

SaJa Hapkido Curriculum

10th Gup

Basic Techniques

Low Block, Middle Punch, Front Kick, Outside Palm Deflect

Nak Bup (Breakfalls and Rolling)

Backward Breakfall (Sitting, Squatting and Standing)

Side Breakfall (Sitting, Squatting and Standing)

Forward Breakfall (From Knees and Standing)

Forward Roll

Backward Roll

Rolling Escape (From Armbar and Fan Grab)

Dive

9th Gup

Basic Techniques

High Block, Vertical Punch, Side Snap Kick, Side Thrust Kick, Inside Palm Deflect

Breakaways (Same Side Wrist Grab Attack)

- 1.) Inner Wedge
- 2.) Outside Circle Wedge
- 3.) Knifehand Strike
- 4.) Hammerfist Strike
- 5.) Inside Knifehand, Spin Elbow
- 6.) Downward Wedge, Elbow Strike
- 7.) Inner Wedge, Backfist Strike
- 8.) Upper Wedge, Elbow Strike

8th Gup

Basic Techniques

Outside Block, Outside Forearm Deflect, Side lunge punch, Roundhouse Kick

Breakaways (Same Side Wrist Grab Attack)

- 9.) Inside Throw
- 10.) Outside Throw
- 11.) Upper Elbow
- 12.) Roundhouse Elbow
- 13.) Inside Entrance, Knifehand Strike, Rear Collar Grab, Take Out Knee

Breakaways (2 Hands Grab 1 Wrist Attack)

- 14.) Upper Elbow with Handshake
- 15.) Roundhouse Elbow
- 16.) Pullout Elbow with Reverse Handshake, Return Elbow Strike

7th Gup

Basic Techniques

Inside Block, Inside Forearm Deflect, Backfist, Back Kick

Boo Chae (Fan Grabs) versus:

- 1.) Same Side Wrist Grab
- 2.) Cross Wrist Grab
- 3.) Middle Sleeve Grab
- 4.) One Hand Shoulder Grab (Front)
- 5.) One hand Shoulder Grab (Rear)
- 6.) Punch
- 7.) Belt Grab

6th Gup

Basic Techniques

Tiger Mouth, Oxjaw, Closed 2 Hand Inside Block, Inside Crescent Kick

Boo Chae (Fan Grabs) versus:

- 8.) One Hand Lapel Grab
- 9.) 2 Hands Grab 2 Wrists (Front)
- 10.) 2 Hands Grab 2 Wrists (Rear)
- 11.) 2 Hands Grab 1 Wrist (Front)
- 12.) Inverted Side Wrist Grab
- 13.) Stick
- 14.) Knife
- 15.) Gun

5th Gup

Basic Techniques

Hammerfist, High X-Block, Slap Kick, Outside Crescent Kick

Hei-Jun (4 Direction Throw) versus:

- (1.) Same Side Wrist Grab
- (2.) Cross Wrist Grab
- (3.) 2 Hands Grab 1 Wrist (Front)
- (4.) 2 Hands Grab 2 Wrists (Front)
- (5.) 2 Hands Middle Sleeve Grab (Rear)
- (6.) 2 Hands Grab 2 Wrists (Rear)

4th Gup

Basic Techniques

Palm Heel Strike, Low X-Block, Ax Kick,
Scoop Kick

Hei-Jun (4 Direction Throw) versus:

- 7.) One Hand Lapel Grab
- 8.) Belt Grab
- 9.) Punch
- 10.) Stick
- 11.) Knife
- 12.) Gun

3rd Gup

Basic Techniques

Knifehand, High Knifehand Block, Hook Kick,
Front Knee Kick, Roundhouse Knee Kick

Yun-Hang (Centerlock) versus:

- 1.) Same Side Wrist Grab
- 2.) Cross Wrist Grab
- 3.) 2 Hands Grab 1 Wrist (Front)
- 4.) 2 Hands Grab 2 Wrists (Front)
- 5.) One Hand Lapel Grab
- 6.) One Hand Middle Sleeve Grab (Front)

2nd Gup

Basic Techniques

Ridgehand, 2 Hand Inside Knifehand Block,
Back Spin Kick, Side Spin Kick,
Spin Outside Crescent Kick

Yun-Hang (Centerlock) versus:

- 7.) 2 Hands Grab 2 Wrists (Rear)
- 8.) 2 Hand Middle Sleeve Grab (Rear)
- 9.) Punch
- 10.) Stick
- 11.) Knife
- 12.) Gun

1st Gup

Basic Techniques

Spearhand (Optional), Jumping Back Kick,
Jumping Front Kick, Jumping Roundhouse
Kick

Pal Kum Chi (Armbars) versus:

- 1.) Same Side Wrist Grab (Outside Approach)
- 2.) Cross Wrist Grab
- 3.) 2 hands Grab 1 Wrist (Front)
- 4.) 2 hands Grab 1 Wrist (Rear)
- 5.) 2 Hands Grab 2 Wrists (Front)
- 6.) 2 Hands Grab 2 Wrists (Rear)
- 7.) Same Side Wrist Grab (Inside Approach)
- 8.) Cross Wrist Grab (Reverse Armbar)

1st Dan

Basic Techniques

Elbow Drill, Jump Spinning Back Kick, Jump
Spinning Side Kick,
Jump Spin Outside Crescent Kick

Pal Kum Chi (Armbars) versus:

- 9.) One Hand Lapel Grab
- 10.) One Hand Collar Grab (Front)
- 11.) One Hand Rear Collar Grab (Rear)
- 12.) Inverted Side Wrist Grab
- 13.) One Hand Shoulder Grab
- 14.) Punch

Son Mok (Snake) versus:

- 1.) Same Side Wrist Grab
- 2.) Cross Wrist Grab
- 3.) One Hand Lapel Grab
- 4.) One Hand Middle Sleeve Grab
- 5.) Belt Grab
- 6.) One Hand Shoulder Grab (Front)
- 7.) Side Wrist Grab
- 8.) One Hand Rear Wrist Grab