

# BLUE BELT

ATTACK	STRIKE DEFENSE
Right Top of Head	L. Front Stance / L. High Block Grab / R. Palm Strike / R. Knee Strike / Judo Takedown / Arm Bar Break
Right Side of Head	L. Front Stance / L. Outside Block Grab / R. Palm Strike / R. Knee Strike / Judo Takedown / Arm Bar Break
Right Straight Punch	L. Front Stance / L. Parry In / R. Punch To The Ribs / R. Knee Strike
Right Kick	R. Offensive Diag Side Step / L. Backfist / R. Elbow Smash / R. Knee Strike
Left Top of Head	R. Front Stance / R. High Block Grab / L. Palm Strike / L. Knee Strike / Judo Takedown / Arm Bar Break
Left Side of Head	R. Front Stance / R. Outside Block Grab / L. Palm Strike / L. Knee Strike / Judo Takedown / Arm Bar Break
Left Straight Punch	R. Front Stance / R. Parry In / L. Punch To The Ribs / L. Knee Strike
Left Kick	L. Offensive Diag Side Step / R. Backfist / L. Elbow Smash / L. Knee Strike

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