

Hayme Serrato's Martial Arts

Hapkido 7th Gup (Green Belt) Testing Requirements

STRIKES (FROM FIGHTING STANCE)

13. Punch combination:
 - Horizontal Jab (L)
 - Vertical Cross (R-L)
 - Hook (R-L)
 - Uppercut (R-L)
 - Overhand (R-L)
14. Palm heel (L-R)
15. Tiger mouth (L-R)
16. Elbow combination:
 - Back (R-L)
 - Round (L-R)
 - Angular (L-R)
 - Uppercut (L-R)
 - Downward (R-L)

KICKS (FROM FIGHTING STANCE, OFF BACK LEG)

11. Inside to out crescent kick
12. Outside to in crescent kick
13. Inverted round kick



BREAKAWAYS

(Attacker's right hand grabs your left wrist)

10. Roundhouse elbow:

- Live hand, left scoop kick
- Step down forward
- Push arm in to begin breakaway, roundhouse elbow to face

11. Uppercut elbow:

- Live hand, left scoop kick
- Step down forward
- Push arm in to begin breakaway, uppercut elbow to solar plexus, then chin

12. Tiger mouth:

- Live hand, left scoop kick
- Step down forward
- Drop elbow to begin breakaway, tiger mouth to throat

13. Outside spin, elbow to kidney:

- Live hand, left front kick, step down to left of attacker's right foot
- All flowing together:
 - Elbow out / hand in / pull away release
 - Pivot clockwise 360⁰ on left foot, slide right foot to behind attacker to front stance
 - Right elbow to kidney

14. Step under, kick back of knee:

- Live hand, left scoop kick
- At the same time: step down 45⁰ to left / raise left arm up and out
- Right step through, duck under attacker's arm
- At the same time:
 - Pivot left on right foot
 - Left Soo Do to ribs breakaway
 - Slide left foot back to horse ride stance facing same direction as attacker
- Grab shoulders, left scoop kick to back of attacker's right knee to takedown



SAME SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

6. **Throat choke arm bar (accordion):**

- Raise left hand up and out slightly, as right hand traps attacker's hand, thumb between attacker's thumb and index finger, your fingertips grabbing bottom of attacker's hand
- Left front kick step down to front stance
- Rotate both arms up and right to arm bar (same movement as in #5-Straight arm bar takedown)
- Left palm heel to face (turns attacker's head)
- Slide left foot in behind attacker as your left Soo Do hand reaches around attacker to hook chin on base of your thumb
- Turn head left as your right hand pulls in the wrist lock on his right hand (like an accordion)

7. **Straight arm bar (forward/front):**

- Right front kick
- All flowing together:
 - Step down back
 - Rotate left hand outside-to-in to outside counter grab
 - Continue rotating the arm until palm downward
 - Right Soo Do to back of tricep to arm bar

8. **Rolling finger lock:**

- Turn palm up and in as right hand (palm up) grabs attacker's forearm
- Left scoop kick step down forward
- Rotate left arm down and away to finger lock (keep arms parallel and horizontal)

9. **Goose neck:**

- Left front kick
- Step down forward to the left of attacker's right foot
- Bring left hand, palm up, to attacker's wrist (under counter grab)
- Right pierce to inside of attacker's right elbow pressure point to bend his elbow
- Pivot clockwise 180⁰ on left foot / slide right foot to horse ride stance to attacker's right, facing same direction as attacker
- As you pivot:
 - Slide left hand's fingers to back of attacker's right hand, your thumb in the inside of his wrist
 - Right hand grab attacker's wrist
- Pull his elbow into your chest as you point fingers down to apply wrist lock



10. Hammerlock up:

- Left scoop kick
- As you step down to left of attacker's right foot, raise left arm up and out
- Right ridge hand to attacker's right tricep
- All flowing together:
 - Right open hand slides through tricep strike
 - Step through right
 - Bring left hand up (palm away, thumb to inside), push attacker's hand up to meet your right open hand sliding past tricep strike
 - Right Soo Do hooks attacker's right wrist
 - Step through left to takedown
- Shift hands to wrist lock

CROSS WRIST GRABS

(Attacker's right hand grabs your right wrist)

4. Pressure point all directions throw:

- Right inside counter grab
- Left front kick
- Step down slightly to left of attacker's right foot
- 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 clockwise 360° on left foot to front stance
- Step through left taking him down
- Finish with bent arm lock

5. Two-way "S" wristlock:

- Left hand on top of attacker's hand to trap it
- Right scoop kick step down forward
- Rotate right Soo Do hand inside-to-out
- Push down to apply "S" lock

6. Throat choke arm bar:

- Inside counter grab
- Left palm heel
- At same time:
 - Step left behind attacker, slide right foot back to horse ride stance facing same direction as attacker
 - Pull right hand to your right hip
 - Left hand reach around attacker to grab trachea pressure point
 - Apply arm bar across chest while pulling trachea in opposite direction



Judo Throws

3. O Goshi (Large Hip Throw)

