

# HAPKIDO

\*Be sure to practice these on both sides of the body. Try not to develop a favorite side.

## 7 Hapkido Basics

Head Wrap  
Head Press  
Chin Strike  
Shoulder Wrap  
Elbow Break  
Wrist Shoulder Hold  
Diagonal Sweep to Knee

## Basic Escapes

Head Lock  
Police Choke  
Bear Hug  
Frontal Choke

## Set 1

Star  
Shoulder Star  
Wrap & Slap  
Head Wrap Chin Pull  
Snake Wrap  
Chin Strike & Sweep  
Walk Around Take Down  
Wrist Throw  
Shoulder Throw  
Hip Whirl

## Set 2

Knee Sweep  
Elbow Break Throw  
Dragon Tail Hands  
Crossover Path  
Throw Against Knife Hand  
Figure Four  
Back Stroke Throw  
Pull Belt, Push Head  
Hand Shake  
Elbow Manipulation

## Set 3

Elbow Pressure & Throw  
Wrist Lock  
Oblique Head Wrap Throw  
Roll the Kick  
Tackle the Knee  
Parry & Sweep  
Bind Front Kick & Step Kick  
Jam Back Kick & Sweep  
Bind & Tackle Front Kick  
Slip, Bind & Tackle Roundhouse

## Set 4 (Wrist Escapes)

1. Inside Lift  
2. Outside Circle  
3/4. Inside Circle (cross)  
5/6. Pull Out  
7/8. Strike & Swing  
9/10. Butterfly  
11/12. Elbow Break  
13/14. Extended Elbow Break  
15/16. Inside Wrist Press (Cross)  
17. Bump & Lift (Behind)  
18/19. Roll Out to Block (Escort)  
20/21. Handshake (Thumb)

## Set 5 (Escort Series)

Back Stroke Walk Around  
Takedown  
Freestyle Shoulder Throw  
Pinky Lock  
Waist Wrist Twist  
Elbow, Duck & Sweep  
Small Circle Elbow Break  
Cross Path Head Wrap Throw  
Weaving Wrist Bind  
Pin Hand, Roll Shoulder  
Cross Path Head Wrap Reversal