

Clemmons Family Martial Arts Hapkido Curriculum

Situational awareness: Situational awareness is the ability to perceive and understand what is happening in one's immediate environment, as well as how it may impact one's goals, objectives, or safety. It involves being aware of one's surroundings, paying attention to the details, and understanding the context in which events are unfolding. Your senses pick up more than you are conscious of. You have certain brain cells, in your stomach, that alert you when they perceive danger and give you the "gut feeling" of fear. Pay attention to these feelings and heed the warning. The "gut feeling" may not always be right but it is always looking out for your safety.

Establish physical boundaries: Tell approaching person to STOP NOW, BACK OFF, NO MEANS NO

Strike when your boundaries are breached: Rapid Assault Tactics or The Spear system followed by the straight blast.

Targets for counter attacking Assailants: Face: Downward face slap, Eye: eye jab, eye flick, grab head and press thumbs into eyes, Nose: Strike upward, Ears: Cupped Ear Strike, Pressure Point Behind Ear, Throat: Tiger Mouth strike, knife hand/ridge hand, Spear Hand to suprasternal notch, Neck: Strike side of neck (either side) Arm Sword (Forearm strike), Collar Bone: Elbow Strike

9th Gup Level (Yellow Belt) [Yellow Belt Curriculum Video on YouTube](#)

Kicks	Punches	Break Falls	Blocking / Trapping Drills
1- Front Kick	1- Vertical Punch	1- Backward Break Fall	1- Punch, Trap, CounterPunch
2- Side Kick	2- Hammer Fist	2- Side Break Fall	Alternating Drill.
3- Back Kick	3- Back Fist	3- Forward Roll	2- High / Low Trapping Drill.

Breakaways

- 1- Turning Escape - Push into the attacker with your elbow and pivot away to the inside on the back foot.
- 2- Wrist Circle Escape - Push against the attacker's thumb and circle to the outside pushing the attacker's arm inward.
- 3- Knifehand Assisted - Strike radial nerve and simultaneously pull your hand away.
- 4- Hammerfist Assisted - Strike the back of the hand and simultaneously pull your hand away.

Same Side Wrist Grabs

- 1- Outside Wrist Lock takedown.
- 2- Outside Wrist Lock / Knife hand takedown.

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8th Gup Level (Orange Belt) [Orange Belt Curriculum Video on YouTube](#)

Kicks

- 4- Roundhouse Kick
- 5- Inside Crescent
- 6- Outside Crescent

Punches

- 4- Uppercut Punch
- 5- Hook Punch - vertical fist

Blocking / Trapping Drill

- 3- Brush, Trap, Strike.

Breakaways

- 5- Assisted w/ Knifehand strike to radial nerve and spinning elbow strike to solar plexus.
- 6- Step in with elbow pointing upward, shoot hand toward knee.
- 7- Step in with elbow parallel to floor, shoot hand around mid section
- 8- Step in with elbow pointing downward, shoot hand toward back shoulder.
- 9- Slide forward to the backside of the attacker, trapping the attacker's knee with your front knee, shoot hand toward the face, twist slightly.

Same Side Wrist Grab

- 3- Corkscrew technique.
- 4- Back side Armbar
- 5- Forward Wrist Lock

Cross Wrist Grab

- 1- Back Armbar
- 2- Inside counter grab, step under arm hyperextended attacker's elbow on your shoulder, reverse turn your body, do outside wrist throw or take down.
- 3- Inside Counter Grab, strike the attacker's face, wrap your arm over and around his arm applying pressure to the tricep tendon with the radial bone of your arm. Escort or take down.

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7th Gup Level (Green Belt) [Green Belt Curriculum on YouTube](#)

Kicks

- 1- Scoop Kick
- 2- Slap Kick

Strikes

- 1- Palm Heel Strike
- 2- Tiger Mouth Strike

Blocking and Trapping

- 4- Pass Over Trap / Strike

Breakaways

- 10- Push in with your elbow towards the attacker's face and strike to his face area.
- 11- Point fingers upward, strike with elbow to solar plexus, up to chin and down to sternum or collar bone.
- 12- Push in with elbow towards body and shoot up to throat with tiger mouth strike.
- 13- Slide to the outside of the attacker pushing the elbow forward causing breakaway, spin around behind the attacker doing an elbow strike to the kidney area, then back of head.
- 14- Raise arm up lifting attacker's arm, step under turning to the inside and strike to the ribs, grab attacker's shoulders, kick to the back of attacker's leg while pulling downward on shoulders and take attacker down.

