

Australian Hapkido Association



BLACK BELT SYLLABUS

1st Degree to 4th Degree

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NOW THAT YOU HAVE THAT BLACK BELT

Differences between studying as a coloured belt and a black belt

There is little difference between training as a coloured belt and training as a black belt. The attitude, commitment and dedication required to achieve your black belt will always be necessary.

Having gained a black belt is not the end of your martial arts training; it is the beginning!

Your first black belt is an acknowledgement that you have achieved the basic skills and techniques necessary to truly study your martial art. It is similar to completing primary school and having the basic skills and techniques required to participate in your high school education. Thus gaining a 2nd Degree is similar to completing your secondary education.

During your 2nd Degree training some degree of specialisation is possible. As you continue your martial arts training more opportunities to specialise become available, as is the case if you continue to tertiary education. Once your tertiary education is completed, it is possible to further specialise; gaining Honours, a Masters, and then a PhD. The section on Electives lists some of the areas you can specialise your training.

Achieving your next black belt requires you to take more responsibility for your training and to seek opportunities to train with other black belts. Training with other black belts allows you to train at a higher level of skill allowing you to refine and advance core techniques, and to develop and practice new techniques.

In addition there are many experienced black belts in the AHA and events such as black belt classes and seminars are a great opportunity to train with them and to learn from their experience. Training with senior black belts also provides you with opportunities to establish mentoring relationships with them, which can further assist your development. The section on Mentoring describes the types of mentoring relations and how they can assist your progress.

In addition to attending black belt classes and seminars, camps and gradings also provide opportunities to train with other black belts. Participating in demonstrations, and in tournaments, either as a contestant or as a referee/judge, and participating in Instructor Training and Certification courses further enhances and develops your skills.

As a black belt, you will be expected to:

- Accept more responsibility for your training
- Develop a higher level of expertise in basics and core techniques
- Maintain levels of fitness and flexibility
- Become more specialised.

In addition to your normal training, training with other black belts allows you to:

- train at a higher level of skill
- receive instruction from senior black belts and learn from multiple instructors
- focus on refining and advancing core techniques, and develop and enhance new skills

Goal Setting

For a beginner, achieving a black belt is a long term goal. The time required to achieve this goal depends on an individuals circumstances and may take as little as 3 years or more than 5.

The beginner's path is easily recognised by following the coloured belts and tips to black belt. These milestones define the intermediate goals necessary to achieving that long term goal.

Once you have achieved your first black belt (1st Degree), the next black belt (2nd Degree) becomes a long term goal. The intermediate goals between the dans however are not so evident and identifying those intermediate goals and training towards them is an important factor in achieving your next Degree.

What are the benefits of goal setting?

Goal setting allows you to plan you training in definable increments. The goals you set should have a time frame associated with them. This aids learning, and enables you to identify progress by markers. It builds confidence in your achievements and provides motivation.

A long-term goal is more achievable if it is broken into easier (short-term) goals along the way.

Short-term goals

Short-term goals relate to periods of only a month, a week or even a single training session and can be used as stepping stones to longer term goals. Short-term goals relate more to the detail and finer points of the techniques.

Intermediate goals

Intermediate goals relate to periods of months, and are used as milestones of achievement towards longer-term goals. These goals may relate to the specifics of what techniques are required to achieve the milestone. A coloured belt grading is a good example of an intermediate goal.

Long-term goals

Long term goals generally govern periods from 1 to 5 years or more. They relate less to detail and more to quantum ideals. For the average martial artist, a typical long-term goal might be to achieve a black belt within five years.

When long-term goals are within reach, they become short-term goals and acquire more detail.

Steps to plotting a path through the black belt syllabus

- With your Instructor work out your training plan for the next Black Belt Degree. A Training Goals Record sheet is provided at the end of this document to help you keep track of your progress and goals. Clarify your long term training goals, and ensure your intermediate goals are defined.
- Discuss your situation and intermediate goals with your Instructor and whether or not mentors will benefit your development. See the section on Mentoring for more information.
- Set down goals and establish a time frame for achieving the goals – write them down. If you have established a mentor relationship ensure your mentor gets a copy.
- For the core elements – work out how you will achieve these (who, how and when).
- For the elective elements – work out how you will achieve these (who, how and when).
- Regularly review your progress with your Instructor – if you have not met your goals – adjust your plan.
- When you present yourself for your next black belt grading provide a copy of your Training Goals Record.

Mentoring

Mentoring involves one person helping another to grow and develop new skills and attitudes. Mentoring can provide a spark, or the inspiration for the mentee to achieve their goals through a variety of roles such as counsellor, sponsor, coach and supporter.

Informal mentoring, where someone shows an interest in another person's development, happens quite often. Formal mentoring however, involves a formally established relationship for a short period of time. Discuss your situation with your Instructor and work out whether or not a formal mentoring relationship will benefit your development.

Mentors can help the mentee meet specific objectives and goals during the term of the relationship.

A mentor can help someone to:

- see their strengths and weaknesses
- clarify what goals and needs they have
- identify future options and directions
- determine the action necessary to achieve their goals
- assist in overcoming barriers to development
- access the skills and knowledge the mentee requires to move forward.

Mentors often see their involvement as 'giving something back' and the personal benefits they gain vary from one individual to another. Most mentors say they get a great deal of satisfaction from sharing their knowledge and skills. For the mentees, being involved in a mentoring relationship provides them with opportunities to acquire feedback, knowledge, specific competencies and support for their growth. They have someone they can discuss ideas and challenges with, and they often gain greater confidence and empowerment.

As you improve as a Black Belt

Self Defence

- Your techniques should be more efficient and require less strength to execute.
- You should reduce the size of your circles.
- You should improve using your hips and legs as a source for your power.
- Smaller movements from you (the defender) should generate a larger result (more pain/movement) in the attacker.
- You should start executing good techniques without thinking – responding correctly by nature.
- You should still have the mind of the student – your learning is not over – it has just begun.

Multiple Grabbing

- Respond more by feeling than by watching.
- Give the attackers a safe place to fall to.
- Be dynamic - use attacker's motion.

Sparring

- Jamming – cutting distance during an attack to get in before the technique is fully released.
- Timing – anticipation – avoid clashes – hit where/when there is a gap.

Weapons

- Extension of ki to the end of the weapon – and beyond.
- Use of weapon as an extension of your hands.
- Understanding the strengths and weaknesses of each weapon.
- Understanding the distance and timing for each weapon.

Attitude

- Humility – keep the mind of the student – you should be an empty cup ready to learn.
- Maturity – other student's eyes are looking at everything you do in class – behave the way you would expect them to behave.
- Leadership – take an active role in building and strengthening your club – help the instructor – take initiative – don't wait for the instructor to ask for help – the more you put into your club the more you will get out of it.
- Integrity – if you say you are going to be somewhere – turn up – if you say you are going to do something – do it. Speak sincerely and truthfully. If you don't know – don't make it up.

Electives

Other than the core elements – black belts are encouraged to undertake additional areas of study – electives.

These electives can be done at any grade. Once you and your instructor have decided to attempt an elective you should stick to it for at least 6 months.

You will be provided an opportunity to demonstrate your knowledge in an elective area at your gradings – if you want to.

As more of our black belts undertake these electives we will document the knowledge for the black belts that follow.

