

Australian Hapkido Association



SYLLABUS Colour Belts Only

VERSION 6

V6 - Written by Daniel Marie and Kevin Brown with contributions from instructors and students of the association – March 2007

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CONCEPTS AND PRINCIPLES

Teaching Techniques with proper progression of skills

The following stages are important in the teaching of any self-defence technique:

- Mechanism - leverage, body weight, circle, torque, centre of rotation, centre of gravity, balance, sources of power
- Footwork - to off-balance attacker, to nullify their attacking opportunities, to be in a stronger position
- Flow - not stopping, non-resistance, blending with opponent's effort, using their momentum, creating momentum if required
- Meeting resistance from the attacker - what if they do not co-operate, what if they are taller, shorter, using pressure points
- Finishing - how to finish it off – lock, strike, run
- Different Scenarios - different situations – 2 hands, clothes, rear, strike, etc

By the end of these stages the student should be able to execute a technique with understanding and be able to adapt the technique to most situations. Our aim is to teach our core techniques through all these stages. That is, students will know the techniques properly.

Patterns, Footwork Drills, Self Defence Drills and Weapons

Patterns, Self-Defence Drills and Weapons are taught as follows:

Grade	Pattern	Poong Yoo Do	Self Defence Drill	Weapon
10	Patterns 1 and 2 Hand Techniques	Poong Yoo Bup – Part 1		
9			Self Defence Drill 1 Releases and Striking	
8	Pattern 3 - Four Direction Deflect & Counter			
7		Poong Yoo Bup – Part 2	Self Defence Drill 2 Core Techniques 1-6	Rolled up magazine
6	Pattern 4 Tae Soo Pattern			
5		Poong Yoo Bup – Part 3	Self Defence Drill 3 Core Techniques 7-12	Short Stick - Danbon
4	Pattern 5 Crane Pattern			
3		Poong Yoo Kwan	Self Defence Drill 4 Core Techniques 13-15	Sword - Jukto
2	Pattern 6 Four Direction Throws			
1	Pattern 7 Eagle Pattern		Self Defence Drill 5 Multiple Attackers	Pole - Jangbon

Poong Yoo Do

Poong Yoo Do was introduced to the Australian Hapkido Association by Professor Il Wong Huh in 1995. Professor Huh is an 8th Degree Hapkido Master from Myung Ji University in Yong-In, South Korea. Poong Yoo Do is a soft and flowing set of movements that Professor Huh felt would help improve the fluidity of techniques.

Always start training with meditation for several minutes. Palms crossed left inside the right with centre of palm into Danjun.

Breathing control exercise sitting crossed legged gently raising and lowering your hands. Raise your hands on inspiration and lower on expiration.

With all standing positions, place tongue on roof of your mouth, gently pull up or contract pelvic floor and try and lift arches of feet off floor so contact is mainly through balls of feet and heels.

Defence Against Punches – make it real

We are adopting a new situation for practising defence against punches. The more traditional situation was for the attacker to step forwards and punch. This does not reflect typical situations against a punch where the attacker will normally punch when they are in range, that is, from much closer.

This traditional situation was used to give students the chance of building up timing and distance skill – giving the defender plenty of time to react to the attack. However this gives students a false impression of being able to handle punch attacks. It establishes in the student's mind and body a set of reactions unrelated to real life situations.

For these reasons, when practicing defence against punches, the attacker should start at punching distance.

The best option for the person defending is to close the opponents attack and step to the outside. Opening the attacker or going to the inside creates danger and more opportunities for further attacks.

The range used in this situation is much closer than range used in the traditional situation and will give students more skills in dealing with a punch at a distance that is much more real. This will also allow the student to lead into self-defence more easily from a punch.

Core Techniques

These techniques form the core of our techniques (that is, most other variations should originate from one of these). The order relates to the order in which they are taught. Fundamental to the order is the assumption that the student has the skill to do the technique and receive the technique (i.e. fall safely).

White belt focuses on learning power, releases, punches, elbows, knees and low kicks. Choking self defence would remain. Students learn to release from all sorts of attacks (clothes, rear, double hands, etc) - that way they can participate in multiple grabbing. The actual joint locks would only start at Yellow Belt. See table on following page.

More complex techniques are taught after Blue Belt once the core techniques have been learnt properly – leg defence, knife defence, groundwork, etc. So all core techniques will be taught by Blue Belt.

Techniques must be taught at a point where the attacker knows the fall. For example, doing the turning side fall for whip throw at Blue Belt, the side fall for the Leg Reap at Blue Tip.

CORE TECHNIQUES AND THEIR APPLICATIONS

Grade	Core Technique	Point of attack	Fall Required	Defend against attacks to												
				Wrist			Front Clothes				Rear			Other		
				Wrist (same hand)	Wrist (cross hand)	Double hands	Two hands onto one	Sleeve	Shoulder	Single lapel	Double lapel	Rear double shoulders	Rear double hands	Punch	Two handed push	Hair
Yellow	C1 Wing Lock	Arm	Front Fall	●	●	●	●		●	●	●					●
	C2 Elbow Roll	Arm	Front Fall	●	●		●			●	●		●	●		
Green Tip	C3 Z-lock	Wrist		●	●	●	●	●								
	C4 Face Push	Chin	Back Fall/Back Roll	●							●			●		
	C5 Corkscrew Lock	Forearm	Cat Roll	●	●	●	●			●	●	●				●
Green	C6 Fan Lock	Wrist	Back Roll/Side Fall	●	●	●				●	●	●				
	C7 Hammer Lock	Wrist/Forearm		●	●	●		●						●		●
	C8 Arm Bar	Arm		●	●									●		
Blue Tip	C9 Wrist & Shoulder Throw	Shoulder and wrist	Back Roll	●	●	●		●						●		
	C10 Leg Reap	Leg	Side Fall	●								●		●		
Blue	C11 Hip Throw	Centre	Side Fall	●	●				●	●	●			●		
	C12 Step Behind & Throw	Centre	Back Fall		●				●	●			●			
Blue	C13 Whip Throw	Arm and wrist	Turning Side Fall	●	●	●								●		
	C14 Tornado Throw	Arm and wrist	Turning Side Fall	●	●								●	●		
	C15 Neck & Chin Throw	Neck and chin	Back Fall	●			●							●	●	●

