



Instructor:
Master Delafield

2nd Dan
SELF-DEFENSE

23-42

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Attacker	Defender
<ul style="list-style-type: none"> ● K'hap and grab for defender's right arm with your right hand (reaching across) 	<ul style="list-style-type: none"> ● Step back with your right foot and pull your right hand away from the attacker's grab, with your left hand, grab their reaching arm and pull them forward causing your attacker to step forward
	<ul style="list-style-type: none"> ● 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
	<ul style="list-style-type: none"> ● Keep control of their right hand with your left the entire time, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Grab both defender's arms with both your hands from the front - K'ihap 	<ul style="list-style-type: none"> ● Fake left and spin right, causing your attacker to spin with you
<ul style="list-style-type: none"> ● Spin with defender keeping hold like you aren't willing to release them 	
	<ul style="list-style-type: none"> ● Spin again and on the second spin, grab their right with your right hand, spinning under to take down, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With knife in right hand, K'ihap as you step forward with your right foot with a straight middle stab. 	<ul style="list-style-type: none"> ● Step forward with your left foot and palm block with your left hand in a front stance
	<ul style="list-style-type: none"> ● Then grab their stabbing hand with both your hands - Hapkido wrist hold with both of your thumbs together and facing up on the back of their hand
	<ul style="list-style-type: none"> ● Step in close with your right foot and then back with your left foot moving your body like a door opening, twisting them down, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With knife in your right hand icepick, K'ihap as you step forward with your right stab in a downward motion from above 	<ul style="list-style-type: none"> ● Step forward with your right foot across the attacker's front foot and high block their attack with your right
	<ul style="list-style-type: none"> ● Grab the attacker's arm with your right hand as you redirect, guiding their downward motion causing them to stick the knife into their own leg disarming the attacker
<ul style="list-style-type: none"> ● Roll 	<ul style="list-style-type: none"> ● Continue going under to your left, throw them into a forward roll, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With knife in your right hand icepick, K'ihap as you step forward with your right stab in a downward motion from above 	<ul style="list-style-type: none"> ● Step forward with your left foot and high block with your left hand
	<ul style="list-style-type: none"> ● Grab the attacker's arm with your left, bring it down in a counter-clockwise circular motion slicing their leg on your way by
	<ul style="list-style-type: none"> ● Continue turning to your right go under their arm to takedown, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With knife in your right hand icepick, K'ihap as you step forward with your right stab in a downward motion from above 	<ul style="list-style-type: none"> ● Step forward with your left and open hand high block with your left
	<ul style="list-style-type: none"> ● Take your right hand under their arm and slap trap their arm
	<ul style="list-style-type: none"> ● Then slap again with your right and make their elbow bend
	<ul style="list-style-type: none"> ● Right leg knee strike and sweep with your right leg, punch and K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With knife in right hand, K'ihap as you step forward with your right foot with a strait middle stab. 	<ul style="list-style-type: none"> ● Step forward with your left foot and do a snake block with your left hand
	<ul style="list-style-type: none"> ● Continue snake block around to trap and armbar their right arm
	<ul style="list-style-type: none"> ● Grab their shoulder with your right, knee to mid section with your right,
	<ul style="list-style-type: none"> ● Sweep their front foot to takedown and punch, K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● From behind the defender, with the knife in your right hand, K'ihap as you hold the knife to their lower back 	<ul style="list-style-type: none"> ● With arms down, spin to your left
	<ul style="list-style-type: none"> ● Blocking the attacker's knife arm with your left arm, snake your left arm on under to trap and armbar their right arm
	<ul style="list-style-type: none"> ● Grab their shoulder with your right, knee to mid section with your right,
	<ul style="list-style-type: none"> ● Sweep their front foot to takedown and punch, K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● From behind the defender, with the knife in your right hand, K'ihap as you hold the knife to their lower back 	<ul style="list-style-type: none"> ● With arms down, spin to your right
	<ul style="list-style-type: none"> ● Blocking the attacker's knife arm with your right arm,
	<ul style="list-style-type: none"> ● Grab their attacking arm with your left hand
	<ul style="list-style-type: none"> ● Then grab the bottom of their hand with your right,
	<ul style="list-style-type: none"> ● Skip forward and sweep with your right foot while twisting their hand, takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● From behind the defender, with the knife in your right hand, K'ihap as you hold the knife to their lower back 	<ul style="list-style-type: none"> ● With arms down, spin to your left
	<ul style="list-style-type: none"> ● Blocking their knife arm with your left arm
	<ul style="list-style-type: none"> ● Grab the attacking hand with your right as you keep spinning under their arm
	<ul style="list-style-type: none"> ● Throw them forward and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● From behind, grab both defender's arms with both your hands - K'ihap 	<ul style="list-style-type: none"> ● Spin to your right taking your right arm between you and the attacker
	<ul style="list-style-type: none"> ● Grab their right arm with your left hand
	<ul style="list-style-type: none"> ● Grab the same hand with your right and keep spinning under to takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● From behind, grab both defender's arms with both your hands - K'ihap 	<ul style="list-style-type: none"> ● Spin to your right taking your right arm between you and the attacker
	<ul style="list-style-type: none"> ● Take right arm around attacker, under their arm jacking their arm and shoulder up while gripping across their back
	<ul style="list-style-type: none"> ● Grab their right arm with your left hand and pull across as you push up with your right shoulder to a Judo hip toss to takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender in a bear hug from the front, trapping both of their arms - K'ihap 	<ul style="list-style-type: none"> ● Knee to their groin with your right
	<ul style="list-style-type: none"> ● Without putting your foot down, sweep with your right to takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Grab defender in a bear hug from the front, under their arms - K'ihap 	<ul style="list-style-type: none"> ● With your left hand reach behind the attacker and push a knuckle into their spine while pushing their chin back at the same time with your right hand into submission
<ul style="list-style-type: none"> ● Tap out upon submission 	

