



GREEN BELT 7TH GUP



REQUIREMENTS

STUDENTS NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO GREEN STUDENT NOTES

CORE REQUIREMENTS FOR RANK

Understanding Concepts & Principals		
PEDA	Distraction	High Low Principal
Vulnerable Anatomy	Redundancy	Speed

Fundamentals	
Faints:	Setup kicks and Hand strikes
Foot Trapping Drills:	Shuffle step and step back.
Rolling out	Angle off and shifting from leads

Fundamentals-Striking	
Palm Heel	Use Lead hand and rear
Tiger Mouth	Use both lead and rear hand

Fundamentals-Kicks	
Scoop Kick	Use both lead and rear Leg
Slap Kick	Low and High

Fundamentals-Sectoring Concepts	
Sectoring the Jab:	Same-Side Outside 1-2
Sectoring the Jab:	Brush trap 1-2
Sectoring the Jab:	Split entry 1-2

Core Techniques	
Breakaways:	10-14
Same Side Wrist Grabs:	6-10
Cross Wrist Grabs:	4-6

(Not Required for Belt Advancement)

Additional Programs		
Ground Survival LV-2	Combat Stick LV-2	Dan Bong LV-1
TTP LV-1		

COMBAT HAPKIDO GREEN STUDENT NOTES

PRINCIPLES TO LEARN AND UNDERSTAND

TACTICAL CONCEPTS

- PEDA
- Distraction
- High low Principal
- Vulnerable Anatomy
- Redundancy
- Speed

PEDA: This principal refers to a universal neurological four-step process, that the brain engages in when threatened.

- **P: Perception**, the function of the brain becoming aware of sound and movement or other external activity.
- **E: Evaluation**, this is the analysis of what was perceived. Is it dangerous or harmful?
- **D: Decision**, this is in which you select the appropriate response
- **A: Action**, you now choose the dynamic or physical movement to use.

Distraction: This can be physical or verbal, and is used to perform certain joint locks, and escapes.

High Low Principal: This takes advantage of predictable autonomic responses to give you the upper hand in a fight. It is a strategically smart and extremely effective way to deliver multiple strikes to unprotected areas.

Vulnerable Anatomy: Basically, you are always attacking the most vulnerable part of the attacker's body.

Redundancy: This concept refers to how a technique should work, even if you miss the target of your attacker isn't responding to it. Such as a pressure point.

Speed: Of all concepts this is very important. The idea is to cut down on our response time to an attack. The more we practice the faster we get training and getting our response time to be quicker.