Same Side Wrist Grabs

- 6- Rotate arm w/ forward wrist lock, strike to the face, then reach around head trapping under chin. Keep arm bar against your body.
- 7- Outside counter grab, do a front arm bar.
- 8- Trap the attacker's wrist with your cross hand, rotate your palm towards the attacker, push the attacker's fingers back and move towards him. (Keep his hand close to your body.)
- 9- Outside counter grab, strike to the center of the attacker's arm with a tiger mouth strike using cross hand, spin to the outside as you pull the attacker's elbow into your arm pit area and bend the attacker's wrist into a gooseneck lock.
- 10- Push attacker's arm away w/ same side v-hand, strike tricep w/ cross hand, bend attacker's arm upward with same side hand, slide your cross arm forward and lock the attacker's arm backwards. Do an escort or take down.

Cross Wrist Grabs

- 4- Attack pressure point at elbow, step under and across bringing the attacker's arm over your head and take the attacker down.
- 5- Trap attacker's hand with your same side hand, counter grab and apply torque downward. (S-lock)
- 6- Inside counter grab, pull the attacker forward as you step around to the outside and grab around the back of the neck to the trachea.

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6th Gup Level (Purple Belt) [Purple Belt Curriculum on YouTube](#)

Kicks

- 1- Upward Knee
- 2- Roundhouse Knee

Strike

- 1- Knife Hand Strike
- 2- Spear Hand Thrust
- 3- Ox Jaw Strike

Blocking / Trapping Drills

- 5- Pass Under Trap Strike

Breakaways (Two hands grabbing 1 wrist)

- 1- Step to the outside, push elbow downward, reach w/ other hand, grab palm to the back of your hand, pull upward and strike to the attacker's face.
- 2- Step to the inside, push elbow downward, reach w/ other hand, grab other hand palm to palm, pull upward striking solar plexus with elbow and sliding up to the chin.
- 3- Step to the outside, push elbow upward, reach w/ other hand, grab palm to the back of your hand, pull outward, follow up with long range hand technique or kick.

Same Side Wrist Grabs

- 11- Trap the attacker's hand and execute S-lock. Be sure to grab the attacker's fingers, not hands. Twist hand and wrist in opposite directions.
- 12- Strike face with cross hand, reach around behind elbow, lift elbow while also lifting with same side hand, rotate your body to the outside while shooting your same side arm up and into a hammer lock.
- 13- Pull the attacker's arm across your body, reach under with your cross hand and grab the attacker's wrist, break away and elbow strike to the attacker's head, knife hand strike the attackers arm and rotate the attacker's arm into a hammer lock.
- 14- Reach over with your cross hand, grab the attacker's wrist, break away and grab the attacker's hand on the thumb side, step under arm and bring the attacker's arm over your head to take the attacker down.
- 15- Reach over with cross hand, grab the attacker's wrist in the V of your cross hand, break away and grab the attacker's hand on the pinky side, lift attacker's arm upward with both hands, turn to the inside torque the hand towards the attacker's face, keeping the arm at 90 degrees. (Center Lock)

Cross Grabs

- 7- Turn your hand palm towards the attacker, grab the attacker's wrist with your cross hand, thumb down. Break away and use your cross hand to press the attacker's hand inward and down to take the attacker down.
- 8- Outside palm turn, trap hand w/ other hand at the wrist, slide hand down to fingers and twist applying finger lock upwards. Twist around and reverse direction to a downward angle to take the attacker down.

Side Wrist Grabs

- 1- Bring your hand into your body and trap the attacker's hand with your cross hand, step slightly forward and place your elbow on top of the attacker's wrist pressing downward to take the attacker down.
- 2- Bring your hand into your body slightly higher up than on previous technique and trap the attacker's hand (reach under) with your cross hand, step slightly forward and place your elbow on top of the attacker's elbow, executing an armbar takedown.

Defense Against Punches

- 1- Outside the attacker's punching arm into an armbar.
- 2- Outside trap the attacker's arm, Your cross hand goes around the attacker's neck for a tracheal pressure point technique while maintaining the armbar against your body.

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5th Gup Level (Blue Belt) [Blue Belt Curriculum Video on YouTube](#) **Strikes**

- | | |
|------------------|-------------------|
| 1- Inside Elbow | 4- Downward Elbow |
| 2- Outside Elbow | 5- Backward Elbow |
| 3- Upward Elbow | |

Same Side Wrist Grabs

- 16- Horizontal Center Lock; Extend arm to outside, grab with free hand at wrist, step under his arm and apply torque inward to place attacker in the lock.
- 17- Trap the attacker's hand with your free hand; bring your arm over his, putting pressure on the attacker's elbow with your elbow to execute an armbar while also executing a wrist lock.
- 18- Step under arm and behind the attacker; execute a wrist lock by bending the attacker's arm behind his back.
- 19- Reach over and trap the attacker's wrist with your free hand, break away and grab his fingers, apply pressure upward and inward to execute a finger lock. Attacker's palm will be facing up.
- 20- Reach over and trap the attacker's wrist with your free hand, step forward and break away, wrap your other hand under his arm to trap it next to your body, step forward and twist to dislocate or take the attacker down.

