



# **Chŏn-Tu Kwan**

## **“Combat Hapkido”**

### **Master’s Curriculum**

Version 2.0  
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## **Belt Test Performance, Memberships, and Time in Grade**

Students will be tested on techniques and concepts using a numerical score of 1 – 5 where the students must average 3.0 or higher on both the Conceptual and Technique portion of the testing to advance to the next level.

“1” – clearly does not know / understand the technique / concept.

“2” – has some difficulty with the technique or concept.

“3” – adequately knows the technique or concept.

“4” – demonstrates a higher knowledge / understanding of the technique / concept than what is expected.

“5” – fully understands and demonstrates the technique / concept without flaw or hesitation.

### **Belt Testing:**

- Length is 3-4 hours
- Includes all techniques for the rank the student is testing for as well as all previous techniques.
- Techniques will be in a random order.

### **Reference the CH Program Information Handbook for the following topics:**

- SDI Tuition
- Testing Uniform and Testing Fees
- ICHF Membership Fees
- Belt Testing Minimum Requirements in accordance with number of Classes and Time in Grade
- Other ICHF information

## **Areas of Proficiency / Focus**

*For specific requirements for Internal ICHF Programs, refer to the Additional Programs Manual and any other published curriculum.*

### **Areas of proficiency / focus (Internal ICHF Programs of Study):**

- Defense against Weapons (Blunt, Firearm, Knife, or Long Firearm) [choose one or more weapons]
- Impact Weapon Use (Escrima Stick, Flashlight, Knife, or ProTek) [choose one or more weapons]
- Weapon Use (Cane or Dan Bong) [choose one or both weapons]
- Tactical Pressure Points (TPP) Application (Level 3 or above)
- Ground Survival (GS) and Application (Level 3 or above)
- International Police Defensive Tactics Institute (IPDTI) Course

### **Areas of proficiency / focus (External ICHF Programs of Study):**

- GS and Application (Blue Belt or above in BJJ or GJJ)
- Active study of another Martial Art (Ranked or Certified)
- Martial Blade Concepts (MBC) Course
- Martial Blade Concepts (MBC) Instructor Certification

### **Areas of Instructor Certifications (Internal ICHF Programs of Study):**

- GS Instructor Certification (Level 1 or an increase in Level)
- TPP Instructor Certification (Level 1 or an increase in Level)
- IPDTI Licensed Instructor Certification

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# Promotion Evaluation to Black Belt – 2<sup>nd</sup> Dan (Instructor)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### Basic Requirements

#### Strikes / Kicks:

- Ki Strike (Tight / Loose) \_\_\_\_\_
- Thumb Strike \_\_\_\_\_
- Shin Kick (Muay Thai Roundhouse) \_\_\_\_\_
- Savate Kick \_\_\_\_\_
- Twisting Kick \_\_\_\_\_

### Ho Sin Sul Requirements

#### Defense – Wrist Grab, Same Side:

- Ni-Kyo, Inverted-Reinforced Ni-Kyo (Reverse Ni-Kyo) \_\_\_\_\_
- Brachial Stun & Guillotine Choke \_\_\_\_\_
- S-Lock, Ki Energy \_\_\_\_\_

#### Defense – Wrist Grab, Cross Side, Inverted:

- Center Lock \_\_\_\_\_

#### Defense – Wrist Grab, Two Hands on One:

- Throat Grab, Step Behind \_\_\_\_\_

#### Defense – Wrist Grab, Same Side (Side):

- Outside Wrist Lock & Drill Down \_\_\_\_\_

#### Defense – Lapel Grab, Same Side, One Hand:

- Outside Wrist Lock & Thumb Compression \_\_\_\_\_
- Elbow & Clavicle Pressure Points Takedown \_\_\_\_\_
- Elbow Pressure Point & Reverse Head Lock \_\_\_\_\_
- Hammer Lock, Reverse \_\_\_\_\_

#### Defense – Wrist Grab, Two Hands on Two (Front):

- Back-to-Back Arm Break \_\_\_\_\_

#### Defense – Wrist Grab, Two Hands on Two (Back):

- Hammer Lock \_\_\_\_\_

#### Defense – Hostile Handshake:

- Knuckle Rub \_\_\_\_\_
- Center Lock, Thumb Hook \_\_\_\_\_

#### Defense – Punch:

- (Linear) Double Tap Double Strike \_\_\_\_\_
- (Linear) Double Tap Ear and Eyeball Smash \_\_\_\_\_
- (Linear) Triceps Strike Spin Strike Knee Smash \_\_\_\_\_
- (Linear) Arm Hook & Neck Break \_\_\_\_\_
- (Linear) Bicep Strike & Outside Wrist Lock \_\_\_\_\_
- (Close Quarter Hooks) Double Grab Step-Behind Takedown \_\_\_\_\_

#### Defense – Kick:

- (Front Kick) Leg Trap & Turn Takedown \_\_\_\_\_
- (Roundhouse Kick) Leg Smash Takedown \_\_\_\_\_
- (Front Kick) Leg Trap & Knee Bend Takedown \_\_\_\_\_
- (Roundhouse Kick) Leg Bar Takedown \_\_\_\_\_

### Areas of Proficiency/Focus

*A minimum of four areas of proficiency / focus (from page 1) is required before obtaining 2<sup>nd</sup> Dan Black Belt.*

### ICHF Headquarters Black Belt Specific Requirements

- One (1) ICHF Seminar per year of study as a 1<sup>st</sup> Dan Black Belt. Proof is required.

