

RED BELT

ATTACK	STRIKE DEFENSE
R. Top of Head	L. Front Stance / R. High Block Grab / L. Punch / Arm 180 Takedown
R. Side of Head	R. Side Step / L. Outside Grab / Spinning Shoulder Takedown / Arm Bar Break
R. Straight Punch	L. Front Snap Kick / R. Jump Knee Strike
R. Round Kick	Spin Leg Sweep
L. Top of Head	R. Front Stance / L. High Block Grab / R. Punch / Arm 180 Takedown
L. Side of Head	L. Side Step / R. Outside Grab / Spinning Shoulder Takedown / Arm Bar Break
L. Straight Punch	L. Front Snap Kick / R. Jump Knee Strike
L. Round Kick	Spin Leg Sweep

ATTACK	GRAB DEFENSE
Rear Choke	Lean Forward To Shoulder Flip
Front Choke	Krav Defense
Headlock	Turn Face In / Trap Opponents Striking Arm / Inside How To Face Pull / Attack
Front Bear Hug	Lock Leg With Weaker Leg / Bite Or Headbutt / Strong Leg Knee To Groin
Rear Bear Hug	Drop Into Low Horse Stance / Arms Up Forward / Leg Behind Takedown And Go Down With Opponent / Strike On Ground
Same Side Wrist Grab	Hapkido Peel To 180 Degree Takedown
Opposite Side Wrist Grab	Hapkido Joint Peel / Two Handed Downward Submit / Knee To Face