

# 1ST DAN REQUIREMENTS

## 1ST DEGREE BLACK BELT

1 / 6

### **General Requirements**

- Must be of good moral character.
- Submission of written essay.
- Minimum training-time: 2 years; 1440 hours.

### **Basic Knowledge**

The knowledge and skills listed under *Basic Knowledge* are usually not evaluated in formal testing. This material is integrated into overall Hapkido training or is acquired by reading relevant chapters in the book *Hapkido: Traditions, Philosophy, Technique*. The colored dots indicate the rank at which this material should be familiar to students. Recognize that skills such as attack points, stances, footwork, tumbling, and breakfalls are an integral part of Hapkido self-defense techniques, and thus are repeatedly demonstrated in that context.

#### *Basics*

- Ability to Define Hapkido
- Hapkido History + Philosophy
- Etiquette

#### *Anatomy*

- Anatomical Targets (80)
- Acupoint Targets (83)
- Acupoint-Fighting Principles (8)

#### *Breathing + Meditation*

- Basic Meditation Methods
- Tanjon Breathing (pushing forward)
- Tanjon Breathing (pushing upward)
- Tanjon Breathing (pushing inward)
- Tanjon Breathing (pushing down)

#### *Revival Techniques*

- Knee-to-Spine Revival
- Spine-Slap Revival
- Testicle Revival (lift and drop)

#### *Stances (22)*

- Relaxed (5)
- Fighting (11)
- Traditional (6)

#### *Standing Movement (44)*

- Forward Footwork (3)
- Backward Footwork (3)
- Lateral Footwork (10)
- Turning Footwork (6)
- Drawing Footwork (4)
- Crossing Footwork (4)
- Grappling Footwork (10)
- Combination Steps (4)

#### *Ground Movement (11)*

- Knee Walk
- Knee-Foot Walk
- Knee-Hand Drag
- Crab Walk
- Monkey Walk
- Buttock Pivot (4 variants)
- Forward Shoulder Roll (2 exits)
- Back Shoulder Roll (3 entries)
- Forward Roll
- Side Roll
- Side Crawl

#### *Transitional Movement (20)*

- Sit-Out Entry (to seated guard, 2-foot entry)
- Sit-Out Entry (to seated guard, extended-leg)
- Sit-Out Entry (to seated guard, bent-leg entry)
- Back Shoulder Roll Entry (to kneeling)
- Forward Shoulder Roll Entry (to seated guard)
- Forward Shoulder Roll Entry (to one knee)
- Two-Hand Drop Entry (to seated guard)
- One-Hand Drop Entry (to seated guard)
- Forward Shoulder Roll Recovery (to stand)
- Back Shoulder Roll Recovery (to stand)
- Side Roll Recovery (with Back Kick)
- Figure-4 Recovery (seated to stand)
- Two-Knee Recovery
- One-Knee Recovery
- Roll-Up Recovery
- Kip-Up Recovery
- Two-Hand Recovery (extended-leg fall)
- One-Hand Recovery (extended-leg fall)
- Two-Hand Recovery (bent-leg fall)
- One-Hand Recovery (bent-leg fall)

#### *Attack Points (60)*

- Hand + Arm Formations (40)
- Leg Formations (14)
- Head + Body (6)

#### *Breakfalls (8)*

- Front Fall
- Soft Front Fall
- Back Fall
- Sit-out Side Fall
- Bridge Fall
- Sweep Side Fall
- Flip Side Fall
- Twisting Side Fall

