

1ST DAN REQUIREMENTS

1ST DEGREE BLACK BELT

1 / 6

General Requirements

- Must be of good moral character.
- Submission of written essay.
- Minimum training-time: 2 years; 1440 hours.

Basic Knowledge

The knowledge and skills listed under *Basic Knowledge* are usually not evaluated in formal testing. This material is integrated into overall Hapkido training or is acquired by reading relevant chapters in the book *Hapkido: Traditions, Philosophy, Technique*. The colored dots indicate the rank at which this material should be familiar to students. Recognize that skills such as attack points, stances, footwork, tumbling, and breakfalls are an integral part of Hapkido self-defense techniques, and thus are repeatedly demonstrated in that context.

Basics

- Ability to Define Hapkido
- Hapkido History + Philosophy
- Etiquette

Anatomy

- Anatomical Targets (80)
- Acupoint Targets (83)
- Acupoint-Fighting Principles (8)

Breathing + Meditation

- Basic Meditation Methods
- Tanjon Breathing (pushing forward)
- Tanjon Breathing (pushing upward)
- Tanjon Breathing (pushing inward)
- Tanjon Breathing (pushing down)

Revival Techniques

- Knee-to-Spine Revival
- Spine-Slap Revival
- Testicle Revival (lift and drop)

Stances (22)

- Relaxed (5)
- Fighting (11)
- Traditional (6)

Standing Movement (44)

- Forward Footwork (3)
- Backward Footwork (3)
- Lateral Footwork (10)
- Turning Footwork (6)
- Drawing Footwork (4)
- Crossing Footwork (4)
- Grappling Footwork (10)
- Combination Steps (4)

Ground Movement (11)

- Knee Walk
- Knee-Foot Walk
- Knee-Hand Drag
- Crab Walk
- Monkey Walk
- Buttock Pivot (4 variants)
- Forward Shoulder Roll (2 exits)
- Back Shoulder Roll (3 entries)
- Forward Roll
- Side Roll
- Side Crawl

Transitional Movement (20)

- Sit-Out Entry (to seated guard, 2-foot entry)
- Sit-Out Entry (to seated guard, extended-leg)
- Sit-Out Entry (to seated guard, bent-leg entry)
- Back Shoulder Roll Entry (to kneeling)
- Forward Shoulder Roll Entry (to seated guard)
- Forward Shoulder Roll Entry (to one knee)
- Two-Hand Drop Entry (to seated guard)
- One-Hand Drop Entry (to seated guard)
- Forward Shoulder Roll Recovery (to stand)
- Back Shoulder Roll Recovery (to stand)
- Side Roll Recovery (with Back Kick)
- Figure-4 Recovery (seated to stand)
- Two-Knee Recovery
- One-Knee Recovery
- Roll-Up Recovery
- Kip-Up Recovery
- Two-Hand Recovery (extended-leg fall)
- One-Hand Recovery (extended-leg fall)
- Two-Hand Recovery (bent-leg fall)
- One-Hand Recovery (bent-leg fall)

Attack Points (60)

- Hand + Arm Formations (40)
- Leg Formations (14)
- Head + Body (6)

Breakfalls (8)

- Front Fall
- Soft Front Fall
- Back Fall
- Sit-out Side Fall
- Bridge Fall
- Sweep Side Fall
- Flip Side Fall
- Twisting Side Fall

1ST DEGREE BLACK BELT

2 / 6

Single Kicks (50)

