

# Hayme Serrato's Martial Arts

## Hapkido 3<sup>rd</sup> Gup (Red Belt) Testing Requirements

### KICKS AND LEG STRIKES (FROM FIGHTING STANCE, STEP-TO)

22. Scoop kick
23. Front kick
24. Side kick
25. Round kick

### ONE HAND SHOULDER GRAB (FRONT)

(Attacker's right hand on your left shoulder)

4. **Over arm reach to knee "S" lock:**
  - At the same time:
    - Right hand trap top of attacker's hand
    - Small step in left
    - Position left hand for Ki strike
  - Left hand Ki strike
  - Circle your left arm over attacker's arm toward your right knee to "S" lock
  
5. **Over arm "S" lock Thai Chi strike**
  - At the same time:
    - Right hand trap top of attacker's hand
    - Small step in left
    - Position left hand for Ki strike
  - Left hand Ki strike
  - Circle your left arm over attacker's arm (same as #4)
  - Turn your left hand palm up
  - Yuk Soo Do to attacker's throat



#### 6. **Folding elbow lock:**

- Right hand trap top of attacker's hand as left hand is positioned for Ki strike
- Left hand Ki strike
- Left hand grab attacker's right wrist
- All flowing together:
  - Step left foot directly in front of right
  - Pivot 90° right to horseride stance
  - Turn attacker's arm, circle left elbow over attacker's elbow
  - Clamp down on elbow / maintain wrist lock / apply elbow lock

### **ONE HAND LAPEL GRAB**

(Attacker's right hand on your left lapel)

#### 3. **Outside wrist lock:**

- At the same time:
  - Left hand grab attacker's right wrist
  - Right palm heel to face
- Right hand trap top of attacker's hand
- Step back right / move left shoulder down and across toward attacker's left foot to "S" wrist lock

#### 4. **Folding elbow lock:**

- At the same time:
  - Left hand grab attacker's right wrist
  - Right palm heel to face
- Right hand trap top of attacker's hand
- All flowing together:
  - Step left foot directly in front of right
  - Pivot 90° right to horseride stance
  - Turn attacker's arm, circle left elbow over attacker's elbow
  - Clamp down on elbow / maintain wrist lock / apply elbow lock

#### 5. **Snake in head twist throw:**

- Right hand palm heel to face
- Step left 45° as you left hand palm heel attacker's right elbow pushing it to the right
- Snake your right hand to the left of the attacker's right arm and back to the chin
- Left hand grab back of attacker's head
- Turn his head to takedown
- Finish with face punch or knee on attacker's head



## **BACK COLLAR GRAB**

(Attacker's right hand grabs your left back collar)

1. **Double knife hand elbow lock:**
  - Right live hand to protect your face as you position left hand for Ki strike
  - Left Ki strike
  - Left Soo Do attacker's tricep to roll them over to arm bar
  - Step back right / bring right Soo Do down on attacker's elbow to elbow lock
  
2. **Duck under straight arm bar takedown:**
  - Right hand trap attacker's right hand
  - Squat down
  - Left Ki strike
  - At the same time:
    - Duck head under attacker's arm and up the other side
    - Left Soo Do to attacker's tricep to roll them over to arm bar
  
3. **Elbow, collar leg sweep:**
  - At the same time:
    - Right live hand to protect your face
    - Left punch to attacker's ribs causing them to bend their right elbow
  - Grab attacker's sleeve under the right elbow
  - Right grab attacker's lapel
  - Osoto Gari throw
  - Finish with arm bar

## **TWO HAND LAPEL GRAB**

1. **Snaking straight arm bar takedown:**
  - Right scoop kick
  - Step right 45<sup>0</sup>
  - Left hand (staying close to your body) thread over attacker's right arm (trapping his left hand) and under his left arm
  - Grab attacker's left wrist with an outside counter grab
  - At the same time:
    - Pivot front stance 90<sup>0</sup> to the left
    - Right Soo Do to attacker's left tricep to arm bar
  
2. **Double slap & trap, wrist lock takedown:**
  - Left hand slap face and trap attacker's left hand
  - Right hand slap face and double trap over your left arm
  - Step back right putting pressure on attacker's wrists to bring him to his knees
  - Shoot out both hands to strike face



## ONE HAND MIDDLE SLEEVE GRAB

(Attacker's right hand grabs your left middle sleeve)

1. **Cross trap "S" lock:**
  - Right hand trap attacker's right hand with your thumb under his thumb
  - Left front kick, step down forward
  - Left Soo Do outside to in over attacker's wrist to "S" lock
2. **Wrap around lock:**
  - Left back hand to attacker's face
  - Thumb down, wrap around attacker's right arm
  - Thumb up, apply elbow lock directly under attacker's elbow
  - Finish with come along or right uppercut to body

