



# International Combat Hapkido Federation

**Current Level: White (10<sup>th</sup> Gup)**

**Next Level: Yellow (9<sup>th</sup> Gup)**

## **Breakfalls/Rolls**

1. Backward Roll
2. Side Breakfall
3. Forward Roll

## **Kicks**

1. Front
2. Side
3. Back

## **Punches**

1. Vertical (Jab/Cross)
2. Hammerfist (Horizontal/Vertical)
3. Backfist

## **Breakaways**

1. Twist Out Escape
2. Push Wrist Escape
3. Radial Nerve Strike
4. Knuckle Strike

## **Wrist Grabs (Same Side)**

1. Outside Lead – Away
2. Outside Lead – Into



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**Current Level: Yellow (9<sup>th</sup> Gup)**

**Next Level: Orange (8<sup>th</sup> Gup)**

## **Breakfalls/Rolls**

4. Forward Breakfall
5. Backward Breakfall
6. Diving Roll
7. Rolling Escape

## **Kicks**

4. Roundhouse
5. Inside Crescent
6. Outside Crescent

## **Punches**

4. Uppercut
5. Hook

## **Breakaways**

5. Radial Nerve Strike – Pivot to Elbow
6. Downward Breakaway
7. Horizontal Breakaway
8. Upward Breakaway
9. Backward Sweep

## **Wrist Grabs (Same Side)**

3. Push-Pull (Corkscrew)
4. Saw Arm
5. Forward Wrist Lock

## **Wrist Grabs (Cross)**

1. Saw Arm
2. Arm Break Over Shoulder to Outside Lead
3. Face Strike – Radial Bone Armbar Up



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**Current Level: Orange (8<sup>th</sup> Gup)**

**Next Level: Green (7<sup>th</sup> Gup)**

## **Kicks**

7. Scoop
8. Slap

## **Strikes**

1. Scoop
2. Tiger Mouth

## **Breakaways**

10. Breakaway to Elbow Strike (One Motion)
11. 3 Strikes
12. Tiger Mouth Throat Strike
13. Outside Spin & Breakaway – Elbow to Kidneys and Head
14. Step Under – Pull Down

## **Wrist Grabs (Same Side)**

6. Forward Pressure Wrist Lock – Step In – Pull Head
7. Double Whip
8. Finger Lock Dance
9. Gooseneck
10. Slot Machine

## **Wrist Grabs (Cross)**

4. Chicken Wing
5. Wrist S-Lock
6. Throat Grab – Pull Around



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**Current Level: Green (7<sup>th</sup> Gup)**

**Next Level: Purple (6<sup>th</sup> Gup)**

## **Kicks**

9. Upward Knee
10. Roundhouse Knee

## **Strikes**

3. Knife Hand
4. Spear Hand
5. Ox-jaw

## **Breakaways – 2 Hands Grab 1 Wrist**

1. Elbow to Face
2. 3 Strikes
3. Pull Out to Elbow Strike

## **Wrist Grabs (Same Side)**

11. High Side Wrist Lock
12. Hammerlock with Knife Hand
13. Hammerlock Turn Into Knife
14. Chicken Wing
15. Center Lock

## **Wrist Grabs (Cross)**

7. Outside Lead
8. Rotate Fingers Up Then Down

## **Wrist Grabs (Side)**

1. Elbow-Over Wrist Lock
2. Elbow-Over Armbar

## **Defense Against Punches**

1. Saw Arm
2. Rear Choke



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**Current Level: Purple (6<sup>th</sup> Gup)**

**Next Level: Blue (5<sup>th</sup> Gup)**

## **Strikes**

6. Inside Elbow
7. Outside Elbow
8. Upward Elbow
9. Downward Elbow
10. Backward Elbow

## **Wrist Grabs (Same Side)**

16. Center Lock
17. Arm Over Armbar
18. Step Under Hammerlock
19. Finger Bar Upward Elbow Strike
20. Armbar with Waist Twist

## **2 Hands Grab 1 Wrist**

1. Belt Grab Push Pull
2. Outside Lead
3. Wrist S-Lock

## **Wrist Grabs (Side)**

3. Elbow to Head Lock and Pulldown
4. Armbar with Waist Twist
5. Outside Lead with Fingers

## **Defense Against Punches**

3. Inside to Outside Lead
4. Bicep Strike

## **2 Hands Grab 2 Wrists (Front)**

1. Hand Smash to Elbow
2. Wrist Smash to Elbow

## **2 Hands Grab 2 Wrists (Back)**

1. Center Lock
2. Step Behind and Sweep



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**Current Level: Blue (5<sup>th</sup> Gup)**