- 1 Front Ball Kick
- 2 Front Heel Kick
- 3 Front Thrust Kick
- 4 Rising Front Kick
- 5 Front Blade Kick
- 6 Rising Front Blade Kick
- 7 Thrusting Blade Kick
- 8 Front Toe Kick
- 9 Front Instep Kick
- 10 Rising Instep Kick
- 11 Roundhouse Kick
- 12 45° Roundhouse Kick
- 13 Vertical Roundhouse Kick
- 14 Shin Roundhouse Kick
- 15 Reverse Roundhouse Kick
- 16 Side Thrust Kick (normal or hand-assist)
- 17 Low Side Thrust Kick
- 18 Side Snap Kick
- 19 Rising Side Kick
- 20 Push Kick
- 21 Back Kick (backward or turning)
- 22 Hand-Assist Back Kick
- 23 Back Side Kick
- 24 Uppercut Back Kick
- 25 Rising Back Kick
- 26 Rising Heel Kick
- 27 Rising Blade Kick
- 28 Stamp Kick
- 29 Descending Arch Kick
- 30 Shin Kick
- 31 Circular Inner-Heel Kick
- 32 Circular Blade Kick
- 33 Reverse Circular Blade Kick
- 34 Inside Crescent Kick
- 35 Outside Crescent Kick
- 36 Cutting Crescent Kick
- 37 Outside Axe Kick
- 38 Inside Axe Kick
- 39 Blocking Blade Kick
- 40 Straight Blocking Blade Kick
- 41 Inside Hook Kick
- 42 Passing Inside Hook Kick
- 43 Hook Kick
- 44 Spin Kick
- 45 Hook Spin Kick
- 46 Rising Knee Strike
- 47 Descending Knee Strike
- 48 Front Knee Strike
- 49 Roundhouse Knee Strike
- 50 Side Knee Strike

Single-Leg Combination Kicks (20)

- 1 R Front Toe Kick
R Roundhouse Kick
- 2 R Front Ball Kick
R Side Kick
- 3 R Front Toe Kick to front
R Side Kick to right
- 4 R Front Kick to front
R Back Kick to rear
- 5 R Inside Crescent Kick
R Front Kick
- 6 R Inside Crescent Kick
R Side Kick
- 7 R Inside Crescent Kick
R Roundhouse Kick
- 8 R Inside Crescent Kick
R Outside Crescent Kick
- 9 R Outside Crescent Kick
R Roundhouse Kick
- 10 R Outside Crescent Kick
R Side Kick
- 11 R Outside Axe Kick
R Front Kick (or Toe Kick)
- 12 R Outside Axe Kick
R Roundhouse Kick
- 13 R Blocking Blade Kick
R Roundhouse Kick
- 14 R Low Side Kick
R High Side Kick
- 15 R Shin Kick
R Side Kick
- 16 R Roundhouse Kick to 45° left
R Side Kick to 45° right
- 17 R Roundhouse Kick
R Hook Kick
- 18 R Circular Blade Kick to knee
R Hook Kick to head
- 19 R Hook Kick
R Roundhouse Kick
- 20 Four R Spin Kicks to front, right, rear, left

Double-Leg Combination Kicks (10)

- 1 L Front Kick
R Turning Back Kick
- 2 L Roundhouse
R Turning Back Kick
- 3 L Side Kick
R Turning Back Side Kick
- 4 L Roundhouse
R Spin Kick
- 5 L Inside Crescent Kick
R Spin Kick
- 6 L Side Kick
R Spin Kick
- 7 L Front Toe Kick
R Roundhouse
L Turning Back Side Kick
- 8 L Front Kick to front
R Side Kick to right
- 9 L Front Kick to front
R Back Kick to rear
- 10 L Side Kick to left
R Side Kick to right

Ground Kicks (10)

- 1 Drop Front Kick
- 2 Drop Roundhouse Kick
- 3 Drop Side Kick
- 4 Drop Back Kick
- 5 Drop Turning Back Kick
- 6 Drop Axe Kick
- 7 Drop Hook Kick
- 8 Drop Spin Kick
- 9 2-Foot Jump to avoid, Drop Spin Kick
- 10 1-Foot Jump, Drop Spin Kick

Ground Combination Kicks (6)

- 1 L Front Kick (standing)
R Drop Spin Kick
- 2 R Drop Roundhouse Kick
R Low Hook Kick
- 3 L Drop Roundhouse Kick
R Low Spin Kick
- 4 R Drop Spin Kick
R Low Roundhouse Kick
- 5 R High Spin Kick
R Drop Spin Kick
- 6 R High Spin Kick
R Middle Spin Kick
R Low Spin Kick

Jump Kicks (13)*(jump with one foot)*

- 1 Jump Front Kick
- 2 Jump Front Heel Kick (to chin)
- 3 Jump Thrusting Blade Kick
- 4 Jump Roundhouse Kick
- 5 Jump Side Kick
- 6 Jump Inside Crescent Kick
- 7 Jump Outside Crescent Kick
- 8 Jump Axe Kick (Blade or Heel)
- 9 Jump Hook Kick
- 10 Jump Reverse Roundhouse Kick
- 11 Jump Turning Back Side Kick
- 12 Jump Spin Kick
- 13 Two-Foot Jump Spin Kick