## TWO HAND MIDDLE SLEEVE GRAB (FRONT)

1. **Circular downward knife hand, shoot out strike:**
  - Right scoop kick, step down forward
  - Circle both Soo Do hands outside to in
  - Push down on top of attacker's wrists (double wrist lock like double slap & trap)
  - Take attacker to his knees
  - Shoot out both back hands to strike face
2. **Double cross trap "S" lock and backfist:**
  - Right hand trap attacker's right hand with your thumb under his thumb
  - Left front kick, step down forward
  - Rotate left hand outside to in over attacker's arm
  - Left trap attacker's left hand
  - Step back right to apply "S" lock
  - Finish with left back fist to face
3. **Cross trap "S" lock:**
  - Right hand trap attacker's right hand with your thumb under his thumb
  - Left front kick, step down forward
  - Left Soo Do outside to in to "S" lock
4. **Wrap around lock:**
  - Bring your left hand up and in (like a high block)
  - Right hand grab attacker's sleeve under the elbow
  - Pull your right hand in / push left hand out
  - Left back hand to attacker's face to wrap around



## SIDE BODY GRAB

(Attacker's right hand grabs your left side)

### 1. **Shoulder grab, leg sweep:**

- At the same time:
  - Bring left hand up to your chest to trap attacker's arm
  - Right palm heel to face
- Right Yuk Soo do to attacker's right tricep
- Grab attacker's lapel
- Osoto Gari throw, keeping his arm locked
- Finish with arm bar

### 2. **Knife hand, back fist:**

- At the same time:
  - Bring left hand up to your chest to trap attacker's arm
  - Right palm heel to face
- Right Soo Do hand push down (not strike) on attacker's radial nerve
- Step back right taking them to their knees
- Finish with back fist to the face

## CLUB SELF DEFENSE

(Attacker strikes with right hand) – In all of these, CONTROL THE WEAPON!

### 1. **Overhead:**

- At the same time:
  - Step forward left
  - X-block (left hand closest to you) attacker's tricep
- Left hand reach around attacker's arm, at the elbow
- Right arm pushes attacker's forearm back
- Left hand completes a figure four lock by grabbing your right forearm
- Step back left / turn left 90° to arm bar takedown
- Go down to one knee
- Straighten your back / lift up to apply the lock

### 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
  - X-block down with right hand on top
- Right hand grab club in middle / left hand grab club closest to you
- Right front kick, step down back as you pull club up and back

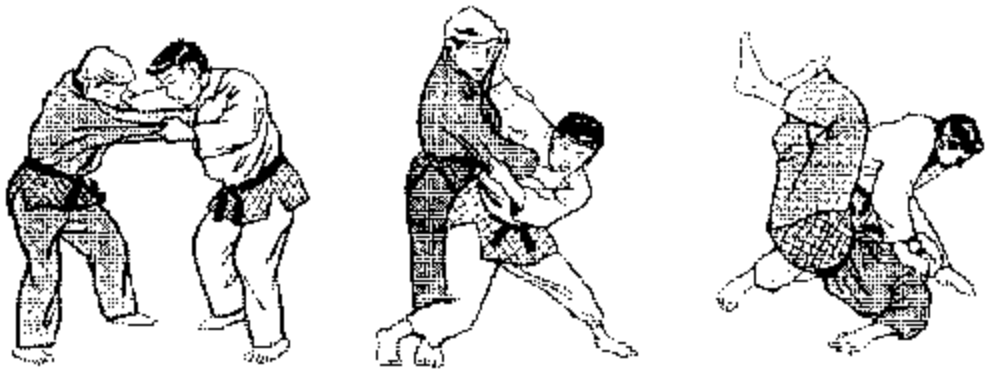
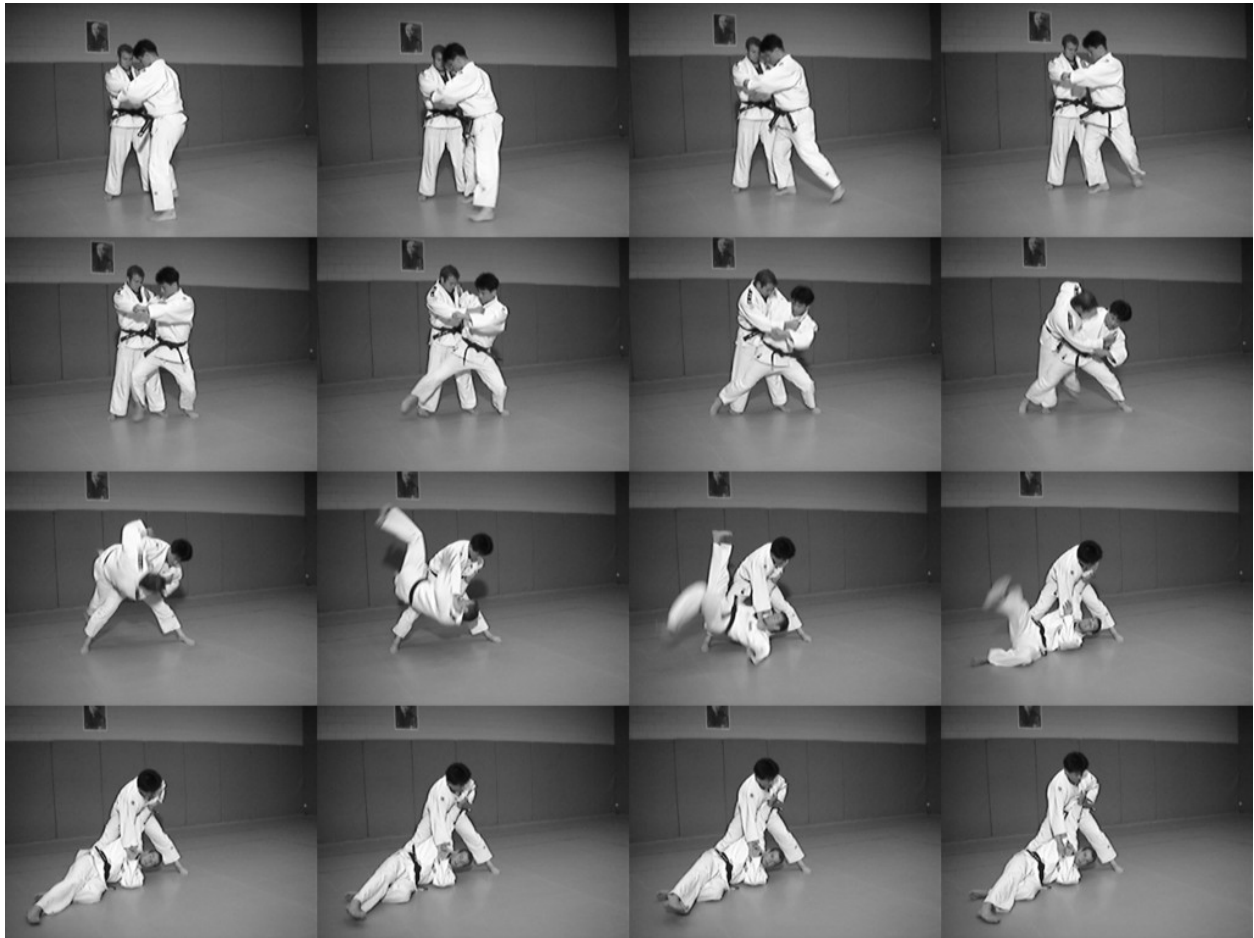
5. **Choke from behind:**

