

GREEN BELT

ATTACK	STRIKE DEFENSE
Right Top of Head	L. Front Stance / L. High Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
Right Straight Punch	L. Front Stance / L. Inside Block / L. Roundhouse To The Leg
Right Kick	R. Front Stance Side Step / L. Backfist / R. Spinning Backfist
Right Top of Head	L. Front Stance / L. High Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Palm Strike / R. Knee Strike / Judo Hip Throw / Arm Bar Break
Right Straight Punch	R. Front Stance / R. Inside Block / R. Roundhouse To The Leg
Right Kick	R. Front Stance Side Step / L. Backfist / R. Spinning Backfist

ATTACK	GRAB DEFENSE
Rear Choke	Step Behind Sweep / Elbow Stomach / Stand Up Attack
Front Choke	Turn Out & Single Pluck / Palm Strike To Face / Knee Strike / Elbow
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 Opposite Hand Joint Peel / Control Arm At Shoulder / Inside Leg Knee Or Snap Kick To Face
Opposite Side Wrist Grab	Outside Block Motion Grab / Shoulder Control / To 180 Degree Takedown