



Instructor:
Master Delafield

1st Dan
SELF-DEFENSE

1-22

Learn for White Belt Yellow Stripe (10th Gup):

1	
Attacker	Defender
● Grab defender's left arm with your right hand - K'ihap	● Make a fist with your left hand
	● Grab your left fist with your right hand
	● Step back with your right foot, pull and twist your arm out (skinny part of your arm exiting where your attacker's thumb and fingers meet)
	● Slide right foot up to the left foot and backfist with the left hand - K'ihap

2	
Attacker	Defender
● Grab defender's left arm with both of your hands - K'ihap	● Make a fist with your left hand
	● Reach between your attacker's arms and grab your left fist with your right hand
	● Step back with your right foot, pull and twist your arm up and elbow forward breaking free (skinny part of your arm exiting where your attacker's thumb and fingers meet)
	● Slide right foot up to the left foot and backfist with the left hand - K'ihap

3	
Attacker	Defender
● Grab both defender's arms with both your hands from the front - K'ihap	● Fake to your right, then to your left
	● Open the "trap" with your right hand
	● As you swing their arms back to your right grab their arm with your right hand
	● Go under their arm turning to your right
	● Take down and punch - K'ihap

4	
Attacker	Defender
● Grab defender's uniform at their chest with your right hand - K'ihap	● With your right hand, reach over their arm and grab their fist
	● Grab their wrist with your left hand and twist them over to your right stepping forward with your left foot into a horseriding stance
	● Put your elbow over their arm and wrist lock into submission

Learn for Yellow Belt (9th Gup):

5	
Attacker	Defender
● Grab both defender's arms from behind with both your hands - K'ihap	● Step left foot out into horseriding stance
	● Pushing both your arms forward reach over with your right hand and grab their left arm
	● Peel your left free and grab their left arm with both hands as you slide your right foot over to your left standing straight up
● Roll	● Stepping forward with your left foot throw your attacker forward
● Tap out upon submission	● Follow up pinning your attacker's arm by pushing their elbow down with a wrist lock straight above it - hold to submission

6	
Attacker	Defender
● Grab both defender's arms with both your hands from the front - K'ihap	● Throw both your hands out to fake
	● Bring hands back in twisting your left wrist so it faces up
	● Reach under with your right hand and grab the back of their right hand
	● Peel your left hand free and grab the back of their right hand fingers (both of your thumbs should be facing toward your attacker)
	● Step back with your left foot and twist them down
	● Punch and - K'ihap

Learn for Gold Belt Orange Tip (8th Gup):

7	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's left arm with your right hand - K'ihap 	<ul style="list-style-type: none"> ● Reach across and trap their hand to your arm with your right hand
	<ul style="list-style-type: none"> ● Make a "Y" with your left hand and angle up into their right wrist
	<ul style="list-style-type: none"> ● Take their arm over to your right stepping forward with your left foot into a horseriding stance
<ul style="list-style-type: none"> ● Tap out upon submission 	<ul style="list-style-type: none"> ● Put your elbow over their arm doing a wristlock into submission

8	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab both defender's arms with both your hands - K'ihap 	<ul style="list-style-type: none"> ● Take a slight, quick step forward with your left foot and pull on both your arms, at the same time doing a right leg knee strike to the groin
	<ul style="list-style-type: none"> ● Without putting your foot down, sweep their front leg out with your right to a takedown
	<ul style="list-style-type: none"> ● Punch and K'ihap

Learn for Orange Belt (7th Gup):

9	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's left shoulder with your right hand - K'ihap 	<ul style="list-style-type: none"> ● Reach across with your right hand and trap their hand to your shoulder
<ul style="list-style-type: none"> ● Tap out upon submission 	<ul style="list-style-type: none"> ● Lift your left arm over your attacker's while you step forward with your left foot into horseriding stance dropping your elbow down into a wristlock submission

10	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's right arm with your right hand (cross grab) - K'ihap 	<ul style="list-style-type: none"> ● Fake to your right grab their arm with your right hand, then swing back to your left grabbing their arm with your right
	<ul style="list-style-type: none"> ● Spin under your attacker's arm to your right
	<ul style="list-style-type: none"> ● Take down and punch - K'ihap

Learn for Green Belt (6th Gup):

11	
Attacker	Defender
● Grab defender with a forearm choke hold from behind - K'ihap	● Throw your inside elbow to your attacker's mid-section
	● Slide your left arm around behind them stepping slightly behind them with your left foot
	● Grap the pressure point just above their left collar bone, between their shoulder and their neck
	● Pull down with that hand while pulling from behind their knee with your right hand throwing them backwards
	● Punch and K'ihap

