



Chŏn-Tu Kwan

“Combat Hapkido”

Additional Programs

Manual

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Annex A – Ground Survival (GS) Track

See “Ground Survival” DVDs for all program details.

Concepts/Elements

- Drop the Combat Sports Mindset
- Employ a Collapsing Defense
- Regain Control
- Protect Your Face
- Get to Your Feet
- Prepare for Stress
- Ground Stances
- Ground Movement
- Entering a Ground Position
- Recover to a Standing Position

GS Techniques – Level 1

Takedown Defense:

- Basic Charge Defense
- Bull Fighter
- Face Plant
- Trip

Mount Defense/Reversal:

- Butt Hug/Pressure Points & Roll
- Trap & Roll (Buck & Roll, 45 Degree Roll)

Guard Escapes:

- Floating Ribs Push & Elbow Drive
- Pass the Guard with Elbow Drive

Guard Reversal:

- Scissor Sweep
- Push Sweep

Side Mount Escape:

- Roll Out with Leg Hook
- Reverse Triangle Choke

Knee on Belly Escape:

- Waistband & Suprasternal Notch Escape
- Heal Pull & Hip Press Escape

Guard Defense:

- Triangle Choke
- Double Ankle Grab

Cross Mount Head Lock Defense:

- Arm Frame Escape
- Back Press & Love Handle Roll

GS Techniques – Level 2

Mount Defense/Reversal:

- Side Exit & Take Back
- Side Exit & Ankle Lock

Guard Escapes:

- Knee Up & Toe Grab Ankle Lock
- Pass the Guard & Side Control
- Pass the Guard & Side Control & Americana

Guard Reversal:

- Elevator Sweep

Cross Mount Head Lock Defense:

- Collar Grab & Inverted Triangle
- Chin Pressure & Inverted Triangle

Mount Control Defense:

- Arm Control Lock

Guillotine/Head Lock Defense:

- Look to the Heaven Arm Control & Lock
- Thread the Needle Arm Control & Lock

GS Techniques – Level 3

Takedown Defense:

- Back Pressure Arm Control Takedown

Guard Escapes:

- Release & Leg/Ankle Lock

Guard Reversal:

- Kimura
- Triangle Choke
- Arm Bar
- Leg/Foot Lock

Cross Mount Head Lock Defense:

- Knee Support & Take Back

Guillotine/Head Lock Defense:

- Pass into Guard & Kimura

Stomp Defense:

- Brush/Trap Outside & Roll
- Brush/Trap Inside & Strike

Back Defense:

- Ankle Grab Leg Sweep
- Shoulder Flip

Seated Back Choke Defense:

- Toe/Ankle Crank
- Arm Bar & Toe/Ankle Crank

GS Concepts/Elements

Ground Fighting Tip #1: Drop the Combat Sports Mindset

View ground fighting from a combat perspective instead of a sport perspective. Practitioners of martial sports like Brazilian Jiu-Jitsu, wrestling, and Judo need not worry about groin strikes, eye gouges or dynamic pressure on their joints. Their goal is to work toward a pin or submission while fending off their attacker's "fair" techniques. Your goal in the real world is to protect your vital areas, get to your feet, and neutralize the threat using any tool that's available. Forget about the submissions. In a violent situation, your goal is to work toward an outside position to minimize your attacker's attack zone and increase your ability to gain control of them or to disengage and change tactics.

During Self-Defense Training: Although your main goal should be to remain standing, you must be prepared to fight on the ground. Again, your objective is not to get comfortable there but to learn effective techniques for fending off the attack, minimizing damage and getting back to your feet.

Ground Fighting Tip #2: Employ a Collapsing Defense

If you go down, you should establish a ground-defense safety zone and keep the attacker at bay by attacking their feet and shins while they remain standing. As they close the gap, assume an active position from which you can shift from side to side with one leg ready to kick and your free hand ready to protect your face. That orientation is intended to create distance so you can get back on your feet or transition to other defensive tools.

Ground Fighting Tip #3: Regain Control

If the attacker breaches your defenses and gets close enough to start throwing punches, you can integrate your striking, deflecting, and counterstriking concepts. If they become frustrated with your defenses and try to stand up to overtake you, use balance disruption, trapping, and leverage techniques to shift their momentum so you can maneuver into a dominant position. If they manage to defeat all your preliminary defenses, you're in a fight for your life. You must focus on regaining a position of advantage and re-establishing situational control.

During Self-Defense Training: Make sure your ground-fighting drills start with you in a bad position. That forces you to switch into survival mode. Conduct drills in which you start on the ground while your attacker attempts to grab you. You have 30 seconds to gain a position of advantage. After 30 seconds, a second attacker jumps in. After another 30 seconds, a third attacker joins the melee. The drill drives home the importance of getting to your feet as quickly as possible. Don't focus on grappling with one opponent, or you'll pay the price.

Ground Fighting Tip #4: Protect Your Face

To further enhance your ground survivability, devise drills that place you in the worst possible predicament—for example, you're mounted and your attacker is working toward an even better position. Your first mission should be to prevent them from landing a blow to your face. Constantly move your head and use your arms as barriers in front of your face. At the same time, continue moving your body, especially your hips, to keep them off-balance.

During Self-Defense Training: Lie on your back and have your attacker straddling you in the mount with one knee off the ground. The drill begins the moment they drop their other knee—that way, you won't program yourself to feel comfortable when you're mounted. The attacker then initiates a series of punches aimed at your face. (If the attacker is not wearing boxing gloves, make sure they know that they are supposed to miss, but also be sure you're on a mat so they don't break their hand if they hit the floor.) While moving and protecting your head, scoot your body upward (in the direction of your head) and squirm from side to side as if you're doing side abdominal crunches. The movement will force them to focus on trying to keep their balance instead of bashing in your face.

Ground Fighting Tip #5: Get to Your Feet

Your next step in a fight is to get your attacker off you—preferably by bucking them off with your hips. If they are experienced at ground fighting, the task might prove difficult, in which case a groin strike can distract them long enough to break their balance. Once they are displaced, get back to your feet and transition to better tools such as head strikes or a weapon.

During Self-Defense Training: Start with your attacker mounted on you. After you protect your face and move up and side to side, thrust your hips upward at a 45-degree angle toward either of your shoulders. Avoid bucking them in the direction of your head because they might end up with their knees in your armpits, which can pin your arms in a useless position. If you buck them partway off and they brace themselves by posting an arm, wrap the limb with your arm and trap their ankle with your foot. Then roll them in the direction of the trap. You're now in position to apply a various techniques to control them and to roll them off. Even though they have been thrown off, you might find yourself in their guard. Don't stop moving. Unleash a series of groin strikes and pry their legs apart with your elbows digging into their inner thighs, then scramble to your feet.

Ground Fighting Tip #6: Prepare for Stress

Adding stressors can make any training more realistic. A stressor is a condition that has the potential to distract or limit you, thus making the drills more challenging. They include:

- Training on gravel, in a stairwell, or in a narrow hallway
- Doing calisthenics or a 15-second sprint beforehand to simulate a foot pursuit
- Partially obscuring your vision with a blindfold or goggles covered with tape
- Turning down the lights to simulate a night fight.

The bottom line is to keep the drills as realistic and challenging as possible so you'll be better prepared to deal with an altercation that goes to the ground.

GS Technique Descriptions

Only the techniques required for Yellow Belt through 1st Dan Black are described below. For all techniques, refer to the "Ground Survival" DVDs.

Takedown Defense

1. **Basic Charge Defense:** Slightly step forward with a solid structure with your forearms striking their shoulders and pushing them down to the ground.
2. **Bull Fighter:** Step to the side and let them pass by. **Option:** Strike them on the back of the head, neck, or spine as they pass by and rotate their torso by under hooking their shoulder.
3. **Face Plant:** Sprawl your legs back; grab their shoulders, place one hand on the back of their neck and press down, while your other hand grabs their arm and moves it behind their back (think hammer lock); turn 90 degrees and take them face down onto the ground. **Option:** Strike the shoulders with a palm heel strike (arms extended out past 90 degrees), grab the back of their neck with both hands (do not cross fingers) and pull them down twist their head and take them to the ground.
4. **Trip:** They have grabbed you and are trying to take you to the ground; fake to one side so that they pull back the other way; as they pull, move in the same direction and sweep their leg out taking them to the ground and/or continue controlling them with other techniques or disengage.
5. **Back Pressure Arm Control Takedown:** As the attacker grabs your leg you step that leg back and around to continue rotating; strike/push them to the ground as you maintain their grab and keep rotating; continue to control them with other techniques or disengage.

