

DESIGNATED TECHNIQUES – Pee wees

Animal Techniques

Palm Deflect
Jade Girl
Squat Side Kick
Swallow
Ox Jaw Switch

Jamming
Gorilla (standing)
Press
Horse
Scissors

Shuttle
Snake (half)
Trapping Knife Hand
Diagonal Punch
Diagonal Front Kick

Overhead Hammer Fist
Hawk
Dove
Turtle
Bird

Cobra
Binding
Stork (standing)
Deflecting Hand
Chicken
Monkey

Tiger Springs From Den
Rooster Sheds Feathers
Chicken Spinning Fist
Squat 1
Rein Horse

Kicks

Front
Jump Front
Cross Behind Side Kick
Spinning Side Kick
Flying Side Kick
Spinning Round House
Switch Round House
Step to the Side Round House
Outside Crescent Kick
Inside Crescent Kick
Spinning Crescent Kick
Hook Kick
Spinning Hook Kick
Back Thrash Kick
Twist/Point Back Kick
Spinning Back Kick

Hapkido Basics

Head Wrap
Head Press
Chin Strike
Shoulder Wrap
Elbow Break
Wrist-Shoulder Hold
Diagonal Sweep to Knee

Throws

Star
Wrap & Slap
Wrist Throw
Head Wrap Chin Pull
Walk Around Take
Down

Basic Warm Ups

Shoulder Height Knife Hands
Over the Knee Knife Hands
High/Low Knife Hands
Downward Backfists
Rising Backfists

Slow Motion Front Kick
Slow Motion Side Kick
Two-Part Front Kick
Two-Part Side Kick
Continuous Front Kicks
Continuous Side Kicks
Center Body Crunch Set

Escapes

Frontal Choke
Bear Hug
Head Lock
Police Choke

Wrist Escapes

Inside Lift
Outside Circle
Inside Circle (cross)
Pull Out
Strike and Swing
Butterfly