12	
Attacker	Defender
● Grab defender in a headlock bent forward - K'ihap	● Throw a punch with the inside hand (left hand) to the attacker's kidney
	● Reach around with your left arm behind them
	● Grap the pressure point just above their left collar bone, between their shoulder and their neck
	● Pull down with that hand while pulling from behind their knee with your right hand throwing them backwards
	● Punch and K'ihap

Learn for Purple Belt (5th Gup):

13	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender in a bear hug from behind - high - K'ihap 	<ul style="list-style-type: none"> ● Drop into horseriding stance, lifting both elbows at the same time to break the bear hug
	<ul style="list-style-type: none"> ● Two elbow strikes to the body, right elbow followed by left elbow
	<ul style="list-style-type: none"> ● Reach down between your legs, grab the attacker's leg and pull forward throwing them back
	<ul style="list-style-type: none"> ● Spin whip kick (wheel kick) and follow with a punch - K'ihap

14	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender in a bear hug from behind - low - K'ihap Step back when they try to foot stomp you 	<ul style="list-style-type: none"> ● Stepping back deep, almost to a front stance, stomp on their foot with your right heel
	<ul style="list-style-type: none"> ● Then grab for their right arm and getting a grip as fast and high as you can with both hands
	<ul style="list-style-type: none"> ● Throw your right hip into them and pull forward their right arm, bending forward, throw them over your hip
	<ul style="list-style-type: none"> ● Punch and K'ihap

Learn for Blue Belt (4th Gup):

15

Attacker	Defender
● Grab defender's left arm with your right hand upside down - K'ihap	● Reach across and trap the attacker's hand with your right hand
	● Then turn your body sideways by stepping back with your right into horseriding stance
● Tap out upon submission	● Put your elbow over their arm doing a wristlock into submission

16

Attacker	Defender
● Grab defender's left arm with your right hand - K'ihap	● Step back with your right foot, pulling your left hand across the front of your body, causing your attacker to step forward
	● Then sweep their closest leg with your right foot while at the same time delivering a right hand ridgehand to the neck to take down
	● Keep control of their right hand with your left the entire time, punch and K'ihap

Learn for Red Belt (3rd Gup):

17	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab top of defender's uniform in front with your right hand - K'ihap 	<ul style="list-style-type: none"> ● With your left hand, deliver a quick push to your attacker's hand up and toward your right exposing their thumb
	<ul style="list-style-type: none"> ● Grab their thumb with your right and squeeze as you turn to your left taking them down
<ul style="list-style-type: none"> ● Tap out upon submission 	<ul style="list-style-type: none"> ● Continue squeezing into submission

18	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's belt at the knot with your right hand - K'ihap 	<ul style="list-style-type: none"> ● With your left hand, deliver a quick push to your attacker's hand over and toward your right exposing their thumb
	<ul style="list-style-type: none"> ● Grab their thumb with your right and squeeze as you turn to your left taking them down
<ul style="list-style-type: none"> ● Tap out upon submission 	<ul style="list-style-type: none"> ● Continue squeezing into submission

Learn for Brown Belt (2nd Gup):

19	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab the defender by the hair with your right hand from the front - K'ihap 	<ul style="list-style-type: none"> ● Trap the attacker's hand with both your hands tight to your head
<ul style="list-style-type: none"> ● Tap out upon submission 	<ul style="list-style-type: none"> ● Turn sideways stepping back with your right foot into horseriding stance and twist their wrist into submission

20	
Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's left arm with your right hand - K'ihap 	<ul style="list-style-type: none"> ● Fake left then come back right and grab their arm with your right
	<ul style="list-style-type: none"> ● Continue turning to your right under their arm to takedown and punch - K'ihap

Learn for Brown Belt Black Stripe (1st Gup):

21

Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's left arm with your right - K'ihap 	<ul style="list-style-type: none"> ● Step forward with your left foot, turn your palm up making your attacker's wrist bend
	<ul style="list-style-type: none"> ● Grab their wrist with your left hand and the back of their head with your right, throw them forward in a windmill type motion
<ul style="list-style-type: none"> ● When you are thrown, roll forward and jump up into a double middle knifehand (left foot forward) 	<ul style="list-style-type: none"> ● Double middle knifehand (left foot forward) - K'ihap

22

Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender's left arm with your right - K'ihap 	<ul style="list-style-type: none"> ● Step forward and across with your right foot, going under your attacker's arm at the same time
	<ul style="list-style-type: none"> ● Turn your palm up making your attacker's wrist bend
	<ul style="list-style-type: none"> ● Grab their wrist with your left hand and the back of their head with your right, throw them forward in a windmill type motion
<ul style="list-style-type: none"> ● When you are thrown, roll forward and jump up into a double middle knifehand (left foot forward) 	<ul style="list-style-type: none"> ● Double middle knifehand (left foot forward) - K'ihap