**Next Level: Brown (4<sup>th</sup> Gup)**

## **2 Hands Grab 1 Wrist**

4. Chicken Wing
5. Saw Arm
6. Radial Bone Armbar

## **Defense Against Punches**

5. Inside Elbow
6. Hip Throw

## **2 Hands Grab 2 Wrists (Front)**

3. Step Through to Take Down
4. Crossed Arm Throw
5. Double Arm
6. Back Palm Strike

## **2 Hands Grab 2 Wrists (Back)**

3. Horizontal Center Lock
4. Elbows to Saw Arm

## **1 Hand Shoulder Grabs (Front)**

1. Wrist Lock
2. Step Under Hammerlock
3. Wrap Around

## **1 Hand Lapel Grabs**

1. Outside Lead
2. Wrist Pressure Down



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**Current Level: Brown (4<sup>th</sup> Gup)**

**Next Level: Red (3<sup>rd</sup> Gup)**

## **1 Hand Shoulder Grabs (Front)**

4. Wrist Lock – Finger to Back Knee
5. Wrist Lock – Throat Strike
6. Elbow Over Armbar and Wrist Lock

## **1 Hand Lapel Grabs**

3. Outside Lead
4. Elbow Over Armbar
5. Elbow Strike Head Twist

## **Back Collar Grabs**

1. Straight Arm Lock
2. Saw Arm
3. Bent Arm Sweep

## **2 Hands Lapel Grabs**

1. Saw Arm
2. 2 Arm Lock to Knees

## **1 Hand Middle Sleeve Grabs**

1. Wrist Lock
2. Wrap Around

## **2 Hands Middle Sleeve Grabs (Front)**

1. 2 Arm Lock to Knees
2. 2 Arm Trap
3. Wrist Lock
4. Wrap Around

## **Side Body Grabs**

1. Lock and Sweep Takedown
2. Lock and Forearm Pressure



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**Current Level: Red (3<sup>rd</sup> Gup)    Next Level: Red/Black (2<sup>nd</sup> Gup)**

## **1 Hand Shoulder Grabs (Front)**

- 7. Wrist Lock & Radial Strike**
- 8. Downward Elbow Strike**

## **2 Hand Lapel Grabs**

- 3. Grab Belt and Spear to Throat**
- 4. Outside Lead**

## **2 Hand Middle Sleeve Grabs (Back)**

- 1. Step Behind and Sweep**

## **2 Hand Shoulder Grabs (Back)**

- 1. Saw Arm**

## **Belt Grabs (Palm Down)**

- 1. Saw Arm**
- 2. Three Strikes**

## **Hostile Handshakes**

- 1. Radial Nerve Strike**
- 2. Elbow Strike and Push Away**

## **Full-Nelsons**

- 1. Hip Throw**
- 2. Outside Lead with Fingers**





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**Current Level: Red/Black (2<sup>nd</sup> Gup) Next Level: Black/White (1<sup>st</sup> Gup)**

## **2 Hand Lapel Grabs**

5. Pin with Both Arms – Takedown and Face Strike
6. Throat Strike and Head Grab to Takedown

## **Belt Grabs (Palm Up)**

3. Cross Hand Grab – Upward Elbow Strike – Grab Lapel to Takedown
4. Outside Lead

## **Hostile Handshakes**

3. Double Grab – Elbow Up
4. Chicken Wing

## **Full-Nelson**

3. Finger Grab – Spin Out
4. Life Arms up – Then Power Down – Head Throw
5. Sweep Backward

## **Headlock**

1. Knee Pull – Low Elbow Strike
2. Knee Push – Pull Collar Back
3. Ankle Grab – Push Back of Knee – Leg Pin
4. Trap Hand – Groin Strike to Get Head Out

## **Bear Hugs (Arms Out-Back)**

1. Strike Hand – Center Lock
2. Strike Hand – Forward Wrist Lock
3. Grab Finger – Spin Out to Choke

## **Hair Grabs**

1. Grab Hand – Radial Strike Down to Takedown
2. Center Lock
3. Cross Trap Strike – Saw Arm
4. Trap – Radial Strike – Grab Throat and Sweep