The following electives are considered relevant to Hapkido black belt study:

- Meridians and pressure points
- Meditation
- Groundwork/Grappling
- Komdo/Haedong Gumdo
- Offensive self defence
- Choking and Revival Techniques
- One handed self defence
- Close range defense against a gun
- Acrobatic kicks.

Our current body of knowledge for these electives is provided at the end of this document.

If Black Belts have suggestions for other electives please send your ideas to the Technical Director.






Minimum time between black belt gradings

Black belt techniques are usually more difficult than the coloured belt techniques and require a lot of time to get right. The following times are guidelines only and indicate how much time is normally taken to learn and perfect the techniques of each grade. It is common for black belts to take 10 years or longer to achieve their 4th Degree Black Belt.

- 1st Degree to 2nd Degree – 2 years of training
- 2nd Degree to 3rd Degree – 3 years of training
- 3rd Degree to 4th Degree – 4 years of training.

BLACK BELT GRADING REQUIREMENTS

Grading Element		Grade				
						
1.	Warm Up	●	●	●	●	●
2.	Dan Jun Breathing	●	●	●	●	●
3.	Patterns – White to Black	●	●	●	●	●
4.	Pattern Application – Blue & Red	●	●	●	●	●
5.	Core techniques – 1 to 15		●	●	●	●
6.	Core techniques – 2 up		●			
7.	Core techniques – 3 up			●		
8.	Core techniques – 4 up				●	
9.	Core techniques – 5 up					●
10.	Jukto – 3, 2, 1 Step Strikes	●				
11.	Sword Patterns 1, 2 & 3 - Standing		●			
12.	Sword Patterns 1, 2 & 3 - Kneeling			●	●	●
13.	Sparring techniques 1-5		●			
14.	Poong Ryu Kom			●	●	●
15.	Pole (Basic Swinging/Strikes)	●				
16.	Pole Pattern #1		●	●	●	●
17.	Pole Pattern #2			●	●	●
18.	Danbon Self Defence – with a partner		●			
19.	Danbon Self defence – multiple grabbing			●		
20.	Danbon against Kom – 8 strikes				●	
21.	Danbon against Kom – 5 techniques					●
22.	Advanced wrist techniques - 10		●			
23.	Arresting techniques - 8			●		
24.	Double short swords				●	
25.	Belt and Fan Techniques – 10 each					●

Grading Element		Grade				
						
26.	1-step Sparring Lock Up	●				
27.	1-step Sparring Lock Up – against grabs		●			
28.	1-step Sparring Lock Up – against punches			●		
29.	Walking Cane				●	
30.	Weapon Pattern – self-made					●
31.	Defence against throwing		●			
32.	Pole 1-step sparring			●		
33.	Self Defence against self defence				●	
34.	Self Defence against two attackers					●
35.	Falling – basics	●	●	●	●	●
36.	Multiple Falls on command	●	●	●	●	●
37.	Long Falling	●	●	●	●	●
38.	Shield Flying Kicks	●	●	●	●	●
39.	Multiple Grabbing Self Defence	●	●	●	●	●
40.	Momentum Self Defence			●	●	●
41.	Combination Kicks	●	●	●	●	●
42.	Poong Ryu Kwan - Pattern	●	●	●	●	●
43.	Free Sparring	●	●	●	●	●
44.	Free Sparring against two opponents			●	●	●
45.	Electives (if relevant – please notify grading instructor prior to grading)		●	●	●	●
46.	Break - Low Spinning Heel (1bd)	●				
47.	Break - Off Back Turning (1bd) or Jumping Front (1bd)		●			
48.	Break - Jumping Back (2 bd) or Scissor Kick			●		
49.	Break - Drop Board Punch (1bd) and Stepping Side Kick (2 or 3 bd)				●	
50.	Break – Free Choice (4 bd)					●

BLACK BELT – 1ST DEGREE

Summary

- Core Techniques 1 to 15 – single attacker – static single hand grab – 50% resistance
- Core Techniques – 2 up (5)
- Sword (Kom) Patterns 1, 2 & 3 – standing
- Sparring Techniques 1-5
- Pole (Jangbon) pattern #1
- Danbon Self Defence – with a partner
- Advanced Wrist Techniques (10)
- One-step sparring – lockup – against grabs
- Defence Against Throwing (5)
- Breaking Kicks - Double front kick or Turning kick off a wall

Core Elements

Core Techniques 1 to 15

You will be required to perform the Core techniques – in order – against a single attacker grabbing with a static simple same-hand grab – the attacker is to apply 50% resistance.

C1 Wing Lock	C6 Fan Lock	C11 Hip Throw
C2 Elbow Roll	C7 Hammer Lock	C12 Step Behind & Throw
C3 Z-lock	C8 Arm Bar	C13 Whip Throw
C4 Face Push	C9 Wrist & Shoulder Throw	C14 Tornado Throw
C5 Corkscrew Lock	C10 Leg Reap	C15 Neck & Chin Throw

Core Techniques 2 up

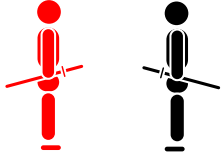
Combine 2 core techniques – demonstrate complete control of attacker from beginning to end – provide no opportunity for the attacker to escape or hit you during the transition – you can pick any two techniques – be creative but practical as well. You should work out how to turn an attacker's resistance into the next technique. Have a set of about 5 combinations worked out for your grading.

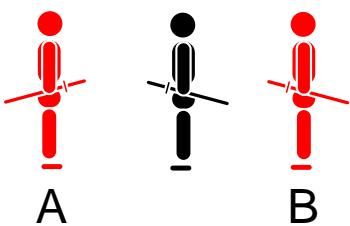
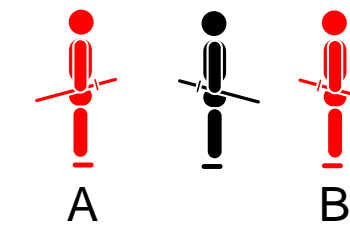
Sword (Kom) Pattern - Standing

These sword patterns are part of traditional Korean swordsmanship. They are the first three patterns. There are many more but these three were chosen to give you an insight into the art of drawing the sword. This art is very strategic and it is important that you understand exactly what you are doing (the application).

When you fit the sword to your belt, it is important that you use this moment to prepare your mind for the patterns ahead. It is important that you treat the sword with respect and realise its potential to take away human life. Treat it like a 1 metre razor blade. Never practice in a crowded room.

All movements must be smooth and precise and must be done with full concentration. Imagine you are really facing someone with a sword.

