

# **WOLVES** **MARTIAL ARTS**

## **HAPKIDO** **BASIC & INTERMEDIATE MOVES**

Effective as from February 2023

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<b>ATTACK JOINT TWIST</b>		<b>INSIDE WRIST LOCKS</b>
1. Fan & trip		1. Forearm fan lock
2. Fan – take around then trip		2. Straight arm control
3. Fan- Triangle		3. Cobra lock
4. Straight arm control		4. Across the body throw
5. Inside Fan		5. Release & Punch
6. Radial bone twist		6. Release & Elbow
7. Box Lock		7. Inside spin
8. Reverse fan		8. Twist up/ pull down
9. Shoulder pop		9. Pirouette
10. Finger lock		10. S Break

<b>OUTSIDE WRIST LOCKS</b>
1. Push up/ outside spin
2. Straight arm control
3. Circulation & push
4. Radial bone throw
5. Fingers back / fan
6. S Break
7. Reverse fan
8. Cobra lock
9. Key Lock
10. Shoulder knife

<b>BASICS</b>		<b>BASIC BLOCKS</b>
1. Stationary body walk		1. Upper block
2. Body walk		2. Lower Block
3. Basic blocking patters		3. Middle block
4. Rolling hands		4. Outside block / Monkey grip
5. Dan jeon breathing		5. Double lower Block
6. Single/Double hand releases		6. Double upper block
7. Single / Double hand – hit and release		

<b>BASIC KICKS</b>		<b>BASIC STRIKES</b>
1. Round house		1. Straight punch strike
2. Front kick		2. Hammer fist strike
3. Cross Kick		3. Back fist strike
4. Outer kick		4. Knife hand strike
5. Twisting / off centre kick		5. Forearm / Elbow strike
6. Sweeping kick		6. Frog mouth strike
7. Back kick		
8. Side kick		