- Grab club with both hands, but don't pull down
- Turn head to left
- Step left foot behind attacker's right foot
- Squat down / turn left, jam club into (in and upward motion) attacker's body

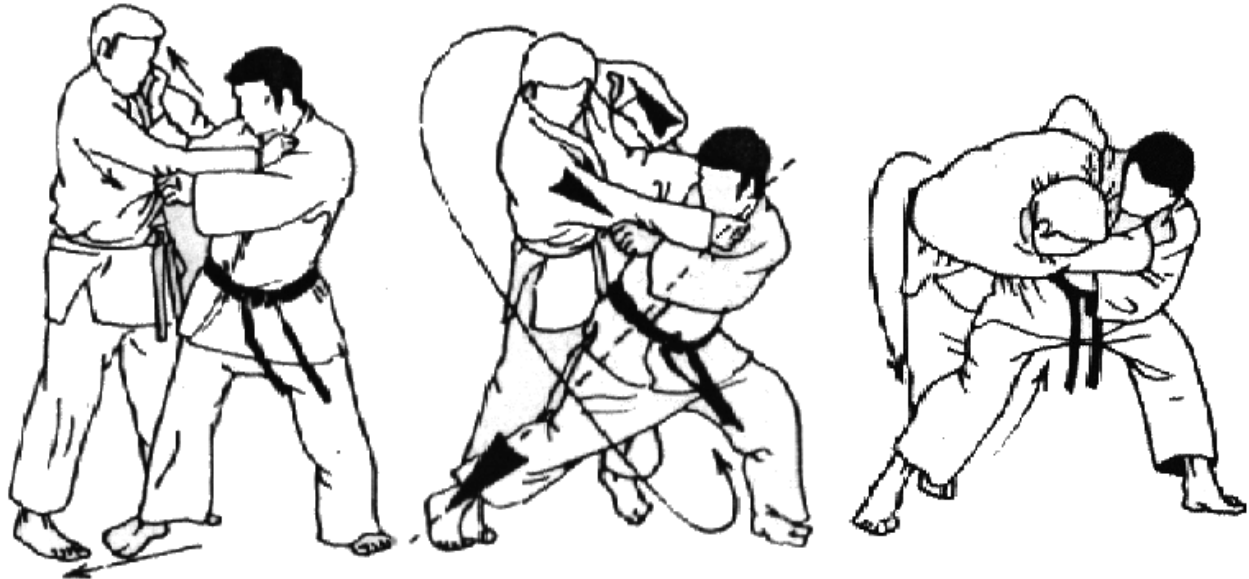


## Judo Throws

### 7. Tai Otoshi (Body Drop)



3<sup>rd</sup> Gup (Red Belt) - 7  
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TAI-OTOSHI

