

Write Out Your Steps For One-Step And Hapkido

One-Step 1	
One-Step 2	
One-Step 3	
One-Step 4	
One-Step 5	
Same Side Wrist Grab	
Opposite Side Wrist Grab	
Shoulder Grab	
Double Wrist Grab	
Double Wrist Grab Behind Back	
Choke	
Bear Hug	
Under Arm Hug	