WHITE BELT – 10TH KUP

Stances

- | | | |
|--------------|-----------------|-------------|
| 1. Attention | 3. Horse-riding | 5. Sparring |
| 2. Ready | 4. Walking | |

Kicking Techniques

- | | |
|---|-----------------|
| 1. Shin Kick (like passing soccer ball) | |
| 2. Heel kick to lower shin (toes out) | |
| 3. Groin kick | 6. Front kick |
| 4. Back kick | 7. Turning knee |
| 5. Front knee | 8. Turning kick |

Self Defence

Release principles

Working against thumb, large circle and small circle
Use of 90° and 180° step.

Release/Strike from a static grab – single hand

1. Release > elbow strike to solar-plexus
2. Strike wrist (LU7) > knife hand strike to neck (L18)
3. Strike wrist > spin inwards > elbow strike to head [DANGER!]
4. Release by spinning outwards, elbow strike to head or ribs then face the opponent in sparring stance
5. Kick shin (SP6) > palm strike to chin or nose

Against Front Choke

6. Throat pressure point (jugular notch)
7. Arm-pit pressure point
8. Arm over > elbow to head [DANGER!]
9. Arm over, turn > elbow to head or body

Release from two shoulder grab from behind

10. Spin, head under, keep spinning until released.
Start with a step to unblance attacker.

Pressure Points

1. Inner wrist – Lung 7
2. Neck - Large Intestine 18
3. Inside shins - Spleen 6 or 7

Weak Points

1. Jugular Notch – push in and downwards
2. Armpit – caution due to superficial nerves & blood vessels
3. Nose - push or strike with palm
4. Solar Plexus
5. Groin (for Groin Kick)

Multiple Grabbing

Demonstrate defence against static grab to wrist from front, side or rear, double hands, two hands onto one, chokes - using releases & release/strike.

Key Principles and Skills

Balance: Keeping your balance by lowering your centre and affecting opponent's balance by pulling, pushing or striking.

Feint: Using opposite movement to generate a reaction from your opponent to help your technique

Awareness: Watching for punches and kicks from opponent during technique – ready to block if required.

Safety: Always taking care of your partner.

Respect: Following dojang etiquette in a respectful and sincere manner.

Falling

1. Back fall and back roll – start from sitting, first without rolling over, then rolling over, then from squatting, then from standing.
2. Cat roll – start from kneeling, then from standing.

Hand Techniques

These hand techniques are done in both horse-riding stance and walking stance, demonstrating good use of the hips to generate power.

- | | |
|----------------|-----------------------------|
| 1. Basic punch | 4. Inner block |
| 2. Lower block | 5. Outer block |
| 3. Upper block | 6. Outward knifehand strike |

Patterns

You should be proficient with both left & right sides.

Pattern 1 – this is the right hand version

1. Mid-section punch (R)[horse-riding stance]
2. Outer block (R)
3. Lower block (R)
4. Mid-section punch (L) (R lower block remains in position)
5. Outer block (L)
6. Lower block (L)
7. Pull both hands back then upper X-block (R on top)
8. Double elbow strike to the rear (look back over R shoulder)[kyup]
9. Double punch to solar plexus [kyup]

Pattern 2 – this is the right hand version

1. Inner block (R)[horse-riding stance]
2. Upper block (L)
3. Double punch to solar-plexus (R then L)[kyup]

Footwork Drill

Basic sequence:

1. Start left foot back. Turn anti-clockwise 180* (just pivot around front foot without stepping - finish left leg back).
2. Turn clockwise 90* (left leg moves up to middle, pivot 90* and then right leg moves back).
3. Turn anti-clockwise 180* (right leg moves up to middle, pivot 180* and then left leg moves back).

Do this sequence 4 times to end up where you started each time adding a different hand movement:

- First time: hands on the belt
- Second time: pushing single hand
- Third time: circular hands
- Fourth time: sword movement

Don't forget to also do this drill starting with the right foot back (mirror image).

Poong Yoo Bub – Part 1

1. Both hands in front, palms up on inspiration and down on expiration, 6 repetitions (don't raise arms higher than shoulders)
2. Double hand push 3 to left, then change on 4. Repeat 3 pushes to the right. Finish with hands forming a circle and feet together.

YELLOW TIP – 9TH KUP

Stances

1. L-stance

Kicking Techniques

1. Low slicing (to the knee)
2. Low side (to the shins or knee)
3. Midsection side (to the side)
4. Stepping side (in horse-riding stance)
5. Sliding front
6. Sliding turning

Self Defence

Double Hands

1. Release one hand > elbow strike to solar-plexus
2. Strike wrist (LU7) > knife hand strike to neck (L18)

Two Hands on one hand

1. Push down towards ground > pull up thumb or fingers
2. Small circle using other hand to help.

Release from two hand grab from behind

1. Elbows in > drop weight > turn one way, then the other > then step back under their arm and push arms away.
2. Lower weight > push arms forward and body back into attacker > double elbow strike [Danger!]

Defence against punch

Start at punching distance.

1. Against jab > deflect to close attack
2. Against jab > deflect jab > kick to shins
3. Against jab > deflect jab > turning kick to thigh or mid-section
4. Against cross > deflect to close attack
5. Against cross > deflect cross using sword movement > step to outside (90°) block > knee to ribs
6. Against cross > deflect cross - step to outside (90°) block > side kick to knees or ribs
7. Against round punch > step to inside – simultaneous block > palm to face/chin/nose.
8. Against round punch > step to inside – simultaneous block > punch to solar plexus
9. Against round punch > step to inside – simultaneous block > elbow to head

Sparring Drill

- Start with the left leg forward in sparring stance at punching distance.
- One partner does a jab to head, cross to solar plexus then rear leg turning kick to the floating ribs.
- Other partner does upper block against jab, downwards block against cross then steps back and does guarding block against the turning kick.
- Then alternate and keep repeating back and forth.
- Also practice starting with right leg forward to develop both sides equally.