Two Hands Grabbing One Wrist

- 1- Circle your hand to the outside, at the same time grabbing the attacker's belt with your free hand, push and pull at the same time to take him down.
- 2- Outside wrist lock.
- 3- Cross wrist S-Lock.

Side Wrist Grabs

- 3- Trap Attacker's hand with your free hand, break away and elbow to body, reach up and grab attacker around the neck, pull head toward you to maintain control of the body, step back and pull down and forward to take attacker down.
- 4- Trap the attacker's hand with your free hand, wrap your other hand under his arm to trap it next to your body, step forward and twist to dislocate or take the attacker down.
- 5- Bring your hand up and rotate your palm away from you, grab the attacker's wrist with your free hand, break away and grab the attacker's wrist with that hand and take down.

Defense Against Punches

- 3- Outside deflection, redirect and execute an outside wrist lock and take down.
- 4- Against a hook punch- inside deflection and strike to the biceps to redirect and take the attacker down.

Two Hands Grabbing Two Wrist (front)

- 1- Step in and raise one hand and smash hands together.
- 2- Circle hands and smash the back of the attacker's wrist together.

Two Hands Grabbing Two Wrist (back)

- 1- Step out and back, execute a center lock.
- 2- Step out and behind the attacker, trap leg by placing your knee behind the attacker's knee, push the attacker backwards to take him down.

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4th Gup Level (Brown Belt) [Brown Belt Curriculum on YouTube](#)

Defenses Against Punches

- 5- Attacker throws hook punch, step inside punch, deflect from inside and control the arm, elbow strike to the head with other hand.
- 6- Shoulder throw: Step inside of punch and deflect controlling the punching arm (catch the arm), get your hips in close to the attacker's body, execute the throw.

Two Hands Grabbing One Wrist

- 4- Inside counter grab, strike face for distraction, grab pressure point at the elbow and push to the inside, step across and behind taking his arm over your head to take him down, put knee in arm pit when on ground.
- 5- Outside counter grab, execute armbar and take down then roll him over.
- 6- Inside counter grab, strike to the face, wrap your arm over and under the attacker's arm to apply an armbar by grabbing your own garment (the higher the more painful) Upward armbar.

Two Hands Grabbing Two Wrists (Front)

- 3- Keep one hand low, raise the other hand as high as possible, step out and then behind the attacker with the other leg while shooting your high hand behind his head.
- 4- Double Outside counter grab, step across and under to cross his arms to flip the attacker.
- 5- Double Arm Shoulder Throw: Push hands out, grab cross wrist and break away, immediately lock elbows over your shoulder and then throw.
- 6- Quickly bring your hands together like you are clapping them together only you miss, catch one of the attacker's wrists (grab), follow up with a ki strike to the body then armbar.

Two Hands Grabbing Two Wrists (Behind)

- 3- Step out and back, then execute horizontal center lock.
- 4- Step forward with one foot, elbow strike with opposite hand, spin to the outside to counter grab, then execute an armbar, kick if needed.

One Hand Shoulder Grab (Front)

- 1- Trap hand at shoulder with your cross hand, bring your other hand under attacker's wrist, V-hand up, rotate your bottom hand so you push down on attacker's wrist while the other hand maintains the trap on your shoulder.
- 2- Trap with the same side hand at the wrist, grab the pressure point at the elbow, lift up on the attacker's elbow, step under his arm behind the attacker placing in a lock.
- 3- "Wrap Around": Distract with your same side hand to the face, wrap over your arm (from the inside) and then under the attacker's arm at the elbow. Make sure that it is at the elbow. His arm should be bent.

One Hand Lapel Grabs

- 1- Same side hand traps the attacker's hand as you distract to his face with the cross hand, bring the cross hand back and grab the wrist, bend forward slightly and then step back and spin to the outside to take the attacker down.
- 2- Same side hand traps the attacker's wrist, brings the other hand back and grabs the attacker's hand, twists the attacker's hand to the inside, step back with your inside leg and bend forward to bring the attacker down to his knees, you can then follow up with various techniques.

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3rd Gup Level (Red Belt) [Red Belt Curriculum Video on YouTube](#)

One Hand Shoulder Grabs (Front)

- 4- Trap hand at shoulder with your cross hand, Ki slap to attacker's body, wrap arm over attacker's arm and shoot your hand down towards the knee.
- 5- Trap hand at shoulder with your cross hand, Ki slap to attacker's body, wrap arm over attacker's arm and then go into attacker and strike the throat.
- 6- Trap hand at shoulder with both of your hands, rotate outside elbow over attacker's arm so you have a wrist lock and an elbow lock (armbar).

One Hand Lapel Grabs

- 3- S-Lock, strike to face for distraction.
- 4- Trap the attacker's hand with both of your hands, rotate the outside elbow over the attacker's arm so you have a wrist lock and an elbow lock (armbar). Same as the previous technique.
- 5- Strike elbow to the inside with your outside hand, take a step to the outside snake with your other hand under and through the attacker's chin, twist head to take down.

