

Hayme Serrato's Martial Arts

Hapkido 1st Gup (Black Belt with White Stripe)

Testing Requirements

TWO HAND LAPEL GRAB

5. Double slap and trap takedown and strike:

- Left hand slap face and trap attacker's left hand
- Right hand slap face and position forearm on attacker's radial nerve
- At the same time:
 - Step back right
 - Right press down on radial nerve to bring attacker to his knees
- Shoot out both hands to strike face

6. Throat choke head twist throw:

- Right scoop kick
- At the same time:
 - Step down forward
 - Right hand tiger mouth to attacker's throat
- Left grab attacker's hair on the back of his head
- Twist head to the left to takedown
- Finish with punch



BELT GRAB (PALM UP)

(Attacker's right hand grabs your belt)

3. Under strike elbow, collar grab throw:

- Right hand (palm up) grab attacker's right wrist to trap it on your belt
- At the same time:
 - Left foot slide in slightly
 - Left forearm strike up on attacker's right elbow to hyper extend it
- Slide your left hand through to grab attacker's lapel
- Armbar takedown:
 - Right push down on attacker's wrist
 - Left push against attacker's elbow
 - Step back right to takedown

4. Outside wrist lock throw:

- At the same time:
 - Right palm heel to face
 - Left hand inverted grip attacker's right wrist (tiger mouth towards you)
- Right grab attacker's forearm on top so the back of both of your palms are facing down
- Wristlock takedown:
 - Turn attacker's wrist to left to apply wristlock
 - Step back left to takedown
- Pull attacker's hand off belt, finish with arm lock

FULL NELSON (NON-PREVENTED)

3. Finger lock choke:

- Tighten your neck muscles to keep head up
- Lower yourself into horseride stance
- Right hand reach behind (your thumb next to your head) and grab one of attacker's right fingers
- Peel off one of attacker's fingers, bending it back
- Pull attacker's hand (palm up) out to the right
- Pivot to the right 360° on right foot to get behind attacker
- Left arm choke while you hold finger lock



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4. **Head pull throw:**

- Raise both arms straight up
- At the same time:
 - Drop into lower horseride
 - Drive your elbows down onto attacker's arms to break the hold
 - Pull right elbow lower than your left to bring attacker's head to the right
- Reach both hands over right shoulder and slap the sides of the attacker's head, hooking your fingers on the back of attacker's head
- Pivot to left / pull his head down to throw him
- Finish with a punch

5. **Step behind arm & leg sweep:**

- Squat down
- Left grab back of your right wrist
- Put back of your left hand on your forehead to stop attacker from forcing your head forward
- Step out right
- Left step behind attacker's right leg
- Twist left / push them down with left elbow
- Finish with side kick

HEADLOCKS

(Attacker's right arm grabs around your neck)

In all of these, squat down lower than attacker and turn face away from attacker's elbow

1. **Knee pull, elbow strike, sacrifice takedown**

- At the same time:
 - Shoot left hand straight out
 - Right grab inside of attacker's knee,
- At the same time:
 - Pull knee out
 - Elbow groin
 - Kick left leg out and fall backwards
- After takedown elbow again then roll away and stand up



2. **Knee push, back collar grab throw:**

- Left grab back collar of attacker's shirt
- At the same time:
 - Right thumb to back of attacker's right knee pushing it forward
 - Pull back on attacker's shirt
 - Twist hard to takedown
- Finish with kick or punch

3. **Ankle grab, forearm push down to leg lock:**

- At the same time:
 - Right grab attacker's right ankle and pull
 - Left forearm push on attacker's outside thigh pressure point
- Take them down on their stomach
- Finish with right leg lock

4. **Ridge hand strike, straight arm bar:**

- Right grab attacker's right wrist
- Left ridge hand strike groin
- At the same time:
 - Left hand push on small of attacker's back
 - Right hand pull attacker's arm away
 - Step back left
 - Pull head out
- Step in left to apply arm bar



BEAR HUGS, ARMS OUT (BEHIND)

1. Center lock vertical:

(Attacker's left hand grabs his right wrist)

- Left elbow to attacker's head
- At the same time:
 - Lower your horse ride stance
 - Double palm heel strike attacker's fists to the index finger knuckle on each hand
- Right grab the back of attacker's left hand
- Step under attacker's left arm to center lock vertical

2. Spin out, straight arm bar:

(Attacker's left hand grabs his right wrist)

- Left elbow to attacker's head
- At the same time:
 - Lower your horse ride stance
 - Double palm heel strike attacker's fists to the index finger knuckle on each hand
- Right grab the back of attacker's left hand and feed it to your left hand which grabs bottom of his hand
- Pivot on left foot to left, position both thumbs on back of attacker's hand to arm bar
- Finish with come-along wrist lock or throat choke arm bar or Soo Do to tricep arm bar

3. Finger lock choke:

(Attacker's fingers interlace together)

- Drop down into lower horseride stance as you lock the attacker's arms with your elbows
- Right hand (palm down) peel away a finger on attacker's right hand and bend it back towards your body
- Pivot on right foot turning 360° to right to behind attacker, left choke while keeping finger lock



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BEAR HUGS, ARMS OUT (FRONT)