<p>Cut across eyes & strike down</p> 	<p>Your attacker is directly in front of you and is standing. You bow, as a precaution your right hand remains on your sword.</p> <p>As you bow, the attacker draws their sword to attack. You step out (RF) and cut across their eyes. They stumble back, you shuffle in and cut all the way down to the waist (Kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers. When everything is clear, shake the blood from the blade and return it to the sheath.</p>
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<p>Ribs, thrust back & strike front</p>  <p>A B</p>	<p>There are two attackers, A in front and B behind – both are standing.</p> <p>Attacker A attempts to draw their sword. You block their draw with the handle of your sword and strike at their ribs with the same movement (both hands on the hilt).</p> <p>Attacker B then attacks from a standing position, you thrust to the throat of B (sword blade horizontal).</p> <p>Pull the sword out of B and strike A with a direct cut all the way to the waist. (kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers.</p> <p>When everything is clear, shake the blood from the blade and return it to the sheath.</p>
<p>Release twist, thrust to the front, strike behind.</p>  <p>A B</p>	<p>There are two attackers, A in front and B behind – both are standing.</p> <p>Attacker A attempts to grab your sword. Step forwards with the left foot, release their grip as you twist to the right, pull out your sword and before A can attack, thrust to the throat of A (sword blade vertical and supported by your left hand).</p> <p>Pull the sword out of A and strike B with a single cut all the way to the waist (kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers.</p> <p>When everything is clear, shake the blood from the blade and return it to the sheath as pivot 180 degrees back towards the front.</p>

Sparring Techniques

<p>Backfist & palm heel strike</p>	<p>Two attacks with the same hand. The first attack is a feint that draws the opponent's guard away from the final target, the chin. Even though the first attack is only a feint, if it doesn't threaten your opponent, they won't react the way you want.</p> <p>Lunge forward and attack the opponent's temple with a backfist (RH). As they try to block the backfist, check their elbow with your other hand (LH) and strike their chin with a palm heel strike (RH).</p> <p>After the strike, grab and throw or sweep while they are still dazed. As a variation try a reverse knifehand as the second strike. This has a slightly longer range.</p>
<p>Step change & sliding side kick</p>	<p>A quick step change that confuses your opponent and brings you closer, positioning your supporting leg for a long sliding side kick to the ribs.</p> <p>Start in a sparring stance with your right foot forward. Swap your feet, stepping out with the left foot at 45 degrees.</p> <p>Push off the left leg and side kick to the ribs with the right leg. The motion looks like a zigzag.</p>
<p>Jab, cross & turning kick</p>	<p>Simple combination of three basic strong techniques. Hard to stop if the range is correct. The jab and cross raise the opponent's guard and force them onto their back foot.</p> <p>The turning kick leaves straight after the cross and strikes the thigh, ribs or head. The timing is 1-2-3 with very little gap. Keep your guard up as you kick.</p>
<p>Front kick feint & downwards hook</p>	<p>If you go to Korea (or anywhere in Asia) you will see many statues in front of temples performing the first part of this technique.</p> <p>The front kick (RF) draws your opponent's guard down to protect their stomach, the left palm pushes down and traps their guard while the right hand strikes downwards to the face, striking the nose first. In the class, this technique is practised by striking the chest with a loose fist.</p> <p>This technique works best as a huge leap forward where all three techniques are performed in the air. It is important to move the top and bottom halves of your body in opposite directions to generate maximum power.</p> <p>When you do the front kick, your right hand is pulled right back (fist near your ear), when you do the punch, your right leg kicks backwards.</p>

Low turning kick & low spinning heel kick	<p>The first low turning kick aims at your opponent's front leg just above the ankle. This forces your opponent onto their back leg, during which time your low spinning heel kick attacks the back of the legs (or one leg if they lifted their front foot).</p> <p>If your low turning kick doesn't reach there is no way the low spinning heel kick will be close enough. The first kick must be threatening.</p> <p>Don't look at the feet before you start. The second kick must start as soon as the first kick finishes.</p>
Hand roll, backfist & wrist throw	<p>Push down your opponent's right forearm with your right palm, check their elbow with your left palm and strike the temple with a backfist (RH).</p> <p>This is done in a rolling motion, rolling up their arm. If the opportunity is there and while your opponent is still dazed, grab their right hand (their palm away from you, thumb to the right) and throw (like inner wrist lock).</p>
Against turning kick: spin inwards & elbow strike	<p>If timed correctly the elbow strikes at the moment they thought their foot was going to strike. This technique relies on entering past the kick's danger zone and is performed as soon as the kick leaves.</p> <p>Lean forwards, guard your ribs and face (left arm straight, right palm near your ear), pivot on your front foot the moment you feel contact, and strike with you left elbow to the face or head. Be very careful to control the elbow in the class.</p>

Pole (Jangbon) Pattern #1

The Pole (Jangbon in Korean) requires many hours of practice (by yourself) to get the required co-ordination. You just have to put in the hours. Try target practice (leaves on a tree?) to ensure you can control the pole. Practice striking at different ranges (short, long) and practice changing from long to short and back to long. Also practice blocking strikes using the pole.

Korea's oldest weapon, the pole, has its roots in family or tribal martial arts. When ancient fighters discovered they could keep their enemies at bay with long sticks, the pole became the primary weapon. After metal blades were developed, staffs were still important among selected groups, such as farmers and Buddhist monks.

In Korean the pole is called a Jangbon.

Basic strikes and swinging

In Walking Stance:

- Head Strike
- Wrist Strike
- Knee Strike
- Uppercut
- Blocks.



Pattern #1

To download a video of this pattern go to:

http://www.australianhapkido.com/content/modules.php?name=Downloads&d_op=getit&lid=37

www.australianhapkido.com >>> Downloads >>> Syllabus.

1. Step to the left into Horse-riding Stance & strike upwards to wrist, Step in to the right & strike to knee, Step out & strike to the head
2. Pivot 180° & strike upwards to the wrist, double-handed backwards spin (5), pivot 180°, double-handed forwards spin (5), thrust to the throat with left foot behind right.
3. Pivot 180°, step backwards, strike downwards to wrist, strike to knee, strike upwards to chin, thrust to throat.
4. Feet together, spin clockwise in front, behind then in front again, spin behind, turn & single-handed forwards spin alternating hands at each step (5), pivot 180° & single-handed backwards spin alternating hands at each step (3), double-handed backwards spin (2), lift right leg to avoid strike to knee & strike upwards to head.
5. Pivot 180° & step back, strike down to head

6. Step up and then to the right, jumping spinning strike swinging the pole around the waist, small step back, stepping in, spin over head then mid-section strike.
7. Jumping spinning strike swinging the pole around the waist, small step back, stepping in, spin over head then mid-section strike.
8. Pivot 180° & single-handed mid-section thrust (RH) in very long walking stance.
9. Catch Pole and return to Jhoon-bee.

Danbon – self defence – single attacker

Use Danbon as an extension to your own self defence. Using sensitive areas around forearm, shin, triceps, Achilles tendon, etc. Use powerful *triangle*. Practice these against a single attacker.

- Strikes to the body - thrust to solar plexus, collarbone, shins (when they kick you)
- Against Grabs - single hand, cross hands, double hands, two hands onto one, double lapel, shoulder, hair, bear hug, headlock, punch, front kick, turning kick

Self Defence - Advanced Wrist Techniques

These techniques show some advanced manipulations of the wrist, forearm and elbow. They must be done quickly and with confidence (like a Black Belt). There must never be a moment during the technique when the opponent could slip out. All techniques are done from a single hand grab. For this explanation, your right hand is being grabbed.