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## Promotion Evaluation to Black Belt – 3<sup>rd</sup> Dan (Senior Instructor)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### Ho Sin Sul Requirements

#### **Defense – Lapel Grab, Cross Side, One Hand:**

- Arm Bar \_\_\_\_\_
- Outside Wrist Lock, Drill Down & Control \_\_\_\_\_

#### **Defense – Shoulder Grab, Two Hand (Front):**

- Step-Behind Takedown \_\_\_\_\_
- Hammer Lock \_\_\_\_\_

#### **Defense – Back against Wall:**

- (Two-Hand Lapel) Double Elbow Smash, Body Smash, Strike & Strike \_\_\_\_\_
- (Two-Hand Choke) Double Punch, Finger Lock & Rear-Naked Choke \_\_\_\_\_
- (One-Hand Choke) Palm Heel, Knife Hand & Elbow Strike \_\_\_\_\_

#### **Defense – Punch:**

- (Linear) Choke / Hammer Lock and/or Rear-Naked Choke \_\_\_\_\_
- (Linear) Ridge Hand Ki Strike & Elbow / Forearm Strike \_\_\_\_\_
- (Linear) Brachial Stun & Shoulder Choke \_\_\_\_\_
- (Linear) Brush / Trap Goose Neck \_\_\_\_\_
- (Close Quarter Hook) Check, Control, Face Strike & Groin Strike \_\_\_\_\_

### Areas of Proficiency / Focus

*A minimum of five areas of proficiency / focus is required before obtaining 3<sup>rd</sup> Dan Black Belt.*

### ICHF Headquarters Black Belt Specific Requirements

- One (1) ICHF Seminar per year of study as a 2<sup>nd</sup> Dan Black Belt. Proof is required.

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# Promotion Evaluation to Black Belt – 4<sup>th</sup> Dan (Senior Instructor)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### Ho Sin Sul Requirements

**Defense – Shoulder Grab, Two Hand (Back):**

- Head Takedown \_\_\_\_\_
- Wrist Lock Takedown \_\_\_\_\_

**Defense – Middle Sleeve Grab, Two Hand (Back):**

- Arm Bar \_\_\_\_\_
- Goose Neck \_\_\_\_\_

**Defense – Back Collar Grab, One Hand (Back):**

- Palm Heel Strike & Follow Up \_\_\_\_\_
- Sudo Strike, Vertical Punch & Kick \_\_\_\_\_

**Defense – Middle Sleeve Grab, Cross Side, One Hand:**

- Outside Wrist Lock \_\_\_\_\_

**Defense – Middle Sleeve Grab, Cross Side, Inverted, One Hand:**

- Arm Bar \_\_\_\_\_

**Defense – Headlock, Side (Facing Same Direction):**

- Hammer Lock \_\_\_\_\_

**Defense – Choke:**

- (Rear-Naked Choke) Hammer Lock \_\_\_\_\_
- (Two Hand Front Choke) Duck Under & Arm Control \_\_\_\_\_

**Defense – Bear Hug, Arms out (Back):**

- Wrist Lock, Straight Arm \_\_\_\_\_

**Defense – Punch:**

- (Close Quarter Hook) Goose Neck Trap Wrist Lock Takedown \_\_\_\_\_
- (Linear) Neck Grab Rotation Takedown \_\_\_\_\_
- (Linear) Pass Through Brachial Stun \_\_\_\_\_
- (Linear) Trap with Elbow & Wrist Lock Takedown \_\_\_\_\_
- (Linear) Arm Control & Lock \_\_\_\_\_

### Areas of Proficiency / Focus

*A minimum of six areas of proficiency / focus is required before obtaining 4<sup>th</sup> Dan Black Belt.*

### ICHF Headquarters Black Belt Specific Requirements

- One (1) ICHF Seminar per year of study as a 4<sup>th</sup> Dan Black Belt. Proof is required.

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## Promotion Evaluation to Black Belt – 5<sup>th</sup> Dan (Master Instructor)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### Ho Sin Sul Requirements

#### Defense – Throw:

- Ear Slap & Head Pull Takedown \_\_\_\_\_
- Head Turn & Choke Takedown \_\_\_\_\_
- Elbow Pull & Knee Strike Takedown \_\_\_\_\_
- (Prevention) Leg Hook & Control \_\_\_\_\_

#### Defense – Tackle:

- Shoulder Strike & Face Strike \_\_\_\_\_
- Shoulder Strike & Hammer Lock \_\_\_\_\_
- (Upper Tackle / Grappling) Step-Behind Takedown \_\_\_\_\_
- (Upper Tackle) Hammer Lock \_\_\_\_\_
- (Rushing Tackle) Flip & Throw \_\_\_\_\_
- (Close Rushing Tackle) Neck Crank / Guillotine Choke \_\_\_\_\_

#### Finger Locking Techniques:

- (Pushing) Finger Lock Takedown \_\_\_\_\_
- (Pointing at Face) Finger Lock Center Lock \_\_\_\_\_
- (Hand Pointing at Face) Finger Squeeze Wrist Lock \_\_\_\_\_
- (Hand Pointing at Face) Finger Squeeze Reverse Hammer Lock \_\_\_\_\_
- (Hand Pointing Low) Finger Squeeze & Control \_\_\_\_\_

### Areas of Proficiency / Focus

*A minimum of seven areas of proficiency / focus is required before obtaining 5<sup>th</sup> Dan Black Belt.*

### ICHF Headquarters Black Belt Specific Requirements

- One (1) ICHF Seminar per year of study as a 4<sup>th</sup> Dan Black Belt. Proof is required.
- Present yourself in person in front of the Founder and “Examination & Deliberation Board at an Annual National Training Conference or other ICHF designated event.
- If not testing through SDI, present yourself in person and test in front of the Founder and “Examination & Deliberation Board at an Annual National Training Conference or other ICHF designated event.

