

Hayme Serrato's Martial Arts

Hapkido 2nd Gup (Red Belt with Black Stripe)

Testing Requirements

ONE HAND SHOULDER GRAB (FRONT)

(Attacker's right hand on your left shoulder)

7. Trapping knife hand "S" lock:

- Right hand traps attacker's hand
- Left uppercut attacker's under arm pressure point
- Left Soo Do or forearm push down on attacker's radial nerve pushing them to their knees
- Left backfist to face

8. Elbow to elbow break:

- At the same time:
 - Right hand trap top of attacker's hand
 - Position left hand for Ki strike
- Left hand Ki strike
- At the same time:
 - Step in left
 - Turn your body right to apply arm bar and turn attacker over
 - Raise left hand straight up, your elbow over attacker's elbow
- Left elbow strike downward to break attacker's elbow



TWO HAND LAPEL GRAB

3. Belt grab, spear hand to jugular notch:

- Left hand grab attacker's belt
- At the same time:
 - Pull left hand in
 - Right Kwan Soo press down and in on attacker's jugular (suprasternal) notch

4. Outside wrist lock throw:

- At the same time:
 - Left hand traps attacker's right hand close to his wrist
 - Right vertical punch attacker's solar plexus
- Right grab attacker's forearm just below the wrist
- Bend slightly over and to the right to apply wrist lock
- Step back left / turn left 90°, takedown
- Finish with wrist lock

TWO HAND MIDDLE SLEEVE GRAB (BACK)

(Attacker grabs your middle sleeves from behind)

1. Pants grab throw:

- Fake left, then go right putting your left leg behind attacker's right foot
- Reach down and grab both of attacker's pant legs near the ankles
- Pull up hard with both hands to put them on their back

TWO HAND SHOULDER GRAB (BACK)

(Attacker grabs your shoulders from behind)

1. Cross step behind to straight arm bar takedown:

- At the same time:
 - Right step slightly out and back
 - Right hand trap attacker's right hand on your shoulder
 - Left Soo Do to attacker's groin
- At the same time:
 - Step back left
 - Duck under
 - Left Soo Do to back of attacker's right arm to arm bar
- Step through left to apply arm bar



BELT GRAB (PALM DOWN)

(Attacker's right hand grabs your belt)

1. Knife hand figure 4 takedown:

- Bring right arm up to lock attacker's wrist
- Left front kick, step down forward
- At the same time:
 - Pivot front stance 90° to the right
 - Left Soo Do to back of attacker's arm to armbar
- Finish with figure 4 arm lock (place right hand on left arm)

2. Metacarpal, backfist, knife hand radial nerve takedown

- Right grab attacker's wrist (palm up)
- Left front kick to knee
- Left middle knuckle strike back of attacker's hand
- Left backfist to attacker's face
- Left Soo Do / forearm push down on attacker's radial nerve to put him on his knees

HOSTILE HANDSHAKES

1. Knife hand breakaway:

- Right front kick to knee
- At the same time:
 - Step down back
 - Left Soo Do attacker's radial nerve
 - Pull right arm back
- Right punch to attacker's face

2. Finger tip, elbow escort:

- Left front kick, step down forward
- Turn attacker's hand palm up
- Left palm strike upwards to attacker's elbow
- Hold attacker's elbow up as you bend his fingers back

3. Fingertip, elbow escort, elbow break:

- Left trap attacker's hand
- Left foot slide in to horseride stance
- Raise attacker's hand and roll arm so his elbow is facing down
- Slam left elbow up to hyper extend attacker's elbow
- Right hand continue holding attacker's hand / step back left / left Ki strike



4. **Pressure point all directions throw:**

- At the same time:
 - Left foot slide in slightly, to left of attacker's right foot
 - Left palm heel to face
- Left hand grabs attacker's right elbow, thumb on inside elbow pressure point
- Raise attacker's arm up and right / duck under as you pivot right 360° on left foot to front stance
- Step through left taking him down
- Finish with bent arm lock

5. **Thumb lock takedown:**

- Place left hand on top of attacker's right hand with your thumb behind his thumb
- Right front kick, step down in front stance
- Execute thumb lock with your left thumb, pushing attacker's thumb in and to the left as you roll his hand to the left to them to put them on their back
- Finish with thumb lock