COMBAT HAPKIDO GREEN STUDENT NOTES

Sectoring Concepts: Sectoring the Job

1.) _____

2.) _____

3.) _____

4.) _____

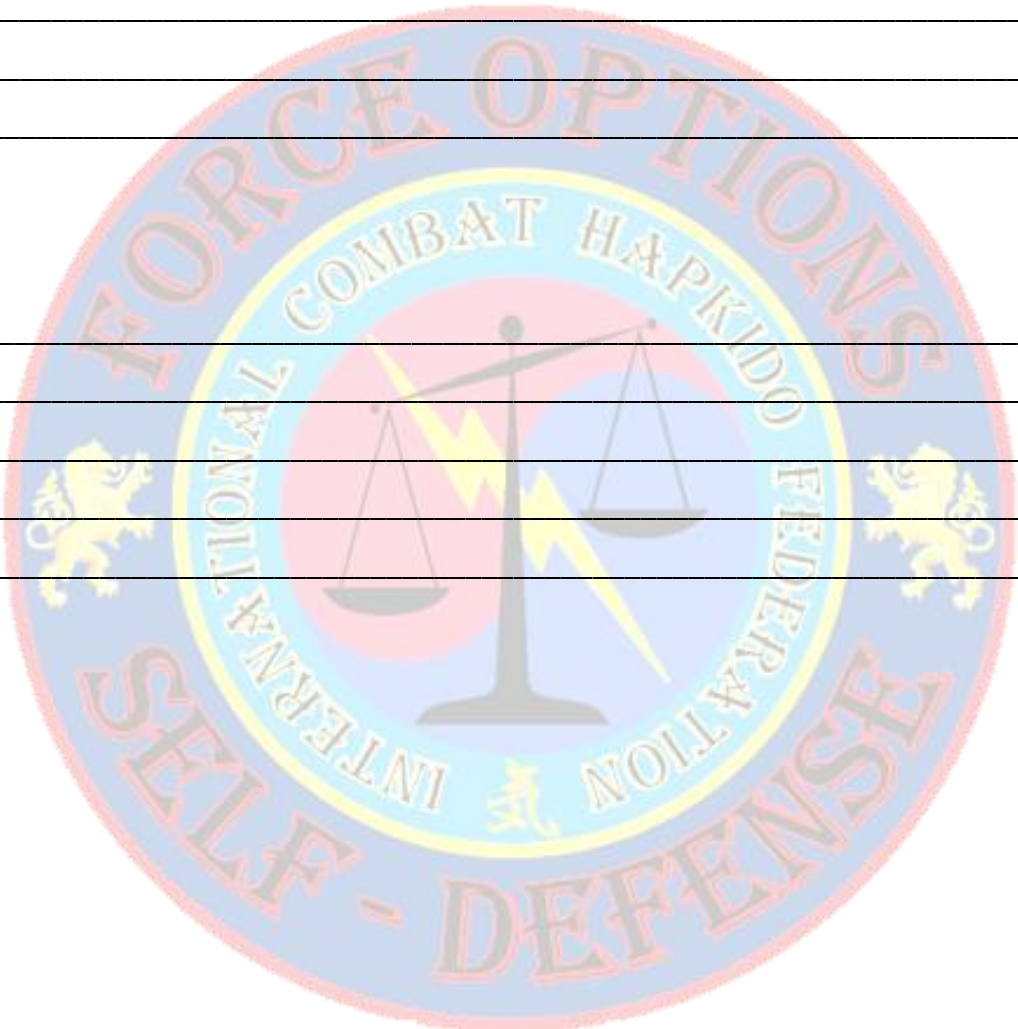


COMBAT HAPKIDO GREEN STUDENT NOTES

Sectoring Concepts: Sectoring the Job

5.) _____

6.) _____



COMBAT HAPKIDO GREEN STUDENT NOTES

CORE TECHNIQUES

Breakaways (10-14)