Defense Against Punches (40)**Block + Strike (10)**

- 1 Inside Blk, Elbow Combo ²
or Inside Blk, Elbow, step, Turning Elbow
- 2 Semi-Circ Parry, Elbow, Uppercut ³
- 3 2-Hand Grab Parry, Desc Knife Hand ²⁴
- 4 Sweep Parry or Palm Heel strike to TW-11,
Middle Finger Fist to ribs, Inside Elbow ²⁵
or Desc Parry, Ridge Hand to neck
- 5 Inside Blk+trap, Turning Elbow-Forearm combo
- 6 Sliding Blk, Uppercut and Hook Forearm ²⁹
or Rising Blk, Uppercut
- 7 Knife Blk+Strike, Knife Strike, Rising Knee ¹⁵
- 8 Parry, Outside Knife, Desc Palm ^{13 one-hand}
- 9 Two-Hand Blk, Outside Knife, Inside Elbow ¹⁶
- 10 X Blk, Elbow Strike, Back Fist ³⁷

Block + Kick (10)

- 1 Inside Parry, Rising Blk, Shin+Front Thrust Kick ²
- 2 Inside Parry (out), Turning Back Kick, Back Kick ⁴
- 3 Outside Parry (in), Side Kick, Turning Back Kick ⁵
- 4 Outside Parry (out), Roundhouse, Spin Kick ⁶
- 5 Outside Blk (in), Side Snap Kick, Side Thrust Kick ⁸
- 6 Grab Parry, Roundhouse, Inside Axe or Inside Hook ¹¹
- 7 Grab Parry, Side Kick, Low Side Kick ¹²
- 8 Combined Parry, Knee Strike, Side Kick ¹³
- 9 Grab Parry, Inside Crescent, Side Kick ¹⁵
- 10 Grab Parry, Outside Crescent, Roundhouse ¹⁶

Block + Hold (10)

- 1 Forearm Arm Bar ²
- 2 Drop Bent-Arm Lock ⁸
- 3 Outward Wrist Lock ⁹
- 4 Outside-Lift Shoulder Lock ¹⁰
- 5 Two-Hand Shoulder Lock ¹²
- 6 Outside Twisting Arm Lock ¹⁶
- 7 Inside Twisting Arm Lock ¹⁷
- 8 Arm Trap Choke ¹⁸
- 9 Rear Naked Choke ¹⁹
- 10 Front Naked Choke ²⁰

Block + Throw (10)

- 1 Inside Shoulder Throw ¹
- 2 Outside Shoulder Throw ³
- 3 Head Hip Throw ⁷
- 4 Outside Hip Throw ⁸
- 5 Foot-Plant Throw ¹⁰
- 6 Outer Reap Throw ¹³
- 7 Inner Reap Throw ¹⁴
- 8 Scissor Throw ¹⁷
- 9 Rear Drop Throw ¹⁸
- 10 Two-Hand Reap Throw ²⁰

Defense Against Kicks (22)**Block + Strike (10)**

(using hand strikes and kicks)

- 1 F: Raking Back Fist, Back Fist, Punch solar ²
- 2 F: X blk, Rising Front Kick, Low Side Kick ⁸
- 3 S: Hook Block, Inside Elbow thigh, Back Fist ¹¹
- 4 S: Scoop Blk, Side Kick, lift leg + throw ¹⁵
- 5 R: Two-Hand Wrap, Spear to groin, Stamp ¹⁷
- 6 R: Wrap, Outer Forearm, pull head, Rising Knee ¹⁹
- 7 H: Two-Hand Wrap, Knee to thigh, Roundhouse ²⁵
- 8 H: Drop Spin Kick, kneeling Roundhouse ²⁹
- 9 A: Rising Blk, Hook Punch, Desc Arch Kick ³¹
- 10 K: Inside Leg Blk, Stamp, head butt, rising knee ³²

Block + Throw (12)

