

# Hayme Serrato's Martial Arts

## Hapkido 9<sup>th</sup> Gup (Yellow Belt) Testing Requirements

### STANCES & PIVOTS

#### 1. Front stance:

- ☉ From Chun Bee:
  - Left foot steps forward, the knee is bent so looking down over your left knee, you just see your left toes
  - Right leg is straight
  - Both feet are flat and parallel, pointed straight forward
  - Feet slightly wider than shoulder distance apart
  - Weight distribution is 50 / 50 on each foot
- ☉ Tora (left foot is back):
  - Left foot slides straight across, past right foot
  - Up on toes, pivot 180° to left
  - Now in left front set facing opposite direction
  - Keep guards up
- ☉ Left foot back – right fist crosses over left above your head, left foot steps back, double block to the side, KIAI, then guards up
- ☉ Switch feet – Step up with feet together, right fist crosses over left above your head, step back with opposite foot, double block to the side, KIAI, then guards up

#### 2. Horse ride stance:

- ☉ From Chun Bee:
  - Left foot steps directly in front of right foot, both feet pointed forward
  - Pivot on balls of both feet as body turns 90° to right
  - Both feet are flat and parallel, pointed straight forward
  - Feet wider than shoulder distance apart, squat down
  - Weight distribution is 50 / 50 on each foot
  - Guards up
- ☉ Tora:
  - Turn head in opposite direction, move guards to opposite side, do not move feet



3. **180 degree pivot:**

- Feet together (facing North), left foot steps out to the left
- Shift weight to left foot, bring right foot clockwise around, turn 270° to right front stance facing West
- Right hand Soo Do block high, left hand Soo Do block in front of solar plexus (palm up)

4. **90 degree pivot:**

- Feet together (facing North), left foot steps forward
- Shift weight to left foot, bring right foot clockwise around, turn 360° to right front stance facing North
- Right hand Soo Do block high, left hand Soo Do block in front of solar plexus (palm up)

5. **45 degree pivot:**

- Feet together (facing North), left foot steps 45° (Northwest)
- Shift weight to left foot, bring right foot clockwise around, turn to right front stance facing Northwest
- Right hand Soo Do block high, left hand Soo Do block in front of solar plexus (palm up)

**BREAK FALLING**

1. **Backward:**

- Squat down, arms out in front
- Sit down, tuck in chin, roll back, slap floor as upper back hits the floor, arms at 45° angle, let feet come up

2. **Forward:**

- Squat down, turn head to side
- Kick feet straight out, spread apart
- Land on toes and forearms at same time, palms down, elbows bent

3. **Left and right side:**

- Kick left leg out, squat down on right leg
- Sit down on left side
- Uncoil body, roll hips over to left
- At the same time:
  - Left hand slaps the floor (arm at 45° angle) as shoulder hits the floor
  - Right leg hits the floor (above the left, both knees slightly bent)
  - Look up to the sky
  - Right guard up, right elbow tucked in



4. **Forward roll (on left shoulder):**

- Start out on left knee, left forearm on floor
- Tuck head in, lean forward until left shoulder is on the floor
- Kick feet over your head, roll down back from left shoulder to right hip to outside of right leg
- Come up in fighting stance

5. **Backward roll (on left shoulder):**

- Start out on left knee, left arm straight out, head on right shoulder
- Tuck in left foot, sit down, push off right foot / kick feet over left shoulder, roll over left shoulder
- Come up in fighting stance

**BLOCKS (FROM CHUN BEE)**

1. **Inside knife hand (attacker punching with right hand):**

- Step out right to horseride stance
- Double Soo Do block, hands chest high

2. **Outside knife hand (attacker punching with left hand):**

- Step out left to horseride stance
- Double Soo Do block, hands chest high

3. **Open hand, block and grab:**

- Step out slightly left
- Left open hand outside to in block deflects attack
- Right hand reaches behind left hand to grab attacker's wrist
- Using the momentum of the attacker's punch, right hand pulls attacker's hand into a left elbow



## STRIKES (FIGHTING STANCE)

### 5. **Horizontal jab (L) and vertical cross (R-L):**

- Left horizontal jab, with first two knuckles, right hand to side of face
- Bring left hand back to side of face as you throw right vertical cross, slightly to left of jab target
- Bring right hand back to side of face as you throw left vertical cross, slightly to right of jab target

### 6. **Back fist / spinning back fist:**

- Left back fist to attacker's temple, pull hand back
- Pivot on front foot, turn right 180° to fighting stance
- Right back fist to attacker's temple, pull hand back

### 7. **Hammer fist downward (L-R):**

- Left hammer fist downward, target is belt high
- Right hammer fist downward, target is belt high

### 8. **Hammer fist across (L-R):**

- Left hammer fist across, target is face high
- Right hammer fist across, target is face high

## KICKS (FIGHTING STANCE)

### 4. **Scoop kick (off back leg):**

- Bring knee up, snap foot forward
- Foot is nearly horizontal, toes out
- Kick with sole of the foot to attacker's shin
- Pull foot back, step down

### 5. **Side kick (off back leg):**

- Bring knee up to opposite side of body, thigh parallel to floor
- Roll hips over / pivot base foot, extend kick / lock out leg
- Kick with the outside knife edge or heel, toes pulled back, foot angled downward
- Bring leg back to bent knee position, then set down

### 6. **Back kick (off front leg):**

- Pivot feet, turn back to attacker, as if running away
- Bring knee up as if throwing a front kick in opposite direction
- Drive foot back, kick with heel, foot vertical with toes pointing down
- Pull foot back, step down away from attacker in fighting stance facing opposite direction



## **BREAKAWAYS**

(Attacker's right hand grabs your left wrist)

**1. Turn and back kick:**

- Live hand
- Left front kick to groin, step down across attacker's left foot
- As you step down, push left elbow out / pull wrist in to breakaway
- Turn right to face away from attacker
- Left back kick

**2. Reverse leverage:**

- Live hand
- Left scoop kick, step down outside of attacker's right foot
- Outside to in Soo do block
- Back fist

**3. Knife hand strike:**

- Live hand
- Left front kick to groin
- At the same time:
  - Step down back to front stance
  - Right Soo Do to attacker's radial nerve
  - Pull back left hand
- Left reverse punch to face

**4. Hammer fist:**

- Live hand
- Left front kick to groin
- At the same time:
  - Step down back to front stance
  - Turn left hand slightly exposing back of attacker's hand
  - Back fist to back of attacker's hand
  - Pull back left hand
- Left reverse punch to face



## SAME SIDE WRIST GRABS

(Attacker's right hand grabs your left wrist)

### 1. **Outside wristlock throw:**

- At the same time:
  - Live hand / turn palm up
  - Right hand reach under so your fingertips grab base of attacker's thumb with your thumb on the back of attacker's hand
- Left 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

### 2. **Outside wristlock throw, with knife hand:**

- Left front kick to knee
- At the same time:
  - Step down in a front stance, to the left of attacker's right foot
  - Live hand / turn palm up and in toward your right ear
  - Right hand (thumb down) grab attacker's wrist, breakaway
- Left Soo Do to back of attacker's hand, forcing it back and away from him
- Keep the pressure on the wrist, step through right to take him down on his back
- Transition to a bent wrist lock submission hold



## JUDO THROWS

### 1. Osoto Gari (Large Outer Reaping)

## O SOTO GARI

