

MASTER AN'S – HAP KI DO

Your Name: _____

1st Dan Black Belt – 4th Dan Black Belt



MASTER AN'S HAP KI DO HANDBOOK

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MASTER AN'S – HAP KI DO

What is HAP KI DO?

Hap Ki Do is a type of Korean martial art which focuses on defense rather than offense, and is designed to neutralize an opponent through a range of joint locking techniques. Its name literally means "The way of coordination and internal power." Hapkido also incorporates weapons, dynamic striking and kicking techniques, very similar to Tae Kwon Do, both hard and soft style deflection techniques, throws, takedowns, ground-fighting, and extensive joint locking techniques and combines them into a flowing and beautiful discipline wherein an attacker can be easily neutralized. Hapkido is the combination of two Korean Martial Arts - Yool Sool which comes from the Japanese art known as Daito-Ryu Aiki-Jutsu and Tae Kyon which is an ancient Korean Kicking Skill that was widespread during the time of the Three Kingdoms. Hapkido, knowledge of pressure and vital points, functional kicks, throws, joint locks and striking techniques

“HAP” = Harmony | “KI” = Life Energy | “DO” = The Way Hapkido is designed to be a martial art which harmonizes body energy while maintaining a state of non-aggression and can be practiced by men and women of all ranges of size and strength. Hapkido is about calculated moves rather than brute force. It is designed to quickly dissolve an attacker by breaking down the opponent’s energy with coordinated power.

Hapkido is governed by three essential principles: Circular Motions, Flowing Water & Redirection. The first has to do with a circular nature, that all motions move within a circle and your external energy is kept moving inside a ball, while the opponents focusing energy is tightly manipulated within that ball. Hapkido also incorporates a principal of the river, which involves flowing and easily adapted motion; allowing your body and energy to flow around your opponent with easy and agility. In Hapkido, energy is conserved for the right moment, like a wave forming and breaking the surf at the right moment of attack. Finally, Hapkido uses the principle of influence, forcing a would-be attacker to adopt defensive movements and leave openings which can be taken advantage of. Often Hapkido takes advantage of nerve points in conjunction with joints to immobilize an attacker. This discipline does not require great strength, and as a result, Hapkido is often integrated into self-defense classes for weaker individuals.

HAP KI DO HISTORY

Hapkido developed out of the practice of various martial arts for many, many years. Still, Hapkido, as we know it today is considered to be a relatively modern martial art with modern inception dates set around the mid 1900's. Two Grand Masters are credited with shaping the discipline, Ji Han Jae and Choi Yong-Sul. Both men contributed an immense amount to the martial art now known as Hapkido, and are generally credited together for the introduction of the martial art to the West. Some, however, credit Yong-Sul Choi alone. Both Grand Masters came to the United States in the 1980s with the aim of opening Hapkido schools and increasing Western awareness of the martial art, and were followed in later years by other masters who wanted to preserve the teachings of these two men.

Since then, Hapkido has seen many variations and naming conventions. Hapkido techniques have been and are still used in many military type trainings as well as combined with other martial arts styles due to its effectiveness on aggressive opponents. It is one of the fastest growing martial arts and is the preferred style for learning simple and effective life saving techniques.

MASTER AN'S – HAP KI DO

TESTING PROCEDURES AND REQUIREMENTS

Regular Class Gup Level Testing Requirements: (No-Belt – Bodan)

- Perform all Nok Bup from No-Belt to your current Gup Level Testing
- Perform required Yeoum-Suk Ki-Sool Teah (Combinations) for current Gup Level Testing
- Perform all Ho Shin Sool from No-Belt to your current Gup Level Testing
 - Alternating Partners may apply
 - Kiyap at start and at the end of performed technique to signify completion
 - Execute clean effective techniques with level appropriate follow ups
- Perform Cardio & Conditioning Exercises with group
- Answer Philosophy and Terminology questions
- Perform required Kyuk Pa for current Gup Level Testing

Saturday Gup Level Testing Requirements: (No-Belt – Bodan)

- Perform all Nok Bup from No-Belt to your current Gup Level Testing Rank as a group
- Perform all Ho Shin Sool for your current Gup Level Testing
 - Alternating Partners may apply
 - Kiyap at start and at the end of performed technique to signify completion
 - Execute clean effective techniques with level appropriate follow ups
- Perform Cardio & Conditioning Exercises with group

Gup Level and Black Belt Testing will be graded on the following criteria:

- Class participation
- Respect, Discipline, Confidence, Judgment and Concentration during regular classes and testing
- Performing the required Gup Level Testing Requirements based on your ability and your level of expertise
- Answering all required Philosophy and Terminology questions with accuracy and confidence