1. Chin strike neck twist throw:

(Attacker's head is facing to your right)

- Grab hair on back of attacker's head with your left hand to expose his chin (grab his forehead if he has no hair)
- At the same time:
 - Right palm heel strike attacker's chin
 - Left pull attacker's head
 - Step back left to takedown
- Finish with face punch

2. Hypoglossal pressure point:

(Attacker's head out looking at you)

- Slide both hands up attacker's arms toward the neck
- Push both thumbs into attacker's hypoglossal nerve pressure point
- Press upward toward center of the skull
- Execute Osoto Gari to take him down
- Maintain the pressure point

3. Spear hand to jugular notch throw

(Attacker's head facing to your right)

- Right palm heel to attacker's face to tilt his head back
- Right hand continue on to attacker's lower back
- At the same time:
 - Left spear hand press down and in on the jugular notch (also known as suprasternal notch)
 - Right pull in attacker's back to takedown
 - Finish with groin kick



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HAIR GRABS

(Attacker's right hand grabs the top of your head)

1. **Trap to straight arm bar takedown:**

- Both hands trap attacker's hand on your head with your right hand on top
- Keep your elbows close together as you drop down into low horseride stance
- Right front kick to thigh
- At the same time:
 - Step down back
 - Right Soo Do to attacker's inside elbow joint to bring their head down
- Finish knee to the face

2. **Double trap center lock:**

- Both hands trap attacker's hand on your head with your right hand on top
- Keep your elbows close together as you drop down into low horseride stance
- Left front kick to thigh
- Squat down and right step under attacker's arm
- Keep the hands trapped, turn 180° to your left
- As you step through, reposition left hand to center lock vertical on attacker's right hand

3. **Vertical punch, straight arm bar takedown tricep lock:**

- Right hand traps attacker's hand
- Left uppercut to attacker's armpit
- As you bend over to right to begin turning him over, left Soo do to attacker's tricep to arm bar

4. **Tiger mouth, throat grab, leg sweep:**

- At the same time:
 - Left hand traps attacker's hand
 - Right Soo Do to attacker's bicep to bring them closer
 - Step in left
- Right tiger mouth to attacker's throat
- Right leg sweep / Osoto Gari



DEFENSES AGAINST KICKS

(Attacker kicks with right front kick)

1. **Inside trap, leg sweep:**

- At the same time:
 - Step right 45°
 - Bring left arm up and under kick
 - Trap leg on inside of elbow
- Right hand grab attacker's shirt on right shoulder or chest
- Right foot sweep inside of attacker's base leg
- Takedown attacker to his back
- Finish by dropping your right knee onto groin

2. **Outside trap, forward leg sweep:**

- At the same time:
 - Step left 45°
 - Bring right arm up and under kick
 - Trap leg on inside of elbow
- Left hand grab attacker's shirt on right shoulder
- Left foot sweep attacker's base leg from the front to take him down (forward break fall)
- Finish with same leg lock used on the Headlock defense #3 – Ankle grab, forearm push down to leg lock

3. **Sidekick to knee:**

- Step right 45°
- Bring left knee up
- Left side kick to side of attacker's left knee to break it

4. **Leg raise takedown:**

- At the same time:
 - Step right 45°
 - Bring left arm up and under kick
 - Trap leg on inside of elbow
- Left palm heel to face
- Sharply raise attacker's leg up to put him on his back



GUN SELF DEFENSE

(Gun is in attacker's right hand) – In all of these, CONTROL THE WEAPON!

1. Front of Face:

- As quickly as possible:
 - Move head to left
 - Left hand outside-to-in open hand to side of gun
 - Right hand outside-to-in grab attacker's wrist /
- Gun pops out or turn into wrist lock or turn the gun toward attacker and out of his hand

2. Behind Back (upper)

- Hands up slowly
- Quickly turn to the right, right forearm blocks attacker's arm
- Right grab attacker's wrist
- Left elbow to face
- Left grab attacker's hand, step back left to wrist lock takedown

3. Behind Back (lower):

- Keep hands down
- Quickly turn to right, right forearm blocks attacker's arm
- Right outside-to-in Soo Do to inside of attacker's elbow
- Left hand traps gun from the top (attacker's arm is now in a lock)
- Step back left, turn 90⁰ to left to takedown

4. Side of Head (facing same direction, attacker on your right, gun in his left hand):

- As quickly as possible:
 - Move head back
 - Bring right hand up to grab gun moving it forward
- Left grab opposite side of attacker's hand
- Step back right to wrist lock takedown

5. Side of Head (facing opposite direction, attacker on your right, gun in his right hand):

- As quickly as possible:
 - Move head back
 - Bring right hand up to grab gun moving it forward
- Left grab attacker's wrist, step back left to wrist lock takedown



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6. **From a Distance:**

- Calmly talk your way in close then disarm them using Front of Face techniques

7. **Holding up someone else:**

- As quickly and quietly as possible, come up behind attacker:
 - Right open hand upward strike to bottom of attacker's hand
 - Quickly reverse direction
 - Right pull attacker's hand back to your left hand
 - Take attacker down backwards, similar to All Directions Throw takedown



Judo Throws

9. Uki waza (floating technique)