Back Collar Grabs

- 1- Armbar, strike to the face for distraction then start to roll the attacker's arm from the outside, take your other arm to assist (scissors like) attacker's head will hit your knee.
- 2- Trap hands behind your head as you strike the attacker's body and duck under, execute an armbar with chin and arm.
- 3- Strike floating ribs, grab elbow, strike to face, and sweep leg then armbar to ground.

Two Hand Lapel Grabs

- 1- Snake over and under, trap wrist as you insert arm, execute armbar.
- 2- Trap both of the attacker's hands to your chest by placing both of your arms over his wrist, slap the attacker's face with both hands as you trap, step back to apply pressure down, shoot hands out to the attacker's face.

Middle Sleeve Grabs (One Hand)

- 1- S-Lock: Insert thumb at attacker's thumb joint (near wrist) trap it and wrap forearm over and towards you.
- 2- Wrap around, lift up on elbow; Upward armbar.

Two Hands Grabbing Two Arms / Middle Sleeves

- 1- Trap both of the attacker's hands to your chest by placing both of your arms over his wrists, step back to apply pressure down, shoot hands out to his face.
- 2- S-Lock trapping on the other hand.
- 3- S-Lock not trapping other hand
- 4- "Wrap Around" hand comes to try to strike face with hand, grab elbow with cross hand and wrap same side hand around his arm at the elbow. His elbow should be bent.

Side Body Grabs

- 1- Trap hand by bringing your hand under arm, strike at elbow with your cross hand, step behind and sweep attacker's leg.
- 2- Trap hand as you strike to face, then strike at forearm to take attacker down, then strike face to get attacker off.

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2nd Gup Level (Red Belt / Black Stripe) [Senior Red Belt Curriculum on You Tube](#)

One Hand Shoulder Grab (Front)

7- Trap attacker's hand at shoulder with cross hand, vertical punch to floating ribs, bring the same hand you punched with over the attacker's arm as you roll slightly, use bone on forearm and take down.

8- Trap attacker's hand at shoulder with your cross hand, Ki slap to attacker's body, rotate shoulder. To rotate the attacker's shoulder, bring your hand straight up and strike elbow with your elbow. (In class place elbow to elbow and take down.)

Two Hand Lapel Grabs

3- Grab Attacker's belt with either of your hands, push the attacker's suprasternal notch with spear hand, finish with kick to groin or just escape.

4- Trap attacker's hand with same side hand, vertical punch to stomach with other hand, go right over to trapped hand, grab wrist and bend slightly maintaining trapped hand, execute outside wrist lock takedown.

Two Hands Grabbing Two Sleeves (Rear)

1- Faint in one direction, step behind trapping leg while keeping shoulder close to attacker, reach down and grab both pants legs and pull up violently.

Two Hand Shoulder Grab (Rear)

1-Step out and protect face, strike to groin and trap one hand, step through while executing an armbar, center lock or s-lock to finish.

Belt Grabs (Palm Down)

1- With cross hand reach under and lock his hand, distract to the face and take a half step behind then armbar and take down, hold the attacker in figure four lock.

2- Kick for distraction then strike the bone structure of the back of the hand, then backfist to the face, then radial bone to forearm to take down.

Hostile Handshakes

1- Strike the radial nerve with middle knuckles of your free hand, follow up with palm heel strike to face if needed.

2- Rotate the attacker's hand up, strike elbow upward or just push up in class, then finger lock and eject the attacker away from you.

Full Nelson

1- When you perceive movement, drop down into a horse riding stance and lock the attacker's arms against you, grab your wrist with your cross hand then grab your forearm with your other hand, pull into your center and roll the attacker over with your hip and take him down.

2- Same side wrist grab, then finger grab with opposite hand and push towards you not to the outside, release other arm and take down.

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1st Gup Level (Black Belt / White Stripe) [Black Belt/White Stripe Curriculum on YouTube](#)

Two Hand Lapel Grabs

- 5- Trap both of the attacker's hands, striking face as you reach over to trap hand then reinforce with the other hand and strike face again, step back, pull down then push the attacker away with hands to face.
- 6- Distract with a facial strike or low kick, reach through or over the attacker's arm with a tiger mouth strike to the attacker's throat, reach with other hand to the back of the attacker's head grabbing hair, take down and lock up on the ground.

Belt Grabs (Palm Up)

- 3- Strike to attacker's face while trapping his wrist with cross hand, reach under arm and execute upward elbow strike, then reach up with the same hand to grab lapel then forward roll.
- 4- Outside wrist lock takedown, inverted grip same side, then after face distraction reach over and secure attacker's wrist and execute take down.

Hostile Hand Shakes

- 3- Sandwich attacker's hand, step in and elbow strike with your forearm / elbow.
- 4- Grab a pressure point at the attacker's elbow, step under and take down.

