

# Hayme Serrato's Martial Arts

## Hapkido 8<sup>th</sup> Gup (Orange Belt) Testing Requirements

### STRIKES (FROM FIGHTING STANCE)

9. Upper cut (L-R)
10. Hook punch (L-R)
11. Roundhouse elbow (L-R)
12. Uppercut elbow (L-R)

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

7. Round kick to stomach (with instep)
8. Round kick to calf (with shin)
9. Inside to out Axe kick
10. Reverse kick

### BREAKAWAYS

(Attacker's right hand grabs your left wrist)

5. **Knife hand to radial nerve, elbow to solar plexus:**
  - Live hand, right front kick to groin
  - At the same time:
    - Step down in front of attacker's right foot
    - Right Soo Do to attacker's right radial nerve
    - Pull away your left hand
  - Slide your left foot back to horse ride stance (now facing same direction as attacker)
  - Left elbow to attacker's solar plexus



6. **Downward breakaway:**

- Left front kick to groin
- Step down left foot in front of right, in preparation for a horse ride stance
- At the same time:
  - Bring your right open hand up to protect your face
  - Pivot 90° right to horseride stance
  - Turn left hand / drive it downward toward your right knee to breakaway
- Push-pull your hands, left elbow to face

7. **Horizontal breakaway:**

- Left front kick to groin
- Step down left foot in front of right, in preparation for a horse ride stance
- At the same time:
  - Bring your right open hand up to protect your face
  - Pivot 90° right to horseride stance
  - Turn left hand / drive it horizontal, parallel to your belt to breakaway
- Push-pull your hands, left elbow to face

8. **Upward breakaway:**

- Left front kick to groin
- Step down left foot in front of right, in preparation for a horse ride stance
- At the same time:
  - Turn left hand / drive left hand upward over your right shoulder (palm up) to breakaway
  - Pivot 90° right to horseride stance
  - Bring your right open hand up to protect your face (outside of your left arm)
- Right hand blocks, then grabs attacker's right hand
- Push-pull your hands, pull attacker into left elbow to face

9. **Step behind, trap knee, arm sweep:**

- Left front kick to groin
- At the same time:
  - Step down in front stance to left of attacker's right foot
  - Shoot left Kwan Soo to right side of attacker's face to take him down backwards



## SAME SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

### 3. **Corkscrew:**

- Turn palm up, right hand reach under so your fingertips grab base of attacker's thumb
- Left front kick
- At the same time:
  - Step down in front stance
  - Right hand turns attacker's hand
  - Left hand grabs knife edge of attacker's hand
- Continue turning attacker's hand to left and drive his elbow into his stomach
- At the same time:
  - Step back left
  - Turn attacker's hand farther to left, taking him down
- Two steps to arm bar across your knee

### 4. **Straight arm bar takedown with thumb lock:**

- 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
- At the same time:
  - Pivot front stance 90<sup>0</sup> to the right
  - Rotate both arms up and right (left thumb to outside of attacker's arm) to arm bar
- Right hand keeps arm turned as Left Soo Do slides down, breaking attacker's thumb
- Slide forearm down to back of attacker's tricep to arm bar takedown
- Right front kick to face

### 5. **Straight arm bar takedown:**

- 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
- Right front kick
- At the same time:
  - Step down back
  - Rotate both arms up and right (left thumb to inside of attacker's arm)
  - Slide both thumbs to back of attacker's hand to wrist lock
- Continue applying wrist lock to take attacker to his knees



## CROSS WRIST GRABS

(Attacker's right hand grabs your right wrist)

### 1. **Straight arm bar takedown:**

- Left front kick
- As you step down in front stance, execute a right inside to out Soo Do block to an outside counter grab
- Pivot front stance 90° to the right
- Continuing inside to out circular flow, 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. **All direction throw arm break:**

- Inside counter grab / left hand trap attacker's hand
- Left front kick, step down across from attacker's right foot
- All flowing together:
  - Pivot clockwise on left foot
  - Slide right foot back to horse ride stance until facing same direction as attacker
  - Raise attacker's arm above your left shoulder, re-positioning grip so your left hand grabs the bottom of attacker's hand and your right grabs the top above the thumb
- Break attacker's elbow on left shoulder
- Left elbow to attacker's ribs
- Left hand re-grab attacker's hand
- Bring attacker's arm over your head
- Turn attacker's wrist to takedown
- Two steps to arm bar across your knee

### 3. **Figure 4 escort lock:**

- At the same time:
  - Left foot slides in slightly
  - Inside counter grab
  - Left palm heel to face
- At the same time:
  - Right hand pulls attacker in
  - Left hand (thumb down) wraps over and back under attacker's right arm, close to attacker's shoulder
  - Pivot clockwise on left foot, slide right foot back to horseride stance until facing same direction as attacker
- Left hand grab your uniform high on lapel, right hand push down to elbow lock



## Judo Throws

### 2. Ouchi Gari (Large Inner Reaping)