1. Wrist lock using thumb	Thumb turns under (☞) and place to the outside of their wrist, grab their hand, left hand to pressure point and lock up using gooseneck lock.
2. Wrist & lower forearm lock	First Z-Lock then add the pressure point between the Radius and Ulna bones in the forearm.
3. Wrist & upper forearm lock	First Z-Lock then add the plus pressure point near elbow (on brachio-radialis).
4. Wrist lock, pulling in lapel	First Z-lock then reach under their arm (over their arm if you are taller) with your right hand, grab their uniform (lapel) and pull it towards you. Keep their wrist against your chest.
5. Spiral in & elbow lock	Hand spirals (☞) under their wrist, over their forearm, back under and finishes over the rear of their elbow. Put the left hand on top of your right hand and push down. Their arm should finish straight and sitting in the vee of your elbow joint.
6. Spiral in & shoulder lock	Hand spirals (☞) under the wrist, over the elbow, back under and finishes past the shoulder. The left hand helps bend the arm. Their arm should finish in a hammer lock position.
7. Spiral out & arm bar	Hand spirals (☞), put your left palm on the back of their hand, step in and place your bent under their straight elbow and push towards their other shoulder. Keep them on their toes.
8. Inner wrist lock using index finger	Hand spirals (☞), put your left palm on the back of their hand, form a pistol with your right hand and apply the ridge of your finger to the underside of the Radius bone. Lock the position with your thumb.
9. Spin, swap hands & wrist lock	As your opponent pushes, step to the right with your rear foot, continue the spiral (try to keep an eye on your opponent) and swap hands behind your back. Continue the spiral, grab their hand with both of your hands and lock the wrist (fingers up, their palm away from you).
10. Arm bar through legs	Swap hands and push the arm between the legs, get behind and grab their belt and pull the hand upwards to apply more pain. Their palm should be facing downwards and their elbow should be at their groin pointing upwards.

One-step sparring – lockup – against grabs

One step sparring – lockup is aimed at helping you develop the finishes on your self defence techniques. During multiple grabbing there is often not enough time to finish a technique by locking up the attacker.

You face your attacker in whatever stance or position you like – the attacker grabs you – anywhere.

You need to apply your self-defence technique to completion – that is – finish with the attacker locked up and unable to continue – either on the ground or standing.

Try to use the momentum of the attack – keep going – keep the motion flowing.

When you get better at your techniques encourage your attacker to grab more realistically.

Be careful not to bend forwards when locking your attacker – keep you body upright and bend your legs to get down to the attacker. After all, their friends may be around waiting to attack you. You should remain aware of what else is happening around you.

Defence against Throwing

These techniques are to defend against someone trying to throw you in a classical hip throw.

1. X-block	Lower your centre of gravity and block their hip using an X-Block. To throw you (unless it's a sacrifice throw) your opponent will try to get their hips close to you. This technique stops them from doing this.
2. Back of knee	Push the back of the leading leg as they place it in position to throw you. Check their distance with your elbow.
3. Grab hair	Grab their hair and pull them down as they come in to throw you. Check their distance with your elbow
4. Twist head	Grab their head and twist and as they come in to throw you. Step to the right at the same time.
5. Around & throw	Jump around as they come in and perform a hip throw.
6. Breakfall & throw	Let them throw you, but as you are going over, grab their neck or belt. This will throw them as you land. Don't let them get away.

Breaking Techniques

You will be asked to demonstrate one of the following in the grading – practice both in the class.

Double front kick - together & apart – 1 board

Again practice on focus mitts. Practice every time you train (after the lesson for 2 minutes).



Turning kick off a wall or off someone's back – 1 board

Place your foot at chest height on the wall. Don't forget, when you break, you will have to strike with the ball of your foot. During practice, get used to the angles you need so that at a grading you can set it up correctly. Most people miss because the board is in the wrong place.



BLACK BELT – 2ND DEGREE

Summary

- Core Techniques 1 to 15 – single attacker – dynamic single hand grab – 75% resistance
- Core techniques – 3 up (5)
- Sword (Kom) Patterns 1, 2 & 3 – kneeling
- Pole (Jangbon) Pattern # 2
- Short stick (Danbon) Self Defence – multiple grabbing
- Arresting Techniques (10)
- One-step sparring – lockup – against punches
- Pole (Jangbon) 1-step sparring
- Momentum Self Defence
- Sparring against 2 opponents
- Breaking Techniques - Jumping Back Kick (2 boards) or Scissor Kick (2 boards)

Core Elements

Core Techniques 1 to 15

You will be required to perform the Core techniques – in order – against a single attacker grabbing with a dynamic simple same-hand grab – the attacker is to apply 75% resistance. Use the attacker's force.

C1 Wing Lock	C6 Fan Lock	C11 Hip Throw
C2 Elbow Roll	C7 Hammer Lock	C12 Step Behind & Throw
C3 Z-lock	C8 Arm Bar	C13 Whip Throw
C4 Face Push	C9 Wrist & Shoulder Throw	C14 Tornado Throw
C5 Corkscrew Lock	C10 Leg Reap	C15 Neck & Chin Throw

Core Techniques 3 up

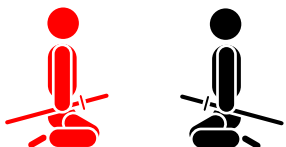


Combine 3 core techniques – demonstrate complete control of attacker from beginning to end – provide no opportunity for the attacker to escape or hit you during the transition.

You can pick any three techniques – be creative but practical as well.

You should work out how to turn an attacker's resistance into the next technique.

Have a set of about 5 combinations worked out for your grading.

Sword (Kom) Pattern 1, 2 & 3 – kneeling

<p>Cut across eyes & strike down</p> 	<p>Your attacker is directly in front of you and is also kneeling. You bow, as a precaution your right hand remains on your sword.</p> <p>As you bow, the attacker draws their sword to attack. You step out (RF) and cut across their eyes. They stumble back, you shuffle in and cut all the way down to the waist (Kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers. When everything is clear, shake the blood from the blade and return it to the sheath. Your attacker is directly in front of you and is kneeling. You bow, as a precaution your right hand remains on your sword.</p>
<p>Hit ribs, thrust back & strike down</p>  <p>A B</p>	<p>There are two attackers, A in front and B behind – both are kneeling.</p> <p>Attacker A attempts to draw their sword. You block their draw with the handle of your sword and strike at their ribs at the same time (both hands on the hilt).</p> <p>Attacker B then attacks from a standing position, you thrust to the throat of B (sword blade horizontal).</p> <p>Pull the sword out of B and strike A with a direct cut all the way to the waist. (kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers.</p> <p>When everything is clear, shake the blood from the blade and return it to the sheath.</p>
<p>Handle strike behind, thrust to the front, strike behind, strike front</p>  <p>A B</p>	<p>There are two attackers, A in front and B behind – both are standing.</p> <p>Attacker A attempts to grab your sword. Step forwards with the left foot, release their grip as you twist to the right, pull out your sword and before A can attack, thrust to the throat of A (sword blade vertical and supported by your left hand).</p> <p>Pull the sword out of A and strike B with a single cut all the way to the waist (kyup).</p> <p>Pull the sword back to your right shoulder, ready in case there are other attackers.</p> <p>When everything is clear, shake the blood from the blade and return it to the sheath as pivot 180 degrees back towards the front.</p>

Pole Pattern # 2

To download a video of this pattern go to: www.australianhapkido.com >>> Downloads >>> Syllabus.

Short stick (Danbon) self defence – multiple grabbing

Use the short stick (Danbon in Korean) as an extension to your own self defence. Using sensitive areas around forearm, shin, triceps, Achilles tendon, etc. Use powerful *triangle*. Practice these in a multiple grabbing situation.