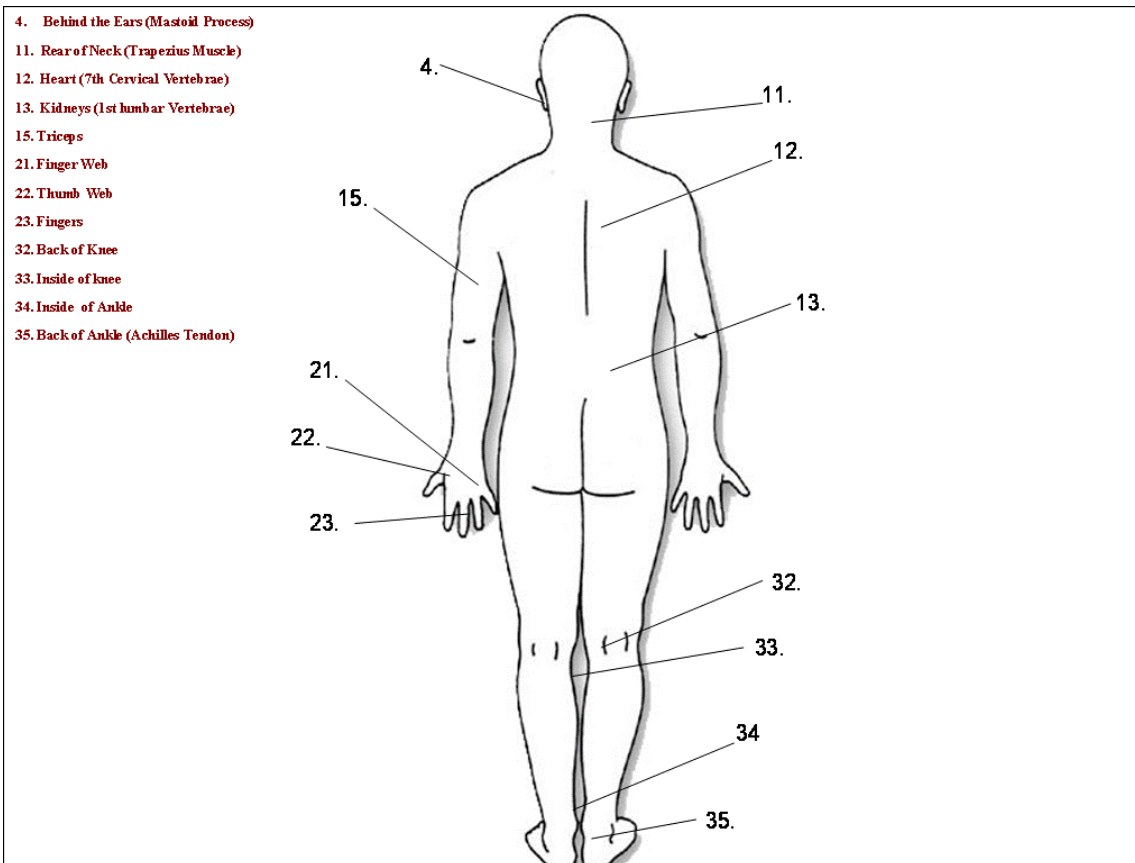
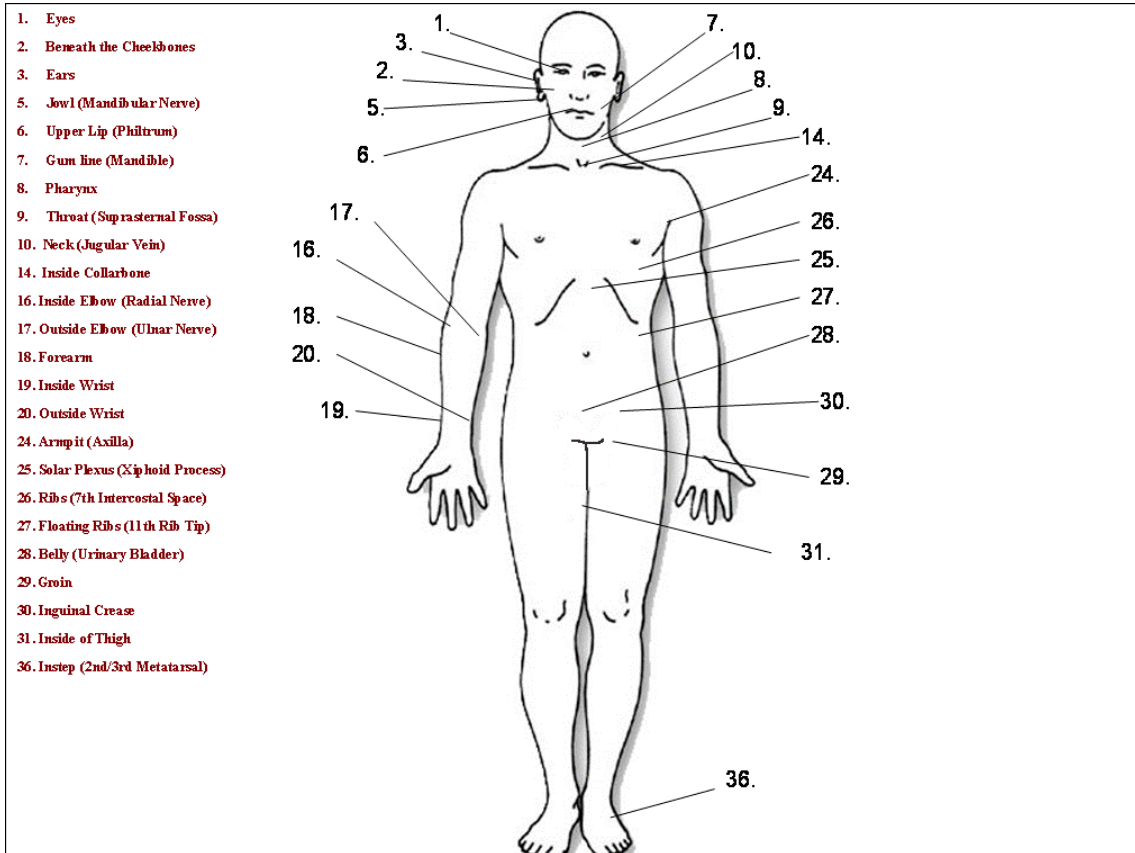
Notes:

- **Make light contact with every strike & kick:** showing control
- **Simple clean powerful techniques:** control your partner's movement, make them go where you want them to go, they shouldn't have to move for you.
- **Simple disabling or locking Follow-Ups**

Hap Ki Do Belt Stripes:



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PRESSURE POINTS

1. Hapkok = Between thumb and finger
2. Soosamri = Forearm/Elbow
3. Sohae = Biceps (NB/W)
4. Triceps (Y)
5. Naegan = Wrist (O)
6. Nupjukdari = Thigh (LG)
7. Ankle (DG)
8. Sungsan = Calf (P)
9. Weejoong = Behind knee (LB)
10. Inyung = Under jaw (DB)
11. Chungyong = Behind ear (R)
12. Myungchi = Solar Plexus (Br)
13. Trapezoid (Bd)

KUPSO = VITAL POINTS

1. Top of head
2. Indang = Bridge of nose
3. Eyes (NB/W)
4. Kwanja Nori = Temple (Y)
5. Back of neck (O)
6. Artery on side of neck (LG)
7. Throat (DG)
8. Myungchi = Solar Plexus (P)
9. Breastbone (heart 1) (LB)
10. Under left pectoral (heart 2) (DB)
11. Left armpit (heart 3) (R)
12. Kidneys (Br)
13. Groin (Bd)

CHA-GIE = KICKS

1. Front Snap
2. Back / Rear
3. Front Let Round House (NB)
4. Rear Leg Round House
5. Hook (W)
6. Axe
7. Side (Y)
8. Instep to Shin
9. Push Kick – Ball/Heal/Side-knife (O)
10. Crossing Roundhouse/Side/Rear
11. Shuffle/Skipping Roundhouse/Side/Rear (LG)
12. Inside Crescent
13. Outside Crescent (DG)
14. Tornado Roundhouse/Axe
15. Spinning Rear/Hook/Side (P)
16. Spinning Wheel
17. Inward Hook (using heal) (LB)
18. Outward Hook (using toes) (DB)
19. Inverted Round House (R)
20. Low Spinning Hook (Br)

JEE-RU-GIE = STRIKES

1. Straight Punch
2. Back Fist
3. Reverse Punch (NB)
4. Knee
5. Upper Cut (W)
6. Palm Strike
7. Sudo (Y)
8. Reverse Sudo
9. Swallow Hand (O)
10. Hammer-fist
11. Bridge/Ridge Hand (LG)
12. Straight Elbow
13. First Knuckle (DG)
14. Spear Hand
15. Elbow to collar bone (P)
16. Bridge/Ridge Hand to Groin
17. Oxjaw/Chicken Wrist (LB)
18. Forearm to head (DB)
19. Fingers to eyes (R)
20. Head-butt (Br)

Pressure Point is a location where the intersection of vessels, nerves or muscular structures makes for particular sensitivity. This sensitivity location can be used to either disable an individual or facilitate the execution of some technique by disrupting the nerve in a specific location. Pressure points are sometimes called “Nerve Strikes.”

Vital Point is a specific pressure point locations that if struck hard enough can lead to death.

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NOK BUP = ROLLS & FALLS

1. Forward Roll
2. Cat Roll (NB)
3. Back Fall
4. Junbang = Front Fall (W)
5. Side Fall (Y)
6. Back Roll (O)
7. High Cat Roll (LG)
8. Distance Cat Roll (DG)
9. Cat Roll into Side Fall (P)
10. Moo-Song = Chest Roll (LB)
11. Back Roll + Cat Roll + Back Roll into Chest Roll (DB)
12. Whey-Jun = Flipping Break Fall (R)
13. Jumping Back Fall
14. Jumping Front Fall (Br)
15. Monkey Roll (Foot)
16. Monkey Roll (Shin)
17. Monkey Break Fall (Bd 1st R)
18. Fall From Hip Throw
19. Fall from Fireman Throw (Bd 2nd R)
20. Personalized Combo = 3 Rolls + 1 Fall Finish (Bd 3rd R)
21. Cat Roll from high Platform (1st Dan)
22. Over/Under Cat Roll (2nd Dan)

YEOUN-SUK KI-SOOL TEAH = COMBINATIONS

(Demonstrate with Partner)

1. Back Fist + Reverse Punch (NB)
2. Front Snap Kick + Left Hook Punch + Right Hook Punch (W)
3. Front Leg Roundhouse Kick + Back Fist + Upper Cut (Y)
4. Rear Leg Low Roundhouse Kick + Spinning Back Fist (O)
5. Front Kick + Side Kick + Rear Kick (All same leg) (LG)
6. Double Yuk Sudo Block + Grab Neck + Knee Strike + Elbow on Back (DG)
7. Double Yuk Sudo Block + Double Palm Strike to Body + Pushing Front Kick (P)
8. Inside Middle Block + Bridge-hand to Ground + Palm Strike to Stomach (LB)
9. Cross-hand Outside Circle Block into Grab + Sudo Strike to Ribs + Bridge-hand Strike to Head (DB)
10. Spinning Hook Kick(Middle) + Spinning Hook Kick (Low) (R)
11. Rear Leg Instep to Shin Kick + Rear Leg Japanese Crescent Kick onto Back(Br)
12. Outside Circle Block + Short Uppercut + Grab Behind Head + Knee Strike to Face + Knee Strike to Inside Thigh + Hammer Fist to Head (Bd 1st R)
13. (From Behind) Double Elbow Strike + Back Kick to Groin + Rear Leg Tornado Axe Kick (Bd 2nd R)
14. (One Handed) Stepping in with Inner Circle Block + Oxjaw Strike to Ribs + Oxjaw Strike to Head + Supporting Elbow Strike to Solar Plexus (Bd 3rd R)
15. Circle Attack (1st Dan)
16. Jumping Scissor Takedown (from standing or down on one knee) (1st Dan 1st R)
17. Handshake - Middle Knuckle (1st Dan 2nd R)
18. Handshake - Supporting Elbow Push (1st Dan 3rd R)
19. Circle Attack (2nd Dan)
20. From Face Down - Shoulder to Shin Takedown (2nd Dan 1st R)
21. Sitting - Double Shin Takedown (2nd Dan 2nd R)
22. Laying On Side - Heel to Knee Takedown (2nd Dan 3rd R)
23. Backhand-slap / Eagle Claw (2nd Dan 4th R)
24. Circle Attack (3rd Dan)