6. **All directions throw:**

- Left hand trap attacker's hand
- Left front kick
- Step down slightly to left of attacker's right foot
- Raise attacker's arm up and right / duck under as you pivot right 360° on left foot to front stance
- Step through left taking him down
- Finish with bent arm lock



FULL NELSON (PREVENTED)

1. Side flip:

- As soon as attacker reaches hands through
 - Squat down into low horseride stance
 - Squeeze attacker's arms against your body
- Right hand grab the top of attacker's left wrist
- Left hand grab attacker's left forearm
- Twist your body to the right / pull attacker's left arm to flip them onto their back
- Finish with arm lock

2. Finger lock throw:

- As soon as attacker reaches hands through
 - Squat down into low horseride stance
 - Squeeze attacker's arms against your body
- Left grab attacker's left wrist
- Right hand grab attacker's left fingers, palm to palm
- Bend fingers back towards you
- To throw:
 - Maintain finger lock
 - Release attacker's right arm
 - Twist your body to the right / use finger lock to similar throw as #1
 - Finish with finger lock

BEAR HUGS, ARMS IN (BEHIND)

1. Elbow strike, hammer fist, back fist, side kick (Attacker's arms above your elbows)

- Cross arms slightly
- At the same time
 - Step out right to low horse ride stance
 - Explode both elbows up to breakaway
- Finish with:
 - Left elbow to solar plexus
 - Hammer fist to groin
 - Back fist to face
 - Step out right, side kick



2. **Body twist throw:**

(Attacker's arms in the middle around your elbows, right hand on top)

- Bring both hands up and trap attacker's hands to your body with your right hand on top
- At the same time:
 - Step forward right
 - Twist your hips and body to left
 - Pull attacker's right arm across, to throw attacker
- Hold on to attacker's right arm to finish with arm lock

3. **Head lock hip throw:**

(Attacker's arms below your elbows)

- Step out right
- Push right forearm down against attacker's right radial nerve
- Pull your left arm up and out
- Quickly left elbow strike attacker's face
- Left trap attacker's hands
- Pull right arm out
- Right reach around attacker's neck (like Koshi Guruma)
- Throw over right hip
- Finish with arm bar

4. **Leg grab throw:**

(Attacker's arms in the middle around your elbows)

- Look down to see which of attacker's feet are forward
- Head butt attacker
- Step out to horse ride stance
- Reach down with both hands to grab attacker's ankle
- Pull up ankle as you push down with your back side to take them down
- Finish with groin kick or leg lock



BEAR HUGS, ARMS IN (FRONT)

1. **Finger tips to rib cage leg sweep:**
(Attacker's arms in the middle around your elbows)
 - Drop to low horse ride stance
 - Grab attacker's sides with both hands and push your fingertips into attacker's rib cage
 - While you hold on to attacker's sides, execute Osoto Gari to takedown

2. **Inguinal pressure point:**
(Attacker's arms above your elbows)
 - At the same time:
 - Step back right
 - Press hard on attacker's inguinal pressure point with both thumbs to push attacker away
 - Finish with front kick

KNIFE SELF DEFENSE

(Attacker strikes with right hand)

1. **Overhead:**
 - At the same time:
 - Step left 45°
 - Right inside to out Soo Do block
 - Continue the block in a circular motion
 - Bring bottom of attacker's hand around to your left hand
 - Step through to Center Lock Vertical

2. **Across (forehand):**
 - Step in right to horseride stance, perpendicular to attacker / double Soo Do block
 - Left grab attacker's wrist
 - Right hammer fist to ribs
 - Left bring attacker's arm up to Hammerlock Up
 - Step through to takedown
 - Finish with arm bar



3. **Across (backhand):**

- Step in left to horseride stance, perpendicular to attacker / double Soo Do block
- Right grab attacker's wrist
- Left elbow to face
- Wrap left hand over and back under attacker's arm to Figure 4 Escort Lock

4. **Jab:**

- At the same time:
 - Jump back both feet
 - Double Tiger Mouth block down on attacker's wrist, right hand on top
- Left front kick to attacker's thigh or knee
- Step down In preparation for an All Directions Throw
- Raise attacker's arm across to the right
- Step through left / duck under as you pivot right 270⁰ on left foot to front stance taking him down

5. **Choke from behind:**

- Grab attacker's arm with both hands, but don't pull down
- Turn head to left
- Step left foot behind attacker's right foot
- Turn left, driving knife up and in to attacker

JUDO THROWS

8. Front headlock back roll