- 1 F: Inside Hook Throw ¹
- 2 F: Outside Hook Throw ²
- 3 F: Inside Shin-Press Throw ⁵
- 4 S: Outside Shin-Press Throw ⁶
- 5 S: X Leg-Twist Throw ¹¹
- 6 S: Reverse X Leg-Twist Throw ¹²
- 7 F: Inside Leg Bar Throw ¹³
- 8 S: Side Knee Throw ¹⁴
- 9 R: Leg Foot-Plant Throw ¹⁹
- 10 H: Front Reap Throw ²⁰
- 11 R: Leg Shoulder Throw ²¹
- 12 K: Leg Hip Throw ²²

F = Front Kick

S = Side Kick

R = Roundhouse

H = Hook or Spin Kick

A = Axe Kick

K = Knee Strike

DEFENSE AGAINST HOLDS (88)

Knowledge of "Leading" Principles

Basic Escapes (14)

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape
- 9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

Against Wrist Grab (31)*Opposite Wrist Grab (8)*

- 1 Bent-Arm Wrist Lock ¹
- 2 Straight-Arm Wrist Lock ²
- 3 Elbow Arm Bar ³
- 4 Forearm Arm Bar ⁴
- 5 Outward Wrist Lock ⁷
- 6 Bent-Wrist Hammer Lock ¹⁰
- 7 Outside Twisting Arm Lock ¹⁵
- 8 Inside Twisting Arm Lock ¹⁶

Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²
- 3 Passing Forearm Arm Bar ³
- 4 Inner-Elbow Arm Bar ⁴
- 5 Outward Wrist Lock ⁵
- 6 Elevated Wrist Lock ⁶

False Handshake (4)

- 1 Outward Wrist Lock ¹
- 2 360° Outward Wrist Lock ²
- 3 Shoulder Arm Bar + Palm Lock ³
- 4 Outside Twisting Arm Lock ⁴

Double Grab to 1 Wrist (6)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²
- 3 Outside Shoulder Wheel ³
- 4 Wrist-Lock Push Throw ⁴
- 5 Bent-Arm Wrist Lock (held high) ⁹
- 6 Twin-Arm Shoulder Throw (held high) ¹⁰

Double Grab to Both Wrists (7)

- 1 Low Clash + Knife Hand Strike ¹
- 2 High Clash + Rising Knee Strike ²
- 3 Side Knee Strike Throw ³
- 4 Kick Combo to Inner Knees ⁴
- 5 Elbow Strike + Leg Trap Throw ⁵
- 6 Near Shoulder Throw (with arm bar) ⁶
- 7 Cross-Arm Shoulder Throw ¹ ⁷

Against Clothing Grab (16)*Sleeve Grab (4)*

- 1 Chin Strike + Outer Reap Throw ¹
- 2 Bent-Arm Wrist Lock (clamp) ³
- 3 Sword Arm Bar ⁵
- 4 Bent-Arm Wrist Lock ⁷

Collar Grab (2)

- 1 Forearm Arm Bar ⁹
- 2 Two-Hand Arm Bar ¹⁰

Lapel Grab (4)

- 1 Bent-Arm Wrist Lock (trap) ¹³
- 2 Elbow Arm Bar ¹⁵
- 3 Twist-Lift Shoulder Lock (twisted grab) ¹⁷
- 4 Wrist Shoulder Throw (twisted grab) ¹⁸

Belt Grab (4)

- 1 dn: Nerves, Thumb Lock, Back Fist ²¹
- 2 dn: Clapping Forearm Arm Bar ²²
- 3 up: Nerve Press + Thumb Lock ²⁵
- 4 up: Clapping Shoulder Lock ²⁶

dn = palm down up = palm up

Side Grab (2)

- 1 Forearm Wrapping Throw ²⁹
- 2 Head Hip Throw ³²

Against Chest Push (6)*One-Hand Push (4)*

- 1 Side Wrist Lock + Leg Arm Bar ¹
- 2 Rotary Throw ²
- 3 Swinging Outward Wrist Lock ³
- 4 One-Finger Lock ⁴

Two-Hand Push (2)

- 1 Twin Outward Wrist Lock ⁹
- 2 Two-Hand Reap Throw ¹⁰

Against Grab from Behind (10)*Double Wrist Grab (2)*

- 1 Elevated Wrist Lock ¹
- 2 Cross Arm Bar ²

Double Sleeve Grab (2)