## 1ST DEGREE BLACK BELT

2 / 6

### Single Kicks (50)

- 1 Front Ball Kick
- 2 Front Heel Kick
- 3 Front Thrust Kick
- 4 Rising Front Kick
- 5 Front Blade Kick
- 6 Rising Front Blade Kick
- 7 Thrusting Blade Kick
- 8 Front Toe Kick
- 9 Front Instep Kick
- 10 Rising Instep Kick
- 11 Roundhouse Kick
- 12 45° Roundhouse Kick
- 13 Vertical Roundhouse Kick
- 14 Shin Roundhouse Kick
- 15 Reverse Roundhouse Kick
- 16 Side Thrust Kick (normal or hand-assist)
- 17 Low Side Thrust Kick
- 18 Side Snap Kick
- 19 Rising Side Kick
- 20 Push Kick
- 21 Back Kick (backward or turning)
- 22 Hand-Assist Back Kick
- 23 Back Side Kick
- 24 Uppercut Back Kick
- 25 Rising Back Kick
- 26 Rising Heel Kick
- 27 Rising Blade Kick
- 28 Stamp Kick
- 29 Descending Arch Kick
- 30 Shin Kick
- 31 Circular Inner-Heel Kick
- 32 Circular Blade Kick
- 33 Reverse Circular Blade Kick
- 34 Inside Crescent Kick
- 35 Outside Crescent Kick
- 36 Cutting Crescent Kick
- 37 Outside Axe Kick
- 38 Inside Axe Kick
- 39 Blocking Blade Kick
- 40 Straight Blocking Blade Kick
- 41 Inside Hook Kick
- 42 Passing Inside Hook Kick
- 43 Hook Kick
- 44 Spin Kick
- 45 Hook Spin Kick
- 46 Rising Knee Strike
- 47 Descending Knee Strike
- 48 Front Knee Strike
- 49 Roundhouse Knee Strike
- 50 Side Knee Strike

### Single-Leg Combination Kicks (20)

- 1 R Front Toe Kick  
R Roundhouse Kick
- 2 R Front Ball Kick  
R Side Kick
- 3 R Front Toe Kick to front  
R Side Kick to right
- 4 R Front Kick to front  
R Back Kick to rear
- 5 R Inside Crescent Kick  
R Front Kick
- 6 R Inside Crescent Kick  
R Side Kick
- 7 R Inside Crescent Kick  
R Roundhouse Kick
- 8 R Inside Crescent Kick  
R Outside Crescent Kick
- 9 R Outside Crescent Kick  
R Roundhouse Kick
- 10 R Outside Crescent Kick  
R Side Kick
- 11 R Outside Axe Kick  
R Front Kick (or Toe Kick)
- 12 R Outside Axe Kick  
R Roundhouse Kick
- 13 R Blocking Blade Kick  
R Roundhouse Kick
- 14 R Low Side Kick  
R High Side Kick
- 15 R Shin Kick  
R Side Kick
- 16 R Roundhouse Kick to 45° left  
R Side Kick to 45° right
- 17 R Roundhouse Kick  
R Hook Kick
- 18 R Circular Blade Kick to knee  
R Hook Kick to head
- 19 R Hook Kick  
R Roundhouse Kick
- 20 Four R Spin Kicks to front, right, rear, left

### Double-Leg Combination Kicks (10)

- 1 L Front Kick  
R Turning Back Kick
- 2 L Roundhouse  
R Turning Back Kick
- 3 L Side Kick  
R Turning Back Side Kick
- 4 L Roundhouse  
R Spin Kick
- 5 L Inside Crescent Kick  
R Spin Kick
- 6 L Side Kick  
R Spin Kick
- 7 L Front Toe Kick  
R Roundhouse  
L Turning Back Side Kick
- 8 L Front Kick to front  
R Side Kick to right
- 9 L Front Kick to front  
R Back Kick to rear
- 10 L Side Kick to left  
R Side Kick to right

**Ground Kicks (10)**

- 1 Drop Front Kick
- 2 Drop Roundhouse Kick
- 3 Drop Side Kick
- 4 Drop Back Kick
- 5 Drop Turning Back Kick
- 6 Drop Axe Kick
- 7 Drop Hook Kick
- 8 Drop Spin Kick
- 9 2-Foot Jump to avoid, Drop Spin Kick
- 10 1-Foot Jump, Drop Spin Kick

**Ground Combination Kicks (6)**

- 1 L Front Kick (standing)  
R Drop Spin Kick
- 2 R Drop Roundhouse Kick  
R Low Hook Kick
- 3 L Drop Roundhouse Kick  
R Low Spin Kick
- 4 R Drop Spin Kick  
R Low Roundhouse Kick
- 5 R High Spin Kick  
R Drop Spin Kick
- 6 R High Spin Kick  
R Middle Spin Kick  
R Low Spin Kick