Mount Defense/Reversal

1. [High Mount] **Butt Hug/Pressure Points & Roll:** Keep your hands up for protection; turn your face and cover for protection; have your knees bent and up; lift up your body into theirs and grab behind their butt; thrust your lower back up and pull them forward onto their face; move your arms down behind their knees; lower your back down and squeeze your elbows towards your body to keep them from sprawling; grab their pants and squeeze the inside thigh pressure point rolling them over with you in their guard; stay low and back out by striking their face, midsection, and groin; spread their legs by pushing down the knees to get out.
2. [Low Mount] **Trap & Roll (Buck & Roll, 45 Degree Roll):** Keep elbows to your side and hands up for protection; have your knees bent and up; Brush/Trap their punch to the opposite side and trap against your chest; grab their cross wrist with your elbow up to protect against further punching and them falling onto you; grab their elbow that is on your chest bending their elbow to the opposite side via elbow pressure point; drop your leg onto their ankle or place your foot over their ankle (same side as the arm/wrist you have trapped); lift your hips up and roll them at a 45 degree angle over your shoulder; roll on top of them into their guard; stay low and back out by striking their face, midsection, and groin; spread their legs by pushing down the knees to get out.
3. **Side Exit & Take Back:** Keep your hands up for protection and move your upper body out to one side; your inside arm strikes and pushes their shoulder blade as your hand goes to the middle of their lower back for support; your outside arm pushes their leg into your guard and lock their leg into position with your same side leg and then cross your cross side foot over for support; scoot out and rotate your body to take their back (your outside elbow pushes down on their shoulder blade and your hand grabs their opposite side of the body); continue to control them with other techniques or disengage.
4. **Side Exit & Ankle Lock:** Keep your hands up for protection and move your upper body out to one side; your inside arm strikes and pushes their shoulder blade as your hand goes to the middle of their lower back for support; your outside arm pushes their leg into your guard and lock their leg into position with your cross side leg and your same side leg into a figure-4 lock; scoot out and sit up (your outside elbow pushes down on their shoulder blade) and grab the toes portion of their foot to crank/pull their foot into an ankle lock; when necessary, rotate your body and release their leg to take their back; continue to control them with other techniques or disengage.

Guard Escapes

1. **Floating Ribs Push & Elbow Drive:** They pull your head down; turn your face to the side; place your hands up into their face or pressure points on their neck to locate their head; shoot up with a head butt to their chin and maintain a wide stance; palm heel strike their floating ribs and knee strike their tailbone; press up in and up their floating ribs; stay low and back out; place the tips of your elbows into the pressure points on the inside of their thighs spreading their legs and get out and up.
2. **Pass the Guard with Elbow Drive:** If they pull your head down; turn your face to the side; place your hands up into their face and eyes or pressure points on their neck; raise one knee up by place your foot next to their hip; drive the opposite elbow into the pressure point on their thigh to open up the legs; reach under the leg and swing the leg up and over your head forcing their body to rotate to the side; get out and up. **Option:** Rather than swinging their leg up and over, place the trapped ankle into an ankle lock and then finish.
3. **Knee Up & Toe Grab Ankle Lock:** Stay low to their body; raise one knee up by place your foot next to their hip; drive the opposite elbow into the pressure point on their thigh to open up the legs; rotate your upper body and grab the toe portion of the foot and ankle; rotate your body and spin their foot towards their body rotating them to their stomach; Transition your hands to a figure-4 position locking their ankle; place your knee into their lower back; continue to control them with other techniques or disengage.
4. **Pass the Guard & Side Control:** Stay low to their body; raise one knee up by place your foot next to their hip; drive the opposite elbow into the pressure point on their thigh and your palm on abdominal area to open up the legs and to keep them from sitting up; sit back onto you own foot; rotate slightly and reach under their leg and thrust their leg up and towards their own head with your body; rotate their leg all the way through and take a side control position; continue to control them with other techniques or disengage.
5. **Pass the Guard & Side Control & Americana:** Stay low to their body; raise one knee up by place your foot next to their hip; drive the opposite elbow into the pressure point on their thigh and your palm on abdominal area to open up the legs and to keep them from sitting up; sit back onto you own foot; rotate slightly and reach under their leg and thrust their leg up and towards their own head with your body; rotate their leg all the way through and take a side control position; Americana from either a side control or full mount position; continue to control them with other techniques or disengage.
6. **Release & Leg/Ankle Lock:** The attacker attempts to apply a Triangle Choke as you post your same side knee up to the side of their hip; slightly raise up and bring your other knee up to the other side; lean back as your free arm reaches around their legs and your leg strikes their face; apply leg/ankle lock or continue to control them with other techniques or disengage.

Guard Reversal

1. [Knees Shoulder Width] **Scissor Sweep:** They are in your guard and choking you; lift up your hips and straighten your legs to move them away from you and to relieve some of the pressure of the choke; grab their triceps on one side and shrimp towards the other side bringing your knee between their side and arm across their hip; keep your other leg low to the ground and press against their knee; pull your hand grabbing the triceps and scissor sweep your legs to roll them over; you can either continue to rotate and mount them or to stay on the ground on your side and follow up with a kick to their face and maintain a hold on their arm.

2. [**Knees Out Wide**] **Push Sweep:** They are in your guard and choking you; lift up your hips and straighten your legs to move them away from you and to relieve some of the pressure of the choke; grab their triceps on one side and shrimp towards the other side bringing your knee between their side and arm across their hip; straighten your body bring your lower foot up onto their knee; push out their knee as you bring your high leg across and roll them over. You can either continue to rotate and mount them or to stay on the ground on your side and follow up with a kick to their face and maintain a hold on their arm.
3. [**One Knee Up**] **Elevator Sweep:** They are in your guard and choking you and they left one of their legs up; trap their arm(s); place your opposite side foot in their hip/upper leg area; hook your same side foot under their leg then lower your cross side foot to be parallel with their leg; lift your same side foot and sweep your cross side leg to take them to their back; continue to rotate and mount them or stay on the ground on your side and follow up with techniques or disengage.
4. **Kimura:** Place your feet on their hips into an open guard position; control one arm as you strike their face; rotate your body and leg into the crook of their arm as your free hand grabs the elbow; continue to rotate your foot over their shoulder into a Kimura Lock and pushing them face down to the ground; continue to control them with other techniques or disengage.
5. **Triangle Choke:** Place your feet on their hips into an open guard position; control one arm and pull the arm to your cross shoulder as your cross side leg moves over their neck; place their neck into the back of your knee; your other leg moves up to place your cross side foot into the back of the knee; pull their head down as you attempt to straighten your legs; continue to control them with other techniques or disengage.
6. **Arm Bar:** Place your feet on their hips into an open guard position; control one arm and pull the arm to your cross shoulder as your cross side leg moves over their shoulder; your other leg moves up and in front of their face; push your legs down to take them to the ground and into an Arm Bar position; pull their arm and thrust your hip upward for the lock; continue to control them with other techniques or disengage.
7. **Leg/Foot Lock:** Place your feet on their hips into an open guard position; control both of their arms; place one of your feet on the inside of their thigh as your other foot kicks out between their legs and around their leg; rotate your leg around to take them to the ground as you grab their ankle for an ankle lock.