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KYUK-PA = BOARD BREAKING

- | | |
|--|--|
| 1. Front Leg Side Kick (NB) | 11. Japanese Crescent Kick (Br) |
| 2. Front Leg Snap Kick (W) | 12. Knee Strike (Bd 1 st R) |
| 3. Straight Punch (Y) | 13. Closed Eyes (Bd 2 nd R) |
| 4. Front Leg Axe Kick (O) | 14. Power Hand or Foot (2 Big Boards) (Bd 3 rd R) |
| 5. Back Kick from Ready Stance (LG) | 15. BRICK 1 st DAN Black Belt Test |
| 6. Elbow Strike (To Ribs) (DG) | 16. Low Spinning Back Hook Kick (Dan 1 st R) |
| 7. Downward Rear Leg Roundhouse to Thigh (P) | 17. Chambered Side Kick (Dan 2 nd R) |
| 8. Upper Cut (Little Board) (LB) | 18. Jumping Back Kick (Dan 3 rd R) |
| 9. Speed Strike Sudo or Bridge-hand (DB) | 19. Oxjaw Low & High (1 st Dan BB) |
| 10. Spinning Back Hook Kick (R) | 20. 2 BRICKS 2 nd DAN Black Belt Test |

DANJUN HOHUP = POWER BREATHING

- | | |
|----------------------|---------------------|
| 1. Apuro = Forward | 3. Weero = Upward |
| 2. Mituro = Downward | 4. Yupuro = Sidways |
| 5. | |

MAKKI = BLOCKING

Basic Blocking

1. Sangdan Makki = High Block (L)
2. Sangdan Makki = High Block (R)
3. Hadan Makki = Downward Block (L)
4. Hadan Makki = Downward Block (R)
5. Front Kick defense Low Block, step in

Advanced Blocking

1. Sangdan Makki = High Block (L), High Block (R)
2. Yup Makki = Inside Block (R), Outside Block (R)
3. Hadan Makki = Low Block (R), Low Block (R)
4. Hadan Makki = Downward Block (L), Downward Block (R)
5. Dooson Ollyo Makki = Double High Block
6. Dooson Naeryo Makki = Double Downward Block

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Basic Korean Terminology			
English	Korean	English	Korean
Grand Master	Kwan-Jah-Nim	Sparring	Kai-Ru-Gie
Bow to Master	Sah-Bum-Nim Kay Kyung-Neh	Hello	Ahn-Young-Ha-Sha-Mi-Ka
Bow to Senior	Sun-Bae-Nim Kay Kyung-Neh	Good Bye	Ahn-Young-He-Gae-Say-Oh
Headquarters	Koo-kie-won	Thank You	Gahm-Sah-Hap-Mi-Da
School	Do-Jang	Good Training	Sue-Go
Uniform	Dobok	Attention	Charyut
Belt	Dhee	Bow	Kyung-Neh
Self Defense	Ho-Shin-Sool	Start / Begin	She-Jak
Basic Commands			
English	Korean	English	Korean
Stop	Geuman	Fist	Ju-Mok
Line Up	Jule-suh	Knee	Moo-Rope
Ready Stance	Jhoon-Bi	Foot	Bal
Breaking	Kyuck-Pah	Head	Meori
Yelling	Ki-hap	Neck	Meok
Block	Makki	Shoulder	Eokkae
Punch	Jireugi	Wrist	Son-Mok
Kick	Chagi	Ankle	Bal-Mok
Reset / Return	Bah-Roe	Body (Torso)	Mon
Change hand	Sone-ba-kwah	Fingers	Son-Garak
Change step	Bahl-ba-kwah	Leg	Dari
Strike	Chigi	Eyes	Nun
Forward	Apuro	Elbow	Pal-Goop
Backward	Dwiro	Solar Plexus	Myung Chi
Right	Ohden-cho	Hair	Meori-Garak
Left	When-cho	Face	Eolgul
Up	Wee	Nose	Ko
Down	Aahdet	Ear	Gwi
Hand	Son	Mouth	Iep

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WHITE BELT

- **Nok Bup** (Falling/Rolling):
 - Back Fall
 - Forward Fall
- **Yeoum-Suk Ki-Sool Teah** (Combinations):
 - Front Snap Kick & Left Hook Punch & Right Hook Punch
- **Ho Shin Sool** (Self Defense): **Sone-Moke Dwee-Jip-Kie** (Wrist Defense)

Follow Ups:

 - Attacker: Same side wrist grab
Defender: **Outside Lead**, Turn your hand palm facing you, reach under and grab meat of thumb with right hand. Reach over and grab other side of hand with left hand. Step back with left, twist and pull hand to your waist. Keep your back straight.
 - Attacker: One handed underhand grab near solar plexus
Defender: **Chest Grab**, Place pinky at break of opponent's wrist, place thumbs behind the hand and apply forward pressure with the thumbs and backward pressure at the wrists. While stepping forward, walk past opponent and lean forward to take the opponent to the ground. Follow up with takedown and chicken wing.
 - Attacker: Single Cross hand grab
Defender: **Knife-hand**, Rotate hand out and grab like outside-lead, place other knife hand on the back of hand and step back for takedown.
 - Attacker: Same side single hand wrist grab
Defender: **Spin Around**, Left cross step and turn your palm up, grab wrist with opposite hand, pull out left hand and secure elbow with free hand, cross step behind with right foot, push the elbow into your opponent, pivot on your foot outward and spin around with arm overhead, pull opponent down onto their back.
- **Kyuk Pa** (Breaking): Front Leg Snap Kick
- **Philosophy:** Showing Respect to All Belt Levels
- **Terminology:** Bow to - Grand Master, Senior Instructor, Instructor

