

# Hayme Serrato's Martial Arts

## Hapkido 5<sup>th</sup> Gup (Blue Belt) Testing Requirements

### KICKS AND LEG STRIKES (FROM FIGHTING STANCE, OFF BACK LEG)

17. 180° Spinning Hook kick
18. 360° Spinning Hook kick

### SAME SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

#### 16. **Center Lock Horizontal:**

- Left scoop kick
- At the same time:
  - Step down forward
  - Raise left arm forward and out slightly
- Right grab attacker's wrist from underneath (palm up) / left breakaway downward
- Left grab back of attacker's hand, hooking your fingers on the heel of attacker's hand
- Raise attacker's hand up as you step under right
- All flowing together:
  - Step back left to horse ride stance facing same direction as attacker, outside of his elbow
  - Slide right open hand on attacker's elbow, keeping his arm horizontal
  - Lower attacker's arm to chest height, pulling his hand in towards your chest
- Turn index finger toward attacker's eyes to apply lock



**17. Folding elbow lock:**

- Left scoop kick
- At the same time:
  - Step down forward
  - Raise left hand up and in (circular motion), with attacker's arm between thumb and index finger, to center of chest, grabbing his wrist
  - Raise right hand up to center of chest to grab back 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

**18. Hammerlock behind back:**

- Left scoop kick
- All flowing together:
  - Step down forward
  - Move left hand up and toward attacker with attacker's arm is between your thumb and index finger
  - Right hand grab attacker's elbow (thumb up), thumb to inside elbow pressure point
- Lift arm up step right under
- At the same time:
  - Step back left to horse ride stance facing same direction as attacker
  - Slide left hand to back of attacker's hand, keep right hand on attacker's elbow
- Apply hammerlock by pressing attacker's hand and elbow toward each other

**19. Fingertip, elbow escort / elbow break:**

- Left front kick
- Step down left foot in front of right, in preparation for a horse ride stance
- All flowing together:
  - Pivot 90° right to horseride stance
  - Right hand reach over and grab inside of attacker's wrist / left breakaway downward
  - Left hand grab back of attacker's fingers
  - Bend fingers back while pulling in attacker's wrist
  - Slam left elbow up into attacker's elbow
- Apply lock to escort



## 20. **Body twist elbow break:**

- Left front kick
- Step down left foot in front of right, in preparation for a horse ride stance
- All flowing together:
  - Pivot 90° right to horseride stance
  - Right hand reach over and grab inside of attacker's wrist / left breakaway downward
  - Right hand pull attacker's hand across to your right hip
  - Left hand trap attacker's hand to your body
- Step forward left / twist upper body to break elbow or throw attacker

## **TWO HANDS ON ONE WRIST GRABS**

(Attacker's two hands grab your right wrist)

### 1. **Belt grab face throw:**

- Right scoop kick
- At the same time:
  - Step down forward
  - Execute inside-to-out Soo Do block
  - Left grab attacker's belt
- Pull belt / right palm heel to face

### 2. **In-to-out wrist lock throw:**

- At the same time:
  - Live hand / turn right palm up
  - Left hand reach under so your fingertips grab base of attacker's left thumb with your thumb on the back of attacker's hand
- Right front kick to knee
- All flowing together:
  - Step down back to front stance
  - Your right hand turns attacker's hand
  - Your left hand grabs knife edge of attacker's hand
- Turn attacker's hand over, pointing fingers, to put him on his back
- Two steps to arm bar across your knee

### 3. **"S" lock (swing in to out):**

- Left hand trap attacker's right hand tight to your arm
- Right front kick
- At the same time:
  - Step down forward, bending attacker's arm into an "S" shape
  - Right inside-to-out Soo do block to apply "S" lock



## SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

### 3. **Head flip:**

- Left side kick to attacker's knee
- At the same time:
  - Step down in horse ride closer to attacker
  - Bring left hand across toward your right hip
  - Right hand reach over and grab attacker's wrist over the top
  - Live hand breakaway
- Push-pull your hands / left elbow to ribs
- Left hand reach across attacker's chest to grab pressure point on back of attacker's neck
- Step forward right / pull down attacker's head to takedown

### 4. **Body twist elbow break:**

- Left side kick to attacker's knee
- At the same time:
  - Step down in horse ride closer to attacker
  - Bring left hand across toward your right hip
  - Right hand reach over and grab attacker's wrist over the top
  - Live hand breakaway
- Push-pull your hands / left elbow to ribs
- Bring left arm up from underneath to trap attacker's hand to your body
- Left step forward left / twist upper body to break elbow or throw attacker

### 5. **Palm to palm outside wrist lock throw:**

- Left side kick to attacker's knee
- At the same time:
  - Step down facing attacker in left front stance
  - Raise left hand up face high, palm to the right
- Right grab attacker's wrist thumb down
- Left live hand breakaway
- Left grab attacker's fingers (both of your palms are now facing away from you)
- Bend attacker's hand back / turn wrist away from you / step back left to takedown
- Two steps to arm bar across your knee



## TWO HANDS ON TWO WRISTS (FRONT)

### 1. Hand smash down:

- Right scoop kick
- As you step down forward, bring hands to center of your body:
  - Turn right palm up and raise up about chest high
  - Turn left hand palm down
- Smash the back of attacker's hands together
- Breakaway right hand / pull right elbow back
- Round house elbow to face

### 2. Hand smash middle:

- Right scoop kick
- As you step down forward, both hands do an outside-to-in Soo Do block keeping your hands to the outside of attacker's arms
- Smashing the attacker's wrists together (your palms are facing each other)
- Left hand trap attacker's hands / right Soo Do hand back to left ear (palm up)
- Right Soo Do to neck

## TWO HANDS ON TWO WRISTS (BEHIND)

### 1. Center lock vertical:

- Fake left
- At the same time:
  - Step out right to deep back set
  - Bring right arm over head so both hands are on your left
  - Left hand grab back of attacker's right hand
- Step back left / apply center lock vertical

### 2. Forearm push down:

- Fake left
- Step slightly out right (if necessary)
- At the same time:
  - Bring right arm over head so both arms are in front of attacker
  - Step left foot behind attacker
- Turn body to take down
- Leave the situation or finish with a side kick



## PUNCH DEFENSE

(Attacker throws right punch)

### 3. **Absorb in to out, wrist lock throw:**

- Step left 45° / left outside-to-in Soo Do block
- At the same time:
  - Left hand reach over and grab attacker's hand over the thumb
  - Slide right foot back to horseride stance, facing same direction as attacker, on the attacker's right
  - Left hand pulls attacker's arm across your body to your right hip, straining his elbow
  - Right hand is waiting at right hip and grabs the other side of attacker's hand
- Reverse momentum while keeping the technique flowing:
  - Step back left
  - Apply wrist lock to takedown
- Two steps to arm bar across your knee

### 4. **Knife hand to bicep throw:**

(Attacker throws a hook punch)

- Step right 45°
- Left inside-to-out Soo Do block
- Grab attacker's wrist
- Slide left foot back and out of the way
- Pull left hand to left hip / right Soo Do strike to attacker's bicep
- Take attacker down to your left



## Judo Throws

### 5. Ippon Seoinage (One Arm Shoulder Throw)