Side Mount Escape

1. **Roll Out with Leg Hook:** Keep your knees up and their head low and tight to you by placing your arm across their back; shrimp onto your side and into them; bring your bottom knee up and into their stomach; keep your free hand and arm down to protect your body against a knee strike; shrimp your body the opposite way while hooking their leg and rotating your hips outward while controlling their arm; swing your now free leg up and over the back of them (while still controlling his arm); sit up and apply an arm bar or finger lock. **Option:** Once you hook the leg of them, sit up and grab their foot and pull towards you.
2. [**Leg Hooked**] **Reverse Triangle Choke:** Keep your knees up; explosively push outward with both forearms to their head/neck and rib area to push them off and toward your legs; wrap your outside leg around the back of their head/neck and Figure-4 with your other leg; control the arm you have trapped and choke them out with your legs or roll with them into a top position.

Knee on Belly Escape

1. **Waistband & Suprasternal Notch Escape:** Keep your hands up to protect your face and your knees up; shrimp out to your side (facing them) and reach between their legs to grab the waistband of their pants; your other hand pushes into their suprasternal notch as you pull their waistband into you; as they roll back come up and over them; continue controlling them with other techniques or disengage.
2. **Heel Pull & Hip Press Escape:** Keep your hands up to protect your face and your knees up; shrimp out to your side (facing them); your lower hand grabs their heel as your other hand presses into their knee; pull their foot towards you and press into their; as they roll back come up and over them; stay low so you do not get kicked in the head; continue controlling them with other techniques or disengage.

Guard Defense

1. **Triangle Choke Defense:** Hands up to protect your face; brush their punch past your head; your other hand wraps around the back of their neck; pull them down into you and lock your palm into the crook of your elbow and move your hand behind their head; expand your chest out and press your hips up and out as you exhale to tighten the choke. **Option:** Rather than executing the triangle choke, clasp your hands together behind their head; roll them over staying close to them and slide up next to them as you continue to apply the choke.
2. **Double Ankle Grab Defense:** Hands up to protect your face; as they begin to stand up, grab their ankles with both of your hands as you bring your knees together in front of you; push your knees against them while holding their ankles and they will fall backwards onto their back; once they are on their back, scoot back and kick them in the groin. **Option:** Smaller people can put their feet up on their hips and push as you pull their heels.

Cross Mount Head Lock Defense

1. **Arm Frame Escape:** One hand goes up into their face (strike, eyes, etc.) and your other hand grabs their shoulder; shrimp/thread out your feet as you turn your body so your body moves out from under them; bring your legs around to roll them over in the space where your body was and get on your knees with your knees in their back; keep your head low and press your forearm against their neck and reinforce with your other hand; press all your body weight into his neck to release the side head lock; if they are really strong you can attack the eyes or pressure points on the head/neck area.
2. **Back Press & Love Handle Roll:** If they move their hips into you as you turn onto your side to make space to roll them the previous technique will not work; instead, place your cross side hand on their hip to create space; once you have moved your body away and have created some space, grab their side (love handles) and bear hug them close to you as you continue to turn your body away from them; roll with them and roll them onto their back and you are on your knees with your knees in their back; keep your head low and press your forearm against their neck and reinforce with your other hand; press all your body weight into his neck to release the side head lock; if they are really strong you can attack the eyes or pressure points on the head/neck area.
3. **Back Collar Grab & Inverted Triangle:** Shrimp towards their body; raise your outside leg up and your outside hand reaches around your knee to grab the back of their collar; use your leg to push their head down as your inside leg crosses over your leg for support; straighten your legs and roll towards their body to escape; continue controlling them with other techniques or disengage.
4. **Chin Pressure Point & Inverted Triangle:** Shrimp towards their body; your inside hand pushes their chin/head via a pressure point towards your knee as you raise it up and over their head; use your leg to push their head down as your inside leg crosses over your leg for support; straighten your legs and roll towards their body to escape; continue controlling them with other techniques or disengage.
5. **Knee Support & Take Back:** The attacker will have your inside arm up against your neck in a shoulder lock/choke position; raise your outside knee up and interlock your hands behind your knee; push your knee down to break their lock; as you release your hands, quickly rotate towards their body to take their back; continue controlling them with other techniques or disengage.

Mount Control

1. **Arm Control Lock:** The attacker attempts to throw you off; snake one of your hands in between their arms and brace yourself then grab their cross hand and move your body forward; place them into an arm bar/wrist lock position; sit up to maintain arm bar/wrist lock; continue controlling them with other techniques or disengage.

Guillotine/Head Lock Defense

1. **Look to the Heaven Arm Control & Lock:** Your outside hand grabs their wrist as your outside knee comes up; rotate your chin into their body; your inside arm moves up and over onto their back; thrust your upper body up as your head looks straight up to break their grip; take your head out and place their arm into a figure-4 lock position; rotate your body towards their body; continue controlling them with other techniques or disengage.
2. **Thread the Needle Arm Control & Lock:** The attacker will sprawl lower; your outside hand grabs their wrist as your outside knee comes up; rotate your chin into their body; raise your outside knee up and thread your other leg through; take them to the ground by leaning back onto their shoulder; break their grip and control their wrist with a wrist lock; apply pressure to their wrist and rotate your body to the outside to escape; continue controlling them with other techniques or disengage.
3. **Pass into Guard & Kimura:** Your outside hand hooks their wrist as your inside hand posts and pushes their opposite hip; raise your outside knee up and lean back pulling them into your guard; place your inside elbow between their neck and their shoulder; rotate their trapped wrist up and around into a figure-4 lock; rotate your body and place them into a Kimura/Hammer Lock.

Stomp Defense

1. **Brush/Trap Outside & Roll:** Rotate towards their body as you brush trap their leg in on the outside; continue to hold their leg and roll their leg; continue rolling over their body towards their head; continue controlling them with other techniques or disengage.
2. **Brush/Trap Inside & Strike:** Rotate and brush trap their leg on the inside; continue to rotate and palm heel strike their groin; continue to rotate and push/pull your hands to take them to the ground; continue rolling over their body towards their head; continue controlling them with other techniques or disengage.

Back Defense

1. **Ankle Grab Leg Sweep:** Attacker hits you to the ground; move your body into a turtle position; move to one side and trap their leg from the outside as cross side leg sweeps their leg taking them to the ground; continue to roll and strike out; continue controlling them with other techniques or disengage.
2. **Shoulder Flip:** Attacker hits you to the ground and attempts to choke you from behind; move your body into a turtle position; both of your hands hook their choking arm (your outside hand hooks their forearm/wrist and your inside hand hooks the elbow); push their elbow forward and around to the other side of your head; pull their arm and push your legs forward (like a forward roll without the roll) taking them to the ground over your shoulder; continue controlling them with other techniques or disengage.

Seated Back Choke Defense

1. **Toe/Ankle Crank:** Tuck your chin and double hook their forearm as your elbows dig into their lower leg; release their forearm and grab the toes of one of their feet; squeeze and pull the foot up then rotate your body towards the grabbed foot; escape continue controlling them with other techniques or disengage.
2. **Arm Bar & Toe/Ankle Crank:** Before the attacker completes the choke, grab and hook their forearm; pull and rotate their forearm into an inverted Arm Bar on your shoulder; release their arm and then grab the toes of foot on the side of the Arm Bar; squeeze and pull the foot up then rotate your body towards the grabbed foot; escape continue controlling them with other techniques or disengage.

Annex B – Tactical Pressure Points (TPP) Track

See “Tactical Pressure Points: A Guide to Combative Pressure Points” and DVDs for all program details.