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## Promotion Evaluation to Black Belt – 6<sup>th</sup> Dan (Master Instructor)

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_ Evaluator: \_\_\_\_\_

### Ho Sin Sul Requirements

#### Escort Techniques:

- Outside Wrist Grab & Figure-4 Escort
- Center Lock Escort
- Goose Neck Escort
- Hammer Lock Escort, Same Side
- Hammer Lock Escort, Cross Side
- Hammer Lock Escort, Same & Cross Side

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#### Defense – while Sitting:

- (Open Stance) Foot Trap & Knee Smash
- (Closed Stance) Foot Trap & Knee Hook
- (Closed Stance and Close) Foot Trap & Leg Bar
- (Behind Shoulder Grab) Center Lock Throw
- (Rear Choke) Hook & Throw
- (Kneeling Position) Head Butt & leg Pull Takedown

_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____

### Areas of Proficiency / Focus

*A minimum of eight areas of proficiency / focus is required before obtaining 6<sup>th</sup> Dan Black Belt.*

### ICHF Headquarters Black Belt Specific Requirements

- One (1) ICHF Seminar per year of study as a 5<sup>th</sup> Dan Black Belt. Proof is required.
- Present yourself in person in front of the Founder and “Examination & Deliberation Board at an Annual National Training Conference or other ICHF designated event.
- If not testing through SDI, present yourself in person and test in front of the Founder and “Examination & Deliberation Board at an Annual National Training Conference or other ICHF designated event.

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## Promotion to Black Belt – 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Dan (Senior Master Instructor & Grandmaster)

There is no physical testing for 7<sup>th</sup> Dan and above. Special promotions, honorary degrees, and other awards and titles shall be issued by special appointment of the Examination & Deliberation Board.

### Black Belt – 7<sup>th</sup> Dan (Senior Master Instructor)



Present yourself in person in front of the Founder and "Examination & Deliberation Board" at an Annual National Training Conference.

### Black Belt – 8<sup>th</sup> Dan (Grandmaster)



Present yourself in person in front of the Founder and "Examination & Deliberation Board" at an Annual National Training Conference.

### Black Belt – 9<sup>th</sup> Dan (Grandmaster)



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<b>Kicks</b>
2D Shin Kick (Muay Thai Roundhouse)
2D Savate Kick (Tight / Loose)
2D Twisting Kick
<b>Strikes</b>
2D Ki Strike
2D Thumb Strike
<b>Defense – Wrist Grab, Same Side</b>
2D Ni-Kyo, Inverted-Reinforced (Reverse Ni-Kyo)
2D Brachial Stun & Guillotine Choke
2D S-Lock, Ki Energy
<b>Defense – Wrist Grab, Cross Side, Inverted</b>
2D Center Lock
<b>Defense Wrist Grab, Two Hands on One</b>
2D Throat Grab, Step Behind
<b>Defense – Wrist Grab, Same Side, Side</b>
2D Outside Wrist Lock & Drill Down
<b>Defense – Lapel Grab, Same Side, One Hand</b>
2D Outside Wrist Lock & Thumb Compression
2D Elbow & Clavicle Pressure Points Takedown
2D Elbow Pressure Point & Reverse Head Lock
2D Hammer Lock, Reverse
<b>Defense – Wrist Grab, Two Hands on Two (Front)</b>
2D Back-to-Back Arm Break
<b>Defense – Wrist Grab, Two Hands on Two (Back)</b>
2D Hammer Lock
<b>Defense – Hostile Handshake</b>
2D Knuckle Rub
2D Center Lock, Thumb Hook
<b>Defense – Punch</b>
2D (Linear) Double Tap Double Strike
2D (Linear) Double Tap Ear and Eyeball Smash
2D (Linear) Triceps Strike Spin Strike Knee Smash
2D (Linear) Arm Hook & Neck Break
2D (Linear) Bicep Strike & Outside Wrist Lock
2D (Close Quarter Hooks) Double Grab Step-Behind Takedown
3D (Linear) Choke / Hammer Lock and/or Rear-Naked Choke
3D (Linear) Ridge Hand Ki Strike, Elbow / Forearm Strike
3D (Linear) Brachial Stun & Shoulder Choke
3D (Linear) Brush / Trap Goose Neck
3D (Close Quarter Hook) Check, Control, Face Strike & Groin Strike
4D (Close Quarter Hook) Goose Neck Trap Wrist Lock Takedown
4D (Linear) Neck Grab Rotation Takedown
4D (Linear) Pass Through Brachial Stun
4D (Linear) Trap with Elbow & Wrist Lock Takedown
4D (Linear) Arm Control & Lock
<b>Defense – Kick</b>
2D Leg Trap & Turn Takedown
2D Leg Smash Takedown
2D Leg Trap & Knee Bend Takedown
2D Leg Bar Takedown
<b>Defense – Back against Wall</b>
3D (Two-Hand Lapel) Double Elbow Smash, Body Smash, Strike & Strike
3D (Two-Hand Choke) Double Punch, Finger Lock & Rear-Naked Choke
3D (One-Hand Choke) Palm Heel, Knife Hand & Elbow Strike