Full Nelson

- 3- Drop into a horse riding stance, reach back with one hand and grab a finger, apply finger lock, allow trapped arm to get free, walk around to the outside and take down or escort.
- 4- Reach arms high into the air, drop both arms down hard onto the attacker's arms, reach back and slap head with both hands, grab head and roll the attacker forward.
- 5- Place both hands together on your forehead, drop down and step into a horse riding stance, step behind the attacker's leg with one leg, then use your elbow to strike and knock the attacker down over your leg.

Head Locks

- 1- Hook finger behind attacker's knee from front with your outside hand, snake your arm through the inside to elbow strike the groin area, move one leg and fall backwards taking the attacker to the ground, continue striking with elbow and hammer fist and roll away and jump up.
- 2- Push attacker's knee forward with your thumb, grab hair or attacker's collar, while pushing knee forward pull attacker's body backwards to take down.
- 3- Grab the ankle and knife hand to the attacker's outer leg, take down and finish with a leg lock on the ground.
- 4- Groin strike between attacker's legs, trap hand, put into rear arm lock.

Rear Bear Hugs (Arms Out)

- 1- Elbow to head, strike both hands at index finger knuckle for release, grab one hand and step under into center lock.
- 2- Elbow to head, strike both hands at index finger knuckle for release, grab one hand and step around feeding the hand into your other hand, then execute a forward wrist lock, front kick if needed.
- 3- Attacker has fingers interlocked. Trap attacker's arms, grab finger and lock to body, release one arm and step out and around into a full choke.

Hair Grabs

- 1- Trap the attacker's hands on head, keep elbows close and kick for distraction, release one hand to strike to the elbow joint, take down and remove hand from hair.
- 2- Trap attacker's hand on head, keep elbows close and kick for distraction, lower your center of gravity and push up while stepping under, execute center lock or step outside for forward wrist lock.
- 3- Trap with opposite hand, strike to short ribs or under arm, roll arm over and execute an armbar to take down.
- 4- Trap with the same side hand, strike the elbow joint to bring the attacker in close to you, tiger mouth strike to the attacker's throat, step out then sweep to take down.

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1st Dan Level (Black Belt) [1st Dan Black Belt Curriculum on YouTube](#)

Hostile Handshakes

5- Thumb Lock

6- Sandwich hand, step around and take down.

Rear Bear Hugs (Arms Trapped)

1- High grab. Drop into a horse riding stance, cross hands in front of you, explode arms upward, elbow strike and hammer fist to attacker's groin, back fist to attacker's face, step forward and back kick.

2- Middle grab. As you drop down into a horse riding stance, trap both of the attacker's hands with your hands, twist and take down. Step out if needed.

3-Low grab. Drop into a horse riding stance, put pressure onto one of the attacker's arms with your elbow, free the other hand and elbow strike to the attacker's head. Trap attacker's hand with same side hand you did elbow strike with and free other hand, reach around head and lock attacker's neck then throw over, follow up with lock up on ground.

4- Middle grab. Head butt, drop down and reach for attacker's ankle, pull leg up and when attacker falls kick to the groin.

Front Bear Hug (Arms In)

1- Middle grab. Drop down and lower center of gravity, grab sides of the attacker with both hands, twist hips and sweep to take down.

2- High grab. Push thumbs into the pressure point at the top of the legs, push out then front kick.

Front Bear Hug (Arms Out)

1- Drop down to lower center of gravity, grab hair and strike face, turn head and take down, grab eyes or head if attacker has short hair.

2- Place your thumbs into the neck on each side of the attacker's trachea, cross legs, twist and take down.

3- Move attacker's head back, put spear hand into suprasternal notch while placing hand around to lower back, grab and take down.

Defense Against Kicks

1- Attacker front kicks and you catch the kicking leg from inside the center line by trapping the leg in your elbow notch. Grab garment, sweep attacker's leg and take down.

2- Attacker front kicks or side kicks, you catch the kicking leg, outside center line, same as above except you sweep leg from the front.

3- Attacker does either of the previous kicks. Step to the side and execute a kick to the attacker's support leg.

4-Attacker does either of the previous kicks. Trap attacker's leg from the outside, strike face and lift leg straight up, taking attacker to the ground.

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2nd Dan Black Belt [2nd Dan Black Belt Video on YouTube](#)

Kicks:

- #1 - Muay Thai shin kick
- #2 - Inside heel kick
- #3 - Flip kick

Strikes:

- #1 - Ki strike or Ki slap
- #2 - Thumb strike

Break falls:

- #1 - Side breakfall
- #2 - Standing forward roll breakfall

Same Side Wrist Grab Release Techniques:

- #1 - Execute a low stun. Rotate your wrist palm up and simultaneously do a ridge hand strike with your cross hand to the side of the attacker's neck.
- #2 - Rotate the hand that is being grabbed palm up and strike upward with your knee, smashing it against the back of the attacker's hand. Follow up with a ki slap using the hand that was grabbed to the attacker's face.