Concepts/Theories/Elements

- Three Defining Rules
- Why Use Pressure Points as Tactical Targets
- Safety Guidelines
- Target Locations
- Target Activation
- Target Reactions
- Meridians (12 Bilateral and 2 Extraordinary)
- Meridians (Polarity)
- Meridians (Elements)
- Drill (Static Grab)
- Drill (Dynamic Striking)
- Drill (Calling the Shots)
- Drill (Spinal Reflex Arc)
- Revival (Basic Point)
- Revival (Head Resuscitation)
- Revival (Heart)

Tactical Pressure Points – Level 1

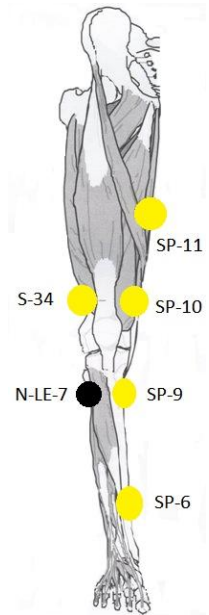
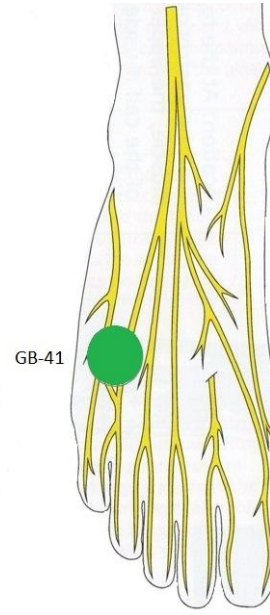
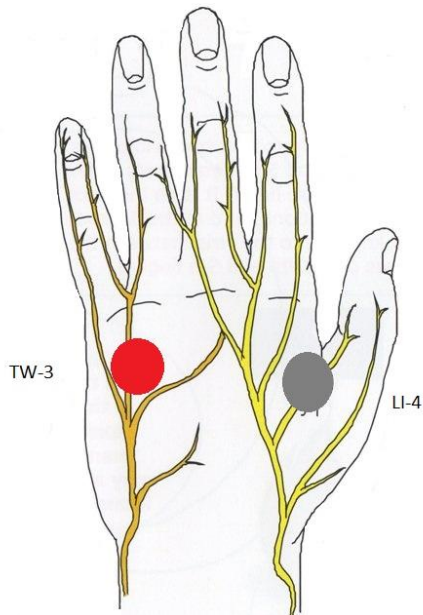
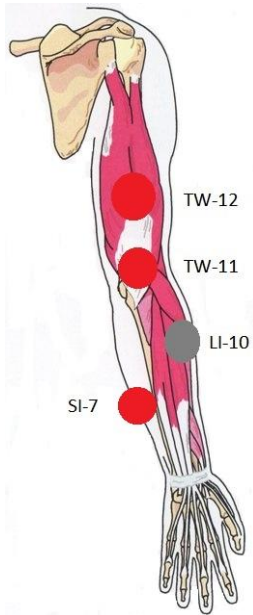
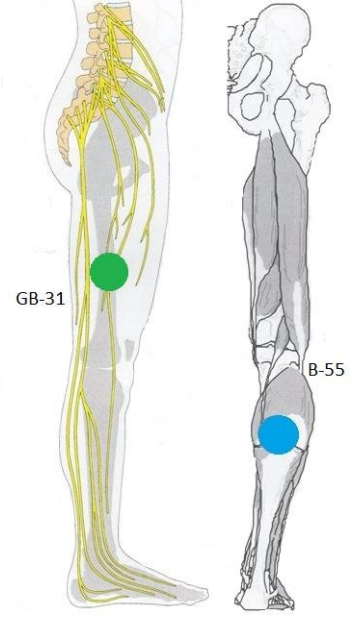
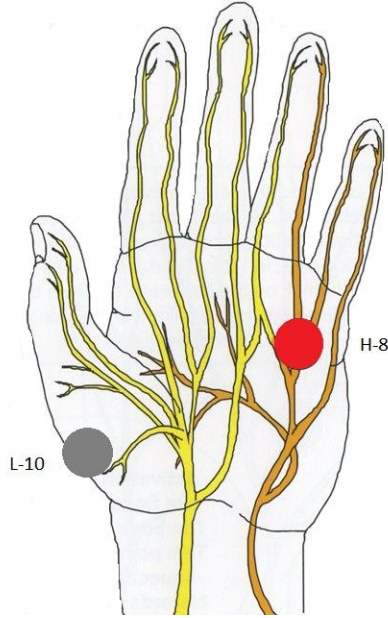
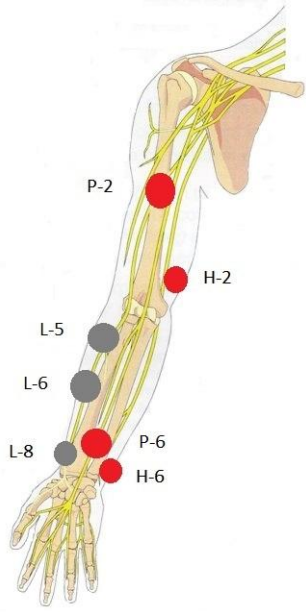
- Arm Targets (H-2, H-6, L-5, L-6, L-8, LI-10, P-2, P-6, TW-11, TW-12)
- Leg Targets (B-55, GB-31, NLE-7, S-34, SP-9, SP-10, SP-11)

