

HAYME SERRATO'S

MARTIAL ARTS

HAPKIDO

5th Gup (Blue Belt)

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