**Jump Kicks (13)***(jump with one foot)*

- 1 Jump Front Kick
- 2 Jump Front Heel Kick (to chin)
- 3 Jump Thrusting Blade Kick
- 4 Jump Roundhouse Kick
- 5 Jump Side Kick
- 6 Jump Inside Crescent Kick
- 7 Jump Outside Crescent Kick
- 8 Jump Axe Kick (Blade or Heel)
- 9 Jump Hook Kick
- 10 Jump Reverse Roundhouse Kick
- 11 Jump Turning Back Side Kick
- 12 Jump Spin Kick
- 13 Two-Foot Jump Spin Kick

**Defense Against Punches (40)****Block + Strike (10)**

- 1 Inside Blk, Elbow Combo <sup>2</sup>  
or Inside Blk, Elbow, step, Turning Elbow
- 2 Semi-Circ Parry, Elbow, Uppercut <sup>3</sup>
- 3 2-Hand Grab Parry, Desc Knife Hand <sup>24</sup>
- 4 Sweep Parry or Palm Heel strike to TW-11,  
Middle Finger Fist to ribs, Inside Elbow <sup>25</sup>  
or Desc Parry, Ridge Hand to neck
- 5 Inside Blk+trap, Turning Elbow-Forearm combo
- 6 Sliding Blk, Uppercut and Hook Forearm <sup>29</sup>  
or Rising Blk, Uppercut
- 7 Knife Blk+Strike, Knife Strike, Rising Knee <sup>15</sup>
- 8 Parry, Outside Knife, Desc Palm <sup>13 one-hand</sup>
- 9 Two-Hand Blk, Outside Knife, Inside Elbow <sup>16</sup>
- 10 X Blk, Elbow Strike, Back Fist <sup>37</sup>

**Block + Kick (10)**

- 1 Inside Parry, Rising Blk, Shin+Front Thrust Kick <sup>2</sup>
- 2 Inside Parry (out), Turning Back Kick, Back Kick <sup>4</sup>
- 3 Outside Parry (in), Side Kick, Turning Back Kick <sup>5</sup>
- 4 Outside Parry (out), Roundhouse, Spin Kick <sup>6</sup>
- 5 Outside Blk (in), Side Snap Kick, Side Thrust Kick <sup>8</sup>
- 6 Grab Parry, Roundhouse, Inside Axe or Inside Hook <sup>11</sup>
- 7 Grab Parry, Side Kick, Low Side Kick <sup>12</sup>
- 8 Combined Parry, Knee Strike, Side Kick <sup>13</sup>
- 9 Grab Parry, Inside Crescent, Side Kick <sup>15</sup>
- 10 Grab Parry, Outside Crescent, Roundhouse <sup>16</sup>

**Block + Hold (10)**

- 1 Forearm Arm Bar <sup>2</sup>
- 2 Drop Bent-Arm Lock <sup>8</sup>
- 3 Outward Wrist Lock <sup>9</sup>
- 4 Outside-Lift Shoulder Lock <sup>10</sup>
- 5 Two-Hand Shoulder Lock <sup>12</sup>
- 6 Outside Twisting Arm Lock <sup>16</sup>
- 7 Inside Twisting Arm Lock <sup>17</sup>
- 8 Arm Trap Choke <sup>18</sup>
- 9 Rear Naked Choke <sup>19</sup>
- 10 Front Naked Choke <sup>20</sup>

**Block + Throw (10)**

- 1 Inside Shoulder Throw <sup>1</sup>
- 2 Outside Shoulder Throw <sup>3</sup>
- 3 Head Hip Throw <sup>7</sup>
- 4 Outside Hip Throw <sup>8</sup>
- 5 Foot-Plant Throw <sup>10</sup>
- 6 Outer Reap Throw <sup>13</sup>
- 7 Inner Reap Throw <sup>14</sup>
- 8 Scissor Throw <sup>17</sup>
- 9 Rear Drop Throw <sup>18</sup>
- 10 Two-Hand Reap Throw <sup>20</sup>