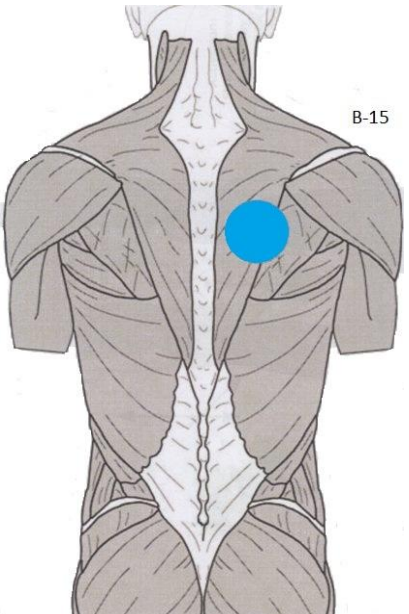
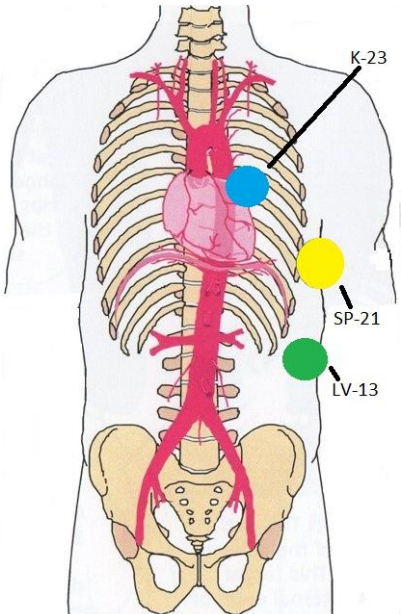
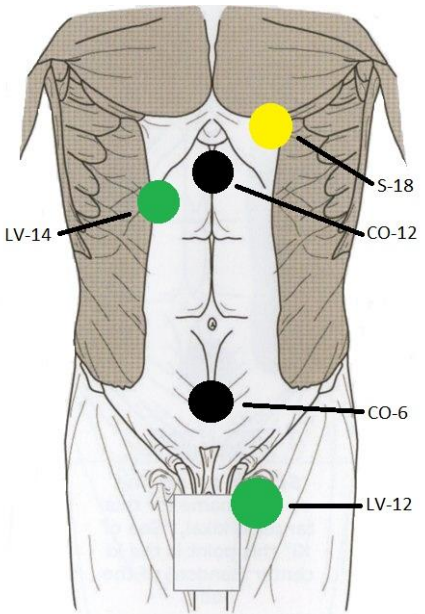
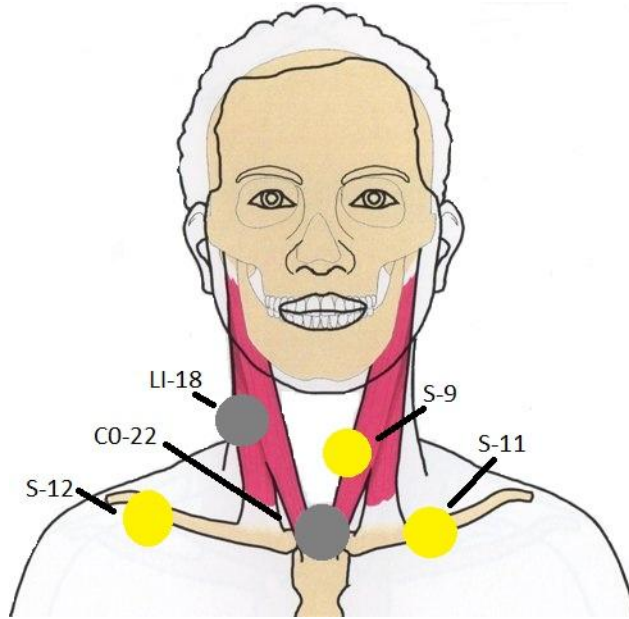
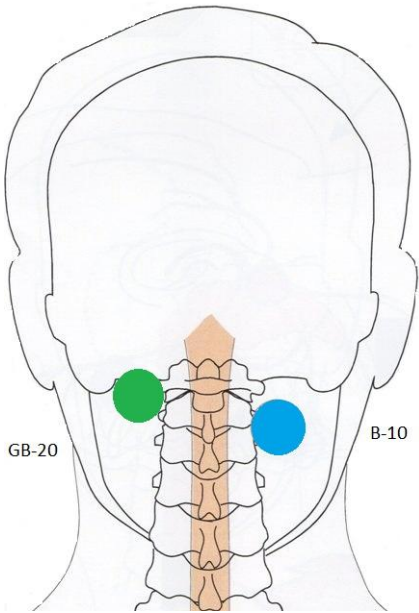
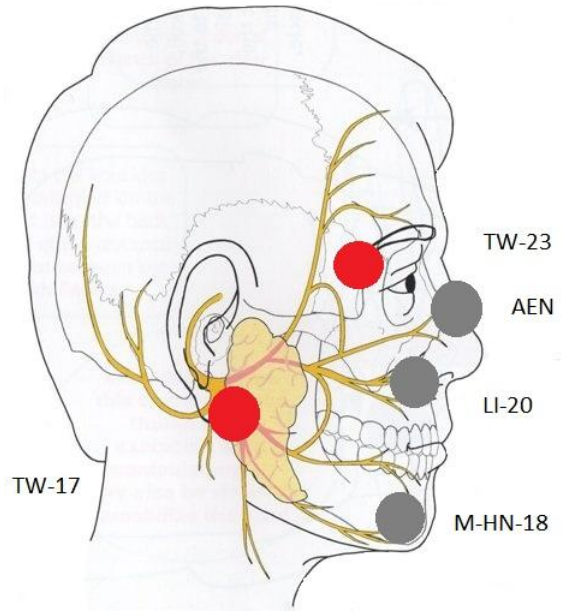
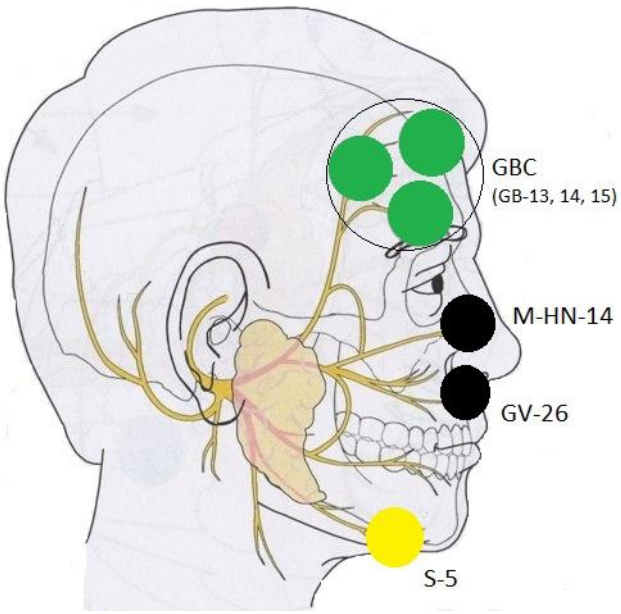
Tactical Pressure Points – Level 2

- Leg Targets (GB-41, SP-6)
- Hand Targets (H-8, LI-4, L-10, TW-3)
- Head Targets (AEN, B-10, GB-20, GV-26, LI-20, MHN-14, MHN-18, S-5, TW-17)

Tactical Pressure Points – Level 3

- Arm Target (SI-7)
- Head Targets (GBC, TW-23)
- Neck Targets (CO-22, LI-18, S-9, S-11, S-12)
- Torso Targets (B-15, CO-6, CO-12, LV-12, LV-13, LV-14, S-18, K-23, SP-21)





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Annex C – Weapon Disarming/Defense Track

See the “Weapon Disarming Volumes 1-4” DVDs for all references.

Concepts/Theories/Elements

- Decision: Comply or Fight
- Remove yourself from the line of attack
- Universal Hands (Vertical/Horizontal [High/Low])
- The longer the weapon, the closer you need to go
- Intercept/Deflect instead of blocking
- Intercept the weapon with soft body/forearm parts
- Firearm/Long Firearm – Weapon Control Focused
- Knife – Hand/Wrist Control Focused
- Blunt Weapon Hand/Wrist and/or Weapon Control Focused
- No kicking the weapon out of the hand(s)
- No reaching out to grab the weapon

Core Requirements

Knife: (Volume 1)

- **Stab/Thrust**
 - V-Clamp Center Lock & Stab or Takedown
 - Outside Ulna & Palm Strike Disarm or Center Lock
 - Outside Cross Side Radial Strike Disarm, Check, & Brachial Stun
 - Outside Same Radial Strike Disarm & Palm Heel Strike
 - Outside Same Side Elbow Break & Stab or Wrist Lock
 - Outside Same Side Grab Elbow Break, Back Strike, Hyperextend
 - Outside Same Side Grab Armpit Arm Bar & Side Fall Takedown
 - X-Grab Basic Wrist Lock into Takedown & Hammer Lock
 - V-Clamp Horizontal Elbow Break & Throw
- **Slash Forehand/Backhand**
 - Outside Double Tap Arm Bar
 - Outside Same Side Grab (3 Variations In Stab/Thrust)
 - Outside Double Tap Hair/Collar Grab Leg Sweep Control
- **Overhead Stab**
 - Inside Check & Palm Heel Strike, Pass, Disarm or Lock
 - Inside Check & Palm Heel Strike, Pass, Directional Throw
 - Outside Check & Pass Center Lock or Wrist Break
- **Static Concepts**
 - (Face) Outside Split Entry Wrist Control & Lock or Break
 - (Back) Outside Wrist Control & Lock or Break
 - (Neck) Opposite of Blade Wrist Control & Lock or Break

Firearm: (Volume 2)

- **Face Level; Front**
 - Vertical Wheel Extraction
- **Chest/Stomach Level; Front**
 - Horizontal Wheel Extraction (Inside)
 - Vertical Center Lock Extraction (Inside)
 - 4-Directional Throw Extraction (Outside)
 - Basic Wrist Lock Extraction (Over and Inside)
 - Armpit Arm Bar Extraction or Takedown (Over and Inside)
- **Under Chin & On Neck; Front**
 - Horizontal Wheel Extraction (Inside)
 - Outside Wrist Lock Extraction (Outside)
- **Head Level; Back**
 - Under Trap Palm Heel Strike Inside Weapon Control
 - Under Trap Palm Heel Strike Outside Weapon Control
- **Middle/Lower Spine; Back**
 - Under/Over Trap Palm Heel Strike Inside Weapon Control
 - Under/Over Trap Palm Heel Strike Outside Weapon Control
- **Hostage Type (Choke and gun to head)**
 - Palm Heel Strike Weapon to Face Extraction

Long Firearm: (Volume 3)

- Same Side, Inside, Butt Grab Extraction
- Same Side, Inside, Over Grab Pistol Grip Extraction
- Same Side, Outside, Support Hand Grab Extraction
- Same Side, Outside, Support Hand Grab, Elbow Lever Extraction
- Outside, Brush/Trap, Snake Over, Weapon in Arm Pit, Extraction
- Same Side, Split Entry, Wrist Grab Takedown
- Brush, Arm Pit Trap, Hands Attack Extraction
- Cross Side, Inside, Split Entry, Grab Vertical Extraction
- Cross Side, Inside, 4-Directional Throw Extraction
- [Body] Same Side, Over Inside, Under Outside, Leg Trap Extraction
- Cross Side, Outside, Strike, Grab & Twist Takedown Extraction
- Same Side, Inside, Under Grab & Twist Extraction
- **Head Level; Back**
 - Roll & Arm Pit Trap, Weapon Grab Extraction
- **Middle/Lower Spine; Back**
 - Roll & Elbow Trap, Trigger Grab Twist Extraction
 - Roll, Weapon Grab, Vertical & Twist Extraction
 - Roll, Weapon Grab, Elbow Lever Extraction