Falling

1. Front fall
2. Side fall

Hand Techniques

1. Jab / cross combination
2. Deflection (closing attacker)
3. Hook punch
4. Knifehand block
5. Palm thrust to face
6. Side guarding block (cover head and body at same time)

Patterns

Self Defence Drill 1 – Releases and Strikes

1. **Single hand grab and push** > Release and spin 180°
2. **Single hand grab and pull** > Strike wrist to release > knifehand strike to neck (attacker leans back to avoid strike and replies immediately with the next attack).
3. **Punch** > Step to outside (90°) and deflect the punch, grab the arm and knee to ribs > push attacker away
4. **Two handed choke** > Grab one hand, other arm over and then elbow strike to head with loud kyup [DANGER!!]

Key Principles and Skills

- Non-resistance – relax, don't tense when grabbed – don't be there
- Circle Principle – lead an attack into a circle
- Blending with opponent's movement – just enough so the attacker still thinks they have control of you
- Using 90° and 180° step – use of body weight, not arm strength.
- Sword movement for deflecting punches – presenting a triangle to the attacking line

Multiple Grabbing

- Demonstrate defence against dynamic grabs to wrists – front and rear – using releases - or release/strike.
- Includes defence against punch - use 90° and 180° footwork
- Importance of head movement – don't look at feet

Pressure Points

Kidney 1 – healing point or used for warming up

Weak Points

Solar Plexus – used for elbow strikes and punch.

YELLOW BELT – 8TH KUP

Hand Techniques

1. Knifehand strike - inward & downward
2. Spinning knifehand strike - forward & backward

Falling

1. Cat roll into side fall (stay down)

Self Defence

C1 Wing Lock

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Two hands onto one
- Shoulder
- Single lapel (arm straight)
- Double lapel (arms straight)
- Punch (jab then cross)
- Hair
- Finishing technique: Dropping Wing Lock

C2 Elbow Roll

- Wrist (same hand)
- Wrist (cross hand)
- Two hands onto one
- Single lapel (arm straight)
- Double lapel (arm straight)
- Rear double hands
- Punch (jab then cross)
- Finishing technique: stomach down – arm with palm up - 90° to body - knee or knifehand on back of elbow

C3 Z-lock

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Two hands onto one
- Sleeve
- Shoulder
- Choke (single hand)

Multiple Grabbing

Demonstrate self defence techniques

Pressure Points

1. Large Intestine 10 – upper forearm (used in Z-Lock)
2. Triple Heater 6 – back of wrist (used in Z-Lock)
3. Large Intestine 4 – between thumb and forefinger

Weak Points

1. Tricep Tendon – just above rear of elbow (used in elbow roll)

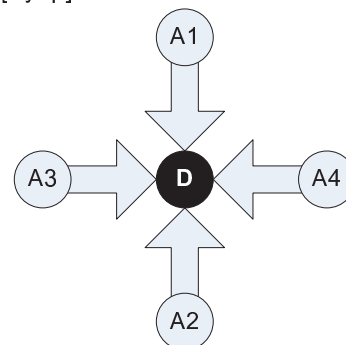
Kicking Techniques

1. Turning side
2. Turning back
3. Inward crescent (outside to inside)
4. Outward crescent (inside to outside)
5. Front & turning
6. Front foot side then turning side
7. Turning side then turning back

Patterns

Pattern 3 – Four Directional Deflection & Counter

- A1. **Jab to head (R)[sparring stance][kyup]** Inner deflection (R), front backfist (R) walking stance, reverse finger thrust (L) [walking stance][kyup], low-section side kick (L), turn around sparring stance.
- A2. **Jab to head (R)[sparring stance][kyup]** Outer deflection (R), ridgehand to jaw (R) checking elbow (L) [L-stance], grab, pull in & twist kick (L) to shin, turn to the right sparring stance.
- A3. **Jab to head (R)[sparring stance][kyup]** Upper deflection (R), elbow strike (R) [L-stance] to the ribs, step back into sparring stance, check elbow (R) & turning kick (R), low turning kick to shins (L) striking with the heel, turn around sparring stance.
- A4. **Jab to head (R) then cross to stomach (L)[sparring stance][kyup]** Upper deflection (R)[L-stance], lower deflection (R)[L-stance], short knifehand strike to neck (R) step across (R), step through (L), spinning knifehand strike (L) to the neck [walking stance][Kyup].



Key Principles and Skills

- Leverage – understand where the fulcrum, load and lever is for all your techniques
- Keeping technique close to your body – close to danjun, close to hip, elbows in, below shoulders.
- Understand which biomechanical angle favours your major arm and leg muscles.

GREEN TIP – 7TH KUP

Hand Techniques

1. Outer rolling block then backfist
2. Inner rolling block then backfist
3. Outer rolling block then elbow
4. Inner rolling block then elbow
5. Backfist feint then palm heel to chin
6. Backfist feint then reverse knifehand to head

Falling

1. Long cat roll
2. High cat roll
3. Cat roll over obstacle (optional)

Self Defence

C4 Face Push

- Wrist (same hand)
- Double Lapel
- Punch (jab then cross) – deflect jab > step to outside > deflect cross > palm to chin on the inside and other hand on lower back
- Two handed push

C5 Corkscrew

- Wrist (cross hand)
- Wrist (same hand)
- Double hands
- Two hands onto one
- Punch (jab then cross)
- Single lapel
- Double lapel
- Rear double hands
- Hair

C6 Fan Lock

(attacker does side fall – not turning side fall)

- Wrist (cross hand)
- Wrist (same hand)
- Double hands (sandwich lock)
- Single lapel (arm over, spin and kneel, throw, attacker does cat roll into side fall)
- Double lapel
- Rear double shoulder
- Finishing technique – lock elbow using shin – palm to ground
- Finishing technique – stir the pot