**Defense Against Kicks (22)****Block + Strike (10)***(using hand strikes and kicks)*

- 1 F: Raking Back Fist, Back Fist, Punch solar <sup>2</sup>
- 2 F: X blk, Rising Front Kick, Low Side Kick <sup>8</sup>
- 3 S: Hook Block, Inside Elbow thigh, Back Fist <sup>11</sup>
- 4 S: Scoop Blk, Side Kick, lift leg + throw <sup>15</sup>
- 5 R: Two-Hand Wrap, Spear to groin, Stamp <sup>17</sup>
- 6 R: Wrap, Outer Forearm, pull head, Rising Knee <sup>19</sup>
- 7 H: Two-Hand Wrap, Knee to thigh, Roundhouse <sup>25</sup>
- 8 H: Drop Spin Kick, kneeling Roundhouse <sup>29</sup>
- 9 A: Rising Blk, Hook Punch, Desc Arch Kick <sup>31</sup>
- 10 K: Inside Leg Blk, Stamp, head butt, rising knee <sup>32</sup>

**Block + Throw (12)**

- 1 F: Inside Hook Throw <sup>1</sup>
- 2 F: Outside Hook Throw <sup>2</sup>
- 3 F: Inside Shin-Press Throw <sup>5</sup>
- 4 S: Outside Shin-Press Throw <sup>6</sup>
- 5 S: X Leg-Twist Throw <sup>11</sup>
- 6 S: Reverse X Leg-Twist Throw <sup>12</sup>
- 7 F: Inside Leg Bar Throw <sup>13</sup>
- 8 S: Side Knee Throw <sup>14</sup>
- 9 R: Leg Foot-Plant Throw <sup>19</sup>
- 10 H: Front Reap Throw <sup>20</sup>
- 11 R: Leg Shoulder Throw <sup>21</sup>
- 12 K: Leg Hip Throw <sup>22</sup>

F = Front Kick

S = Side Kick

R = Roundhouse

H = Hook or Spin Kick

A = Axe Kick

K = Knee Strike

**DEFENSE AGAINST HOLDS (88)**

Knowledge of "Leading" Principles

**Basic Escapes (14)**

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape
- 9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

**Against Wrist Grab (31)***Opposite Wrist Grab (8)*

- 1 Bent-Arm Wrist Lock<sup>1</sup>
- 2 Straight-Arm Wrist Lock<sup>2</sup>
- 3 Elbow Arm Bar<sup>3</sup>
- 4 Forearm Arm Bar<sup>4</sup>
- 5 Outward Wrist Lock<sup>7</sup>
- 6 Bent-Wrist Hammer Lock<sup>10</sup>
- 7 Outside Twisting Arm Lock<sup>15</sup>
- 8 Inside Twisting Arm Lock<sup>16</sup>

*Cross-Wrist Grab (6)*

- 1 Bent-Arm Wrist Lock<sup>1</sup>
- 2 Forearm Arm Bar<sup>2</sup>
- 3 Passing Forearm Arm Bar<sup>3</sup>
- 4 Inner-Elbow Arm Bar<sup>4</sup>
- 5 Outward Wrist Lock<sup>5</sup>
- 6 Elevated Wrist Lock<sup>6</sup>

*False Handshake (4)*

- 1 Outward Wrist Lock<sup>1</sup>
- 2 360° Outward Wrist Lock<sup>2</sup>
- 3 Shoulder Arm Bar + Palm Lock<sup>3</sup>
- 4 Outside Twisting Arm Lock<sup>4</sup>

*Double Grab to 1 Wrist (6)*

- 1 Bent-Arm Wrist Lock<sup>1</sup>
- 2 Forearm Arm Bar<sup>2</sup>
- 3 Outside Shoulder Wheel<sup>3</sup>
- 4 Wrist-Lock Push Throw<sup>4</sup>
- 5 Bent-Arm Wrist Lock (held high)<sup>9</sup>
- 6 Twin-Arm Shoulder Throw (held high)<sup>10</sup>