- Strikes to the body - thrust to solar plexus, collarbone, shins (when they kick you)
- Against Grabs - single hand, cross hands, double hands, two hands onto one, double lapel, shoulder, hair, bear hug, headlock, punch, front kick, turning kick

Arresting Techniques

These techniques are used to arrest someone who doesn't want to be arrested. These techniques are easier to apply if the person doesn't know they are going to be arrested, so try not to give any indication of what you want to do. The first thing they will probably want to do is punch you so the pain must come on immediately.

Because Hapkidoists are "best members of the society" when you release the person they should not be injured. However a distraction (kick to the shins) can give you the time you need to apply the technique. Your grip must be strong and yet ready to change if your opponent reacts badly.

At an advanced level you can try going from one arresting technique to another without losing them. The reason for this is that after a while, a joint becomes numb and you may need to change to maintain control (if the police station is far away). Also keep one hand free to open the door. For these examples you are attacking the opponent's left arm (usually their weakest one?).

1	Wrist lock - finger out	Attack from the rear. Grab the hand (RH thumb and forefinger) and the elbow (LH), and finish in a gooseneck lock (their fingers pointing away).
2	Wrist lock - fingers in	Attack from the rear. Grab the hand (palm up) and the elbow (LH), and finish in a gooseneck lock (their fingers towards you).
3	Shoulder lock - same arm	Attack from the front or side. Push your right arm through, left hand to the elbow and finish in a hammer lock.
4	Arm bar	Attack from the front or side. Grab their hand (LH), push your right hand through and across their chest. Apply arm bar.
5	Police elbow lock	Attack from the front or side. Grab their hand (LH), elbow strike to head (RH). Apply police elbow lock (Arm bar).
6	Wrist/Elbow lock - palm up	Attack from the front or side. Grab their hand (LH), keep their hand low, apply wrist lock (palm up) and apply arm bar with your elbow pushing upwards against their elbow at the same time as you are applying the wrist lock.
7	Wrist & forearm lock	Attack from the front or side. Grab their hand with both hand, spin clockwise, put their wrist on your chest and lock the wrist and forearm.
8	Finger lock	Attack from the front, side or rear. Grab two or three fingers (the last three are the best), get them up on their toes and keep their punching hand (the other arm) away from you.

One-step sparring – lockup – against punches

One step sparring – lockup is aimed at helping you develop the finishes on your self defence techniques. During multiple grabbing there is often not enough time to finish a technique by locking up the attacker.

You face your attacker in whatever stance or position you like – the attacker attempts to punch you. They can do any of the following:

- a jab
- a cross
- jab/cross combination
- they can put a hand on your chest and punch you with the other hand
- they can step through and punch you.

You need to block or evade the punches, than apply your self-defence technique to completion – that is – finish with the attacker locked up and unable to continue – either on the ground or standing.

Try to use the momentum of the attack – don't stop after you have blocked – keep going – keep the motion flowing. If the attacker pulls their punching hand back when you grab it – use that pulling back motion to form the basis of your technique.

When you get better at your techniques encourage your attacker to punch more realistically. Practice the trapping actions over and over again so they become habit.

Be careful not to bend forwards when locking your attacker – keep you body upright and bend your legs to get down to the attacker. After all, their friends may be around waiting to attack you. You should remain aware of what else is happening around you.

Pole (Jangbon) 1-step sparring

1. A) Wrist Strike
D) Evade (to left), wrist strike (rear of pole), head strike, knee strike.
2. A) Strike Head (straight down)
D) Double Upper Block, deflect pole to left, strike head (15° right).
3. A) Strike Waist (15° right)
D) Left Waist Block, thrust to throat, strike head with rear of pole (straight down), uppercut to groin.
4. A) Giant Swing to head (45° left)
D) Evade (back), thrust to throat
5. A) Deep low knee strike (left, cross over feet)
D) Low Block (lift front leg), step back and wrist strike.
6. A) Knee strike (right)
D) Lower Block (lift front leg), thrust to throat
A) Deflect thrust to the left
D) Strike pole then follow up with a low spinning knee strike

Self Defence using the Opponent's Momentum

These techniques are to be executed at the moment of, or just before contact is made. The attack is a two-handed lapel grab.

Example techniques: Neck and Chin Throw, Hip Throw, Fireman's Throw.

For 2nd Degree focus on

- proper leverage
- correct hand positions when you grab your attackers
- keeping your balance throughout the entire technique
- maintaining a good posture.

Sparring against two opponents

- Don't get in between them.
- Don't go down (easy to say).
- Keep the person you are fighting between you and the other opponent.
- Try to use a weapon, a chair, a stick, your belt (with a big buckle), your jacket.
- Use natural barriers to help you, chairs, narrow corridors, stairways, a wall.
- In the street, scream, hit the first one (the big guy) as hard as you can, knock him down and then worry about the other guy.
- First chance you get, run.

Breaking Techniques

You will be asked to demonstrate one of the following in the grading – practice both in the class.

Jumping Back Kick (2 boards)



Scissor Kick (2 boards)



BLACK BELT – 3RD DEGREE



Summary

- Core Techniques 1 to 15 - two attackers (one at a time) - dynamic lapel grab – 75% resistance
- Core techniques – 4 up (5)
- Poong Ryu Kom
- Short stick (Danbon) defence against Sword (Kom) – 8 Strikes
- Double short swords (Dan Kom)
- Walking cane (Ji Pang Yee)
- Self Defence against Self Defence
- Momentum Self Defence
- Breaking – drop board punch and stepping side kick.

Core Elements

Core Techniques 1 to 15

You will be required to perform the Core techniques – in order – against two attackers (one at a time) grabbing with a dynamic lapel grab – the attacker is to apply 75% resistance. Use the attacker's force.

C1 Wing Lock	C6 Fan Lock	C11 Hip Throw
C2 Elbow Roll	C7 Hammer Lock	C12 Step Behind & Throw
C3 Z-lock	C8 Arm Bar	C13 Whip Throw
C4 Face Push	C9 Wrist & Shoulder Throw	C14 Tornado Throw
C5 Corkscrew Lock	C10 Leg Reap	C15 Neck & Chin Throw

Core Techniques 4 up

Combine 4 core techniques – demonstrate complete control of attacker from beginning to end – provide no opportunity for the attacker to escape or hit you during the transition – you can pick any four techniques – be creative but practical as well. You should work out how to turn an attacker's resistance into the next technique. Have a set of about 5 combinations worked out for your grading.

