


Omaha Blue Waves Martial Arts Hapikdo Core Competencies

Gup Level	Locks/Throws/ Takedowns	Strikes/Blocks	Falls/Rolls	Stances	Specials
10 th Gup White to Yellow	From Single Hand Chest Grabs: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over	Kicks: 1. Rear Leg Front Kick 2. Sliding Front Leg Side Kick 3. Rear Leg Round House Kick Blocks: 1. Rising Forearm 2. Down Block Strikes: 1. Straight punch	Falls: 1. Front Fall 2. Side Fall 3. Back Break Fall	Stances: 1. Fighting 2. Front 3. Horse	2 Month Minimum  Approved Curriculum
9 th Gup Yellow to Gold	From Double Hand Chest Grabs: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over	Kicks: 1. Rear Leg Inside to Outside Crescent 2. Rear Leg Outside to Inside Crescent Blocks: 1. Outer Forearm 2. Inner Forearm Strikes: 1. Knife Hand 2. Reverse Punch	Falls: 1. Front Roll 2. Front Fall-Front Roll 3. Back Fall-Shoulder Up Roll	2-3 Month Minimum Escapes: 1. Radial Strike 2. Circle Lock 3. Brachial Strike 4. Surrender	
8 th Gup Gold to Orange	From Single Hand Chest Grabs: 1. 2 Point Lock Double Hand Chest Grabs: 2. 2 Point Lock Single Hand Wrist Grabs: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock Throws: 1. 3 Point Lock and Throw Chest 2. 3 Point Lock and Throw Wrist	Kicks: 1. Front Leg Front Kick 2. Back Leg Side Kick 3. Front Leg Round House Kick 4. Rear Leg Shin Kick 5. Axe Kick Blocks: 1. Outside Scoop Block 2. Inside Scoop Block	Falls: 1. Dive Rolls	Stances: 1. Cat 2. Tight Twin or Parallel	2-3 Month Minimum Escapes: 1. Single Hand Downward 2. Single Hand Upward
7 th Gup Orange to Green	From Double Hand Wrist Grabs (both wrists): 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock 7. Duck (Add All Previous Grabs)	Sweeps: 1. Outside Sweep 2. Inside Sweep Blocks: 1. X-Block High 2. X-Block Low 3. Check and Pass Strikes: 1. Bow Hand			2-3 Month Minimum Escapes: 1. Double Hand Downward 2. Double Hand Upward Drills: 1. Circle

	Throws: 1) 3 Point Lock and Throw Wrist Double 2) Tornado Throw a) Single Chest b) Double Chest c) Single Wrist d) Double Wrist	2. Palm Heel 3. Back Fist			
6 th Gup Green to Purple	From Double Hand Wrist Grabs (single rolls): 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock 7. Duck Throws: 1. Tornado Throw (Double Hand/Single Wrist) 2. Basic Horse Stance Hip Throw 3. Forward Hip Throw	Kicks: 1. Spinning Side 2. Spinning Crescent 3. Spinning Axe Kick Sweeps: 1. Front/Front 2. Rear/Front Blocks: 1. C-Block Strikes: 1. Forward Knee 2. Lateral Elbow 3. Vertical Elbow	Falls: 1. Jumping Dive Rolls	Stances: 1. Kneeling	3-4 Month Minimum Drills: 1. Takedown
5 th Gup Purple to Blue	From Single Hand Punch: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock 7. Duck Throws: 1. Tornado Throw (Punch) 2. Basic Horse Stance Hip Roll 3. Side Horse Stance Should Throw 4. Front Shoulder Throw	Kicks: 1. Front Leg Hook 2. Rear Leg Hook 3. Spinning Hook 4. Twist Kick 5. Back Kick Blocks: 1. Bow Hand Strikes: 1. Triceps Strike with Neck Brake	Falls: 1. Jumping Dive Rolls (One Person)	Stances: 1. Modified Walking 2. Modified Fighting 3. Front Takedown	3-4 Month Minimum Drills: 1. Fluid Circle Knowledge: 1. Motor Nerve Points
4 th Gup Blue to Red	From Rear and Forward Choke Positions: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock 7. Duck Throws: 1. Tornado Throw (Punch)	Kicks: 1. Jumping Back Leg Front Snap 2. Jumping Back Leg Round House 3. Jump Spinning Crescent 4. Jump Sliding Side Kick Sweeps: 1. Spinning Rear Leg Low Sweep	Falls: 1. Jumping Dive Rolls (Two People)	Stances: 1. X-Stance	4-5 Month Minimum Drills: 1. Speed Knowledge: 1. Pain Compliance Concepts

	2. Standing Forward Shoulder from Choke Chokes: 1. Rear Vascular 2. Side Vascular 3. Respiratory	Blocks: 1. Twin Fist 2. Double Upset Strikes: 1. Spear Hand 2. Hammer Fist 3. Claw Hand 4. Spinning Back Fist 5. Spinning Knife Hand Strike		
3 rd Gup Red to Brown	From Side Grab Position: 1. Half Moon 2. Praying Hands 3. Arm Bar 4. Lock Up 5. Walk Over 6. 2 Point Lock 7. Duck 8. Locking Arm Break Throws: 1. Reverse Circle Ground: 1. Figure 4/Triangle 2. Ground Choke	Kicks: 1. Jumping Spinning Hook Kick 2. Front Leg Jump Round House 3. Front Leg Jump Snap Kick 4. Jumping Side Kick Blocks: 1. Shin Check 2. Heel Check Strikes: 1. Downward Elbow 2. Forearm 3. Reverse Forearm	Falls: 1. Jumping Dive Rolls (Three People)	4-5 Month Minimum Drills: 1. Ground Locks and Reversals Knowledge: Relative Positioning Theory and Application
2 nd Gup Brown to Brown/Black	From Kick: 1. Ankle Lock (Front Kick) 2. Knee Lock (Front Kick) 3. Knee/Ankle Lock (Round House Kick) 4. Knee/Ankle Lock (Round House Kick) Throws: 1. Single Leg Drop and Throw 2. Double Leg Drop and Throw	Kicks: 1. Spinning Wheel Kick 2. High Scissor Kick 3. Low Scissor Kick 4. Double Leg Flying Side Kick Strikes: 1. Forward Head Butt 2. Rear Head Butt		5-6 Month Minimum Drills: 1. Kicking Takedowns Knowledge: Reaction Time and Gap Distances TEACHING 10 HOURS
1 st Gup Brown/Black to 1 st Dan Black	Multiple Opponents/All Angles – Locks and Throws :	Kicks: 1. Ground Side 2. Ground Front 3. Double Leg Jumping Front Kick 4. Jump Split Kick Forward/Side		6-8 Month Minimum Drills: 1. Single Freestyle 2. Multiple Freestyle 3. Edged Weapons Knowledge: OM 12 main line locations TEACHING 20 HOURS

*This Core Competencies graph is not meant to be an all-inclusive representation of technique combinations, applications, knowledge sets, or drills. Rather it is a generalized guidepost for skill sets which are required at each rank.