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Attacker	Defender
<ul style="list-style-type: none"> ● From your knees, grab defender's left shoulder with your right hand - K'ihap 	<ul style="list-style-type: none"> ● From your knees, as soon as the attacker grabs your shoulder backfist with your right hand
<ul style="list-style-type: none"> ● Block their backfist with left palm 	<ul style="list-style-type: none"> ● Take 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"> ● Bring the left arm up and over into a submission

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Attacker	Defender
<ul style="list-style-type: none"> ● Standing, grab the defender's left hand with your right hand - K'ihap 	<ul style="list-style-type: none"> ● From your knees, step up with your left foot spinning to your right
	<ul style="list-style-type: none"> ● Grab the attacker's arm with your right as you spin
	<ul style="list-style-type: none"> ● Put your left knee down and your right foot steps up as you spin under their arm to takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Reach out with both hands for a choke from the front with the defender against a wall - K'ihap 	<ul style="list-style-type: none"> ● With your back against the wall, reach between their hands with your right hand
	<ul style="list-style-type: none"> ● Grab their right arm and spin to your right
	<ul style="list-style-type: none"> ● Armbar with your left, slamming the attacker into the wall - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● Reach out with both hands for a choke from the front - K'ihap 	<ul style="list-style-type: none"> ● Wedge block between the attacker's arms
	<ul style="list-style-type: none"> ● Grab the back of their hair with your left and their chin with your right, twist your attacker down to your left
	<ul style="list-style-type: none"> ● Takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With a staff, middle strike with the right 	<ul style="list-style-type: none"> ● With Sais, Step back with the left foot into back stance, inner block with the right
<ul style="list-style-type: none"> ● High block the strike 	<ul style="list-style-type: none"> ● Backfist with the right Sai
	<ul style="list-style-type: none"> ● Back side kick with your left to mid-section
	<ul style="list-style-type: none"> ● Spin sweep with your right to takedown and punch - K'ihap

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Attacker	Defender
<ul style="list-style-type: none"> ● With a Staff, do a twisting middle strike with your right 	<ul style="list-style-type: none"> ● With sais, step forward with your left foot into a horseriding stance at about a 45 degree angle and double forearm block their strike
<ul style="list-style-type: none"> ● With your left strike the back of their knee 	<ul style="list-style-type: none"> ● Drop your left knee down
<ul style="list-style-type: none"> ● Step in and choke 	<ul style="list-style-type: none"> ● When he chokes, double elbow strike right, left, then sweep with your right leg while elbow striking their hip with your right, follow into a standing punch - K'ihap