Multiple Grabbing

Demonstrate self defence techniques

Kicking Techniques

1. Front foot side
2. Front foot turning
3. Front hook
4. Sliding hook
5. Spinning crescent
6. Jumping front

Weapons - Magazine

Rolled up magazine or newspaper

Basic striking and thrusting

1. Downward strike (to head or face)
2. Straight thrust (to solar plexus or throat)
3. 45° Downward strikes (to collar bone)
4. Whip strike (to side of head or ribs)

Patterns

Self Defence Drill 2 – Core Techniques 1 to 6

1. **Punch**
C5 Corkscrew > pivot 180 to the front > pull arm into elbow lock > step back and lay attacker onto their stomach.
2. **Double shoulder grab**
C4 Face Push > they do back fall
3. **Single shoulder grab**
C1 Wing Lock > **C3 Z Lock** > **C2 Elbow Roll** > push attacker forwards into cat roll
4. Keep hold of the attacker's hand and follow attacker as they do the cat roll > as they are getting up execute a **C6 Fan Lock** (attacker does side fall) > lock elbow using shin.

Poong Yoo Bub – Part 2

1. Single hand push 45° to the right 3 times then 45° to the left 3 times. Eyes watching front hand at all times. Inspiration as arm is bent, expiration as it is extended.
2. Feet one shoulder width apart, palms together and raise arms to sides on inspiration (like graceful bird). Lower arms and hands in semi circle on expiration. 8 repetitions and finish with feet together and arms coming down to sides.

Pressure Points

1. Large Intestine 20 – can be used as alternate to face push using index and middle finger
2. Triple Heater 3 – can be used in fan lock

Key Principles and Skills

- Blending from one technique to another smoothly
- Continuous unbalancing of opponent throughout entire technique
- Continuous application of pain throughout the entire technique
- Maintaining your own posture during the technique
- Following the technique's momentum

GREEN BELT – 6TH KUP

Hand Techniques

1. Inner rolling block & tiger mouth to throat

Falling

1. Turning side fall (low impact option - cat roll with legs crossed and stand back up)

Self Defence

C7 Hammer Lock

(finish in either shoulder lock or goose neck wrist lock)

- Wrist (cross hand) – goose neck
- Wrist (same hand) – shoulder lock
- Double hands – shoulder lock
- Sleeve – shoulder lock
- Punch (jab then cross) - goose neck or shoulder lock
- Hair – goose neck
- Finishing Technique – hammer lock with attacker lying on stomach

C8 Arm Bar

- Wrist (same hand) – arm bar, shoulder lever, outer elbow lock throw
- Wrist (cross hand) – police elbow lock
- Punch (jab then cross)
- Finishing Lock – pancake flip > lock using knee

C9 Wrist and Shoulder Throw

(attacker does side fall – not turning side fall)

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Sleeves
- Punch (jab then cross)
- Finishing Lock – attacker has their back on the floor, arm curled up locking wrist on ground, pressing down on elbow, knee pressing down on their ribs.

Sparring Throwing Techniques

1. Tackle
 - going in after a kick
 - going in after a high feint
2. Sacrifice Throw
 - Grab sleeves, drop down and prevent leading leg from stepping forwards with your foot
3. Step Behind and Pull Down
4. Scissor Throw (optional)

Multiple Grabbing

Demonstrate Self Defence Techniques

Pressure Points

1. Heart 3 – inner elbow (can be used in hammer lock)
2. Large Intestine 10 and 11 (used in hammer lock or going into gooseneck)

Weak Points

1. Bicep tendon in front of shoulder when arm behind back

Kicking Techniques

1. Inward crescent then jumping inward crescent (same leg)
2. Inward crescent then spinning crescent (diff. legs)
3. Spinning heel
4. Spinning hook
5. Inward crescent then spinning heel (diff. legs)
6. Low sweep then high hook (same. leg)

Patterns

Pattern 4 – Tae Soo (Foot Hand) Pattern

1. Step back, knifehand strike (L) [L-stance]
2. Double crescent kick (R) double block (R) [L-stance]
3. Lower X-block [Walking stance] Upper X-block [walking stance]
4. Foot sweep (L) turning back kick (R) double block (L)[L-stance]
5. Stepping backfist (R)[R foot behind L foot]
6. Step out (R), reverse elbow strike (L)[walking stance] to the head rolling block (R)[walking stance] vertical punch (R)[walking stance] with left hand under right elbow in knifehand position
7. Combined upper (L) & knifehand (R) blocks [L-stance] Grab & pull in (R) & knifehand strike (L palm up)[walking stance] to the ribs Knifehand strike (R)[L-stance] to the neck
8. Double crescent kick (L) double block (L)[L-stance]
9. Lower X-block [walking stance] Upper X-block [walking stance]
10. Foot sweep (R) turning back kick (L) double block (R)[L-stance]
11. Stepping backfist (L)[L foot behind R foot]
12. Step out (L), reverse elbow strike (R)[walking stance] to the head rolling block (L)[walking stance] vertical punch (L)[walking stance] with right hand under left elbow in knifehand position
13. Combined upper (R) & knifehand (L) blocks [L-stance] Grab & pull in (L) & knifehand strike (R palm up)[walking stance] to the ribs knifehand strike (L)[L-stance] to the neck
14. Crescent kick (R) spinning heel kick (L) [L-stance]
15. Crescent kick (L) spinning heel kick (R) Mid-section side kick (R)[Kyup] return to L-stance (R foot back)

Key Principles and Skills

- Controlling opponent's centre
- Third Leg – imagine opponent is a tripod – where would the third leg be – that is their point of balance weakness
- How to develop circular momentum for kicks (push with kicking leg, twist hips, use of head and shoulders)
- Strong function requires good form – if you destroy the form – then you weaken the function

BLUE TIP – 5TH KUP

Self Defence

C10 Leg Reap

- Wrist (same hand)
- Double hands
- Rear double shoulder
- Punch (jab then cross)
- Finishing lock – locking arm, scarf lock – keep your head down – keep body at 90° (WARNING! - only good for a single attacker)

