

Hapkido Class Notes

Presented by Master Bill Byrd
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Focus on speed rather than 'strength'; speed = power. Technique has to be practical to defend against the biggest, toughest person you can imagine in a REAL world situation AND consider multiple attackers. The simpler the technique the better. Pick a few good ones and practice. He does NOT recommend pressure point techniques because they often do not work (person may not respond to them and unable to do through thick clothes) and require great skill to do well. Think relaxed movement in circles. These are just basic techniques. Full defense should be rapid release and counter strike to disable attacker and get away. Use "situational awareness" to avoid risk. Avoid following attacker to the floor or trying to restrain attacker, this gives the attacker a "second chance at you".

Strikes: Typically will strike from a hands up position, therefore, re-chambering the strike to your waist is impractical and slow.

1. Fist: He (also) recommends strongly against using a fist to strike HARD surfaces (like the face with a fist), although a fist may be good for softer tissues like the solar plexus and sides of the ribs.
2. Oxjaw: The preferred strike. Should come directly from the hands up position straight to the target. Do NOT recoil quickly but rather punch thru the target for full force. Aim for the nose. Practice this technique to develop speed.
3. Backfist: Good for close in fighting. From a fighting stance or other side stance execute a quick circular movement with the front hand (as in Taeguk Chil) to strike the head.
4. Hammer Fist: Aim to strike the mid clavicle.

Kicks: "Never kick above the waist"; it exposes the leg to being trapped by opponent. Aim for a strike point (*atemi*) like the groin or knee.

1. Groin Kick: Kick straight up with the ankle EXTENDED (as in a round house).
2. Instep Kick: Kick straight ahead with the instep (as in dribbling a soccer ball) to the knee.
3. Low Roundhouse: Quick kick to the side of the knee.

Self Defenses: Circular movements using the attackers momentum to unbalance them.

1. Same Side Single Hand Grab:
 - a. Make a small vertical circular motion (about a foot in diameter) either direction (without turning the hand over) to release the grip. If will not let go then move hand horizontally side-to side then try circle one way and then the other.
 - b. (For a left hand grab) step forward with your left foot as you turn to the right 90°, with palm down thrust your left hand forward parallel to attacker's body, use the left hand to back fist the nose, and follow with a right (reverse) punch to the ribs.
2. Cross Hand Grab:
 - a. Check with Pat?
 - b. MY variation of Gracie: Rotate wrist clockwise under and to outside of attacker's wrist, grab attacker's wrist, then move to arm bar (as below).
3. Single Hand Grab of the Arm, Shoulder, or Lapel:
 - a. Use the same circular technique as above but with the whole arm. If the technique traps their fingers then use an arm bar or strike.
 - b. (If the attacker is grabbing with their right hand) strike the attacker's right shoulder with your right hand to knock them off balance. May also grab attacker's belt with your left hand, pull forward while striking with your right hand, and knock attacker to ground.
4. Double Hand Choke from the Front or Back: Raise one arm straight up then rotate your body to move your arm against the attacker's hands. This move will break the hold and then counter-strike.
5. Punch: Step forward and outside the punch with your outside foot while blocking the punch with an open hand, outside middle block with your inside hand. Grab the attacker's wrist and continue to pull the hand forward to keep the attacker off balance. Pull the hand forward and down at a 45° angle while turning your body and moving your inside foot in an arc until it is behind the outside foot and

the attacker is on the ground. At the same time the outside forearm (at the wrist) pushes the triceps area proximal to the elbow to straighten the arm into an arm bar. Move the outside forearm upward and twist the wrist with the inside arm to twist the arm and point the elbow upward; this weakens the strength of the arm. Key is to use the attacker's momentum to keep them constantly moving forward and off balance.

Pinches:

1. Side of the abdomen: Grab good amount of skin on the sides of the abdomen just above the waist then pinch and twist. Practice on yourself to find the most sensitive spot. This is good if you are in close to attacker and grabbed.
2. Shoulder/Triceps: Grab the back flap of skin where the arm attaches to the shoulder (the flap on the back of the armpit) then pinch and twist.
3. Back or inner part of the thigh, as we have often mentioned, **HOWEVER**, this works best if you pinch just a little bit of skin.
4. Lower Lip: Pinch the **OUTSIDE** of the lower lip between thumb and first finger, twist, and lead the attacker at a 45° angle down to the ground. This works well for an attacker that is on top of you. **BUT** don't put your fingers **IN** the attacker's mouth!
5. Throat: Push first three fingers (held horizontally **NOT** vertically as we usually do) into the throat right above the sternal bone. This hits sensitive nerves at the base of the neck **AND** affects the windpipe: a double discomfort.

Finger Locks: Grab the attacker's finger quickly and tightly with your thumb in front and the first two fingers on the back of the finger. Your fingers should be well above the attacker's knuckle your use for a fist strike. Push your thumb away from you and your first two fingers toward you to bend the attacker's finger back towards him. This will cause him to bend forward. Pull the attacker's finger forward and down at 45° to bring attacker to the floor. As you pull forward, place your other hand under the attacker's wrist for better control. If the attacker does not respond then two options: i) Master Higginbotham recommends a slight, sideways shake back and forth of the attacker's finger to intensify the discomfort OR ii) Master Byrd recommends turning the attacker's hand vertically and bending the finger to the side.