*Double Grab to Both Wrists (7)*

- 1 Low Clash + Knife Hand Strike<sup>1</sup>
- 2 High Clash + Rising Knee Strike<sup>2</sup>
- 3 Side Knee Strike Throw<sup>3</sup>
- 4 Kick Combo to Inner Knees<sup>4</sup>
- 5 Elbow Strike + Leg Trap Throw<sup>5</sup>
- 6 Near Shoulder Throw (with arm bar)<sup>6</sup>
- 7 Cross-Arm Shoulder Throw<sup>17</sup>

**Against Clothing Grab (16)***Sleeve Grab (4)*

- 1 Chin Strike + Outer Reap Throw<sup>1</sup>
- 2 Bent-Arm Wrist Lock (clamp)<sup>3</sup>
- 3 Sword Arm Bar<sup>5</sup>
- 4 Bent-Arm Wrist Lock<sup>7</sup>

*Collar Grab (2)*

- 1 Forearm Arm Bar<sup>9</sup>
- 2 Two-Hand Arm Bar<sup>10</sup>

*Lapel Grab (4)*

- 1 Bent-Arm Wrist Lock (trap)<sup>13</sup>
- 2 Elbow Arm Bar<sup>15</sup>
- 3 Twist-Lift Shoulder Lock (twisted grab)<sup>17</sup>
- 4 Wrist Shoulder Throw (twisted grab)<sup>18</sup>

*Belt Grab (4)*

- 1 dn: Nerves, Thumb Lock, Back Fist<sup>21</sup>
- 2 dn: Clapping Forearm Arm Bar<sup>22</sup>
- 3 up: Nerve Press + Thumb Lock<sup>25</sup>
- 4 up: Clapping Shoulder Lock<sup>26</sup>

dn = palm down up = palm up

*Side Grab (2)*

- 1 Forearm Wrapping Throw<sup>29</sup>
- 2 Head Hip Throw<sup>32</sup>

**Against Chest Push (6)***One-Hand Push (4)*

- 1 Side Wrist Lock + Leg Arm Bar<sup>1</sup>
- 2 Rotary Throw<sup>2</sup>
- 3 Swinging Outward Wrist Lock<sup>3</sup>
- 4 One-Finger Lock<sup>4</sup>

*Two-Hand Push (2)*

- 1 Twin Outward Wrist Lock<sup>9</sup>
- 2 Two-Hand Reap Throw<sup>10</sup>

**Against Grab from Behind (10)***Double Wrist Grab (2)*

- 1 Elevated Wrist Lock<sup>1</sup>
- 2 Cross Arm Bar<sup>2</sup>

*Double Sleeve Grab (2)*

- 1 Scoop Throw + Spine Break<sup>5</sup>
- 2 Forearm Arm Bar (clamp)<sup>6</sup>

*Shoulder Grab (4)*

- 1 1s: Claw Push-Pull Throw<sup>9</sup>
- 2 1s: Side Foot-Plant Throw<sup>12</sup>
- 3 2s: Two Strikes + Outward Wrist Lock<sup>14</sup>
- 4 2s: Uppercut + Wrist Shoulder Throw<sup>15</sup>

1s = one shoulder 2s = both shoulders

*Belt Grab (2)*

- 1 Elbow Wrap + Fist-Knee Combo<sup>18</sup>
- 2 Spin Arm Bar + Outer Reap<sup>20</sup>

**Against Bear-Hug (7)***From Front (2)*

- 1 af: Spear Push-Pull Throw<sup>1</sup>
- 2 af: Twin Strike + Twisting Neck Lock<sup>2</sup>

*From Behind (5)*

- 1 af: Nerve Press, Elbow, Inner Reap<sup>5</sup>
- 2 ap: Nerve Press + Finger Lock<sup>7</sup>
- 3 ap: Stomp, Pinch, Spear, Back Kick<sup>10</sup>
- 4 ap: Double-Leg Scoop Throw<sup>12</sup>
- 5 ap: Butt + Buttock Leg-Lock Throw<sup>14</sup>

af = arms free ap = arms pinned

**Against Head Holds (4)***Hair Grab (2)*

- 1 Elbow Arm Bar<sup>1</sup>
- 2 Elevated Wrist Lock<sup>2</sup>

*Full Nelson (2)*

- 1 Gouge Eyes, Wrapping Throw<sup>6</sup>
- 2 Poke Eyes, Stomp, Finger Lock<sup>8</sup>

