

HAYME SERRATO'S

MARTIAL ARTS

HAPKIDO

1st Gup (Black Belt with White Stripe)

- 1. Two Hand Lapel Grab**
- 2. Belt Grab** (Palm Up)
- 3. Full Nelson** (Non-Prevented)
- 4. Headlocks**
- 5. Bear Hugs, Arms Out** (Behind)
- 6. Bear Hugs, Arms Out** (Front)
- 7. Hair Grabs**
- 8. Defenses Against Kicks**
- 9. Gun Self Defense**
- 10. Judo Throw**