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ORANGE BELT

- **Nok Bup** (Falling/Rolling):
 - Back Roll (both sides)
- **Yeoum-Suk Ki-Sool Teah** (Combinations):
 - Rear Leg Low Roundhouse Kick & Spinning Back Fist
- **Ho Shin Sool** (Self Defense): **Up-Ah Chee-Gie** (Hip Throws)
 - Follow Ups:*
 - Attacker: Hands on shoulders or wrist grab
Defender: **Underarm Throw**, Grab opponents lower sleeve or wrist and cross step in, v of elbow is tucked up under opponents arm pit, bring back leg forward so you are in a semi-squat stance directly in front of opponent. Thrust your hips back and up (get under opponents waist) while pulling forward on arm and turning slightly. Opponent should go directly over you not to the side.
 - Attacker: Hands on shoulders or wrist grab
Defender: **Head/Neck Throw**, Grab opponents lower sleeve or wrist and cross step in, wrap your arm around the back of neck (like a head lock), bring back leg forward so you are in a semi-squat stance directly in front of opponent and your hips are tucked to the side to maintain balance. Thrust your hips back and up (get under opponents waist) while pulling forward on head and turning slightly. Opponent should go directly over you not to the side.
 - Attacker: Hands on shoulders or wrist grab
Defender: **Waist/Hip Throw**, Grab opponents lower sleeve or wrist and cross step in, wrap your arm around the back of the waist and/or grab back of belt, bring back leg forward so you are in a semi-squat stance directly in front of opponent and your hips are tucked to the side to maintain balance. Thrust your hips back and up (get under opponents waist) while pulling forward on waist and turning slightly. Opponent should go directly over you not to the side.
 - Attacker: Hands on shoulders or wrist grab
Defender: **Fireman Carry Throw**, Grab opponents lower sleeve or wrist and step in between legs and place palm against shin. Pivot at waist and step through.
- **Kyuk Pa** (Breaking): Front Leg Axe Kick
- **Philosophy:** How hip alignment is important for throws.
- **Terminology:** Random - Study Guide

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BODAN - 1st REFRESHER: STRIPE ONE

- **Nok Bup** (Falling/Rolling):
 - Monkey Roll (Foot on Stomach)
 - Monkey Roll (Shin on Stomach)
 - Monkey Fall (Landing with Hips Up)
- **Yeoum-Suk Ki-Sool Teah** (Combinations):
 - Outside Circle Block & Short Uppercut & Grab Behind Head & Knee Strike to Face & Knee Strike to Inside Thigh & Hammer Fist to Head
- **Ho Shin Sool** (Self Defense):
 - All No-Belt through Dark Green
 - Add leg check to wrist techniques
 - Throws from punch
- **Kyuk Pa** (Breaking): Knee Strike
- **Leadership**: Lead 1 warm-up routine

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BODAN - 2nd REFRESHER: STRIPE TWO

- **Nok Bup** (Falling/Rolling):
 - Fall from Hip Throw
 - Fall from Fireman Throw
- **Yeoum-Suk Ki-Sool Teah** (Combinations):
 - (From Behind) Double Elbow Strikes & Back Kick to Groin & Rear Leg Tornado Axe Kick
- **Ho Shin Sool** (Self Defense):
 - All Purple through Bodan
 - Add leg checks to wrist techniques
- **Kyuk Pa** (Breaking): Closed Eyes
- **Leadership**: Lead 2 warm-up routines

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MASTER AN'S – HAP KI DO

BLACK BELT: FIRST DAN

TESTING REQUIREMENTS:

- Part One Testing: Perform all required techniques
- Multiple Attacker Situations:
 - Requirements: One technique from each category, 2 rolls, 2 throws
 - Notes:
 - Make light contact with every strike/kick: showing control
 - Simple clean powerful techniques: control your partner's movement; they shouldn't have to move for you.
 - Simple disabling or locking Follow-Ups
- Examples:
 - Three opponents attacking you the Tae Kwon Do kicks and punches. Defend yourself using your Hap Ki Do techniques.
 - Two people are having an argument one of your friends. The argument is starting to escalate and you intervene with offensive attacks.
 - Sitting in a restaurant booth with someone sitting across from you. Man approaches from your side at the end of the table and the heated discussion escalates. Defend yourself and keep friend safe.
 - Ground techniques: First attacker takes you to the ground and you need to defend yourself. Once the first attacker is dispatched, you get back up and the second attacker takes you right back to the ground and you have defend yourself again.
 - Walking down a street and one attacker with a bat is following you. Second attacker holding a knife jumps out in front of you. Defend yourself against both attackers.
- Circle Attack Madness: 60 seconds
- 13 Pressure Points
- 13 Vital Points
- Kyuk Pa (Breaking):
 - Power Hand & Power Foot (2 boards)
 - Brick Break (practice your technique)
- Dun Jun Breathing
- Leadership: Lead 1 warm-up routine