1.) _____

2.) _____

3.) _____

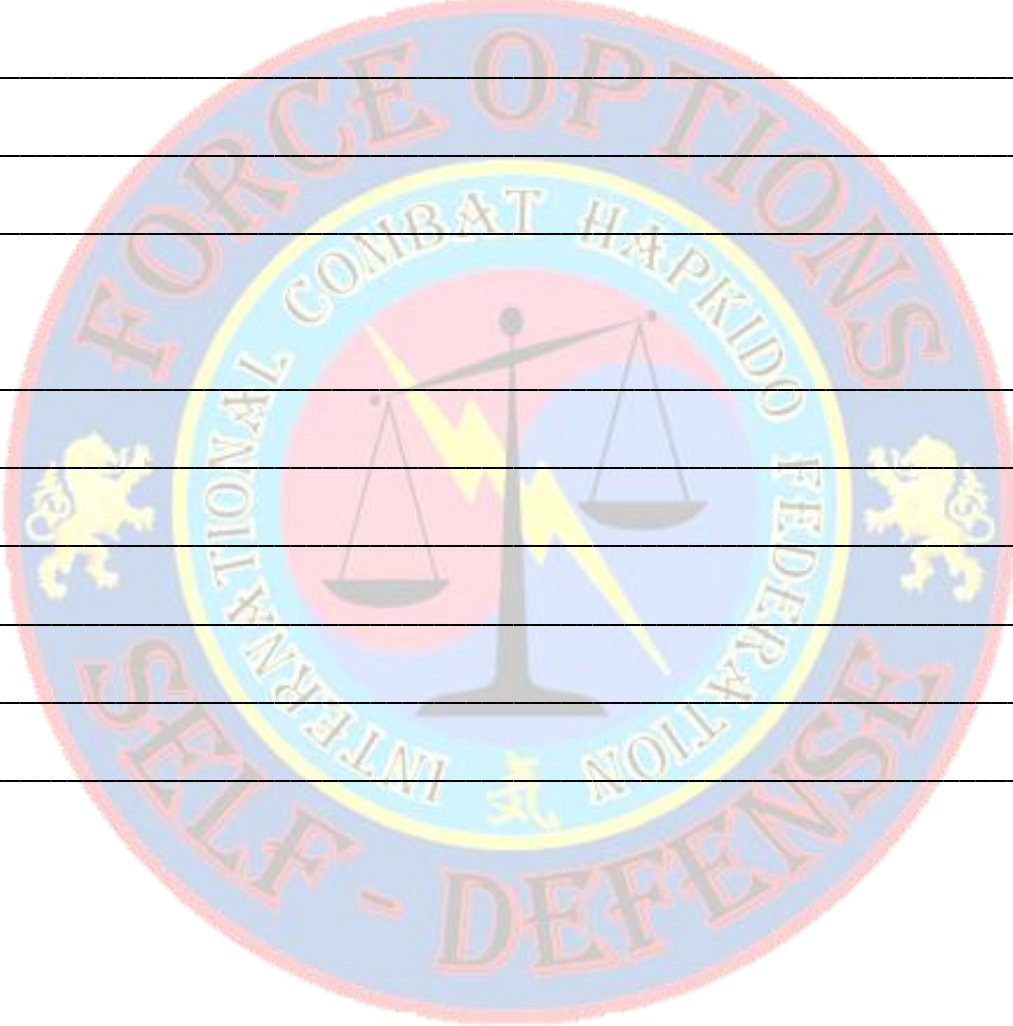


COMBAT HAPKIDO GREEN STUDENT NOTES

CORE TECHNIQUES

4.) _____

5.) _____



COMBAT HAPKIDO GREEN STUDENT NOTES

CORE TECHNIQUES

Same side Wrist grabs (4) {always apply a distraction}

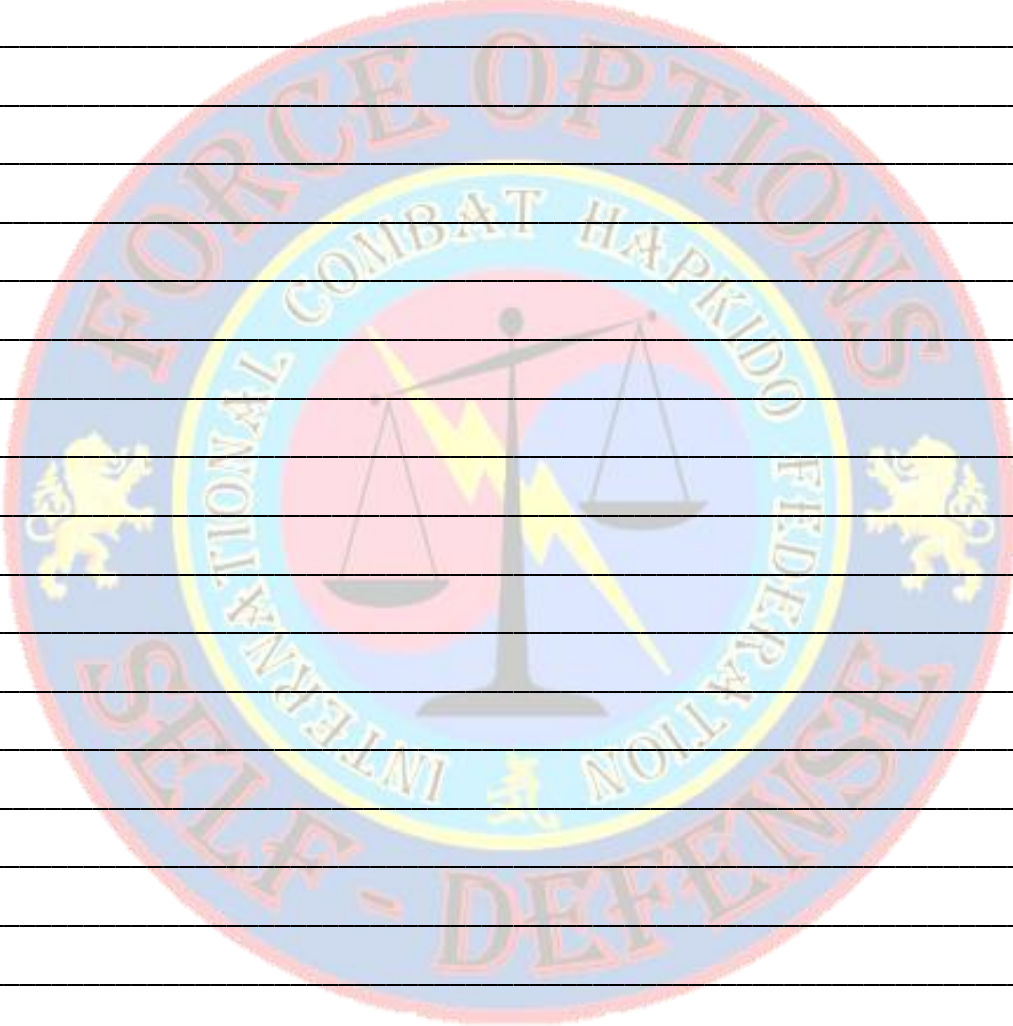
1.) _____

2.) _____

3.) _____

4.) _____

5.) _____



COMBAT HAPKIDO GREEN STUDENT NOTES

CORE TECHNIQUES

Cross Wrist Grabs (3) {always apply a distraction}

1.) _____

2.) _____

3.) _____