- 1 Scoop Throw + Spine Break ⁵
- 2 Forearm Arm Bar (clamp) ⁶

Shoulder Grab (4)

- 1 1s: Claw Push-Pull Throw ⁹
- 2 1s: Side Foot-Plant Throw ¹²
- 3 2s: Two Strikes + Outward Wrist Lock ¹⁴
- 4 2s: Uppercut + Wrist Shoulder Throw ¹⁵

1s = one shoulder 2s = both shoulders

Belt Grab (2)

- 1 Elbow Wrap + Fist-Knee Combo ¹⁸
- 2 Spin Arm Bar + Outer Reap ²⁰

Against Bear-Hug (7)*From Front (2)*

- 1 af: Spear Push-Pull Throw ¹
- 2 af: Twin Strike + Twisting Neck Lock ²

From Behind (5)

- 1 af: Nerve Press, Elbow, Inner Reap ⁵
- 2 ap: Nerve Press + Finger Lock ⁷
- 3 ap: Stomp, Pinch, Spear, Back Kick ¹⁰
- 4 ap: Double-Leg Scoop Throw ¹²
- 5 ap: Butt + Buttock Leg-Lock Throw ¹⁴

af = arms free ap = arms pinned

Against Head Holds (4)*Hair Grab (2)*

- 1 Elbow Arm Bar ¹
- 2 Elevated Wrist Lock ²

Full Nelson (2)

- 1 Gouge Eyes, Wrapping Throw ⁶
- 2 Poke Eyes, Stomp, Finger Lock ⁸

Defense Against Throws (20)*Countering the Entry (8)*

- 1 Opposite Elbow Check ¹
- 2 Cross Elbow Check ²
- 3 X Arm Check ³
- 4 Arm Pull / Hip Check ⁴
- 5 Straight-Arm Check ⁵
- 6 Block and Strike ⁶
- 7 Foot Sweep ⁷
- 8 Avoid or Step Away ⁸

Countering During the Throw (12)

- 1 Against Inside Shoulder Throw
Spine Punch Throw ⁹
- 2 Against Shoulder or Hip Throw
Descending Arch Kick ¹⁴
- 3 Against Head Hip Throw
Head Push + Elbow Strike ¹⁵
- 4 Against Head Hip Throw
Single-Leg Scoop Throw ¹⁶
- 5 Against Inside Hip Throw
Outer Reap Throw ¹⁷
- 6 Against Inside Hip Throw
Wrap-Block Arm Bar ¹⁹
- 7 Against Outer Reap
Outer Reap Throw ²¹
- 8 Against Inner Reap
Cross-Outer Reap Throw ²³
- 9 Against Push-Pull Throw
Parry, Trap, Rear Push Throw ²⁶
- 10 Against Circle Throw
Wrap Block + Inner Reap Throw ²⁷
- 11 Against Scissor Throw
Leg Push + Body Pivot ²⁹
- 12 Against Two-Hand Reap Throw
Shoulder Turn-Over Throw ³¹

Attacking Techniques (25)*Offensive Strikes (6)*

- 1 Lapel Pull + Straight Punch ¹
- 2 Lapel Pull + Inside Knife Hand Strike ²
- 3 Elbow Pull + Ridge Hand Strike ³
- 4 Lapel Pull + Inside Hammer Fist ⁴
- 5 Lapel Pull + Knuckle Hand Strike ⁵
- 6 Lapel Pull + Inside Elbow Strike ⁶

Offensive Holds (9)

- 1 Outward Wrist Lock ¹
- 2 Bent-Arm Wrist Lock ²
- 3 Forearm Arm Bar ³
- 4 Two-Hand Arm Bar ⁵
- 5 Elbow Hammer Lock ⁶
- 6 Inside Twisting Arm Lock ⁸
- 7 Outside Twisting Arm Lock ⁹
- 8 Passing Shoulder Lock ¹⁰
- 9 Rear Naked Choke ¹⁷

Offensive Throws (10)

- 1 Punch + Inside Shoulder Throw ¹
- 2 Outside Shoulder Throw ³
- 3 Punch + Head Hip Throw ⁶
- 4 Outer Reap Throw ⁹
- 5 Spinning Shoulder-Pull Throw ¹⁰
- 6 Cross-Outer Reap Throw ¹¹
- 7 Leg Trap + Shoulder Butt ¹²
- 8 Leg Trap Throw ¹⁴
- 9 Rear Push Throw ¹⁵
- 10 Double-Leg Scoop Throw ¹⁶

Free Sparring

- Against single attacker
- Against two attackers
- Against multiple attackers

Board-Breaking

Combination break using at least four different techniques. Must involve hand strikes and kicks.