<b>Defense – Lapel Grab, Cross Hand, One Hand</b>
3D Arm Bar
3D Outside Wrist Lock, Drill Down & Control
<b>Defense – Should Grab, Two Hand (Front)</b>
3D Step-Behind Takedown
3D Hammer Lock
<b>Defense – Shoulder Grab, Two Hand (Back)</b>
4D Head Takedown
4D Wrist Lock Takedown
<b>Defense – Middle Sleeve Grab, Two Hand (Back)</b>
4D Arm Bar
4D Goose Neck
<b>Defense – Back Collar Grab, One Hand (Back)</b>
4D Palm Heel Strike & Follow Up
4D Sudo Strike, Vertical Punch & Kick
<b>Defense – Middle Sleeve Grab, Cross Side, One Hand</b>
4D Outside Wrist Lock
<b>Defense – Middle Sleeve Grab, Cross Side, Inverted, One Hand</b>
4D Arm Bar
<b>Defense – Headlock, Side (Facing Same Direction)</b>
4D Hammer Lock
<b>Defense – Choke</b>
4D (Rear-Naked Choke) Hammer Lock
4D (Two Hand Front Choke) Duck Under & Arm Control
<b>Defense – Bear Hug, Arms out (Back)</b>
4D Wrist Lock, Straight Arm
<b>Defense – Throw</b>
5D Ear Slap & Head Pull Takedown
5D Head Turn & Choke Takedown
5D Elbow Pull & Knee Strike Takedown
5D (Prevention) Leg Hook & Control
<b>Defense – Tackle</b>
5D Shoulder Strike & Face Strike
5D Shoulder Strike & Hammer Lock
5D (Upper Tackle / Grappling) Step-Behind Takedown
5D (Upper Tackle) Hammer Lock
5D (Rushing Tackle) Flip & Throw
5D (Close Rushing Tackle) Neck Crank / Guillotine Choke
<b>Finger Locking Techniques</b>
5D (Pushing) Finger Lock Takedown
5D (Pointing at Face) Finger Lock Center Lock
5D (Hand Pointing at Face) Finger Squeeze Wrist Lock
5D (Hand Pointing at Face) Finger Squeeze Reverse Hammer Lock
5D (Hand Pointing Low) Finger Squeeze & Control
<b>Escort Techniques</b>
6D Outside Wrist Grab & Figure-4 Escort
6D Center Lock Escort
6D Goose Neck Escort
6D Hammer Lock Escort, Same Side
6D Hammer Lock escort, Cross Side
6D Hammer Lock Escort, Same Side & Cross Side
<b>Defense – while Sitting</b>
6D (Open Stance) Foot Trap & Knee Smash
6D (Closed Stance) Foot Trap & Knee Hook
6D (Closed Stance and Close) Foot Trap & Leg Bar
6D (Behind Should Grab) Center Lock Throw
6D (Rear Choke) Hook & Throw
6D (Kneeling Position) Head Butt & Leg Pull Takedown

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## Appendix A – Punches / Strikes / Kicks

### Strikes

1. (2D) **Ki Strike (Tight / Loose):** With a live hand, strike with the back of the hand. Tightening the hand and wrist, the strike will be a short strike into the body. Loosening then hand and wrist, the strike will be through the body in a big arching motion.
2. (2D) **Thumb Strike:** This is a thrusting strike using the thumbs of the hand. Either with a closed fist and the thumb protruding over the knuckles or with an open hand with the thumbs stretched out.

### Kicks

1. (2D) **Shin Kick (Muay Thai Roundhouse):** This is a snapping or thrusting strike in which the lower leg follows an inward circular path, pivoting at the knee and using the shin of the leg. To execute, raise the leg, pointing the knee directly at the target. Snap the lower leg forward as the support leg pivots 180°. This pivot turns the hips, which increases power and reach, and reduces twisting stress at the supporting knee. Immediately retract the foot to prepare for the next technique. Power comes from lower-leg velocity and hip-turn.
2. (2D) **Savate Kick:** This is a snapping or thrusting strike in which the heel of the foot strikes with a pulling motion. An example of this strike would be while in a clinch as the foot stretches out and then strikes behind the attacker's knee to break their balance.
3. (2D) **Twisting Kick:** This is a snapping strike in which the outside edge of the foot strikes in an upward arching motion to the side or rear of the body. An example of this strike would be while in a clinch, you pull the attacker slightly to the side and the kick strikes their face.

## Appendix B – Defense Techniques

### **Defense – Wrist Grab, Same Side**

1. (2D) **Ni-Kyo, Inverted-Reinforced Ni-Kyo (Reverse Ni-Kyo)**: Raise and rotate their arm into an outside v-lock counter grab as your free hand traps the back of their hand; bring their hand across your body and ki strike their ribs or side of the body and then with your forearm apply pressure to their forearm; grab their thumb from underneath and torque their wrist towards their face or body; take them to the ground on their knees and/or continue controlling them with other techniques or disengage.
2. (2D) **Brachial Stun & Guillotine Choke**: Outside counter grab (whiplash effect) as you step in and brachial stun with a knife hand strike; reach over and around their neck and apply a guillotine choke, head crank, or head lock; step behind their leg to sweep them to the ground and/or continue controlling them with other techniques or disengage.
3. (2D) **S-Lock, Ki Energy**: Raise and rotate their arm into an outside v-lock counter grab as your free hand traps the back of their hand; continue to rotate their arm but keep their arm straight and apply forward ki energy using a knife hand to their wrist into the lock; continue controlling them with other techniques or disengage.

### **Defense – Wrist Grab, Cross Side, Inverted**

1. (2D) **Center Lock**: Step to their outside as you raise your grabbed hand up with your palm facing towards your body; reach underneath with your other hand and grab their hand; torque into the lock; continue controlling them with other techniques or disengage.

### **Defense – Wrist Grab, Two Hands on One**

1. (2D) **Throat Grab, Step Behind**: Step to the opposite side of your grabbed hand as you raise your grabbed hand out and up; step/slide behind them and use your other hand to reach around and grab their throat/chin/ear from behind; step back to take them to the ground and/or continue controlling them with other techniques or disengage.

### **Defense – Wrist Grab, Same Side (Side)**

1. (2D) **Outside Wrist Lock & Drill Down**: Other hand up to protect your face/head and side kick their leg; raise your grabbed hand up with your palm up as your other hand grabs their thumb from underneath; break away your grabbed hand and then grab the top of their hand; drive their hand and arm straight down to take them to the ground and continue to apply pressure on their wrist; continue controlling them with other techniques or disengage.