Poong Ryu Kom

1. Kneel with sword in front and bow.
2. Slowly lean forward and grab sword with both hands, left palm up / right down
3. Pull handle to right waist while left hand goes to tip of sword, swing sword to left side using upper body movement right first the left. Holding sword with left hand, blade up.
4. Right hand moves to right thigh.
5. Right hand grabs handle of sword slowly, bring sword around to right side, blade pointing away (slowly)
6. Left hand covers blade for the rotation to right side.
7. Handle should be in position for left hand to grab when rotated to right side.
8. Step up to left leg, staying on right knee.
9. Fake strike to head (centre)
10. Fake strike to head left side, sword parallel to floor, movement from hips
11. Strike head centre
12. Pull back sword slightly with body

13. Move forward swapping legs, sword moving down to right side
14. Move sword over head and fake strike to left side of head (sword parallel)
15. Reverse movement of sword and strike to right side at 45 degrees, then extend right leg just of full extension, push sword in reverse direction and strike down at 45 degrees to the left hand side just above toe height, toes pointed up while sitting back on left foot, upper body leaning slightly to the left.
16. Pull sword in reverse while standing up and rotating on right foot 180 degrees
17. Move sword across front of body (parallel)
18. When sword is at left side drop hands to waist height then straight back up to chest height
19. On inspiration bring sword across body to the right, raise sword over head, horizontal, look to the right, rotating hips, left then right, stepping to the right at the same time. Chest strike Expiration at end of strike.
20. Drop sword to the right, raise sword directly overhead (tip of sword almost touching the spine) on inspiration. Step forward at 45 degrees with left foot for shoulder height strike on expiration.
21. Repeat for wrist strike right foot forward.
22. Raise sword to right shoulder height transferring weight to right foot raise left foot on inspiration, rotate hips right and then left, Looking left at 45 degrees step forward left foot for shoulder height strike on expiration.
23. Look to the right rotating hips right then left with sword rotating over head at same time using both hands, and step into right half squat and low knee strike with sword in right hand, left palm facing outwards (on inspiration)
24. On expiration spin 270 degrees without moving foot position into horse riding stance left palm upwards right hand holding sword with elbows extended just off full extension. Eyes watching tip of sword at all times.
25. Look right, rotate hips, right then left. Sword must rotate overhead 360 degrees. Step to the right into a half squat with right low knee strike on inspiration, expiration at end of strike
26. Tip of sword must fall down (blade up) rotate sword around to the left, blade then pointed down must bounce quickly of hand tip of sword behind neck, with elbow bending through movement, (straighten arm before moving body) on inspiration look to the left step up with left leg then right leg for a 180 degree revolution then come around with the left leg for a right horizontal sword strike (expiration during strike), left hand palm facing outwards. Stance position at this stage should be left foot forwards.
27. Step back and 45 degrees with left foot ready for thrust on inspiration. Blade upwards.
28. Slide left foot to the right foot and thrust with both hands blade facing upwards on expiration.
29. Swing blade to left above head (as in step **) using hips left then right then (bend knees) dropping sword to the left at 45 degrees, then move the sword to the right, left hand lets go of sword, right hand continues movement left hand slides to tip of sword and guides back to start position, using hips right then left.

Short stick (Danbon) Defence against Sword (Kom) - 8 Strikes

The Short Stick (Danbon in Korean) should be held loosely between thumb and second finger. Use the last two fingers to flick the Danbon. Point with first finger (pistol grip).

1. head (top)
 2. head 15° (right (from attacker's viewpoint))
 3. head 15° (left)
 4. shoulder 45° (right)
 5. shoulder 45° (left)
 6. knee 45° (right)
 7. knee 45° (left)
 8. head (top)
- The defender is in a cat stance with the Danbon held in the home position.
 - After each block the Danbon must return to the home position.
 - Advance with each block forcing the attacker back.

- Look at the handle of the sword not the tip. Let your reflexes take over.
- This exercise is to demonstrate your ability to keep cool. Breathe out at each block.
- For the attacker, don't just swing the sword from side to side above your head (like a helicopter).
- Each strike must be distinct and be aimed precisely at the target. This is training for the attacker as well.
- To start with you can use a glove to protect your hand but in the grading you won't be able to wear a glove.

Double Short Swords (Dan Kom)

For the grading you will need to demonstrate 10 techniques.

Walking Cane (Ji Pang Yee)

For the grading you will need to demonstrate 10 techniques.

Self Defence Against Self Defence

Use your opponent's direction of force to counter their attack. Imagine their attack is like a cyclone. You should try to get to the centre of the cyclone. Hard to explain, easy to show.

Self Defence using the Opponent's Momentum

These techniques are to be executed at the moment of, or just before contact is made. The attack is a two-handed lapel grab.

Example techniques: Neck and Chin Throw, Hip Throw, Fireman's Throw.

For 3rd Degree focus on:

- adding to your attacker's momentum
- using continuous motion
- never stopping.

Breaking Technique – Drop board punch (1 bd)

Hold a board in one hand out in front of your chest – let it drop – punch it with the other hand.

This break requires speed and power – make sure you hit the board right in the middle and with your first two knuckles only. Punch through the board.

Kyup loudly before you drop it to build up adrenalin and on impact. Think positive – visualise a successful outcome before you start – do not entertain failure.

Breaking Technique – Stepping Side Kick (2 or 3 bd)

For stepping side kick you may choose 2 or 3 boards – this technique is to demonstrate that you have the power, speed and accuracy to deliver a side kick effectively.

SAFETY FIRST!! During the grading the boards must be held using proper board-holding equipment to ensure the break is done safely for the people holding the boards. Before your grading check that the correct board holding equipment will be available at your grading.

BLACK BELT – 4TH DEGREE



Summary

- Core Techniques 1 to 15 - two attackers (one at a time) - dynamic grabbing or punching - 100% resistance
- Core techniques – 5 up (5)
- Defence against Sword (Kom)
- Self-defence with the Belt (Po Bak Sul)
- Self-defence with the Fan (Bu Chae Sul)
- Self-made weapon pattern (sword, pole, walking cane, belt or short stick)
- Self defence using opponent's momentum

Core Elements

Core Techniques 1 to 15

You will be required to perform the Core techniques – in order – against two attackers (one at a time) dynamic grabbing or punching attack (your choice) – the attacker is to apply 100% resistance. Use the attacker's force.

C1 Wing Lock	C6 Fan Lock	C11 Hip Throw
C2 Elbow Roll	C7 Hammer Lock	C12 Step Behind & Throw
C3 Z-lock	C8 Arm Bar	C13 Whip Throw
C4 Face Push	C9 Wrist & Shoulder Throw	C14 Tornado Throw
C5 Corkscrew Lock	C10 Leg Reap	C15 Neck & Chin Throw

Core Techniques 5 up

Combine 5 core techniques – demonstrate complete control of attacker from beginning to end – provide no opportunity for the attacker to escape or hit you during the transition – you can pick any four techniques – be creative but practical as well. You should work out how to turn an attacker's resistance into the next technique. Have a set of about 5 combinations worked out for your grading.

Last technique in the set of 5 should be a dynamic throw – finishing with the attacker locked on the ground.

Defence against Sword (Kom)

The main aim of these techniques is to go in past the danger zone and quickly disable the opponent to prevent them from continuing. In actual combat you would only get one chance (if you are very lucky). For these exercises the sword attack is to the top of your head.

1. Block, strike wrist & head	Upper block and move in to right, strike the fingers of their right hand, grab their left wrist with your left hand, pull the hand down as you strike across the face with the Danbon.
2. Block, strike wrist, throat & arm bar	Upper block and move in to right, strike the fingers of their right hand, grab their left wrist with your left hand, pull the hand towards you as you push the Danbon through their arms to push into the throat. Push the arm right through and apply an arm bar.
3. Block & tornado throw	Upper block and move in to left, grab their right hand and spin clockwise into a tornado throw. Apply the Danbon to the wrist as you throw them and try to finish with the sword in your hand (don't let the sword fly across the room).
4. Block & strike top of foot	Upper block, drop forwards (guard your face against their knee) and strike the top of the foot with the end of the Danbon. Grab the back of the ankle with your left hand and push against the shin (spleen 6) with the Danbon to make them fall.
5. Straight through & strike solar plexus	Move in to left (don't block) and strike the ribs with the Danbon.