KNIFE TECHNIQUES (69)**Basic Knowledge (12)**

- Use of the knife
- Defensive principles

Knife Grips (5)

- 1 Natural Grip
- 2 Sabre Grip
- 3 Hammer Grip
- 4 Reverse Grip
- 5 Ice-Pick Grip

Armed Stances (4)

- 1 Horse Stance
- 2 Back Stance (knife at chest)
- 3 Back Stance (knife at hip)
- 4 Knife in Lead Hand

Unarmed Stances (3)

- 1 Relaxed Horse
- 2 Knife Hands Low
- 3 Knife Hands High

Knife Strikes (10)

- 1 High Straight Stab
- 2 Low Straight Stab
- 3 Inside Stab
- 4 Inside Slash
- 5 Outside Stab
- 6 Outside Slash
- 7 Descending Stab
- 8 Descending Slash
- 9 Rising Stab
- 10 Rising Slash

Knife Combination Strikes (3)

- 1 *Reverse Grip*
Inside Slash
Outside Stab
- 2 *Natural Grip*
Inside Slash
Outside Slash
- 3 *Natural Grip*
Descending Slash
Straight Stab

Unarmed Blocks (20)*High Straight Stab (3)*

- 1 Inside Parry (step inside)
- 2 Inside Parry (step outside)
- 3 Inside Knife Hand Block (step back)

Low Straight Stab (5)

- 4 Low Inside Parry
- 5 Low Outside Parry
- 6 Descending Parry or Knife Hand Block
- 7 Low X Block
- 8 Low Grab Block

Inside Stab or Slash (3)

- 9 Inside Live-Hand Block
- 10 Outside Live-Hand Block
- 11 Twin Live-Hand Block

Outside Stab or Slash (3)

- 12 Inside Live-Hand Block
- 13 Outside Live-Hand Block
- 14 Twin Live-Hand Block

Descending Stab or Slash (6)

- 15 Inside Overhead Parry
- 16 Outside Overhead Parry
- 17 Two-Hand Overhead Parry
- 18 Rising Palm Heel Block
- 19 Rising Block + Rising Palm Heel Block
- 20 High X Block (to elbow)

Unarmed Defense Against Knife (24)*High Straight Stab (4)*

- 1 Outward Wrist Lock ¹
- 2 Elbow Arm Bar ²
- 3 Inside-Chop Shoulder Lock ³
- 4 Front Toe Kick ⁴

Low Straight Stab (8)

- 1 Ridge Hand + Low Side Kick ⁵
- 2 Knuckle Hand, Elbow, Front Kick ⁶
- 3 Crescent, Back Kick, Roundhouse ⁷
- 4 Two Chops + Forearm Arm Bar ⁸
- 5 Low X, Straight-Arm Wrist Lock ⁹
- 6 Low X, Outward Wrist Lock ¹⁰
- 7 Low Grab, Outside Twisting Arm Lock ¹³
- 8 Low Grab, Inside Twisting Arm Lock ¹⁴

Inside Stab or Slash (4)

- 1 Inside Shoulder Throw ¹⁷
- 2 Inside-Lift Shoulder Lock ¹⁸
- 3 Passing Stab or Hammer Lock ¹⁹
- 4 Elbow Strike + Outer Reap Throw ²⁰

Outside Stab or Slash (4)

- 1 Outside-Lift Shoulder Lock ²¹
- 2 Outside Shoulder Throw ²²
- 3 Forearm Arm Bar ²³
- 4 Bent-Wrist Hammer Lock ²⁴

Descending Stab or Slash (4)

- 1 Two-Hand Shoulder Lock ²⁶
- 2 Forearm Arm Bar ²⁸
- 3 Redirect Stab + Outward Wrist Lock ³⁰
- 4 Redirect Trap + Elbow Strike ³¹