

Hap Ki Do (Chin-na)

Take-Downs & Whirls

Shoulder Wrap/Throw
Star Throw, Wrist Wrap
Star Throw, Elbow Wrap
Star Throw, Shoulder Wrap
Head Wrap
Tiger Springs from Den, Head Wrap
Head Wrap, Chin Pull Down
Tiger Springs Head Wrap, Chin Pull Down
Oblique Head Wrap (2 Hands Wrap)
Arm/Hip Wrap Whirl
Arm/Shoulder Whirl or Throw
Chin Strike, Sweep
Chin Strike, Figure 4
Knee to Knee, Throw from Behind
Wrist Twist, Throw
Catch Kick, Throw (Round)
Backstroke Against Escort
Swim Stroke Against Escort Shoulder Grab
Snake Wrap

Basic Wrist Escapes Against Grabs

Inside Lift (against 1 hand and 2 hands)
Outside Wrap (against 1 hand and 2 hands)
Inside Wrap Against Cross Grab
Waist Twist, Pull Out
Palm Strike Yank Away
Butterfly
Elbow Break
Cross Grab Wrist Press
Bump Grab from Behind
Roll Out Against Grab from Behind

Breaks and Jams

Elbow Break Over Shoulder
Ba Ji Break Elbow
Hand Shake Elbow Break (shoulder and waist)
Dragon Tail Hands Break Elbow
Dragon Tail Hands Jam Shoulder
Jam Thumb to Escape Hand Shake

Escapes and Binds

Back Stroke Wrap & Bind
Head Lock Escape
Police Choke Escape
Bear Hug (High) Escape
Bear Hug (Low) Escape
Frontal 2 Hand Choke Escape