Belt techniques (Po Bak Sul)

For the grading you will need to demonstrate 10 techniques.

One of the finest tools for effective self defence in both traditional and modern martial arts is the belt. In Korea, belt techniques are called Po Bak Sul or rope tying techniques. These techniques are used for submission and opponent control and are so effective that they are used by law enforcement officers in Korea.

The Belt can easily be substituted by a rope, dog lead, tie, towel or a scarf. The techniques of the rope include wrapping and binding the limbs and neck. Opponent control techniques are used to escort an attacker using the length of the rope. Add joint locks and pressure point techniques and the rope becomes an extremely effective self defence weapon.

Belt techniques were used in ancient Korea by the Korean royal palace guards. No-one was allowed to carry a bladed weapon within the royal court. However, the guards very often carried an innocent-looking length of rope and any trespasser on the royal premises would soon find themselves wrapped up and subdued.



Fan techniques (Bu Chae Sul)

For the grading you will need to demonstrate 10 techniques.

Using the fan (Bu Chae in Korean) as a weapon may have originated from the Royal Court where weapons were prohibited.

Some Korean fans have steel ribs thus making them capable of even blocking a sword (in theory). Some were even sharpened at the end (and may have been dipped in poison). Some Korean fans have wooden ribs constructed of Pak Dahl - an extremely tough birch tree that thrives in the ice storms and harsh seasons of Korea's mountain peninsula. The wood is steamed and oiled under specific temperatures with special herbs, giving it an extra hardness that rivals metal.

The techniques involve generally striking as the fan opens to vital areas (throat, eyes, groin, stomach), using the folded fan pretty much like a danbon and using the open fan as a shield (to hide what you are about to do) or as a flutter in front of the face to distract the attacker.

Fans get their power and penetration from the speed of the blow. Speed comes from a loose, relaxed whip-like wrist action.



Weapon Pattern – Self Made

Make up a pattern using either sword, pole, walking cane, belt or short stick.

Self defence against two attackers at a time

10 techniques.

Multiple grabbing – more than one attacker can grab at a time.

Self Defence using the Opponent's Momentum

These techniques are to be executed at the moment of, or just before contact is made. The attack is a two-handed lapel grab.

Example techniques: Neck and Chin Throw, Hip Throw, Fireman's Throw.

For 4th Degree focus on:

- redirection of the attacker
- using minimum effort
- using smaller circles.

Break – Free Choice – 4 boards

Choose a spectacular break to show your best techniques – can be 4 single breaks – one break with 4 boards – kicks, punches – be creative and safe.

Web Site Profile

NOTE: 4th degrees are asked to provide a profile for the web site (including photos)

ELECTIVE ELEMENTS

Electives are not mandatory – they are just suggestions to enhance your black belt journey.

Summary

- Meridians and pressure points
- Meditation
- Groundwork/Grappling
- Komdo/Haedong Gumdo
- Offensive self defence
- Choking and Revival Techniques
- One handed self defence
- Close range defence against a gun
- Acrobatic kicks
- Knife fighting/defence.

Meridians and pressure points

Meridians and pressure points are a fascinating subject and can greatly enhance your understanding of your techniques. Beyond the basic charts provided in the Coloured Belts Syllabus there is a lot of knowledge in the theories of the elements and the constructive and destructive cycles.

The black belt student is expected to undertake a serious course of self-study or enrol in a formal course. The student would be expected to compile notes, collect books and reference material to capture the knowledge they have acquired through studying this elective.

Meditation

Meditation is an important subject that can bring great peace and tranquillity to your life. It can also help with your focus and concentration. Beyond the basic meditation done in class there is a lot of knowledge in the theories of breathing, how the mind works, perception and psychology that will help you improve the quality of your life and understanding of yourself.

The black belt student is expected to undertake a serious course of self-study or enrol in a formal course. The student would be expected to compile notes, collect books and reference material to capture the knowledge they have acquired through studying this elective.

Groundwork/Grappling

Knowing what to do if you end up on the ground is very important. Also you may have to face someone who knows grappling – if you don't know what to do you may end up in difficulty very quickly.

Due to our current lack of knowledge in the area of grappling you may need to do an outside course that specialises in grappling. Alternatively there may be people in your club who have grappling skills.

In order to become proficient at grappling you will need to spend a lot of time doing it – don't assume you can just learn a few techniques and leave it at that – you will need to develop different body conditioning, flexibility and sensitivity that can only be achieved through lots of practice – be prepared to sweat.

It is expected you should at least understand the following:

- **Positions** – what are the various strengths and weaknesses of the common positions – closed guard, open guard, half guard, top mount, rear mount, knee ride, side control, turtle
- **Escapes and Transitions** – how do you get out of each position and which other positions can be transitioned to a more advantageous position by passing, sweeping or escaping. Also how do you prevent your opponent from passing, sweeping or escaping to a more advantageous position?
- **Locks and Finishes** – how do you apply locks and finishes – which ones are best from which positions – eg. Arm bar, figure four locks, Kimura, chokes, leg locks, ankle locks, Z-lock
- **Entries** – how is a grappler likely to get you onto the ground – what can you do about it – eg, the sprawl, knees, turn into a circle, etc.
- **Strikes** – which strikes are suitable from each position – how do you protect from strikes in each position – eg, control tactics (using foot in hip, biceps, grabbing clothes), limiting damage from knees, elbows, punches, bites.
- **Strategies** – what strategies suit your skills – what strategies suit different situations – eg class grappling vs street situation vs facing a kicker vs facing a grappler, ground and pound, etc.
- **Drills** – what elements can you practice separately to develop the skills and conditioning required to be good at grappling.

The black belt student is expected to undertake a serious course of self-study or enrol in a formal course. The student would be expected to compile notes, collect books and reference material to capture the knowledge they have acquired through studying this elective.

Komdo/Haedong Gumdo

Knowing how to use a sword can greatly enhance your understanding of your techniques. Beyond the basic use of the chukto and the basic patterns taught there is a lot of knowledge to be learnt in the areas of timing, distance, footwork, angles, strategy and control of your own mind.

Kumdo is a sport that involves wearing armour and striking specific areas with correct technique, footwork, kyp and energy. It is a full contact – full speed sport and as such can greatly improve your reflexes and sparring abilities – it exercises your mind's ability to assess a situation quickly and choose the best response.

In many clubs you may need to attend for a few months without armour before they let you loose in the armour. Armour can be expensive – cheap armour is about \$400 – good armour is about \$1000. The Japanese version (Kendo) is very similar to Komdo – same armour, targets and scoring criteria.

Haedong Gumdo is a Korean sword art that teaches sword through the practice of patterns and combinations of movements. Some clubs also do sparring – but this varies depending on the instructor. The patterns can be very beautiful and will require a lot of personal practice to perfect. Most clubs use wooden swords but some may also teach patterns for steel swords. Learning Haedong Gumdo will teach you good posture, footwork and an understanding of the correct angles.

Offensive self defence

This elective involves re-visiting your self-defence techniques learning how to use them offensively – to initiate an attack before the attacker moves – rather than purely as a response to an attack. The general approach is either go straight into the technique (eg. Grab the wrist or the arm) or to do a strike which will draw the opponent to move in a way that will allow you to do your technique.

