

HAYME SERRATO'S

MARTIAL ARTS

HAPKIDO

3rd Gup (Red Belt)

- 1. Strikes and Kicks**
- 2. One Hand Shoulder Grab (Front)**
- 3. One Hand Lapel Grab**
- 4. Back Collar Grab**
- 5. Two Hand Lapel Grab**
- 6. One Hand Middle Sleeve Grab**
- 7. Two Hand Middle Sleeve Grab (Front)**
- 8. Side Body Grab**
- 9. Club Self Defense**
- 10. Judo Throw**