lift Kick to inside of his Right Thigh, Left Side Kick to the Inside of his Left Knee.

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### *SILAT (Entries)*

- Split Entry  
Split Entry: \*\*\*One hand inside and one hand outside
- Inside Entry
- Outside Entry

### Exercises Against Left Lead hand Jab:

- Trap with Right hand on outside and Hit Face with Left hand.
- Trap with Right hand on outside and Hit or Check his Back Shoulder.
- Trap with Right hand outside and Check his Rear arm/Fist with Left hand.
- Trap with Right hand outside and Hit his Rear Arm/Fist with Left.

### Inside Entry: \*\*\* Both Hands Inside Opponents.

- Parry with Left hand (Rear Hand), Right Backhand Horizontal Gunting to his Punching Bicep, then use left hand to Check his Rear Arm.
- Same as above, but hit his Rear Arm.
- Parry with left (Rear Hand), Right strike to his Face and Check his Rear Arm with your Left.
- Same as above, but Hit his Rear Arm.

### *SILAT TECHNIQUES*

- Bent Elbow Lever:

Go under and lift jab or cross, that are stiff and unyielding, up and out of the way by moving in with a foot shuffle. Move face by slapping and turning it, put lead elbow on chest roughly or on his hip crease and twist your upper body clockwise only if lead is right hand. Counter-clockwise if lead is left hand.

- Jerking Throw (Bandak) with Elbow
- Jerking Throw with Shoulder

### *Bandak Examples for 2 and 3, From a Split Entry.*

The hand that strikes the face goes to the elbow (shoulder) joint, clasp hands and jerk back and downward, take down and control.

- Arm wrap over his arm with forward drop.
- Arm wrap over his arm with a 90 degree turn and drop.
- Arm wrap over his arm with a forward drop and added leg sweep (in case the drop didn't work).

### **Arm Wrap Definition**

With a light check with the rear hand, use front hand to go over his arm and wrap it tight, while moving body forward to get him off balance.

- Control his neck: jump straight back and drop using your body weight and momentum.
- Control his neck: grab the neck then run (back or laterally), jump and use body weight.
- Grab his bicep: drop with body weight.
- Grab his head: drop with body weight.
- Grab his pants at the hip: drop with body weight.
- From behind: grab the neck and drop using body weight.
- From behind: grab the head and drop with body weight.
- From behind: jump up and drive both elbows down into the collar bone areas.
- Outside sweep: place your foot outside and behind his heel. Turn his body clockwise if the lead is the right. Counter-clockwise if the lead is the left.
- Inside head turn with palm-heel to the jaw. (steering wheel in Hapkido).

### **SILAT TRAINING DRILLS**

Trapping Range Kicks: Kick only to waist level and below. Use partner with shin guards or if no partner, use Coach type bag.

- Oblique kick: use like low scoop kick from Hapkido. Train on shin, but use knees as target in the street.
- Rear leg hook kick (roundkick with toes): to kidney-turn hip first, then kick to thigh--use toe for "Savate Kick", use shin for "Muay Thai Kick".

Focus pad elbow training at close range:

Standing:

- Lead elbow or rear elbow (horizontal, vertical, diagonal)

Kneeling:

- Both knees on floor
- One Knee on Floor

On All Entries (Split, Inside, Outside) Pull his Lead hand Down and go over it to hit the Focus Glove with Elbow. (USE POINT OF ELBOW)

### **KALI TRAINING EXERCISES:**

Partner holds two Focus Pads and sometimes simulates strikes to you so that you have to "Bob and Weave", "Duck or Evade" by some other means.

- JAB, CROSS, HOOK
- JAB, CROSS, HOOK, HOOK
- JAB, CROSS, HOOK, ELBOW
- JAB, CROSS, HOOK, ELBOW, ELBOW
- JAB, CROSS, HOOK, ELBOW, GRAB HEAD, KNEE
- PAT, HORIZONTAL GUNTING, EYE FLICK
- PAT, VERTICAL GUNTING, EYE FLICK

### **FOOTWORK**

Kali, JKD, Kempo, and Fencing All have Basically The same Footwork.

- Forward advance: front foot moves first, then rear foot follows, immediately like a shadow.
- Back step: front foot moves backwards first, then rear foot moves back.
- Left step: (right foot forward) step with rear foot to left then front foot skips into place.
- Right step: (right foot forward) step to right with front foot, then rear foot skips into place.

NOTE: In actuality, when moving fast, both feet move simultaneously.