**Defense Against Throws (20)***Countering the Entry (8)*

- 1 Opposite Elbow Check <sup>1</sup>
- 2 Cross Elbow Check <sup>2</sup>
- 3 X Arm Check <sup>3</sup>
- 4 Arm Pull / Hip Check <sup>4</sup>
- 5 Straight-Arm Check <sup>5</sup>
- 6 Block and Strike <sup>6</sup>
- 7 Foot Sweep <sup>7</sup>
- 8 Avoid or Step Away <sup>8</sup>

*Countering During the Throw (12)*

- 1 Against Inside Shoulder Throw  
Spine Punch Throw <sup>9</sup>
- 2 Against Shoulder or Hip Throw  
Descending Arch Kick <sup>14</sup>
- 3 Against Head Hip Throw  
Head Push + Elbow Strike <sup>15</sup>
- 4 Against Head Hip Throw  
Single-Leg Scoop Throw <sup>16</sup>
- 5 Against Inside Hip Throw  
Outer Reap Throw <sup>17</sup>
- 6 Against Inside Hip Throw  
Wrap-Block Arm Bar <sup>19</sup>
- 7 Against Outer Reap  
Outer Reap Throw <sup>21</sup>
- 8 Against Inner Reap  
Cross-Outer Reap Throw <sup>23</sup>
- 9 Against Push-Pull Throw  
Parry, Trap, Rear Push Throw <sup>26</sup>
- 10 Against Circle Throw  
Wrap Block + Inner Reap Throw <sup>27</sup>
- 11 Against Scissor Throw  
Leg Push + Body Pivot <sup>29</sup>
- 12 Against Two-Hand Reap Throw  
Shoulder Turn-Over Throw <sup>31</sup>

**Attacking Techniques (25)***Offensive Strikes (6)*

- 1 Lapel Pull + Straight Punch <sup>1</sup>
- 2 Lapel Pull + Inside Knife Hand Strike <sup>2</sup>
- 3 Elbow Pull + Ridge Hand Strike <sup>3</sup>
- 4 Lapel Pull + Inside Hammer Fist <sup>4</sup>
- 5 Lapel Pull + Knuckle Hand Strike <sup>5</sup>
- 6 Lapel Pull + Inside Elbow Strike <sup>6</sup>

*Offensive Holds (9)*

- 1 Outward Wrist Lock <sup>1</sup>
- 2 Bent-Arm Wrist Lock <sup>2</sup>
- 3 Forearm Arm Bar <sup>3</sup>
- 4 Two-Hand Arm Bar <sup>5</sup>
- 5 Elbow Hammer Lock <sup>6</sup>
- 6 Inside Twisting Arm Lock <sup>8</sup>
- 7 Outside Twisting Arm Lock <sup>9</sup>
- 8 Passing Shoulder Lock <sup>10</sup>
- 9 Rear Naked Choke <sup>17</sup>

*Offensive Throws (10)*

- 1 Punch + Inside Shoulder Throw <sup>1</sup>
- 2 Outside Shoulder Throw <sup>3</sup>
- 3 Punch + Head Hip Throw <sup>6</sup>
- 4 Outer Reap Throw <sup>9</sup>
- 5 Spinning Shoulder-Pull Throw <sup>10</sup>
- 6 Cross-Outer Reap Throw <sup>11</sup>
- 7 Leg Trap + Shoulder Butt <sup>12</sup>
- 8 Leg Trap Throw <sup>14</sup>
- 9 Rear Push Throw <sup>15</sup>
- 10 Double-Leg Scoop Throw <sup>16</sup>

**Free Sparring**

- Against single attacker
- Against two attackers
- Against multiple attackers

**Board-Breaking**

Combination break using at least four different techniques. Must involve hand strikes and kicks.