### **Defense – Lapel Grab, Same Side, One Hand**

1. (2D) **Outside Wrist Lock & Thumb Compression**: Your same side hand traps their hand to your chest; your free hand palm heel strikes their face (turning their head) then grabs over their thumb; apply pressure to their thumb in a downward direction to them to the ground and/or continue controlling them with other techniques or disengage.
2. (2D) **Elbow & Clavicle Pressure Points Takedown**: Your same side hand grabs just below their elbow and presses their elbow in as your cross side hand strikes their face/head to turn their head; your cross side hand then grabs their collar, with your thumb pressing into the collarbone or use a thumb strike on their collarbone as you step behind them to take them to the ground; continue controlling them with other techniques or disengage.
3. (2D) **Elbow Pressure Point & Reverse Head Lock**: Your same side hand grabs just below their elbow and presses their elbow in as your cross side hand strikes their face/head (turning their head); continue taking your arm around their head into a reverse head lock as you step behind them to take them to the ground; continue controlling them with other techniques or disengage. **Advanced Option**: (Only use this option if there is only one attacker!) Once you have them in a reverse head lock, kick your inside leg out as in a side break fall and across to take them down as you maintain the reverse head lock and choke them out.
4. (2D) **Hammer Lock, Reverse**: Your same side hand traps their hand to collapse their wrist to your body into a wrist lock as you palm heel strike their face (turning their head); your cross side arm then goes over their grabbing arm (be sure your elbow is way past their elbow) to roll into a reverse hammer lock; continue taking your cross side hand around and place it on their chest; access pressure points on their neck and head or push their head away from you to cause additional pain; either escort them out or step back with your inside leg to take them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Wrist Grab, Two Hands on Two (Front)**

1. (2D) **Back-to-Back Arm Break**: Both of your hands outside counter grab both of their wrists (whiplash effect); step under their arms (without crossing their arms) as you place your back against their back as you hold each of their wrists out to the sides; bring both of your hands in towards your body to dislocate both their shoulders and elbows; continue controlling them with other techniques or disengage.

### **Defense – Wrist Grab, Two Hands on Two (Back)**

1. (2D) **Hammer Lock**: Step back to one side inside counter grab their wrist as you elbow strike with your opposite elbow; step under their captured arm and rotate head first and then insert your free arm and hand into a hammer lock; continue controlling them with other techniques or disengage.

### **Defense – Hostile Handshake**

1. (2D) **Knuckle Rub**: Rotate their hand exposing the back of their hand as you extend your thumb; your cross side hand grabs your own thumb with your knuckles on the back of their hand; grind your knuckles into the back of their hand and down; continue controlling them with other techniques or disengage.
2. (2D) **Center Lock, Thumb Hook**: Rotate your grabbed hand and hook their thumb while extending all your fingers across their wrist/thumb; as you hook their thumb, whip back the other direction and bend their arm into a center lock position; your free hand grabs the back of their hand and torques the hand into the lock; continue controlling them with other techniques or disengage.

### **Defense – Punch**

1. (2D) (Linear) **Double Tap Double Strike**: Step to the outside of their punch as you brush and trap their wrist; ki strike their midsection and then with your same hand palm heel strike their face; continue controlling them with other techniques or disengage.
2. (2D) (Linear) **Double Tap Ear & Eyeball Smash**: Step to the outside of their punch as you brush and trap their wrist without the trap; step behind them and percussion slap both of their ears; insert your fingers into their eyeballs as you twist their head to take them to the ground; continue controlling them with other techniques or disengage.
3. (2D) (Linear) **Triceps Strike Spin Strike Knee Smash**: Step to the outside as your cross side hand brushes their forearm as you ki strike their triceps tendon; continue rotating and stepping around their leg and elbow strike their kidney; slightly step forward and back kick their leg (back of their knee) to take them to the ground; continue controlling them with other techniques or disengage.

4. (2D) (Linear) **Arm Hook & Neck Break:** Step to the outside as your same side arm goes over and arm hooks their jab (capturing their arm); do not release their arm as you continue to spin around and elbow strike their lower back, causing them to bend backwards; your free arm now reaches over and around their neck as your back is against their back. **Option 1:** Break their arm and/or shoulder by tightening up and attempting to bring both of your hands together; continue controlling them with other techniques or disengage. **Option 2:** Take them down to the ground by stepping your inside leg back as you release their arm so they fall; continue controlling them with other techniques or disengage.
5. (2D) (Linear) **Bicep Strike & Outside Wrist Lock:** Step to the outside and double tap or brush trap their wrist with your hand as you elbow strikes their biceps tendon; your free hand hooks inside their elbow as you rotate their hand into an outside wrist lock.
6. (2D) (Close Quarter Hooks) **Double Grab Step-Behind Takedown:** Create a shield with forearms in front of your face to block and capture each of their arms by reach over the top and wrapping your arms around their arms as they strike; hide your head to avoid a head butt and be careful of their knees; as you keeping their arms trapped and in close to your body, step behind their forward leg and turn your body to take them to the ground; continue controlling them with other techniques or disengage.
7. (3D) (Linear) **Choke / Hammer Lock and/or Rear-Naked Choke:** Step outside as you deflect, capture, and pass through as you step under their arm and go behind them for a one arm choke and hammerlock; either continue the choke/hammer lock and escort them or take them to the ground or apply a rear-naked choke; continue controlling them with other techniques or disengage.
8. (3D) (Linear) **Ridge Hand Ki Strike & Elbow / Forearm Strike:** Check their forearm to the outside with your same side hand; sudo ki strike their abdomen; with your same side hand, follow up with either a downward elbow to the back or a sudo knife hand to the back of their neck; continue controlling them with other techniques or disengage.
9. (3D) (Linear) **Brachial Stun & Shoulder Choke:** Your same side hand checks their arm to the outside as your cross hand knife hand strikes their brachial nerve in their neck; place them into a one-sided check and either continue the choke standing up or take them to the ground and maintain the choke; continue controlling them with other techniques or disengage.
10. (3D) (Linear) **Brush / Trap Goose Neck:** Brush trap their arm on the outside; your same side elbow strikes their ribs/side; your same side hand reaches up to the crook of their elbow and place their arm into a goose neck lock; either escort them or take them to the ground as you maintain the lock; continue controlling them with other techniques or disengage.
11. (3D) (Close Quarter Hook) **Check, Control, Face Strike & Groin Strike:** Your cross side hand checks their forearm and then your same side hand controls their forearm; your same side hands violently strikes their neck, face, or head; follow up with another strike if needed; continue controlling them with other techniques or disengage.
12. (4D) (Close Quarter Hook) **Goose Neck Trap Wrist Lock Takedown:** Your same side hand goose neck traps their forearm as your cross side hand palm heel strikes their face; your cross side hand traps and wrist locks their hand to take them to the ground; continue controlling them with other techniques or disengage.
13. (4D) (Linear) **Neck Grab Rotation Takedown:** Brush/Trap to the outside; elbow strike their midsection with your same side elbow; your same side hand then grabs the back of their neck; pull their neck towards your back as you slightly push their trapped hand to rotate their body and take them to the ground; continue controlling them with other techniques or disengage.
14. (4D) (Linear) **Pass Through Brachial Stun:** Your same side hand brushes their forearm and passes it down and through to the outside as your cross side hand forearm strikes their throat or brachial nerve for a knockout. If their other hand is up high to stop your strike, revert to an earlier technique of striking the lower stomach area and following up with a strike in the back or the neck; continue controlling them with other techniques or disengage.
15. (4D) (Linear) **Trap with Elbow & Wrist Lock Takedown:** Step to the outside as your same side hand deflects their arm and your cross side arm traps their wrist in the crook of your elbow; your same side hand palm heel strikes their face as you rotate your cross side towards them; your same side hand then grabs their trapped wrist into a wrist lock and rotate them to the ground; continue controlling them with other techniques or disengage.
16. (4D) (Linear) **Arm Control & Lock:** Step to the outside as you deflect and pass through their punching arm and place their arm on your shoulder; either apply an arm bar, knee kick their face, strike the back of their neck with your outside hand, or grab their hair and pull back; continue controlling them with other techniques or disengage.