Blunt Weapons: (Volume 4)

- **Horizontal Forehand Strike**
 - Inside Counter w/ three universal positions
- **Horizontal Backhand Strike**
 - Outside Counter w/ three universal positions
- **One-Hand Overhead Strike**
 - Outside & Pass w/ three universal positions
 - Inside Counter w/ three universal positions
- **One-Hand Thrust**
 - Inside Counter w/ three universal positions
 - Outside Counter w/ three universal positions
- **Two-Hand Thrust**
 - Counter w/ three universal positions
- **Two-Hand Horizontal Strike**
 - Inside Counter w/ three universal positions
 - Outside Counter w/ three universal positions
- **Two-Hand Overhead Strike**
 - Outside & Pass w/ three universal positions
 - Inside Counter w/ three universal positions

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Annex D – Defensive Weapon (Dan Bong/Cane) Use Track

Dan Bong (See the “Dan Bong” for all references)

- Concepts
 - Hold balanced and loose
 - Leave a space at the bottom
 - Grip, Reverse Grip, Two Hand Grip
 - 13 Angles of Attack
 - PP equals Pressure Point
- Striking Defense against a Punch
 - Inside Brush/Trap Strike Wrist & Strike Neck
 - Outside Brush Over Strike Elbow & Strikes
 - Outside Brush/Trap Strike Leg, Strike Neck
 - Split Entry Inside Forearm Strike, Outside Forearm Strike
 - (1-2 Punch) Outside Brush/Trap, Outside Strike
 - (1,2,3 Punch) Outside Brush/Trap, Outside Strike, Inside Strike
 - (Hook) Inside Strike, Stomach Strike, Neck PP Strike
 - (Hook) Inside Strike, Pass Over, Strike Face, Stomach, Face
 - (Backfist) Double Hand Block, Strike Stomach, Face
- Striking Defense against a Grab
 - (Same Side) Radial Bone Strike
 - (Same Side Inverted) Ulna Bone Strike
 - (Cross Side) Radial Bone or Ulna Bone Strike
 - (Same Side) S-Lock with Two Hands on DB
 - (Cross Side) S-Lock with Two Hands on DB
 - (Two Hand Grab) Insert Ulna/Radial Bone Leverage Strike
 - (One Hand Choke) Trap & Strike Hand, Temple Strike, Rake
 - (Two Hand Choke) Trap Over, Stomach Strike, Neck PP Strike
 - (Two Hand Choke) Trap Over, Stomach Strike, Leg Trap/Strike
 - (Cross Wrist/Same Sleeve) Outside Elbow Strike/Pull
 - (One Hand Shoulder, Back) Outside Elbow Strike, Counter
 - (Two Hand Choke, Back) Groin Strike, Elbow Chest, Face Strike
 - (Rear Choke) Elbow PP Strike & Throw
- Striking Defense against a Kick
 - (Front) Toe/Top of foot Strike
 - (Front) Outside Brush & Knee Strike, Face Strike
 - (Front) Inside Brush & Knee Strike, Face Strike
 - (Front) Outside Brush & Various Dynamic Strikes
 - (Front) Inside Brush & Various Dynamic Strikes
 - (Roundhouse) Catch & Strike, Insert around Neck Takedown
 - (Side) Outside Brush/Strike, Face Strike, Neck & Sweep
- Defense against a Wrist Grab with Stick
 - (Same Side) S-Lock Strike/Rake
 - (Same Side) Hammer Lock Clavicle PP Strike
 - (Cross Side) S-Lock & Double Grab Rake
 - (Cross Side) Horizontal Finger/Wrist Roll
 - (Cross Side) 4-Directional Throw
- Defense against a Wrist Grab without Stick
 - (Same Side) Inside Back of Neck Strike/Pull
 - (Same Side) Inside Forearm Strike Neck Crank/Choke
 - (Same Side) Inside Forearm Strike Neck Pass through Cross Rear Choke
 - (Same Side) Inside Reverse Hammer Lock Chest Leverage Strike
 - (Same Side) Inside Figure-4 with Wrist Lock
 - (Same Side) Inside Neck Leverage Strike Pass Through Takedown
 - (Same Side) Counter Grab, Goose Neck, Wrist Trap
 - (Cross Side) Counter Grab Arm Bar
 - (Cross Side) Arm Pit Strike, Inside Back of Neck Leverage Strike
- Defense against a Punch
 - (Linear) Outside Trap Center Lock
 - (Linear) Outside Pass Arm Bar Rake
 - (Linear) Split Entry 4-Directional Throw
 - (Linear) Inside Forearm Strike & Cross Grab Neck Crank
 - (Back Fist) Outside Wrist Lock
 - (Grab & Uppercut) Bicep Strike, Hammer Lock, Choke
- Defense against Ground Fighting
 - (Standing Over) Leg Trap, Leg Bar/Roll, & Strike
 - (Mounted Choke) Bicep Strike/Roll, Neck Strike, & Roll
 - (Mounted Choke) Groin Strike, Face Strike, Triceps Strike
 - (Mounted Choke) Side Strike, Groin Strike, Cross Neck Roll
 - (Mounted Choke) Inside Spread, Wrap, Sternum Strike
 - (Guard Choke) Outside Triceps Arm Bar
 - (Guard Choke) Inside Spread & Wrap, Sternum Strike & Push
 - (Tackle) Two Hand Block to the Shoulder/Neck
 - (Tackle) Spine Strike
- Defense against Two Hands Grabbing Two Hands (Front)
 - Counter Grab, Leg Strike, Arm Bar
 - Counter Grab, Leg Strike, Cross Hammer Lock & Wrist Lock
 - Counter Grab, Leg Strike, Center Lock, Cross Hammer Lock
 - Wrist Slam, Stick Grab, Roll, & Face Strike
- Defense against Two Hands Grabbing Two Hands (Back)
 - Step Out, Counter Grab, Arm Bar
 - Groin Strike, Headlock with Stick in the Face
 - Wrist Strike, Groin Strike, Hammer Lock
- Defense against a Push
 - Chest Thrust
 - Inside Trap, Back of Neck Strike & Pull Takedown
 - Brush Over, Strike, Side Kick
 - Finger Lock & Outside Wrist Lock
 - Hand Lock, Center Lock, Hammer Lock
- Double Stick
 - (1-2 Linear Punch) Outside Wrist Strike, Wrist Strike, Strike
 - (1-2 Hook Punch) Inside Wrist Strike, Wrist Strike, Strike
 - (Linear Punch) Outside Wrist Strike & Arm Pit Strike
 - (Linear Punch) Outside Double Tap & Strike
 - (Hook Punch) Inside Double Tap, Back of Neck Strike & Pull
 - (Linear Punch) Outside & Pass, Double Strike in Back
 - (Linear Punch) Inside & Pass, Back of Neck Strike Throw
 - (Hook Punch) Inside Strike Figure-4 Takedown
 - (Hook Punch) Inside Strike Figure-4 & Choke Takedown
- Double Stick Drills
 - (Linear Punch) Outside Double Tap, Double Body/Leg Strike, Double Back Strike
 - (Hook Punch) Inside Double Tap, Double Body/Face Strike
 - (Front Kick) Double Leg Strike & Double Body/Face Strike
- Stick with Lanyard
 - (Linear Punch) Outside Deflect, Wrap Around the Neck & Choke
 - (Linear Punch) Outside & Underneath, Capture in One Hand, Outside Wrist Lock Like Takedown
 - (Linear Punch) Outside & Over, Capture in One Hand, Arm Bar
- Offensive Control
 - Insert on Inside of Wrist, Grab & Step Under for Center Lock Like Trap
 - Insert on the top of Wrist, Goose Neck, Outside Wrist Lock
 - Insert Inverted, Basic Wrist Lock
 - Inverted Grab, Face Strike, Reverse Hammer Lock, Chest Lever
 - Inverted Grab, Face Strike, Figure-4 Takedown
- Defense against a Long Stick
 - Double Hand Block, Grab Stick & Peel Hand
 - Double Hand Block, Grab Stick & Hand Strike
 - Double Hand Block, Grab Stick & Insert under and the Tip & Roll
 - Reverse Grip Block, Pass Trough, Triceps Strike
- Defense against a Knife
 - (Grab & Stab) Cross Trap, Arm Pit Strike, Hand Strike, Face Strike
 - (Grab & Stab) Cross Trap, Arm Pit Strike, Knee Strike, Escape
 - (Knife on Neck) Inside Insert, Trap & Strike Radial Bone, Back of Neck Takedown
 - (Behind and Knife on Neck) Hook the Wrist, Forearm PP Strike & Control
 - (Behind and Knife on Neck) Hook the Wrist, Forearm PP Strike, Bow & Takedown
 - (Slash) Inside Wrist Strike & Face Strike
 - (Slash) Inside Wrist Strike, Trap, Face Strike, Forearm Strike
 - (Slash) Inside Wrist Strike, Trap, Face Strike, Pass, Hand Strike
 - (Downward Stab) Two Hand Block, Elbow Strike, Roll Disarm
 - (Downward Stab) Outside Trap & Roll

