

## **Hapkido 9<sup>th</sup> – 8<sup>th</sup> Kup**

At this stage, we firstly learn the next progression of the backward break fall, allowing us to regain our feet as quickly as possible.

Then we start to look at the initial set of basic throws, if the combat situation has got too close to use effective strikes.

### **Backward roll**

The initial movement is identical to that of the standard backward break fall. This time, however, there is no need to extend the arms and slap them down onto the floor. This time, lean your head as far as you can toward one shoulder. Then kick the same side leg over the opposite shoulder. Ie, if you lean your head to the right, kick your right leg over your left shoulder. This will allow your body to roll over the shoulder until you reach a position where you can stand up again, to continue the battle.

### **Neck Throw**

Facing your partner / opponent, take their right sleeve in your left hand. Step forward with your right foot, placing it close to your opponent's right foot or, ideally, step outside of your opponent's foot. Bring your left foot in, inside your opponent's stance. As you do so, slide your right arm over their left shoulder, whilst pulling on the sleeve, throwing them around your body or, if possible, over your right leg.

### **Shoulder Throw**

Similar to the neck throw but, instead of putting your arm over their left shoulder, put it under their right shoulder and hold their sleeve as you throw them.

### **Belt Throw**

Similar movement to the previous throws but, this time, put your right arm around their waist, take hold of their belt and, using your hip, lift and throw.

### **Rear leg block**

Hold your opponent's sleeve in your left hand. Hold their collar with your right hand. Step forward, putting your right foot behind their right leg. The further across you can go, the more leverage you can generate. Push forward, forcing them to trip over you right leg. Should your opponent attempt to fight out of this position, twisting your body and bringing your left leg around, in a sweep position, allows you to change the technique into a neck throw.