

Hayme Serrato's Martial Arts

Hapkido 6th Gup (Purple Belt) Testing Requirements

STRIKES (FROM FIGHTING STANCE)

17. Knife hand (Soo Do) (L-R)
18. Spear Hand (Kwan Soo) (L-R)
19. Ridge hand (Yuk Soo Do) (L-R)
20. Ox jaw (L-R)
21. Inside elbow (L-R)

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

14. Round kick (with ball)
15. Upward knee
16. Roundhouse knee

BREAKAWAYS

(Attacker's two hands grab your right wrist)

15. Roundhouse elbow:

- Right scoop kick
- At the same time:
 - Step down forward
 - Drop elbow / raise hand
 - Grab back of own hand
- Breakaway to round house elbow to face

16. Uppercut elbow:

- Right scoop kick,
- At the same time:
 - Step down forward
 - Drop elbow / raise hand
 - Shake own hand
- Breakaway to uppercut elbow to solar plexus then face in one motion



17. Downward breakaway:

- Right scoop kick
- At the same time:
 - Step down forward to horse ride stance
 - Turn arm so elbow is pointing toward attacker, forearm angled toward left knee
 - Grab back of own hand
- Pull down violently to breakaway
- Elbow to face

SAME SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

11. Vertical "S" 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
- Make sure attacker's arm is in an "S" shape
- Squeeze attacker's hand as you turn it to the right and turn his wrist to the left

12. Hammerlock (front entry):

- At the same time:
 - Raise left arm up and out
 - Step out left to front stance
 - Right palm heel to face
- Right grab back of attacker's elbow
- All flowing together:
 - Pull elbow
 - Shoot left Soo Do behind his elbow
 - Pivot right 90° to front set, keeping his arm trapped inside your elbow (hammerlock)
- Right grab attacker's far shoulder to keep lock applied



13. Hammerlock (knife hand entry):

- Left scoop kick
- At the same time:
 - Step down forward into front stance
 - Turn palm up / pull up and in to right side of chest
 - Right hand reach under and grab attacker's wrist (palm away)
 - Breakaway
- Left elbow face
- Square up to attacker, left sudo bicep
- Slide left hand under attacker's arm then through to hammerlock as you pivot front stance right 90⁰

14. All directions throw:

- Left scoop kick
- At the same time:
 - Step down in front stance, slightly to left of attacker's right foot
 - Raise left hand across and in (about belt high)
 - Right hand reach over to grab attacker's wrist
 - Breakaway
- Left grab top of attacker's hand
- Raise attacker's arm up and right / duck under as you pivot clockwise 360⁰ on left foot to front stance
- Step through left taking him down
- Finish with bent arm lock

15. Center lock vertical:

- 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
- Bend attacker's elbow so his forearm is vertical / lift it up as you step under right
- Keep attacker's forearm vertical
- Step back left to horse ride stance facing same direction as attacker as your right open hand keeps attacker's forearm vertical
- Turn left index finger toward attacker's eyes to apply lock



CROSS WRIST GRABS

(Attacker's right hand grabs your right wrist)

7. **Outside-to-in wrist lock:**

- Left scoop kick
- At the same time:
 - Step down in a front stance, to the left of attacker's right foot
 - Rotate right hand outside to in to "stop"
 - Left hand grab attacker's wrist (palm away)
 - Breakaway towards left ear, palm up
- Right Soo do to back of attacker's hand, forcing it back and away from him
- Keep pressure on the wrist, step through right to takedown
- Transition to a bent wrist lock submission hold

8. **Swing in to out finger grab throw:**

- Left scoop kick
- At the same time:
 - Step out 45°
 - Right inside to out Soo Do block
 - Left hand grab attacker's wrist (thumb down)
- All flowing together, continuing inside to out circular flow:
 - Right hand slide down to palm-to-palm
 - Grab attacker's fingers bend wrist back
 - With his elbow pointing up, push right hand in to further apply wrist lock
 - Lift up and then down to left to takedown
- Pull attacker's elbow into your chest as you continue to apply bent wrist lock



SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

1. **Elbow pressure break:**

- Left side kick attacker's knee
- At the same time:
 - Step down in horse ride stance closer to attacker
 - Pull left hand across your body to your right hip
 - Right hand trap attacker's hand
 - Position left elbow above attacker's elbow
- Push down left elbow to apply elbow lock

2. **Folding elbow lock:**

- Left side kick attacker's knee
- At the same time:
 - Step down in horse ride stance closer to attacker
 - Pull left hand across your body, up to your right chest
 - Right hand trap attacker's hand from underneath
 - Position left elbow over attacker's elbow
- Clamp down left elbow
- Bend slightly to left to apply elbow lock



PUNCH DEFENSE

(Attacker throws right punch)

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

- Step left 45⁰ into front set
- Right inside to out Soo Do block
- Continuing inside to out circular flow:
 - Grab wrist
 - Pivot front stance 90⁰ to the right
 - Turn attacker's arm, bringing your right hand in tight to your waist, palm up
 - Left Soo Do to attacker's tricep to armbar

2. **Deflect to trachea lock:**

- Step left 45⁰ into front set
- Right inside to out Soo Do block
- Grab forearm just above wrist
- All flowing together:
 - Pull attacker in, turning attacker's arm, bringing your right hand in tight to your waist, palm up
 - Strike back of attacker's neck with left forearm ridge hand
- Slide left foot in to horse ride behind attacker
- Left ridge hand hooks jaw at base of thumb
- Pull attacker's head left as you pull the arm bar across your chest



Judo Throws

4. Koshi Guruma (Hip Wheel)