#### Defense – Kick

1. (2D) (Front Kick) **Leg Trap & Turn Takedown:** Shift to the outside of their kicking leg as you catch their leg in the crook of your elbow; your free hand palm heel strikes their face (keeping your hand on their face); rotate your trapping side towards their body as you bend their leg towards them to take them to the ground; continue controlling them with other techniques or disengage.
2. (2D) (Roundhouse Kick) **Leg Smash Takedown:** Shift to the inside of their kicking leg as you catch their leg in the crook of your same side arm; your free hand elbow strikes downward into their leg; kick out their knee on the leg they are standing on with your inside leg and disengage.
3. (2D) (Front Kick) **Leg Trap & Knee Bend Takedown:** Shift to the outside of their kicking leg as you catch their leg in the crook of your elbow; your free hand palm heel strikes their face then reaches and hooks behind their knee as you pull their knee towards your body; rotate your trapping side towards their body as you bend their leg towards them to take them to the ground; continue controlling them with other techniques or disengage.
4. (2D) (Roundhouse Kick) **Leg Bar Takedown:** Shift to the inside of their kicking leg as you catch their leg in the crook of your same side arm; your free hand forearm strikes their thigh as you rotate their leg into a leg bar and you step in and take them to the ground; continue controlling them with other techniques or disengage.

#### Defense – Back against Wall

1. (3D) (Two-Hand Lapel) **Double Elbow Smash, Body Smash, Strike & Strike:** Both of your hands strike and grab their elbow pressure points; twist and throw them into the wall; outside hand strike the side of their face into the wall; your inside hand strike their groin; step out and away; continue controlling them with other techniques or disengage.
2. (3D) (Two-Hand Choke) **Double Punch, Finger Lock & Rear-Naked Choke:** If your hands are down - both of your hands vertical/uppercut punch their midsection or if your hands are up - both of your hands palm heel strikes the side of their face/head; one of your hands traps their same side wrist as your other hand finger locks their finger; continue the finger lock as your other hand rotates them around and captures their head; release the finger lock and place them into a rear-naked choke; continue controlling them with other techniques or disengage.
3. (3D) (One-Hand Choke) **Palm Heel Knife Hand & Elbow Strike:** Your cross side hand palm heel strikes their face; immediately knife hand strike their elbow with your cross side hand to release their hand; follow up with an inside horizontal elbow strike with your same side arm; continue controlling them with other techniques or disengage.

### **Defense – Lapel Grab, Cross Side, One Hand**

1. (3D) **Arm Bar:** Your cross side hand traps their wrist as your same side hand strikes their lower ribs; your same side hand then grabs their wrist as you rotate your elbow up and onto their elbow; place them into an arm bar and take them to the ground; continue controlling them with other techniques or disengage.
2. (3D) **Outside Wrist Lock, Drill Down & Control:** Your same side hand traps their hand as your cross side hand palm heel strikes their face; peel their hand off as your cross side hand grabs their hand for an outside wrist lock and drill down taking them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Shoulder Grab, Two Hand (Front)**

1. (3D) **Step-Behind Takedown:** One of your hands go up and in between their arms as your other hand strikes their groin or lower abdomen; your hand then wraps around their arm into a tight grab against your body; your low hand then grabs their side and step behind their leg to take them to the ground; continue controlling them with other techniques or disengage.
2. (3D) **Hammer Lock:** One hand traps their wrist on the same side as your other hand goes up high; your high hand elbow strikes their same side elbow to release their hand then attacks their cross side elbow; step under their arm for a hammer lock; escort or takedown; continue controlling them with other techniques or disengage.