**KNIFE TECHNIQUES (69)****Basic Knowledge (12)**

- Use of the knife
- Defensive principles

*Knife Grips (5)*

- 1 Natural Grip
- 2 Sabre Grip
- 3 Hammer Grip
- 4 Reverse Grip
- 5 Ice-Pick Grip

*Armed Stances (4)*

- 1 Horse Stance
- 2 Back Stance (knife at chest)
- 3 Back Stance (knife at hip)
- 4 Knife in Lead Hand

*Unarmed Stances (3)*

- 1 Relaxed Horse
- 2 Knife Hands Low
- 3 Knife Hands High

**Knife Strikes (10)**

- 1 High Straight Stab
- 2 Low Straight Stab
- 3 Inside Stab
- 4 Inside Slash
- 5 Outside Stab
- 6 Outside Slash
- 7 Descending Stab
- 8 Descending Slash
- 9 Rising Stab
- 10 Rising Slash

**Knife Combination Strikes (3)**

- 1 *Reverse Grip*  
Inside Slash  
Outside Stab
- 2 *Natural Grip*  
Inside Slash  
Outside Slash
- 3 *Natural Grip*  
Descending Slash  
Straight Stab

**Unarmed Blocks (20)***High Straight Stab (3)*

- 1 Inside Parry (step inside)
- 2 Inside Parry (step outside)
- 3 Inside Knife Hand Block (step back)

*Low Straight Stab (5)*

- 4 Low Inside Parry
- 5 Low Outside Parry
- 6 Descending Parry or Knife Hand Block
- 7 Low X Block
- 8 Low Grab Block

*Inside Stab or Slash (3)*

- 9 Inside Live-Hand Block
- 10 Outside Live-Hand Block
- 11 Twin Live-Hand Block

*Outside Stab or Slash (3)*

- 12 Inside Live-Hand Block
- 13 Outside Live-Hand Block
- 14 Twin Live-Hand Block

*Descending Stab or Slash (6)*

- 15 Inside Overhead Parry
- 16 Outside Overhead Parry
- 17 Two-Hand Overhead Parry
- 18 Rising Palm Heel Block
- 19 Rising Block + Rising Palm Heel Block
- 20 High X Block (to elbow)

**Unarmed Defense Against Knife (24)***High Straight Stab (4)*

- 1 Outward Wrist Lock <sup>1</sup>
- 2 Elbow Arm Bar <sup>2</sup>
- 3 Inside-Chop Shoulder Lock <sup>3</sup>
- 4 Front Toe Kick <sup>4</sup>

*Low Straight Stab (8)*

- 1 Ridge Hand + Low Side Kick <sup>5</sup>
- 2 Knuckle Hand, Elbow, Front Kick <sup>6</sup>
- 3 Crescent, Back Kick, Roundhouse <sup>7</sup>
- 4 Two Chops + Forearm Arm Bar <sup>8</sup>
- 5 Low X, Straight-Arm Wrist Lock <sup>9</sup>
- 6 Low X, Outward Wrist Lock <sup>10</sup>
- 7 Low Grab, Outside Twisting Arm Lock <sup>13</sup>
- 8 Low Grab, Inside Twisting Arm Lock <sup>14</sup>

*Inside Stab or Slash (4)*

- 1 Inside Shoulder Throw <sup>17</sup>
- 2 Inside-Lift Shoulder Lock <sup>18</sup>
- 3 Passing Stab or Hammer Lock <sup>19</sup>
- 4 Elbow Strike + Outer Reap Throw <sup>20</sup>

*Outside Stab or Slash (4)*

- 1 Outside-Lift Shoulder Lock <sup>21</sup>
- 2 Outside Shoulder Throw <sup>22</sup>
- 3 Forearm Arm Bar <sup>23</sup>
- 4 Bent-Wrist Hammer Lock <sup>24</sup>

*Descending Stab or Slash (4)*

- 1 Two-Hand Shoulder Lock <sup>26</sup>
- 2 Forearm Arm Bar <sup>28</sup>
- 3 Redirect Stab + Outward Wrist Lock <sup>30</sup>
- 4 Redirect Trap + Elbow Strike <sup>31</sup>