

# **HAYME SERRATO'S**

## **MARTIAL ARTS**

# **HAPKIDO**

### **2<sup>nd</sup> Gup (Red Belt with Black Stripe)**

- 1. One Hand Shoulder Grab (Front)**
- 2. Two Hand Lapel Grab**
- 3. Two Hand Middle Sleeve Grab (Back) & Two Hand Shoulder Grab (Back)**
- 4. Belt Grab (Palm Down)**
- 5. Hostile Handshakes**
- 6. Full Nelson (Prevented)**
- 7. Bear Hugs, Arms In (Behind)**
- 8. Bear Hugs, Arms In (Front)**
- 9. Knife Self Defense**
- 10. Judo Throw**