This knowledge also requires the responsibility of knowing when conflict is unavoidable and moving first would avoid a bad situation – hence why self-defence is generally not taught offensively to junior belts.

The black belt student is expected to undertake a serious course of self-study. The student would be expected to compile notes to capture the knowledge they have acquired through studying this elective.

Strangling, Choking and Recovery Techniques

This elective involves a closer study of strangling, choking and recovery techniques. The following information is the body of knowledge we have collected regarding this subject.

The black belt student is expected to undertake a serious course of self-study. The student would be expected to compile notes to capture the knowledge they have acquired through studying this elective.

Strangling is also referred to as 'blood-choking' and is normally applied to the veins on the sides of the neck.

Choking is also referred to as "air-choking" and is normally applied to the front of the neck.

Strangling

Strangling involves rendering the opponent unconscious (unless they surrender) by applying pressure to both sides of the neck.

We have little things in our body called *baroreceptors*. *Baro* meaning pressure and *receptor* meaning something that receives information. These little bits of us register either high or low blood pressure in the body. We have them around the aorta but the main one that we are concerned with is in the neck and is called the *carotid sinus*.

The *carotid sinus* is a small dilation (expansion) at the beginning of the internal carotid artery just above where the common carotid artery bifurcates (splits into two) to form the internal and external carotid arteries. The internal carotid artery supplies the brain, eye, forehead and nose. The external carotid artery supplies the mouth, face, nose, pharynx and part of the larynx, some of the back of the head and some of the *dura mater*, (brain stuff).

The *carotid sinus* lies just under the *sternocleidomastoid* muscle (the big one going up either side of your neck) at the level of the upper margin of the *thyroid cartilage*. (Adam's apple).

Information from the carotid sinus baroreceptors run through the carotid sinus nerve to the cardio inhibitory centre of the *medulla oblongata* (the bit that keeps you conscious).

If blood pressure within the aorta or carotid sinus rises suddenly, it stimulates the aortic or carotid baroreceptors. The result of such stimulation is a reflex slowing of the heart thus lowering the blood pressure. This is how we maintain a normal blood pressure.

If we are able to in some way cause this carotid sinus to think that high blood pressure is present, then the brain will cause the pressure to drop but because there is no high blood pressure, we are quickly rendered unconscious because not enough blood gets to the brain.

Strangulation makes use of the body's own safety switch and should take about 10 to 15 seconds to take effect. If only one side of the neck is restricted the reflex may not be triggered.

The walls of the carotid artery can be damaged – so never apply the strangle using a lot of strength. If applied correctly – not much strength is required.

Choking

If you crush someone's larynx or trachea the person cannot breathe properly any more. This situation is often fatal because even after the grip is released the windpipe may remain closed and it may even be impossible to administer CPR. You can make someone submit pressing the front of the throat because it is very painful but be very careful. Pressing at the base of the throat can also activate a coughing reflex.

Recovery

If the person has been rendered unconscious lay them on their side, check they are breathing and check their pulse. If they are not breathing, if their heart has stopped or if they haven't regained consciousness after 1 minute, start administering CPR and get someone to call an ambulance immediately.

Also realise that the unconscious person may have sustained a neck injury.

In some grappling schools it is common for there to be students lying at the side of the class, unconscious. When they regain consciousness they get up, wonder where they are and how they got there and then jump back into the class. This is not recommended for Hapkido classes.

Warning

It is not recommended to practice choking to the point of knocking out your partner. Doctors will tell you that any loss of consciousness should be followed by a visit to a doctor. I have seen people who wanted to know how it feels and ask their partner to choke them out. Don't do this, it has no value, you won't remember anything and you should treat your body with respect.

Techniques

Here are some examples of chokes you should learn to apply properly.

- Choke (from rear)
- Sleeper Hold (from rear)
- Lapel Choke (on top)
- Lapel Choke (from underneath)
- Throat Press (against wall)
- Front Headlock (lift up)

One handed self defence

This elective involves working out how to use your self defence techniques if you only have one hand available – for example – you may be carrying something or holding a child or have one hand injured. This is not an easy course of study as you will soon realise that many of our techniques actually depend on having both hands.

The techniques you use must be effective and practical and be able to be done on someone who is resisting. This is elective is like a puzzle – the solution is your own creation.

As a guide – develop 10 techniques that you can use against most attacks, including punches and kicks. You would also be required to demonstrate you one-handed self-defence in a multiple grabbing situation.

The black belt student is expected to undertake a serious course of self-study. The student would be expected to compile notes to capture the knowledge they have acquired through studying this elective.

Close range defence against a gun

This elective involves a study of close range defence against a gun. The following information is the body of knowledge we have collected regarding this subject. As a guide – develop 10 techniques.

Against a Gun - Close Range

An experienced attacker with a gun will not jump out of a bush and shout "hands up". They will shoot you when you are not looking from a safe distance. However if an attacker is silly enough to point a gun in your face or against your back, then you could consider yourself lucky.

General Hints:

- Don't stop thinking
- Close the attacker and move your body out of the firing line
- Try to trap a finger in the trigger
- Grab the gun with both hands

Try against:

- Pointing to stomach
- Pointing to your face
- Pointing to your back
- Pointing to the rear of your head
- Pointing to the side of your head

Acrobatic skills and kicks

Acrobatic kicks can be fun to learn and greatly improve your fitness, agility and special control when your body is not touching the ground. Don't expect to use these techniques in real situations or in sparring – they are mostly for show. Gymnastic experience would be very useful for this area of study.

Make sure you practice in a safe place. Do not practice dangerous techniques alone without supervision. For some techniques – jigs to support your body while you are learning the techniques can greatly help – these are normally available in gymnastic clubs.

There are many resources available on the internet to learn acrobatic kicks – for example video tutorials, forums for discussing how to learn techniques and many videos of competitions in Europe and the USA where this form of martial arts performance is very popular.

Searching the internet with the following keywords will result in a lot of information:

- Martial arts tricks
- Trick kicks
- Butterfly kick
- Wheel kick
- 540 kick
- Somersaults
- Back flip
- Handstand
- Capoeira

The black belt student is expected to undertake a serious course of self-study or enrol in a formal course. The student would be expected to compile notes, collect books and reference material to capture the knowledge they have acquired through studying this elective.

Knife fighting/defence

This elective involves developing skills in the art of knife fighting – this will of course improve your ability to defend against a knife.

The black belt student is expected to undertake a serious course of self-study. The student would be expected to compile notes to capture the knowledge they have acquired through studying this elective.

TRAINING GOALS RECORD

Student Name	
Club	
Instructor	
Additional Mentors	
Current Grade	
Goals for (3 months) From:	To:
	Goal Achieved <input type="checkbox"/>
	Goal Achieved <input type="checkbox"/>
	Goal Achieved <input type="checkbox"/>
Goals for (6 months) From:	To:
	Goal Achieved <input type="checkbox"/>
	Goal Achieved <input type="checkbox"/>
	Goal Achieved <input type="checkbox"/>
Date and signature:	

Fill this out with your instructor – sign it – and place it somewhere prominent where you will see it every day. Also document any studies in your electives, trips to Korea, pre-gradings or instructor courses. This document can form part of your training record that you present to the grading instructor at your grading.