### **Defense – Shoulder Grab, Two Hand (Back)**

1. (4D) **Head Takedown:** Lower your center of gravity; rotate and your cross side hand traps their wrist as your same side hand goes under and over/behind their arm and grab/push their head around and down taking them to the ground; continue controlling them with other techniques or disengage.
2. (4D) **Wrist Lock Takedown:** Lower your center of gravity; rotate and your cross side hand traps their wrist; your same side hand vertical punches their midsection as you peel off their hand; your same side hand then grabs their wrist into an outside wrist lock; either drill their hand down, step behind them, or rotate to take them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Middle Sleeve Grab, Two Hand (Back)**

1. (4D) **Arm Bar:** Fake to one side; rotate the other direction and raise your hand to wrap over their arm and trap it against your body; your free hand strikes their face and then strikes their triceps tendon into an arm bar to take them to the ground; continue controlling them with other techniques or disengage.
2. (4D) **Goose Neck:** Fake to one side; go the other direction and raise your hand and step under their arm; your cross side hand grabs their wrist to release your trapped hand; your now free hand grabs their wrist into a goose neck to take them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Back Collar Grab, One Hand (Back)**

1. (4D) **Palm Heel Strike & Follow Up:** Bring your hands up for protection as you rotate to the inside of their body; your same side hand strikes their biceps tendon as your cross side hand palm heel strikes their face forcibly making them back up; if you manage to trap their arm or the palm heel strike did not force them away, downward elbow strike their chest; continue controlling them with other techniques or disengage.
2. (4D) **Sudo Strike, Vertical Punch & Kick:** Bring your hands up for protection as you rotate to the inside of their body; your same side hand forearm/knife hand strikes their face as your cross side hand vertical punches their stomach area; follow up with a front kick; continue controlling them with other techniques or disengage.

### **Defense – Middle Sleeve Grab, Cross Side, One Hand**

1. (4D) **Outside Wrist Lock:** Raise your trapped arm up and step slightly to the outside; your same side hand vertical punches their side and then reaches over and traps their grabbing hand; peel off their hand and outside wrist them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Middle Sleeve Grab, Cross Side, Inverted, One Hand**

1. (4D) **Arm Bar:** Raise your trapped arm up and step slightly to the outside; your same side hand vertical punches their side and then reaches over and traps their grabbing hand; raise your elbow up and onto their elbow for an arm bar to take them to the ground; continue controlling them with other techniques or disengage.

### **Defense – Headlock, Side (Facing Same Direction)**

1. (4D) **Hammer Lock:** Your inside hand grabs their outside elbow as your outside hand grabs their inside wrist; pull to break their grip; step back and pull your head out and place them into a hammer lock; continue controlling them with other techniques or disengage.

### **Defense – Choke**

1. (4D) (Rear-Naked Choke) **Hammer Lock:** Push up as you bring your hands up and hook both of your hands on their forearm; break their hold and step inside and behind them taking them into a hammer lock; continue controlling them with other techniques or disengage.
2. (4D) (Two Hand Front Choke) **Duck Under & Arm Control:** Tuck your chin as you lower your center of gravity; as you duck under one of their arms, strike the midsection, groin, or legs; rotate towards them and grab their arm for control and/or locks; continue controlling them with other techniques or disengage.

### **Defense – Bear Hug, Arms out (Back)**

1. (4D) **Wrist Lock, Straight Arm:** Lower your center of gravity; trap their lower hand with your same side hand as your cross side hand strikes their lower hand to break the hold; continue pushing their hand and rotate to the outside into a straight arm wrist lock; continue controlling them with other techniques or disengage.

### **Defense – Throw**

1. (5D) **Ear Slap & Head Pull Takedown:** Lower your center of gravity and extend your outside leg for structure; both of your hands slap their ears and insert your fingers into their eyes and pull their head back to take them to the ground; continue controlling them with other techniques or disengage.
2. (5D) **Head Turn & Choke Takedown:** Lower your center of gravity and extend your outside leg for structure; **Option 1:** Your inside hand grabs the back of their head/hair as your outside hand strikes their neck with a brachial stun and then continue into a rear-naked choke; **Option 2:** Your outside hand strikes their chin to turn their head and then continue into a rear-naked choke; **Finish:** Take them to the ground; continue controlling them with other techniques or disengage.



3. (5D) **Elbow Pull & Knee Strike Takedown:** Lower your center of gravity and extend your outside leg for structure; your outside hand traps their same side elbow as your inside leg knee strikes the back of their inside knee; pull their elbow and push their knee to take them to the ground; continue controlling them with other techniques or disengage.
4. (5D) (Prevention) **Leg Hook & Control:** Lower your center of gravity and slightly step to be behind them; your inside leg then goes over their hip and hooks their leg; lower your center of gravity by attempting to sit down; continue controlling them with other techniques or disengage.

### Defense – Tackle

1. (5D) **Shoulder Strike & Face Strike:** Lower your center of gravity and both of your hands knife hand strikes their shoulders; base your elbows on their biceps tendon; either one or both of your hands rotate to the front of their face and strike their face to push them away; continue controlling them with other techniques or disengage.
2. (5D) **Shoulder Strike & Hammer Lock:** Lower your center of gravity and both of your hands knife hand strikes their shoulders; **Option:** If they have their leg extended and in front of you, knee strike the side of their leg; **Finish:** the same side hand of their inside leg snakes under their arm into a hammer lock; continue controlling them with other techniques or disengage.
3. (5D) (Upper Tackle / Grappling) **Step-Behind Takedown:** Both of your hands grabs their body; your cross side leg of the side of where your head steps behind their leg into a step-behind takedown; continue controlling them with other techniques or disengage.
4. (5D) (Upper Tackle) **Hammer Lock:** Lower your center of gravity; your cross side hand of their inside leg strikes their groin as your outside hand hooks under their same side arm; rotate them into a hammer lock and reach around their head for an escort hammer lock, knife hand strike the back of their neck, or take them to the ground; continue controlling them with other techniques or disengage.
5. (5D) (Rushing Tackle) **Flip & Throw:** Lower your center of gravity and slightly step to the side; your inside hand strikes their shoulder/neck and your outside hand hooks under their arm; rotate as your high hand pushes their shoulder down and your hooked hand lifts their arm; flip and throw them to the ground; continue controlling them with other techniques or disengage.
6. (5D) (Close Rushing Tackle) **Neck Crank / Guillotine Choke:** Lower your center of gravity and slightly step to the side; your inside hand strikes their shoulder/neck and your outside hand hooks under their arm; lower your center of gravity even more as your high hand rotates over their head and under their chin into a neck crank or guillotine choke; continue controlling them with other techniques or disengage.

