

White-Orange

Class Information

Dojang Ettiquette

Stretching and Joint Lubrication

Concepts

Three Theories of Hapkido

Initiating Techniques

Clothing Grabs

Ground Defense Positions and Transitions

Hapkido/Martial arts Knowledge

Basic Hapkido History

Breathing Exercise

Meditation

Standing Breathing Exercise #1

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Stances

Natural stance

Middle stance

Back stance

Fighting stance

Front stance

Falling

Jumping Back Fall

Rolling Side Fall

Jumping Front Fall

Hand Spring Forward Roll

Forward Roll

Back Fall

Side Fall

Front Fall

No Hands Forward Roll

Backward Roll

Blocking

Downward Palm block

Back Hand block

Combination Inside Block

High block

Outer Forearm Block

Low block

Palm block

Hand Exchange Block

Framing Block

Inner Forearm Block

Inside Block

Punching

Jab/Front Punch

Hook Punch

Vertical Punch

Reverse Punch

Upper Cut Punch

Striking

Palm Heel Strike

Downward Elbow Strike

Upward Elbow Strike

Downward Knife hand strike

Five Finger Strike

Downward Hammer-fist strike

Side Elbow Strike

Backward Elbow Strike

Horizontal Elbow Strike

Knife hand strike

Back-fist Strike

Hammer-fist strike

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Kicking

Front snap kick	Kneeling Side Kick
Side Kick	Scoop Kick
Front thrust kick	Knee Strike
Kneeling Round house kick	Low Round house kick
Round house kick	Outer Crescent kick
Inner Crescent kick	

Jointlocks

Initiating

Armbar #1 From Behind	Armbar #1 From Diagonal/Side
Armbar #2	Vertical Wristlock
Wrist Throw	Pushover Takedown
Step Under Twisting Lock	Twist Throw
Pullover Takedown	Modified Hammerlock
Hammerlock	Wing Lock
Hip Throw	Neck/Hip Throw
Shoulder Throw	Bicycle Throw From Front
Bicycle Throw From Behind	

Outside Sleeve Grab

Armbar #1	Armbar #2
Rolling Vertical Wristlock	Twist Throw
Hammerlock	Wing Lock
Hip Throw	Neck/Hip Throw
Shoulder Throw	

Inside Sleeve Grab

Armbar #1	Armbar #2
Wrist Throw	Pullover Takedown
Modified Hammerlock	

Elbow Sleeve Grab

Wrist Pin Takedown	Standing Bent Elbow-Lock
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Jointlocks

Inside Elbow Sleeve Grab

Armbar #2

Wing Lock

Shoulder Grab

Armbar #1

Armbar #2

Elbow Vertical Wristlock

Behind the Neck Grab

Armbar #1

Straight Chest Grab

Armbar #1

Armbar #2

Pressure Point Vertical Wristlock

Wrist Throw

Step Under Twisting Lock

Hammerlock

Inverted Chest Grab

Armbar #1

Armbar #2

Vertical Wristlock

Step Under Twisting Lock

Twisting Chest Grab

Shoulder Throw

Armpit Grab

Wing Lock

Belt Grab

Armbar #1

Upset Vertical Wristlock

Step Under Twisting Lock

Shoulder Throw

Bear Hug Under Arms Behind

Bend Fingers Vertical Wristlock

Bear Hug Over Arms Behind

Body Twisting Elbow Takedown

Bear Hug Over Arms Front

Lock Armpit Shoulder Throw

Bear Hug Under Arms Front

Head Twisting Throw

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Jointlocks

Standing Head Lock

Infra orbital takedown

Full Nelson

Hands Clasped to forehead, Twist Away

Two Handed Grab From behind

Armbar #1

Wrist Throw

Step Under Twisting Lock

Bicycle Throw

Ground Fighting

Bear Hug Under Arms Behind

Ground Leg Bar

Mount

Ground Armbar

Key Lock

Bottom Mount

Buck to Top position (Oompa)

Shrimp to Half/Butterfly/Full Guard

Side Mount

Ground Armbar

Key Lock

Bottom Side Mount

Buck to Top position (Oompa)