C11 Hip Throw

- Wrist (same hand) – hip throw
- Wrist (cross hand) – belt and hip throw
- Shoulder
- Single lapel
- Double lapel (grab sleeves of attacker)
- Punch (jab then cross)
- Finishing Lock – arm bar between knees with forearm trapped on your chest – raise hips (WARNING! - only good for a single attacker)

C12 Step Behind and Throw

- Wrist (cross hand)
- Shoulder
- Single lapel
- Double hands from rear
- Double sleeves from rear

Side Headlock

1. Grab hair & knee pressure point
2. Grab hair, groin & push forwards
3. Grab inner thigh skin and twist

Front Headlock

1. Drop, grab ankle and press with knifehand against leg above the knee
2. Grab eyes & body roll

Collar from Front

1. Head under & wing lock

Collar from Rear

1. Arm up - spin to outside & elbow lock
2. Arm-up - spin to inside & leg reap/chin push

Multiple Grabbing

Demonstrate Self Defence Techniques

Key Principles and Skills

- Sources of power – how to use the power from your legs, hips, shoulders, arms
- Transferring power from the ground to the arms – a tight core makes a huge difference

Pressure Points

1. Triple Heater 17 – finish position from many hip throws using thumb
2. Urinary Bladder 39 and 40 – upper calf behind knee (side headlock)
3. Spleen 10 – inside leg just above knee (front headlock)

Kicking Techniques

1. Low spinning heel (Low impact option – mid spinning heel)
2. Low spinning hook (Low impact option – mid spinning hook)
3. Low turning - follow through (optional)
4. Turning then spinning heel.
5. Turning kick then 180° turning kick

Weapons - Danbon

Danbon Basics

1. Downwards strike
2. Outer strike
3. Inner strike
4. Thrust to solar plexus
5. Against single hand grab. Rotate Danbon outside, grab end with other hand and apply **C3 - Z Lock**.
6. Against opposite hand grab. Rotate Danbon outside, transfer to other hand and apply **C2 Elbow Roll** using Danbon against triceps.
7. Against double hand grab. Rotate Danbon outside, grab end with other hand and apply **C3-Z Lock**.
8. Against two hands onto one. Rotate Danbon outside, transfer to other hand and apply **C2 Elbow Roll** using Danbon against triceps.

Patterns

Self Defence Drill 3 – Core Techniques 7 to 12

1. **Double sleeves from rear**
C12 Step behind and throw
2. **Double hands grab**
C9 Wrist and Shoulder Throw
(attacker does side fall – not turning side fall) > apply finishing lock – attacker has their back on the floor, arm curled up locking wrist on ground, pressing down on elbow, knee pressing down on their ribs – other arm raised ready to punch
3. **Single Wrist grab (same hand)**
Swap hands, backfist to solar plexus then **C8 Arm Bar**, step forward, apply pressure to elbow with upper arm, attacker goes into cat roll.
4. **Downward knifehand strike to head**
Step to outside, block and merge with strike, pull opponent off balance then go under arm into **C7 Hammer Lock and Gooseneck**, push shoulder forwards forcing opponent to spin to face you, step forwards to meet them, **C11 Hip Throw** and finish with a punch and kyup.

Poong Yoo Bub – Part 3

1. Tea cup movement. 8 times alternating sides.
2. Archer movement. 8 times alternating sides.

Weak Points

1. Skin in inner thigh – side headlock
2. Eyes – front headlock
3. Sternocostal joint – can use knuckles during leg reap

BLUE BELT – 4TH KUP

Kicking Techniques

1. Axe
2. Stepping axe
3. Spinning axe
4. Jumping turning (rear leg)
5. Knee feint then jumping turning

Self Defence

C13 Whip Throw

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Punch (jab then cross)
- Finishing Technique – lock elbow using shins

C14 Tornado Throw

- Wrist (same hand)
- Wrist (cross hand)
- Punch (jab then cross)
- Rear double hands
- Finishing technique – cricket bat

C15 Neck and Chin Throw

- Wrist (cross hand)
- Two hands onto one
- Punch (punch then cross)
- Two handed push

Front Bear Hug – Arms Free

1. Clap ears & twist head
2. Grab lower back & push chin

Front Bear Hug – Arms Trapped

1. Grab rib skin & knee strike
2. Knee to groin & hip throw
3. Push out attacker's hips and shoulder lock (arm straight) and knee strike to head [DANGER!!]

Belt – Front (Palm Down)

1. Knuckle to top of hand & wrist lock & elbow lock (if necessary)
2. Hip throw

Multiple Grabbing

Demonstrate self defence techniques

Weak Points

1. Skin over latissimus dorsi – front bear hug
2. Skin over triceps – can be used as softening/distractive technique
3. Back of hand between metacarpals using knuckles or strike

Patterns

Pattern 5 – Crane Pattern

The following description and diagram is for a person leading with the left hand. You should also be able to do this pattern against a person leading with their right hand (mirror image).

A1. Jab to head (R) then cross (L) to the head

Palm block (R) to first punch then simultaneous crane block (R) to second punch and crane strike (L) to jaw > whip throw [opponent's left hand], step forwards sparring stance [R leg forwards]

A2. Jab to head (R) then cross to stomach (L)

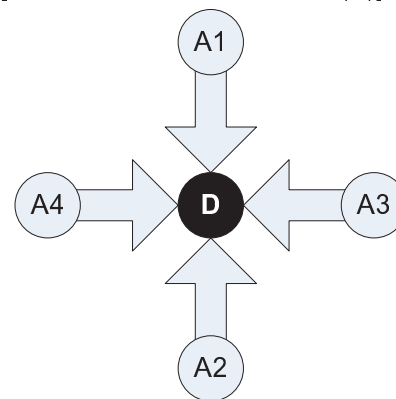
Upper crane block (R), lower palm block (R), check (L) & uppercut (R). Step around & wrist lock throw [opponent's left hand], turn around sparring stance [R leg forwards]

A3. Front kick (R) then jab to head (R)

Step out & lower palm block (R) to the kick, crane block (R) to the punch, check (L) & palm heel strike (R) to the chin, grab and throw, turn around sparring stance [L leg forwards]

A4. Front kick (R) then jab to head (L)

Step back & lower palm block (R) to the kick, upper crane block the punch (R), check (L) & uppercut (R), step through & whip throw [opponent's left hand], downwards knifehand strike (R)[kyup]



Sparring Drill

Start with the left leg forward in sparring stance at punching distance.