Joint Lock Against a 1 Hand Lapel Grab:

- #1 - Cross hand traps attacker's hand and same side hand traps attacker's wrist, pivot to the inside of the attacker, slide your same side hand to the attacker's elbow while keeping his hand trapped against your body. Bow at the waist and push down on the attacker's elbow with one finger. As the attacker goes down push his elbow forward into a lock while placing your knee on his shoulder into a secured position lock.
- #2 - The same start as the above technique but the attacker is too strong, so you reverse your direction and duck under his arm and into a center lock, followed by a gooseneck, followed by a vertical gooseneck into a wrist lock throw if desired.

Joint Lock Against a Same Side Wrist Grab:

- #1 - Execute a low stun. Rotate your wrist to the outside while trapping with your other hand. Press your same side wrist against the attacker's thumb to dislocate or break it. Continue to rotate his hand bringing it close to your body. Reach under the attacker's arm and grab the attacker's thumb with your same side hand turning it in and trapping it against your body. You can escort or takedown.
- #2 - Execute a low stun. Do an Outside counter grab followed by a knife-hand strike to the attacker's neck to stun him. Go immediately into a guillotine choke. Sit down and flip the attacker onto his back. You can choke him out or secure and maintain him.
- #3 - Execute a low stun. Rotate your hand to the outside and trap with your cross hand. Use your same side hand to apply downward pressure onto the attacker's wrist. Take the attacker to the ground and follow up with a kick.
- #4 - Same as the first hammerlock, but follow up with a guillotine choke while maintaining the hammerlock.

Joint Lock Against an Inverted Cross Wrist Grab:

- #1 - Execute a low stun. Lift the arm of the same side that is being grabbed towards your solar plexus. Feed the attacker's grabbing hand to your same side hand and apply a center lock or other technique.

Joint Lock Against 2 Hands Grabbing 1 Wrist:

- #1 - Execute a low stun. Move your arm away from your body to cause the attacker to turn slightly, allowing you to get to the backside of the attacker. Using your free hand, reach around the attacker's neck and grab the trachea pressure point. Step backward with your inside foot to take the attacker to the ground, place your knee on the attacker's head to secure and maintain him.

Joint Lock Against Standard Grip, Side Wrist Grab:

- #1 - Execute a low stun. Quickly raise your arm to the back and turn your body to the inside facing the opposite direction the attacker is facing. Counter grab with your cross hand and break away. Use your free hand to apply downward pressure on the back of the attacker's hand taking him to the ground. Continue to apply downward pressure using the ground as a compression point to either break or secure and maintain.

Joint Lock Against 2 Hands Grabbing 2 Wrists From the Front

- #1 - Execute a low stun. Execute a double Outside counter grab. Step under as you twist the attacker's arms over your head. Pull both of the attacker's arms violently downward breaking or hyper-extending the attacker's elbows over your L and R shoulders.

Joint Lock Against 2 Hands Grabbing 2 Wrists from the Back:

- #1 - Step behind the attacker as you counter grab one of his wrists, elbow to stomach, continue to turn under his arm, and as you lift his arm insert your other arm to apply a hammerlock.

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Joint Lock Against A Hostile Hand Shake:

#1 - Stick your thumb straight up grabbing it with your other hand, apply downward pressure on the back of his hand with your knuckles to take him down or just release.

#2 - Completely release your grip opening your hand as you grab his thumb with your thumb, turn his hand inward and grab his hand with your other hand to apply a center lock.

Defense Against Punches:

#1 - Outside redirect with your cross hand, ki strike his ribs with your same side hand, as he bends down you use the same side hand to execute a palm strike to his face to finish.

#2 - Outside redirect with your cross hand, move behind him striking his ears with both of your palms, grab the eyes at the same time and pull him backward and down as you step to the side.

#3 - Outside redirect with your cross hand, strike his tricep with your forearm bone, spin around behind him executing an elbow strike to his kidney and finish with a low side kick to the back of his leg to take him down.

#4 Same side arm loops over to receive his punching arm, continue to turn your body as you strike the kidney, using the same arm you struck with, loop over his head to apply a choke or takedown.

#5 - He does an in close double hook punch, your hands are up and in front of your face, intercept his first punching arm then his second punching arm, step across and behind his front leg to execute a sweep to take him down. Maintain one arm and apply the finishing technique of your choice.

#6 - Outside redirect with your cross hand, bring your other elbow up and strike downward on top of his bicep muscle, lock your reversing hand with your other wrist, reverse his punching hand and apply an outside wrist lock takedown.

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3rd Dan Black Belt [3rd Dan Black Belt on YouTube](#)

Defense Against Punches:

#1 Defense against a hook punch. Passover punch defense, grab his hand, and take around behind the attacker's back into a wristlock. With the hand and arm secured, put a chokehold on the attacker. Secure arm with body pressed against attacker's body and use your other hand to intensify choke hold.