### Finger Locking Techniques

1. (5D) (Push) **Finger Lock Takedown:** Lower your center as your same side hand traps their hand against your chest; slightly rotate towards your free hand as your cross side hand grabs their finger for a finger lock and control; continue controlling them with other techniques or disengage.
2. (5D) (Pointing at Face) **Finger Lock Center Lock:** Lower your center of gravity as your same side hand grabs their hand; your cross side hand then grabs their pointing finger for a finger lock; rotate, lower, then raise their hand making their elbow go up and put them into a center lock while still maintaining the finger lock; continue controlling them with other techniques or disengage.
3. (5D) (Hand Pointing at Face) **Finger Squeeze Wrist Lock:** Slightly step to the outside and raise your same side elbow and grab their hand with an inverted grip; pull your elbow down and into your core to rotate their wrist to the outside; continue the rotation to take them to the ground; continue controlling them with other techniques or disengage.
4. (5D) (Hand Pointing at Face) **Finger Squeeze Reverse Hammer Lock:** Slightly step to the outside and raise your same side elbow and grab their hand with an inverted grip; pull your elbow down and into your core to rotate their wrist to the outside; your cross side hand then goes over their arm and elbow strikes the inside of their elbow and continue to wrap your arm around into a reverse hammer lock; continue controlling them with other techniques or disengage.
5. (5D) (Hand Pointing Low) **Finger Squeeze & Control:** Slightly step back as your same side hand grabs their hand and squeezes the finger together; control them by either taking their hand up and keeping their arm straight, rotate towards the inside for center lock type of control, or rotate towards the outside for a throw like control; continue controlling them with other techniques or disengage.

### Escort Techniques

1. (6D) **Outside Wrist Grab & Figure-4 Escort:** Approach from the same side; with your same side leg in front and your same side hand grabs their wrist with an inverted grab; rotate their wrist into an outside wrist lock as your cross side hand inserts into a figure-4 lock; continue to escort them or controlling them with other techniques or disengage.
2. (6D) **Center Lock Escort:** Approach from the same side; with your same side leg in front and your same side hand grabs their wrist from the top with your finger in their palm and your thumb on the back of their hand; raise their arm up and rotate under their arm into a center lock and your cross side hand controlling their elbow; continue to escort them or controlling them with other techniques or disengage.
3. (6D) **Goose Neck Escort:** Approach from the side; with your cross side leg in front and your cross side hand grabs their wrist from the top; raise their arm up and your cross side leg steps towards them as your same side hand goes under their arm and pulls their elbow into the crook of your elbow for a goose neck lock; continue to escort them or controlling them with other techniques or disengage.
4. (6D) **Hammer Lock Escort, Same Side:** Approach from the side; with your same side leg in front and as your cross side hand reaches for the elbow as your same side hand inserts at their wrist; rotate your body and place them into a hammer lock; continue to escort them or controlling them with other techniques or disengage.
5. (6D) **Hammer Lock Escort, Cross Side:** Approach from the side; with your same side leg in front and as your same side hand grabs their wrist as your cross side hand inserts under their elbow and behind them; rotate your body and place them into a cross side hammer lock; rotate their thumb upward to get them to raise their head; continue to escort them or controlling them with other techniques or disengage.
6. (6D) **Hammer Lock Escort, Same Side & Cross Side:** Approach from the side; with your same side leg in front and as your cross side hand reaches for the elbow as your same side hand inserts at their wrist; rotate your body and place them into a hammer lock; insert your cross side hand and grab the back of their neck and remove your same side hand; continue to escort them or controlling them with other techniques or disengage.

### Defense – while Sitting

1. (6D) (Open Stance) **Foot Trap & Knee Smash:** Create a base structure by being on your hip and your elbow with your closest arm in a wing cover position and your upper leg bent; your bottom leg traps their foot from the back as your upper leg strikes their knee; push their knee and pull their foot to take them to the ground; continue kicking them and stand up in a safe base.
2. (6D) (Closed Stance) **Foot Trap & Knee Hook:** Create a base structure by being on your hip and your elbow with your closest arm in a wing cover position and your upper leg bent; your bottom leg traps their foot from the front as your upper leg hooks and strikes the back of their knee; push their knee and pull their foot to take them to the ground; continue kicking them and stand up in a safe base.
3. (6D) (Closed Stance and Close) **Foot Trap & Leg Bar:** Move your upper body in towards their leg; your cross side hand traps their ankle as your same side hand knife hand strikes just below their knee; pull your cross side hand and push your same side hand into a leg bar to take them to the ground; continue kicking them and stand up in a safe base.

4. (6D) (Behind Shoulder Grab) **Center Lock Throw:** Lower your head and your cross side hand grabs their hand; peel their hand off and slightly move your hand to the other side of your head and pull them towards the ground with a center lock throw taking them to the ground; continue to controlling them with other techniques or disengage by standing up in a safe base.
5. (6D) (Rear Choke) **Hook & Throw:** Raise and bend your same side leg as your cross side leg is flat on the ground and bent; both of your hands hook above and below their elbow; slightly push off with you same side leg and rotate your upper body towards the ground; straighten your leg and pull them over your body; continue controlling them with other techniques or disengage by standing up in a safe base.
6. (6D) (Kneeling Position) **Head Butt & Leg Pull Takedown:** Lower your center of gravity; both of your hands grab their ankle from behind as you head butt their groin; pull their feet out to take them to the ground and pass one of their legs over to place them on their stomach; continue controlling them with other techniques or disengage by standing up in a safe base.