1. One partner does turning kick (R) to stomach then spinning hook (L) to head.
2. Other partner steps back to avoid turning kick and leans back to avoid spinning hook kick.
3. Then alternate straight away and keep repeating back and forth.

Also practice starting with right leg forward to develop both sides equally.

RED TIP – 3RD KUP

Kicking Techniques

1. Flying side
(Low impact option – sliding side)
2. Jumping turning back
(Low impact option – sliding back)
3. Low turning > low spinning heel (diff. legs)
(Low impact option – low turning > mid spinning heel)
4. Reverse 180° turning

Self Defence

Rear Bear Hug – Arms Free

1. Double elbow
2. Wrist bend, turn & front kick
3. Step sideways, trap arms, kneel and throw, finish with elbow strike [Danger!]

Rear Bear Hug – Arms Trapped

1. Shoulder jiggle (one arm up, one arm down, etc.)
2. Shoulder throw
3. Thrust out, elbow strike, kneeling shoulder throw

Full Nelson

Note: push back against your forehead with your own hands to protect your neck.

1. Grab finger, turn around and leg reap
2. Thrust legs out, hips up, land sideways, twist & throw (kneel if necessary)
3. Thrust down & elbow strike (if early)

Rear Choke

1. Chin in, grab forearm & turn
2. Elbow to ribs or knifehand to groin & throw

Leg Locks

1. Achilles
2. Splits
3. Ankle
4. Calf (stomach down)

Multiple Grabbing

Demonstrate Self Defence Techniques

Pressure Points

1. Urinary Bladder 57 – middle of calf

Weak Points

1. Achilles tendon – leg locks

Key Principles

Large Circles (owning the centre and keeping it throughout the technique)

Weapons - Jukto

Bamboo Sword – Jukto basic striking

1. 3-step head, wrist and waist strikes
2. 2-step head, wrist and waist strikes
3. 1-step head, wrist and waist strikes

Basic Knife Defence

In this situation the attacker has a dangerous weapon that threatens your life – so your response must be appropriate to the situation – always finish in a lock or having disarmed your attacker.

Important Principles

- Steel beats flesh - always
- If you can run – escape – if you stay you will probably get cut.
- Protect Primary Targets First! - Primary targets cause death or total incapacity in a short time. Secondary targets take longer to cause death or total disability, and are survivable through the application of basic first aid such as the use of tourniquets or pressure. Primary targets are mostly contained in the neck and torso. Secondary targets are contained in the extremities such as arms and legs.
- Minimize the damage inflicted on you – turn your palms inwards, protect your neck and heart with the Shield Hand.
- Maximize the damage that you inflict – in a real situation don't be nice – you are fighting for your life.
- Use the environment if possible – use a handful of dirt, a jacket, belt, shoes, anything to even the odds.

Knife Defence against straight thrust

1. C10 Wrist and Shoulder Throw
2. Pull down (third leg)
3. Police elbow lock

Knife Defence against inwards arc

1. C12 Hip throw
2. Shoulder Lever then Outer Elbow Lock throw
3. C4 Face Push

Knife Defence against downwards arc

1. C12 Hip throw
2. Elbow Lock – block with right, strike arm with left, lock arm in bent position and throw
3. Step behind & pull down
4. C8 Hammer lock then gooseneck
5. Side neck lock.

Knife Defence against outwards arc

1. C15 Tornado
2. C1 Wing Lock (dropping if necessary)
3. C5 Corkscrew
4. Step to the outside, block, grab arm, grab shoulder and foot sweep, kick to ribs.

Pattern

Self Defence Drill 4 – Core Techniques 13 to 15

1. **Wrist (same hand)** > Swap hands, strike solar plexus then **C13 Whip Throw**.
2. **Punch** > **C8 Arm Bar** then throw around shoulder > Lock on the ground
3. **Wrist Cross Hand** > Lead the hand into a circle, bring the head to your chest, hook arm under chin and **C15 Neck and Chin Throw**
4. **Punch** > Step to outside, step behind and pull down.
5. **Two handed choke** > Before being grabbed, step to the outside > **C14 Tornado Throw** > roll attacker onto stomach using cricket bat

Pattern 6 - Poong Yoo Kwan

1. Palms up on inspiration. Lower arms palms down inner block to the right with right palm upwards in expiration.
2. Palm heel thrust to the left with right hand, left foot forwards on inspiration.
3. Palm heel thrust with left hand stepping forward onto right foot on expiration.
4. Both hands pull up and back on inspiration for double hand sweep palms upward raising left foot on inspiration.
5. Turn 90 degrees to the left open hand thrust to throat left hand with palm upwards, right hand palm downwards all on expiration.
6. Step forward right foot repeat as above with right hand on inspiration.
7. Left hand out to side bring left foot to the right foot and right hand palm forwards to the right hip on expiration.
8. Step forward with right foot and double palm push on inspiration.
9. Keeping palms together step forward with left foot double palm push on expiration
10. On inspiration raise hands above head, lower hands to the sides as doing sideways half squat to the right arms out palms facing out, eyes watching the right hand.
11. Rotate to the left 180 degrees hands above head forming circle to the sides and raising palms to height of sternum on expiration.
12. Slight shift of body weight to right leg as both hands move to right and then sideways lunge to left and sweep with both arms on inspiration moving straight into left half squat, Laokong (right palm centre) facing Yintang (centre point between eyes) right hand palm facing floor just above knee.
13. Stand up towards the right, small half circle with both hands on expiration.
14. On inspiration stepping back with left leg palm upwards right hand glide, left hand behind back. Eyes watching Laokong. Keeping back straight.
15. Repeat to the right on expiration.
16. Repeat to the left on inspiration.
17. Step back with right foot double hand sweep into forward right palm heel thrust on expiration.
18. Raise both arms on inspiration for double hand forward push on expiration.
19. Left rolling lower block palm downwards with right upper crane block as sliding the left foot backwards on inspiration.
20. Repeat to the left on expiration.
21. Step facing the front finishing with raising double hands (palms downwards) on inspiration and lowering on expiration.