#2 Defense against a straight punch from the right back position. Brush, trap, and strike technique then strike with the right palm to the side of the chest. Step on the attacker's foot and strike with both hands to push him.

#3 Defense against a hook punch from the right back position. As the hook punch comes, strikes the attacker's arm with the right palm then the left hand blocks and strikes to the face with the right hand.

#4 Defense against a straight punch. When the punch comes, step to the side and brush the attacker's arm with your left hand. Strike to the abdomen with the right forearm. When the attacker bends over, elbow strike on the back with left elbow.

#5 Defense against a straight punch from the right back position. Brush the attacker's arm inward then bring right arm under his arm and strike the neck with forearm. Lock the arm around the neck then do a sweep to take him down.

#6 Defense against straight punches from the right back position. Brush attacker's trap attacker's arm. Slide in and strike chest with left elbow strike then strike up on attacker's arm with left forearm. Trap hand and figure four lock then take the attacker down.

Against the Wall Defenses:

#1 Attacker has your back against the wall while grabbing both lapels. Strike to the solar plexus then press pressure points on both attacker's elbows, slide out so the attacker hits the wall. Strike the attacker's head against the wall with left hand and strike his groin with right hand.

#2 Attacker has you against the wall with a two hand choke on your throat. Stun with double punch or spear-hand to armpits. Secure one wrist while peeling back the finger on the other hand into a finger lock and press the finger lock forward so the attacker turns his head. Pass your other hand OVER the hand with the finger lock and secure the attacker with a choke hold.

#3 Attacker has you with a one hand choke hold against the wall preparing to punch you with his other hand. Perform an inside middle block to the inside of his arm. As he falls forward, execute an elbow strike with your other arm.

Defense Against Kicks:

#1 Attacker throws a front kick. Step to the outside and catch his leg with your right arm. Strike to the attacker's face and use a finger under his nose to execute a takedown of the attacker while continuing to hold his foot. Once the attacker is down, place your knee on his chest and execute a figure four lock on his ankle.

#2 Attacker throws roundhouse kick. Catch leg with your left arm while striking face with your right hand. Execute a downward elbow strike with your right arm onto the top of his thigh while, at the same time, striking up on the back of his thigh with your right knee then sidekick the attacker's knee.

#3 Attacker throws a front kick. Step to the outside and catch his leg with your right arm. Use the fingers on your left hand to reach behind his knee then pull his knee inward and twist his leg at the same time to take him down. Once he is down, place your knee on his ribs and do a figure four lock on his ankle.

#4 Attacker throws a roundhouse kick and you catch it with your left hand. You reverse your feet then do an armbar on his thigh to take him down. When he is down, reverse your left hand to a guillotine lock on his right ankle then step across his body and sit on his butt while leaning back with his trapped foot.

Defense Against One Hand Lapel Grab

#1 THUMB TWIST-

Stun the attacker. Grab his left wrist with your right hand and turn the palm of your left hand against his thumb. Torque his thumb out the down and pull his arm into you as you take him down.

#2 **THUMBS TO ELBOW AND NECK PRESSURE POINTS**-Stun to face or leg. Use the same side thumb to trap the pressure point below and the outside elbow. Push in on the elbow while grabbing the collar with the opposite hand. Dig the opposite thumb into the artery at the base of the neck. Push down on the neck and in on the elbow to take attacker to ground.

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#3 STUN TO NECK, TAKE DOWN-Use the same side thumb to trap pressure point below and outside elbow. Use the opposite arm in sweeping stun to attacker's neck (like a ridge hand attack, but with arm.) Circle arm around attacker's neck and tighten into neck lock. Take to the ground.

#4 STUN TO NECK-Do not trap the attacker's arm. Swing opposite arm in sweeping ridge arm stun to attacker's neck. Continue turning and use the same side elbow to strike the attacker's kidney or ribs (depending on whether he is facing forward or backward after neck stun.)

Defense Against Cross Lapel Grabs

#1 WRIST LOCK AND ELBOW BAR-Stun to face or leg. Same side hand (your right hand, if the attacker has grabbed you with his right hand) traps around the attacker's thumb, your thumb against his palm. Rotate inside, lifting your opposite elbow over the attacker's arm. His elbow turns upwards. Trap the other side of his hand with your second hand. Both your thumbs are now up. Either strike down with your elbow on the attacker's arm (a break), or trap the attacker's arm under your armpit while applying upward pressure on the wrist with both hands.