Cane (See the "Cane" DVDs for all references.)

- **Strikes**
 - Head, Body, & Legs
 - Diagonal, Vertical, Horizontal, Thrust, & Hook
 - One & Two Hand
- **Defense against a Punch (Striking)**
 - Inside Deflect & Cane Groin Strike
 - Inside Deflect & Cane Downward Horizontal Head Strike
 - Thrust Strike & Cane Trap Ankle & Kick Knee
 - Outside Cane Deflect, Face Strike, Leg Strike, Stomach Strike
 - Outside, Horizontal Strike to Stomach, Hook Leg, Face Strike
 - Outside Cane Deflect, Spine Strike, Neck Hook Takedown
 - Outside Cane Deflect, Spine Strike, Neck Hook Control Choke
 - Outside Deflect, Cane Groin Strike, Hook Groin and Hair Grab
 - Outside Cane Deflect, Neck Hook Control Choke
- **Defense against a Punch (Techniques)**
 - Inside, Cane upward Strike Elbow, Fingure-4/Neck Crank
 - Inside, Cane Upward Strike Armpit, 4-Directional Throw
 - Outside, Pass to Shoulder, Arm Bar
 - Outside, Cane Deflect, Throat Strike Takedown
 - Outside, Cane Deflect, Throat Hook Takedown
 - Inside, Cane Rib Strike, 4-Directional Throw
 - Inside, Cane Rib Strike, Pass Through Takedown
 - Inside, Cane Bicep Strike, Neck Hook, Palm Heel Strike
 - Inside, Cane Bicep Strike, Neck Hook Takedown
 - Inside, Cane Hook Face Strike, Elbow Hook & Wrist Lock
 - Inside, Cane Forearm Strike, Neck Hook, 4-Directional Throw
 - Outside, Cane Deflect & over Elbow, Arm Bar Hammer Lock
 - Inside Pass Through Arm Bar, Neck Hook
 - Outside, Cane upward Strike Elbow then Neck & Throw
- **Defense against a Kick (Striking)**
 - (Roundhouse Kick) Inside Shin/Knee Strike
 - (Front Kick) Outside Shin/Knee Strike, Face Strike
 - (Roundhouse Kick) Inside Deflect, Face Strike
 - (Front Kick - Stopping) Horizontal Shin Strike, Face Strike
 - (Roundhouse Kick) Inside Shin Strike/Deflect, Groin Strike
- **Defense against a Bear Hug (Striking)**
 - (Back, Arms In) Groin Thrust Strike, Face Strike
 - (Back, Arms Out) Face Thrust Strike
 - (Back, Arms Out) Over Should Strike, Leg Strike, Head Strike
 - (Back, Arms Out) Ankle Hook, Stomp Groin
 - (Front, Arms Out) Spine Thrust Strike, Horizontal Face Strike
 - (Front, Arms Out) Horizontal Face Strike, Body Strike
 - (Front, Arms Out) Horizontal Lower Back Pull & Rotate
 - (Front, Arms In) Groin Strike, Horizontal Neck Strike Push
- **Defense against a Grab (Striking)**
 - (Same Side Wrist) Groin Strike, Face Strike
 - (Same Side Wrist) Face Strike
 - (Same Side Wrist) Groin Strike & Cane Lever Takedown
 - (Same Side Wrist) Groin Strike & Arm Bar Takedown
 - (Same Side Cane Hand) Groin Strike
 - (Same Side Cane Hand) Face Strike, Groin Strike
 - (Same Side Cane Hand) Switch Hand, Face, Body, & Leg Strikes
 - (Same Side Cane Grab) Face Strike, Face Strike, Back Thrust
 - (Same Side Cane Grab) Hook Breakaway, Face Strike
 - (Cross Side Cane Grab) Hook Breakaway, Face Strike
 - (Double Lapel Grab) Groin Strike, Forearm Press, Face Strike
 - (Double Lapel Grab) Stomach Thrust, Over/Under, Face Strike
 - (Double Lapel Grab) Outside Forearm Strike, Neck Hook
- **Defense against a Grab (Techniques)**
 - (Same Side Cane Hand) Cane over Wrist Lock
 - (Same Side Cane Hand) Cane over Wrist Lock & Strike
 - (Cross Side Cane Hand) Cane over In/Out Wrist Lock
 - (Cross Side Cane Hand) Cane over Out/In Wrist Lock & Strike
 - (Two Hand Cane Hand) Cane over Out/In Wrist Lock & Strike
 - (Two Hand Cane Hand) Cane over In/Out Wrist Lock
 - (Two Hands From Back) Cane Stomach Strike & Neck Strike
 - (Two Hands From Back) Cane Face Strike & Stomach Strike
- **Defense against a Choke (Techniques)**
 - (Rear Choke) Cane Groin Thrust Strike, Chin Strike, Body Strike
 - (Side Headlock) Cane Leg Strike, Face Strike
 - (Side Headlock) Cane Double Shin Strike Takedown
 - (Side Headlock) Cane Upward Face Thrust Strike, Body Strike
- **Defense against a Knife Attack (Techniques)**
 - (Slash) Inside Forearm Strike & Face Strike
 - (Slash) Inside Forearm Strike & Neck Hook Takedown
 - (Downward Stab) Outside Forearm Strike, Leg Strike, Face Strike
 - (Downward Stab) Inside Stomach Thrust & Face Strike
 - (Stab) Inside Wrist Strike & Face Strike
 - (Stab) Outside Forearm Strike, Body Strike, Leg Strike, Face Strike
 - (Stab) Downward Horizontal Thrust, Face Strike, Head Strike
 - (Backhand Slash) Outside Forearm Strike, Stomach Strike, Face Strike

Annex E – Balance Disruption & Trapping Track

See the “Balance Disruption & Foot Trapping” and “Trapping, Volumes 1 & 2” DVDs for all references.