RED BELT – 2ND KUP

Self Defence

Throwing Techniques

1. Thumb to throat & outside foot sweep (arch of foot)
2. Tilt opponent, step out & inner foot sweep (calf)
3. Dropping hip throw
4. Belt & hip throw

Defence against front kick

1. X+groin kick/pull
2. Outside scoop & pull down
3. X+shin-pain
4. Inside scoop & finger thrust the upper inner thigh
5. Tornado

Defence against turning kick

1. Inside trap & leg sweep
2. Inside trap & elbow to knee or thigh
3. Inside trap & Achilles pain
4. Inside trap & palm to chin & step forwards
5. Tornado

Defence against side kick

1. X+groin kick
2. X+pull
3. X+ankle twist
4. Dropping side kick to groin
5. Drop, catch leg with foot and press knee with other foot

Defence against turning back kick

1. Stop-push to bottom
2. Step behind and pull down
3. X+ankle twist
4. Dropping side kick to groin
5. Drop, catch leg with foot and press knee with other foot

Defence against spinning heel kick

1. Step behind and pull down
2. Low spinning heel
3. Dropping side kick to groin
4. Drop, catch leg with foot and press knee with other foot
5. Go in, jam kick, catch & sweep

Thumb Attacks (from Shaking Right Hands)

1. Nail pressure point
2. Grab the bottle and bend
3. Turn anti-clockwise & grab with both hands behind your back
4. Pistol Grip Lever on thumb joint

Multiple Grabbing

Demonstrate self defence techniques

Pressure Points

1. Large Intestine 17 – throwing technique using thumb
2. Large Intestine 4 – hand shake points

Weak Points

1. Sternocostal joints
2. Achilles tendon
3. Thumb cutical – hand shake

Kicking Techniques

1. Jumping spinning hook (Low impact option – spinning hook)
2. High spinning hook then low spinning hook
3. Sliding foot sweep to front leg, then low spinning hook
4. 360° spinning hook (Low impact option – step forwards and spinning hook)
5. Low turning then 180° reverse turning

Patterns

Pattern 7 - Four Directional Throws

Start facing North. Attention, Joonbi.

(L) foot backwards, walking stance facing N/W with hands at side. Present (R) hand.

1. **Attacker grabs cross hand with momentum.** Pull attacker's arm & lock onto hip, (L) arm blocks up under chin leaning opponent backwards & off balance. Rotate 180° to (L) & apply 45° (R) knifehand strike to chest while opponent is falling. Finish in Horse riding stance (facing S/W).

Turn to right side 180° walking stance, right leg back, both arms to sides. Now facing N/E.

2. **Attacker (R) front kick and (R) punch.** Deflection open hand block to kick with (R) hand as step back with left foot. (R) arm blocks and grabs punch & locks it on (R) hip, (L) hand reaches around to grab attacker's chin from behind. Pull back, rotating chin while maintaining locked arm on hip. Rotate 180° to execute horizontal (R) coat hanger strike ((R) elbow at 90°). Finishing in horse riding stance facing N/W.

(R) leg stays firm, (L) leg steps backwards 90° turn into walking stance facing S/W. Present (R) hand.

3. **Attacker grabs cross hand with momentum.** Just before contact is made, check with (L) hand, (R) arm raises to front of throat (elbow 90°). Neck & chin throw. (L) hand to back of neck as rotate attacker 180°. Step back with (R) leg, slide (L) hand to attacker lower back as step through to execute chin throw (finish in walking stance, (R) foot forward. (R) arm shoulder height, elbow at 90°). Now facing N/E.

(L) foot moves up to (R), (R) foot steps backwards as rotate 90°. Now facing S/E in walking stance with (L) foot forwards.

4. **Attacker (R) front kick and (R) punch.** Step back with left foot, deflection open hand block to kick with (R) hand as (L) hand moves across to front guard. Execute (L) hand inside block and grab of punch while applying (R) knifehand cut across eyes. (L) hand pulls attacker inwards, (R) arm comes over the top of attacker's arm and scoops it upwards rotating attacker. (L) hand reaches to chin as circular scoop is applied and locks head on chest. Downward (R) elbow strike to neck while facing N/E in horse riding stance.

(L) leg steps backwards into walking stance facing N. Arms to side.

BLACK TIP – 1ST KUP

Weapons – Jangbon

Pole – Jangbon basic striking

1. Strike to head
2. Strike to knee
3. Thrust to throat
4. Basic Blocks – upper, side, downwards, lower
5. Spinning in front
6. Spinning side to side (without letting go) – top half away from you
7. Spinning side to side (without letting go) – top half towards you
8. Spinning side to side (alternating hands) – top half away from you
9. Spinning side to side (alternating hands) – top half towards you

Self Defence

Sitting on Ground legs crossed

- Against any Grab, punch, kick or choke. Try to defend without having to get up

Leg attacks from sitting position

1. Forefinger to shins
2. Hook ankles & move forwards
3. Knifehand across shins
4. Hook ankle & behind knee

Lying on your back

- Against Chokes, pin-downs.
 - grab hair
 - strike elbows to bend them, roll left-right
 - roll fwd-bwd
 - throat pressure point
 - rib skin, push back & grab head with legs
 - elbow lock
 - wrist lock
 - push chin

Sitting on a chair

- Against any grab, punch, kick or choke. Try to defend without having to get up

Multiple Grabbing

Demonstrate self defence techniques

Key Principles and Skills

- Awareness of other attackers around you.
- Placing your attackers in the way of other attackers in situations where there is more than one attacker.