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MASTER AN'S – HAP KI DO

1st DAN - 1st REFRESHER: STRIPE ONE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Jumping Scissor Takedown (from standing or down on one knee)
- **Ho Shin Sul** (Self Defense): Short Stick & Throws
 - Follow Ups: Body Strikes with short stick*
 - Attacker: Straight Punch
Defender: **Knee Smash**, Stick in right hand (short end thumb side), outer block with left into grab as you strike ribs with short stick, hook behind neck, pull down and knee strike to face
 - Attacker: Cross-Hand Grab
Defender: **Short End**, Cover hand and small circle over with short end, step back with right and pull right hand back as you push left hand forward locking opponent's wrist
 - Attacker: Same Side Grab
Defender: **Long End**, With thumb out, Small circle down, under and place long end on top, grab other side of stick with other hand and both thumbs underneath and pull in.
 - Attacker: Straight Punch
Defender: **Spin Behind**, Stick in left hand, outer soft block with right hand, strike ribs as you step behind and spin out with sweep takedown and stick on collar bone.
 - Attacker: Same side wrist grab
Defender: **Flip Choke**, Wrist flick down, knife hand pull in behind shoulder and pull in with knee strike, headlock from front, grab opponents belt and roll back holding headlock, choke out.
 - Attacker: Straight Punch
Defender: **Front Flip**, Cross-hand outward circle block while stepping out, feed wrist to other hand, step forward, flip throw opponent.
 - Attacker: Straight Punch
Defender: **Body Drop**, Same side outward circle block while stepping in, step behind with other leg, hip out and grab around front of waist, pick up and slide hip out to drop opponent.
 - Attacker: Side Kick
Defender: **Leg Throw**, Opponent attacks with a right rear leg roundhouse, as you catch the kick, step in with right leg and drop down to right knee as you pivot away, leg should be on your right shoulder, lean forward and tuck should to throw opponent forward.
- **Kyuk Pa** (Breaking): Low Spinning Back Hook Kick
- **Leadership**: Teach 1 Full Class

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MASTER AN'S – HAP KI DO

1st DAN - 2nd REFRESHER: STRIPE TWO

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Handshake – Middle Knuckle
- **Ho Shin Sul** (Self Defense): Cane & Bat
 - Follow Ups:*
 - Attacker: Straight Punch
Defender: **Strike**, Step out with right while spin strike down onto wrist, figure eight cane back around and then strike head
 - Attacker: Same side wrist grab
Defender: **Wrist Break**, Rotate Cane over wrist (like in stick defense) and pull in for take down
 - Attacker: Straight Punch
Defender: **Underarm**, Block with left hand, strike ribs, tuck cane under arm, cross arms and take down.
 - Attacker: Straight Punch
Defender: **Neck**, Block Punch into grab, strike ribs, circle cane behind arm and around front of neck, step back and twist for takedown.
 - Attacker: Side Swing to Body
Defender: **Face Sweep**, Step in and deflect bat to body, wrap arm around opponents arm to control bat, right hand into face while sweeping with right.
 - Attacker: Two handed side swing
Defender: **Between Arms**, Step in with double knife hand block onto bat hands, follow through with right hand strike to face, rotate left hand down between bat hands, grab bat with other hands and rotate both arms up.
 - Attacker: Single hand swing
Defender: **Toss Away**, Step in with same side outer block, other hand comes under opponents arm, hook your wrist on the bat palm facing you, step back with right and circle right arm down and out to throw bat away.
 - Attacker: Straight In or Cross Swing
Defender: **Arm Twist**, Step out & forward with left, right hand low block and left hand by face, circle right arm out and up to trap arms/bat and left hand grabs bat, push left hand out while cross step behind with left to trap arms and pull bat away.
- **Kyuk Pa** (Breaking): Speed Reverse Sudo (head height)
- **Leadership**: Teach 1 Full Class

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MASTER AN'S – HAP KI DO

1st DAN - 3rd REFRESHER: STRIPE THREE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Handshake - Supporting Elbow Push
- **Ho Shin Sul** (Self Defense): Belt & Gun
 - Follow Ups:* Slap to side of head
 - Attacker: Offensive Multiple Attackers
Defender: **Whipping**, Strike down on wrist, Whip to head, Wrap around leg, Wrap around wrist
 - Attacker: Punch
Defender: **Throat Strike**, Cross-hand block, slide belt up arm and strike throat, wrap around back of head, drop to knee and throw.
 - Attacker: Straight Punch
Defender: **Wrist Wrap**, Side step out and cross-hand block and scoop belt over arm and circle one hand under to re-grab belt on other side, step under and behind to tighten lock, lock by wrapping around neck.
 - Attacker: Weapon Strike or Punch
Defender: **Choke**, Belt in right hand and rest laying across left shoulder, side step and block with left hand up, push down and cross step behind, bring right arm around neck and cross in back for choke.
 - Attacker: Gun at head front
Defender: **Grab & Groin**, Grab barrel with one hand, grab wrist with other hand, pull wrist in and barrel up and follow up with a kick to the groin, finish with slap to side of head.
 - Attacker: Gun in back
Defender: **Spin Out**, Determine which side of body gun is on, spin towards opposite side while stepping back with elbow block, circle in close and bring arm close to you, grab barrel and peel away.
 - Attacker: Side of Head
Defender: **Forearm**, Circle inward with hands up, grab with one hand and forearm strike with other arm to break elbow or strike head, re-grab with both hands, and finish with head butt.
 - Attacker: Side of Body
Defender: **Hammer Fist**, Circle outward while grabbing barrel with closest hand and spinning hammer fist to head with other hand, circle back in while pointing barrel up and away and knife hand to opponents wrist to release gun.
 - Attacker: Front of Body
Defender: **Push Through**, Same side hand grabs barrel, twist muzzle to outside, step forward and strike with other hand, reach under with right hand and grab butt of gun and peel gun out and run away.
- **Kyuk Pa** (Breaking): Oxjaw
- **Leadership:** Teach 1 Full Class