Balance Disruption

- Distraction @ Beginning, Middle, and/or End
- Where the Head goes, the Body goes
- Distraction
- Circular Brush against Straight Attack
- Push & Pull
- Spinal Alignment

Foot Trapping

Stand-Up Foot Trapping:

- Foot Press – Same Side
- Foot Press – Cross Side
- Rear Trap – Outside/Same Side
- Rear Trap – Inside/Same Side
- Rear Trap – Inside/Cross Side
- Incorporate foot trapping in techniques

Ground Foot Trapping:

- Strong Side Forward (No Firearm) Trap & Strike
- Weak Side Forward (w/ Firearm) Trap & Strike

Hand Trapping

Sectors/Entries:

- Outside – Same Side Entry
- Outside – Cross Side Entry
- Inside – Same Side Entry
- Inside – Cross Side Entry
- Split Entry
- Reverse Split Entry

Drills:

- High & Low Drill
- Same Side Outside Drill
- Cross Side Outside Drill
- Brush Trap Strike Drill
- Brush Brush Trap Strike (Hubud) Drill
- Pass Over Drill
- Pass Under Drill
- Pass Over & Under Drill
- Forearm Strike Drill
- Elbow Strike & Pass Drill

Hand Counter Trapping

- Same Side Counter Trap – Cross Side Inside
- Same Side Counter Trap – Cross Side Outside
- Cross Side Counter Trap – Cross Side Inside
- Cross Side Counter Trap – Cross Side Outside
- Same Side Outside Counter Trap Strike
- Same Side Inside Counter Trap Strike
- Cross Side Inside Counter Trap
- Same Side Inside Counter Trap

Sectors/Entries: Combat Hapkido has six different sectors that may be applied when encountering an opponent.

- **Outside – Same Side Entry:** Same side brush to the outside followed by a cross side technique to the outside.
- **Outside – Cross Side Entry:** Cross side brush to the outside followed by a same side technique to the outside.
- **Inside – Same Side Entry:** Same side brush to the inside followed by a cross side technique to the inside.
- **Inside – Cross Side Entry:** Cross side brush to the inside followed by a same side technique to the inside.
- **Split Entry:** Same side brush to the outside followed by a cross side technique to the inside.
- **Reverse Split Entry:** Cross side brush to the outside followed by a same side technique to the inside.

High & Low Drill: High Knife Hand Strike as your partner checks with a cross side High Knife Hand Strike and transition with the same hand to a Low Knife Hand Strike as partner checks with a Low Knife Hand Strike with the same hand; rotate and switch hands; repeat.

Same Side Outside Drill: (Brush Strike) Your partner strikes, you brush their hand with your same side hand to the outside, and counter strike with your cross side hand; your partner brushes your hand with their same side hand to the outside and counter strike with their cross side hand; repeat.

Cross Side Outside Drill: (Brush Strike) Your partner strikes, you brush their hand with your cross side hand to the outside and counter strike with your same side hand; your partner brushes your hand with their cross side hand to the outside and counter strikes with their same side hand; repeat.

Brush Trap Strike Drill: (Asymmetric) [Drill can be same side or cross side and outside or inside.] Your partner strikes, you brush their hand with your same side hand to the outside, brush with your cross side hand to the outside and counter strike with your same side hand; your partner then starts over with another punch/strike.

Brush Brush Trap Strike (Hubud) Drill: [Drill can be same side or cross side and outside or inside.] Your partner strikes, you brush their hand with your same side hand to the outside, brush with your cross side hand to the outside, trap with your same side hand to the outside, and counter strike with your cross side hand; your partner brushes your hand with their same side hand to the outside, brushes with their cross side hand to the outside, traps with their same side hand, and counter strikes with their cross side hand; repeat.

Pass Over Drill: Your partner strikes, you check their hand with your same side hand, brush their hand (from underneath) up and over with your cross side hand, trap with your same side hand, and counter strike with your cross side hand; your partner checks your hand with the same side hand, brushes your hand (from underneath) with their cross side hand up and over, traps your hand with their same side hand, and counter strikes with their cross side hand; repeat.

Pass Under Drill: Your partner strikes, you check their hand with your same side hand, brush their hand (from above) down and over with your cross side hand, trap with your same side hand, and counter strike with your cross side hand; your partner checks your hand with the same side hand, brushes your hand (from above) with their cross side hand down and over, traps your hand with their same side hand, and counter strikes with their cross side hand; repeat.

Pass Over & Under Drill: Dynamically combine the Pass Over and Pass Under Drills.

Forearm Strike Drill: Start same side forearm to forearm with your forearm horizontal and your partner's forearm vertical (stay in constant contact); check and push their hand down with your cross side hand into a horizontal position as you rotate your same side forearm to a vertical position; your partner checks and pushes your hand down with their cross side into a horizontal position as they rotate their same side forearm to a vertical position; repeat. Transition by trapping their hand into the horizontal position and rotating your cross side elbow into an elbow strike and adjusting your front leg.

Elbow Strike & Pass Drill: Your partner horizontally elbow strikes, you check their arm with your same side forearm and collapsed wrist; maintaining contact, slide your same side elbow up and over their elbow pushing it down; counter strike with your cross side horizontal elbow; your partner checks your arm with their same side forearm and collapsed wrist; they maintain contact, they slide their same side elbow up and over your elbow pushing it down; they counter strike with a cross side horizontal elbow; repeat.

Annex F – ICHF Instructor Qualifications

Regional Instructor Course

- Must be at least a **Red Belt** in Combat Hapkido.
- Initial Course fee TBD; Renewal Course fee TBD in accordance with License Fee, Material, and Instructor Fees.

ICHF Instructor Certifications

Instructor Certifications will be valid for a 1 year period in accordance with individual ICHF Membership Status.

Apprentice Instructor

- Must be at least a **Red Belt** in Combat Hapkido.
- **Regional Only:** Must complete a Regional Instructor Course (Cost TBD).
- License fee \$25 and renewal fee \$25.

Instructor

- Must be a **1st or 2nd Dan Black Belt** in Combat Hapkido.
- **Regional Only:** Must complete a Regional Instructor Course (Cost TBD).
- License fee \$50 and renewal fee \$50.

Senior Instructor

- Must be a **3rd or 4th Dan Black Belt** in Combat Hapkido.
- **Regional Only:** Must complete a Regional Instructor Course (Cost TBD).
- License fee \$75 and renewal fee \$75.

Master Instructor

- Must be a **5th or 6th Dan Black Belt** in Combat Hapkido.

Senior Master Instructor

- Must be a **7th Dan Black Belt** in Combat Hapkido.

Grandmaster

- Must be a **8th or 9th Dan Black Belt** in Combat Hapkido.

Ground Survival (GS) and Tactical Pressure Points (TPP)

Instructor Licenses (Level 1-2-3-4) will be valid for a 3 year period. Each must be renewed in one of the following manners:

- By certifying to a higher level.
- Renewing at the current level by attending 3 GS/TPP Seminars (any level) in a 3 year period.

Level 1 – Apprentice Instructor

- Must be at least **18 years old** and at least a **Red Belt** in Combat Hapkido (or equivalent).
- Must have attended a Level One intensive seminar; have the Level One DVD; and **TPP Only:** TPP Manual.
- Must show proficiency by testing in front of ICHF Program Director or Qualified Instructor.
- Certification fee \$150; renewal fee \$150.

Level 2 – Associate Instructor

- Must be a Certified Level One Apprentice for at least 1 year.
- Must have attended a Level Two intensive seminar and have the Level Two DVD.
- Must show proficiency by testing in front of ICHF Program Director or Qualified Instructor.
- Certification fee \$200; renewal fee \$150.

Level 3 – Instructor

- Must be a Certified Level Two for at least 1 year.
- Must be at least **21 years old** and at least a **1st Dan Black Belt** in Combat Hapkido (or equivalent).
- Must have attended a Level Three intensive seminar and have the Level Three DVD.
- Must show proficiency by testing in front of ICHF Program Director or Qualified Instructor.
- Certification fee \$250; renewal fee \$150.

Level 4 – Senior Instructor

- Must be a Certified Level Three for at least 2 years.
- Must have attended a Level Four intensive seminar and have the Level Four DVD.
- Must show proficiency by testing in front of ICHF Program Director or Qualified Instructor.
- Certification fee \$300; renewal fee \$150.

Level 5 – Master Instructor

- Must be a Certified Level Four for at least 3 years.
- **GS Only:** Must be at least 25 years old and at least a **3rd Dan Black Belt** in Combat Hapkido (or equivalent).
- **TPP Only:** Must be at least 30 years old and at least a **4th Dan Black Belt** in Combat Hapkido (or equivalent).
- Must have attended a Level Five intensive seminar; have the Level Five DVD; and **TPP Only:** Master Instructor Handbook.
- Must show proficiency by testing in front of ICHF Program Director.
- Certification fee \$500; no renewal fee; lifetime.