Pressure Points

1. Spleen 6 – inside shin
2. Triple Heater 17 – can be used from floor defence
3. Large Intestine 17 - can be used from floor defence

Kicking Techniques

1. 360° low spinning heel (Low impact option – step forwards and mid spinning hook)

Patterns

Pattern 8 – Eagle Pattern

1. Circular Tanjon
2. Horizontal punch (R), horizontal punch (L)
3. Groin punch (R) & outer block (L) outer block (R) & lower block (L) lower block (R) & outer block (L)
4. Elbow strike (R), mid-section punch (L), elbow strike (L), mid-section punch (L)
5. Double elbow strike then cat stance
6. Turning kick (R), rolling block, front backfist (R)
7. Reverse outer block (L) & lower block (R), palm block (L), crane block (L), palm block (L)
8. Reverse outer block (R) & lower block (L), palm block (R), crane block (R), palm block (R), rolling block, eagle claw (R)
9. Pivot around, cat stance
10. Turning kick (L), rolling block, front backfist (L)
11. Reverse outer block (R) & lower block (L), palm block (R), crane block (R), palm block (R)
12. Reverse outer block (L) & lower block (R), palm block (L), crane block (L), Palm block (L), rolling block, eagle claw (L), step back & horse-riding stance
13. Crane block (R), crane strike (R), neck throw, downwards reverse punch (R) [kyup], horse-riding stance
14. Mid-section side kick (L), low turning kick (R), low spinning heel (L)
15. Mid-section side kick (R), low turning kick (L), low spinning heel (R)
16. Crane block (L), crane strike (L), neck throw, downwards reverse punch (L) [kyup], double backfist, pivot around

Self Defence Drill 5

See next page for details.

Sparring Techniques

1. Jab, cross & turning kick
2. Backfist & palm heel strike
3. Step change & punch
4. Against turning kick: spin inwards & elbow strike
5. Front kick feint & downwards hook
6. Step change & sliding side kick

Patterns (Cont'd)**Self Defence Drill 5**

Stand with left leg forward and arms at side

A1 Front kick (R) and punch to head (R)

D (L) foot step back, downward (R) palm block to kick, circle back to block and catch punch. Pull arm down and lock onto hip, (L) hand circle around head, grab chin and pull back. Coat-hanger strike with right arm.

A2 Outer knife strike (R)

D (R) hand block, turn into **C14 Tornado Throw**.

A1 Turning kick (R)

D Circle in, grab leg and throw with sweep

A2 Single hand grab (R) with momentum

D Block before grabbing and apply **C15 Neck and Chin Throw**

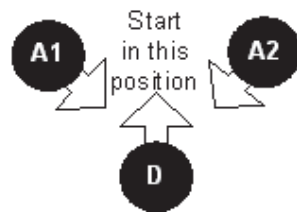
A1 Two hand push with momentum

D Arms under and over and **C11 Hip Throw**

A2 Punch to head (R)

D (L) hand block (R) hand knife hand strike to neck. **C9 Wrist and shoulder throw**.

Stand and turn facing in original position with arms at side.

**Grading Requirements**

- Danjun Testing
- All Patterns and Self Defence Drills (execution and application)
- Jukto – 2-3 Step Strikes
- Janbong (Basic Swinging and Strikes)
- One Step Sparring - Lock up
- Long Falls
- Shield Flying Kicks
- Multiple Self Defence
- Combination Kicks
- Free Sparring
- Poong Yoo Kwan
- Wood Breaks - High/Low Spinning Heel

Revision History

V2 – 1 Jan 06 Initial Issue to Students

V3 – 15 Jan 06 Changed Pressure Points and added Weak Points to suit techniques being taught at each belt level.

V4 – 15 Apr 06 Many minor changes based on feedback from instructors.

V5 – 6 Nov 06 Internal version for discussions of proposed changes amongst senior members. Many of the more radical changes were not implemented.

V6 – 15 Mar 07 Many minor changes – this should be the last revision before it goes into the student handbook.

GRADING REQUIREMENTS

Grade	White	Yellow Tip	Yellow	Green Tip	Green	Blue Tip	Blue	Red Tip	Red	Black Tip
Warm Up	●	●	●	●	●	●	●	●	●	●
Dan Jon	●	●	●	●	●	●	●	●	●	●
Footwork Drill	●	●	●	●	●	●	●	●	●	●
Hand/Foot Techniques – random selection from syllabus	●	●	● ●	● ●	● ● ●	● ●	● ● ● ●	● ● ●	● ● ● ●	● ● ● ●
Patterns	#1&2	#1&2	#1&2 #3	#1&2 #3	#1&2 #3 #4	#1&2 #3 #4	#1&2 #3 #4 #5	#1&2 #3 #4 #5	#1&2 #3 #4 #5 #6	#1&2 #3 #4 #5 #6 #7
Falling – random selection from syllabus	●	●	● ●	● ●	● ● ●	● ●	● ● ● ●	● ● ●	● ● ● ●	● ● ● ● ●
Self Defence Drills		#1	#1	#1 #2	#1 #2	#1 #2 #3	#1 #2 #3	#1 #2 #3 #4	#1 #2 #3 #4	#1 #2 #3 #4 #5
Multiple Grabbing					●	●	●	● ●	● ●	● ●
Weapons						Danbon	Danbon	Jukto	Jukto	Jangbon
Kick targets	Front	Front	Turning	Turning	Turning T'Back	Turning T'Back	Turning T'Back Sp'Hook	Turning T'Back Sp'Hook	Turning T'Back Sp'Hook 360 TBK	Turning T'Back Sp'Hook 360 TBK
Free sparring		●	●	●	● ●	● ●	● ●	● ● ●	● ● ●	● ● ●
Pung Yu Kwan								●	●	●
Board Breaks						Step Side Kick	Turning Back Kick	Axe	High Spinning Heel Kick or Flying Side Kick	Low Spinning Kick