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MASTER AN'S – HAP KI DO

2nd DAN - 1st REFRESHER: STRIPE ONE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - From Face Down - Shoulder to Shin Takedown
- **Ho Shin Sul** (Self Defense): Head-Hair Defense / Kick Defense
 - Follow Ups:*
 - Attacker: Grab front of hair
Defender: **Palm to Chin**, Step in and roll forearm into elbow, step forward and palm strike up under opponents chin. Follow up with step behind leg and knife hand to front shoulder takedown.
 - Attacker: Grab rear of hair
Defender: **Wrap Around**, Cover with one hand, step back and wrap around opponents arm with other. Follow up with takedown.
 - Attacker: Grab front of hair
Defender: **Middle Knuckle to Armpit**, Cover with right hand, step in with middle knuckle strike to armpit, knife hand behind triceps and roll forward, lock hand by turning it out and follow up with strike to break elbow.
 - Attacker: Grab front of hair
Defender: **Spin Under**, Grab wrists with thumbs on top, side step inward and rotate elbow up to hyperextend the opponents elbow,
 - Attacker: Front Snap Kick
Defender: **Block & Sweep**, Diagonal step out with left & low block with right, sweep with right arm across chest and right leg behind leg
 - Attacker: Side Kick
Defender: **X-Block & Twist**, Step back with low x-block (left on top), grab foot and heel, twist foot and lock with knife-foot on ground leg
 - Attacker: Front Snap Kick
Defender: **Shoulder Lock**, Diagonal step with right & low block with left arm, right arm between body and arm, knife-hand on back of shoulder to lock and finish with knee strike.
 - Attacker: Front Snap Kick
Defender: **Hair & Chop**, Diagonal step with left & low block with right arm, grab top of hair with left arm, pull down and yuk sudo to neck.
- **Kyuk Pa** (Breaking): Front, Side, Rear Kicks (3 boards, same leg without putting it down)

NOTES: _____

MASTER AN'S – HAP KI DO

2nd DAN - 2nd REFRESHER: STRIPE TWO

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Sitting - Double Shin Takedown
- **Ho Shin Sul** (Self Defense): Wrist Defense & From Behind
 - Follow Ups:*
 - Attacker: Same Side Grab
Defender: **Inside Twist & Rip**, turn left hand palm facing you, right hand grab like outside lead, place left hand palm on the back of opponents fingers, same-side step forward as you push and twist both hand towards opponents center
 - Attacker: Cross-Hand Grab
Defender: **Cross Citizen's Arrest**, flick right hand out and grab wrist, at same time left step in while striking thumb knuckle on inside elbow, rotate hand up to lock in citizen's arrest.
 - Attacker: Cross-Hand Grab
Defender: **Elbow to face**, rotate right hand inward and grab wrist, step in with right leg and left hand pull in arm w/ pressure point inside elbow and right elbow strike to face.
 - Attacker: Two hands grabbing one
Defender: **Turn Out & Downward groin strike**, rotate right hand inside, as you kneel forward with right knee up, downward strike groin with right hand and grab opponents right leg with your left hand sending them backward. Finish with leg twist and rolling on their back grabbing under chin and leg to lock.
 - Attacker: Bear hug from rear arms trapped
Defender: **Leg Pull**, Step out, bend down grab opponents leg, pull up on leg to drop opponent, sit on leg and pull back for leg bar.
 - Attacker: Two hands grabbing elbows from behind
Defender: **Elbow Break**, Step back with head down inward toward opponent, bring head up on back side of arm and mountain block strike to break opponents elbow.
 - Attacker: Two hands grabbing shoulders from behind
Defender: **Outside Lead**, Step back/inward with right, left hand grab wrist on right shoulder, strike lower leg with right hand, swing up and strike head as you finish with outside lead.
 - Attacker: Two hands grabbing shoulders from behind
Defender: **Back Throw**, Cross step left to the outside, duck head down in-between and under opponent's arms, step and place right foot behind opponent and back drop throw.
- **Kyuk Pa** (Breaking): Downward Palm Heal Strike (imitate strike to bridge of nose)

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MASTER AN'S – HAP KI DO

2nd DAN - 3rd REFRESHER: STRIPE THREE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Laying On Side - Heel to Knee Takedown
- **Ho Shin Sul** (Self Defense): Redirections & In-close Knife
 - Follow Ups:*
 - Attacker: Straight punch
Defender: **Under Chin**, outward circle block with right hand while spin step inward behind leg, left hand shoots under chin and while thrusting up, put left leg behind and drop.
 - Attacker: Reaching in for chest grab
Defender: **Spin Drop**, step backward and double outside circle block while stepping to the outside of punch, grab wrist into x-strike and cross step behind to maintain spin and airplane opponent to the ground.
 - Attacker: Hook punch
Defender: **Forearm Drop**, two hands up to block while stepping forward with left, grab arm with both hands, forearm under chin, right step behind opponent and twist out while pushing chin up with forearm to drop opponent.
 - Attacker: Straight punch
Defender: **Knife-hand to Shoulder w/ Sweep**, outward circle block with right hand while stepping with left leg in-front of opponent's legs, left knife-hand behind shoulder as you pull right arm in towards your hip and sweep back with leg at the same time.
 - Attacker: Across the throat
Defender: **Arm Lock**, step pivot away from blade, at same time grab knife arm with left hand and break arm with over arm lock. FU: Take knife away and slash at opponent.
 - Attacker: Left neck
Defender: **Outside Lead**, step pivot away from blade, at same time grab knife wrist with right hand and take opponent down to ground with outside lead. FU: Lock opponents arm and stomp on face.
 - Attacker: Stomach
Defender: **Elbow Break**, shoot your hips straight back as you grab knife wrist with both hands, continue pulling attacker towards you as you step back with right foot, keep arms low and rotate hips to break elbow with your forearm.
 - Attacker: Spine
Defender: **Knee Strike**, right leg step out and pivot towards opponent, at same time circle left arm up and grab opponents knife arm, grab behind head and knee strike, then finish by locking arm up against your body and take down.
- **Kyuk Pa** (Breaking): Two boards – Shuffle side kick

