

# **HAYME SERRATO'S**

## **MARTIAL ARTS**

# **HAPKIDO**

**4<sup>th</sup> Gup (Brown Belt)**

- 1. Kicks**
- 2. Two Hands on One Wrist Grabs**
- 3. Two Hands on Two Wrists (Front)**
- 4. Two Hands on Two Wrists (Behind)**
- 5. Punch Defense**
- 6. One Hand Shoulder Grab (Front)**
- 7. One Hand Lapel Grab**
- 8. Judo Throw**