#2 OUTSIDE ELBOW STRIKE, THEN WRIST LOCK AND ELBOW BAR-You need the attacker's arm to be straight for this technique. Therefore, you punch under the attacker's arm or stun to face to make him rear back and straighten it. Same side hand (your right hand, if the attacker has grabbed you with his right hand) traps around the attacker's thumb, your thumb against his palm. Your opposite hand goes under the attacker's arm and does outside to inside strike at or below elbow. Then continue as in the previous technique. Rotate inside, lifting your opposite elbow over the attacker's arm. His elbow turns upwards. Trap the other side of his hand with your second hand. Both your thumbs are now up. Either strike down with your elbow on the attacker's arm (a break), or trap the attacker's arm under your armpit while applying upward pressure on the wrist with both hands.

#3 DETACH HAND, THEN OUTSIDE WRIST LOCK TAKEDOWN-Stun to face or body with opposite hand. Use the distraction to remove the attacker's hand from your lapel with your same side hand. Torque with the same side hand and strike or push with the opposite hand to increase pressure. Take the attacker back and to the outside. Will go to the ground on his back.

#4 Defense Against Double Shoulder Grab

#1 Punch to the solar plexus then wrap your other arm around one of the attacker's arms. Place your other hand on the kidney area of the attacker's back. Sweep the attacker's leg and take him to the ground.

#2 Grab one of the attacker's arms while striking down with the elbow on the attacker's other arm. Using the hand you used with the elbow strike, reach over and grab behind the attacker's elbow of the hand you have trapped. Pull his elbow up, turn and put him in a hammerlock.

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PUNCHES

1) **HOOK** – Block and hook punch striking face at the same time. The hand striking the face circles back to the attacker's punching wrist, capturing the wrist and hand. Step and circle, executing an outside wrist lock. Keep hands close to the body during technique.

2) **STEPPING STRAIGHT** - Brush/trap punching hand. Execute elbow strike to attacker's ribs, snake same hand up to back of attacker's neck/head. Step forward while forcing the attacker's head down to execute a rotary throw.

3) **STEPPING STRAIGHT** – Left-hand catches and circles punch down and inward while right hand executes a ridge hand strike to the attacker's throat.

4) **STEPPING STRAIGHT** - Redirect punching hand with your left hand into the bend of your right elbow. Strike face with your left hand then grasp your right hand. Strike down on the attacker's bicep with your left elbow while stepping and circling to a modified outside wrist lock takedown

5) **HOOK** - Move to inside, block and strike face at the same time. Bring right elbow up and strike down on attacker's elbow continuing down and around to a shoulder lock and pushing head away for a lock.

6) **STEPPING STRAIGHT** - With your front hand, circle and redirect punch to your shoulder. Bring your rear hand up to join your front hand. Apply downward pressure to execute an armbar.

2 HAND SHOULDER GRAB FROM BEHIND

1) Turn in towards the attacker, trapping your cross wrist. Same side wrist circles under attacker's arm and over to the side of his head. Press head down while executing an outside wrist lock (head lock) throw.

2) Turn in and grab the cross wrist while punching near side ribs. Punching hand circles under and over trapped arm. Secure trapped arm and execute an outside wrist lock throw or an escort.

2 HAND MIDDLE SLEEVE GRAB FROM BEHIND

1) Fake one direction, step back in the opposite direction. Rotate under the attacker's arm finishing with an armbar.

2) Fake one direction, step back in the opposite direction. Rotate under the attacker's arm securing his same side wrist like a center lock. Convert the center lock into a gooseneck.

1 HAND COLLAR GRAB FROM BEHIND

1) Turn in striking the attacker's arm with your nearside arm and striking the attacker's chin upward with your far side arm. Your near-side arm continues behind the attacker's lower back and pulls forward. Your far side arm executes a downward elbow strike to the attacker's upper chest, taking him down backward.

2) Step back, turn in, and execute an elbow strike to the attacker's face. Simultaneously punching him to the solar plexus..

1 HAND CROSS SLEEVE GRAB FROM THE FRONT

1) Raise hand up, other hand does liver strike, secure hand and wrist low on the chest for outside wrist lock takedown.

1 HAND INVERTED CROSS SLEEVE GRAB FROM THE FRONT

1) Trap hand with your bent elbow, other hand strikes liver, execute wrap over type arm bar.

HEAD LOCKS

1) Trap both hands immediately, pull out and go behind to choke.

2) Trap punching arm, distract, both thumbs drive into pressure point behind knee, drive attacker down.

3) Trap arm, leg behind attacker, grab knee and rear sweep to take down. You end up in a mount or side control.

REAR CHOKE DEFENSE

1) Insert fingers, pull down and butt bump, step and shoulder throw.

2) Insert fingers, pull down, back up behind the attacker and place him in a hammer lock.

3) Inset fingers, pull down, step to outside, rear leg sweep the attacker down.

TWO HAND CHOKE FROM THE FRONT

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- 1) Circle your head down and around the attacker's arm, break away or control the wrist and arm bar.
- 2) One hand attacks the pressure point at the elbow while the other hand strikes to Stomach. Reach around the attacker's head and execute a headlock throw.

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