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MASTER AN'S – HAP KI DO

2nd DAN - 4th REFRESHER: STRIPE FOUR

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 - Backhand-slap / Eagle Claw
- **Ho Shin Sul** (Self Defense): Situations & Throwing Defense
 - Follow Ups:*
 - Attacker: Front Bear Hug (your arms out)
Defender: **Chin Twist**, strike back of head with fist, grab hair and twist chin.
 - Attacker: Full Nelson
Defender: **Body Drop**, layer hands together on forehead, shoot hips to one side and step behind opponent, grab both legs and extend your leg straight out, fall back landing on opponent and pushing both arms out as you make contact with the ground to release hold. FU: Elbow to face & strike groin.
 - Attacker: Guillotine Choke
Defender: **Multi Strike**, with outside arm, reach up and grab opponents hand to breathe, with other hand ridge-hand strike to groin, upward elbow under shin, C-strike to throat, grab behind head pull in and knee strike, hold arm and leg sweep for finish.
 - Attacker: Front Bear Hug (your arms in)
Defender: **Throw**, push opponents hips away from you as you shoot your hips back, reach arm around waist and step in for throwing stance, pick up and waist throw.
 - Attacker: Grab Collar and Upper Arm
Defender: **V block - Hair Grab**, Shoot hips back and right arm block on hip, reach up with left behind head and grab hair, step behind opponent with right leg and pull head back to sweep opponent.
 - Attacker: Grab Collar and Upper Arm
Defender: **X-block to Hip**, Shoot hips back and cross block on opponents hips to stop throw, step under arm to position behind opponent, choke from behind with trapped arm.
 - Attacker: Double Leg Tackle
Defender: **Forearm Block**, As the opponent shoots forward, shoot leg back and block with forearm across side of neck, circle out then hard knee strike to thigh as you push head into ground, finish with multiple strikes.
 - Attacker: Under Arm Throw
Defender: **Heel Sweep**, As the opponent steps in for a throw, side step as you grab shoulder, extend leg behind opponent and sit to sweep opponent to floor.
- **Kyuk Pa** (Breaking): Double Back Fist

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MASTER AN'S – HAP KI DO

3rd DAN - 1st REFRESHER: STRIPE ONE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 -
- **Ho Shin Sul** (Self Defense): Multiple Attackers
 - Follow Ups:*
 - Attacker:
Defender:
 - Attacker:
Defender:
 - Attacker:
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 - Attacker:
Defender:
- **Kyuk Pa** (Breaking):

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3rd DAN - 2nd REFRESHER: STRIPE TWO

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 -
- **Ho Shin Sul** (Self Defense): Kick Defense
 - Follow Ups:*

MASTER AN'S – HAP KI DO

- Attacker: Shuffle Side Kick
Defender: **Sweep**, low outward circle block with right, shuffle in and right arm across neck and sweep opponent backward.
- Attacker: Shuffle Roundhouse
Defender: **Groin**, small x-block with wrists and grab leg, pull opponent leg past you as you shuffle front snap kick to groin and sudo to side of neck as you drop front kicking leg.
- Attacker: Shuffle Roundhouse
Defender: **Knee Break**, Catch leg with left arm, step in with right, twist at the hips and forearm strike to knee as you pull back on leg with left arm.
- Attacker: Shuffle Roundhouse
Defender: **Elbow to Face**, catch leg with left arm down and right arm over top of leg, hold leg with right arm and towards your back into opponent and deliver spinning elbow to head, counter spin back and lock ankle.
- Attacker: Shuffle Sidekick
Defender: **Crescent**, deflect opponents kick with low outward circle block, then shuffle in with front leg outside crescent kick to back of head.
- Attacker:
Defender:
- Attacker:
Defender:
- Attacker:
Defender:
- Attacker:
Defender:
- **Kyuk Pa** (Breaking):

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MASTER AN'S – HAP KI DO

3rd DAN - 3rd REFRESHER: STRIPE THREE

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 -
- **Ho Shin Sul** (Self Defense):
 - Follow Ups:*
 - Attacker:
Defender:
 - Attacker:
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Defender:
 - Attacker:
Defender:
- **Kyuk Pa** (Breaking):

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MASTER AN'S – HAP KI DO

3rd DAN - 4th REFRESHER: STRIPE FOUR

- **Nok Bup** (Falling/Rolling):
 -
- **Yeoum-Suk Ki-Sul Teah** (Combinations):
 -
- **Ho Shin Sul** (Self Defense):
 - Follow Ups:*
 - Attacker: Straight Punch
Defender: same side inside middle block with grab, right hand goes under and over into wrap around
 - Attacker: 2 hands grabbing 2 rear
Defender: Turn out to the right, after full turn grab like knife defense and outside lead.
 - Attacker: same side wrist grab
Defender: exaggerated over arm lock while dropping to one knee in front of opponent and throwing over your waist
 - Attacker: Facing grab collar behind neck
Defender: Palm strike push to solar plexus while head dip under arm, grab hand, then roll forearm on tricep with right for take down
 - Attacker: Rear bear hug arms trapped
Defender: push back and arms out in front and up, grab opposite hand and side step out, lock arm behind back
 - Attacker: Rear bear hug arms free
Defender: Peel top hand back, side step under and out, then behind arm lock.
 - Attacker: Rear bear hug arms free
Defender: Both hands cover, hip check backwards while push thumbs down to rotate and straighten between legs. Pinch knees together to jam fingers, then arms out and step under with finish.
 - Attacker: Two hands grabbing elbows rear
Defender: Fake pivot to one side, then pivot to the other side, grab hand, and spin under into arm bar behind opponent.
- **Kyuk Pa** (Breaking):

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