

HAYME SERRATO'S MARTIAL ARTS HAPKIDO

6th Gup (Purple Belt)

- 1. Strikes, Kicks and Leg Strikes**
- 2. Breakaways**
- 3. Same Side Wrist Grabs**
- 4. Cross Wrist Grabs**
- 5. Side Wrist Grabs**
- 6. Punch Defense**
- 7. Judo Throw**