Shrimp to Half/Butterfly/Full Guard

Leg Wrap Around Neck To Side Mount

Guard

Straighten Knee Buck to Top position (Oompa)

Leg Scissor To Mount

Ground Armbar

Triangle Choke

Top Guard

Stacking To Side Mount

Elbows to Inside Thigh To Side Mount

Elbows to Inside Thigh To Standing

Half Guard

Old School Sweep

Electric Chair

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Jointlocks (By Technique)

Armbar #1

Initiating From Behind	Initiating From Diagonal/Side
Outside Sleeve Grab	Inside Sleeve Grab
Shoulder Grab	Behind the Neck Grab
Straight Chest Grab	Inverted Chest Grab
Belt Grab	Two Handed Grab From behind

Armbar #2

Initiating	Outside Sleeve Grab
Inside Sleeve Grab	Inside Elbow Sleeve Grab
Shoulder Grab	Straight Chest Grab
Inverted Chest Grab	

Vertical Wristlock

Initiating	Outside Sleeve Grab Rolling
Shoulder Grab Elbow	Straight Chest Grab Pressure Point
Inverted Chest Grab	Belt Grab Upset
Bear Hug Under Arms Behind Bend Fingers	

Wrist Throw

Initiating	Inside Sleeve Grab
Straight Chest Grab	Two Handed Grab From behind

Pushover Takedown

Initiating

Step Under Twisting Lock

Initiating	Straight Chest Grab
Inverted Chest Grab	Belt Grab
Two Handed Grab From behind	

Twist Throw

Initiating	Outside Sleeve Grab
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Pullover Takedown

Initiating	Inside Sleeve Grab
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Jointlocks (By Technique)

Hammerlock

Initiating Modified

Initiating

Outside Sleeve Grab

Inside Sleeve Grab Modified

Straight Chest Grab

Wing Lock

Initiating

Outside Sleeve Grab

Inside Elbow Sleeve Grab

Armpit Grab

Wrist Pin Takedown

Elbow Sleeve Grab

Standing Bent Elbow-Lock

Elbow Sleeve Grab

Body Twisting Elbow Takedown

Bear Hug Over Arms Behind

Infra orbital takedown

Standing Head Lock

Hands Clasped to forehead, Twist Away

Full Nelson

Hip Throw

Initiating

Outside Sleeve Grab

Neck/Hip Throw

Initiating

Outside Sleeve Grab

Shoulder Throw

Initiating

Outside Sleeve Grab

Twisting Chest Grab

Belt Grab

Bear Hug Over Arms Front Lock Armpit

Bicycle Throw

Initiating From Front

Initiating From Behind

Two Handed Grab From behind

Head Twisting Throw

Bear Hug Under Arms Front

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Ground Fighting (By Technique)

Buck to Top position (Oompa)

Bottom Mount

Bottom Side Mount

Guard Straighten Knee

Shrimp to Half/Butterfly/Full Guard

Bottom Mount

Bottom Side Mount

Leg Scissor

Guard To Mount

Stacking

Top Guard To Side Mount

Elbows to Inside Thigh

Top Guard To Side Mount

Top Guard To Standing

Leg Wrap Around Neck

Bottom Side Mount To Side Mount

Ground Armbar

Mount

Side Mount

Guard

Key Lock

Mount

Side Mount

Triangle Choke

Guard

Ground Leg Bar

Bear Hug Under Arms Behind

Old School Sweep

Half Guard

Electric Chair

Half Guard

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Transitions

Starting Technique		Transition To
Armbar #1	-->	Pushover Takedown
Armbar #1	-->	Vertical Wristlock
Armbar #1	-->	Wing Lock
Armbar #2	-->	Vertical Wristlock
Vertical Wristlock	-->	Armbar #1
Vertical Wristlock	-->	Armbar #2
Pushover Takedown	-->	Armbar #1
Step Under Twisting Lock	-->	Armbar #1
Step Under Twisting Lock	-->	Platter Takedown
Step Under Twisting Lock	-->	Hammerlock
Pullover Takedown	-->	Twist Throw
Wing Lock	-->	Standing Straight Arm-Lock
Standing Straight Arm-Lock	-->	Wing Lock