

World Combat Martial Arts Federation W.C.M.A.F



Sin Moo Hapkido Young Mu Kwan Fighting Cane

Master Instructor Certification Course

Sin Moo Hapkido

Young Mu Kwan Fighting Cane

Level 1

“If you can’t walk without it you probably can’t fight with it.”

History of the Cane
Legal Review

Angular Footwork and Evading

Single Handed Cane Blocks (direct/passing)
Circular Cane Blocks (direct/passing)

Single Handed Cane Strikes
Cane Strikes with Punches and Kicks
Circular Cane Strikes with Punches and Kicks

Cane vs Punches
Cane vs Kicks

All Techniques Standing, Sitting, Kneeling, On the Ground

Level 1 Fighting Cane
Basic Instructor Certification Test

Sin Moo Hapkido

Young Mu Kwan Fighting Cane

Level 2

2 Handed Cane Blocks
(Wide Grip/Sword Grip)(Direct/Passing)

15 Two Handed Strikes
12 Two handed sword grip strikes
Cane Strikes with Punches and Kicks

Two handed Cane vs Punches
Two handed Cane vs Kicks

All Techniques Standing, Sitting, Kneeling, On the Ground
Falling and Rolling with the Cane

Level 2 Fighting Cane
Intermediate Instructor Certification Test

Sin Moo Hapkido

Young Mu Kwan Fighting Cane

Level 3

Leg Twist Takedown
Using the Hook to Pull
Head (Front/Rear)
Punch
Kick
Leg Pull Takedown
Cane vs Front Chokes
Cane vs Rear Chokes
Wrist grab S lock counter
Wrist grab hand extension counter
Counter to cane grab
Counter to cane grab and punch
Counter to cane grab and kick
Armpit takedown vs punch
Underarm takedown vs punch
Front armbar vs punch/wrist grab
Shoulder throw vs punch
Step through armpit throw vs punch
Neck lever vs punch
Power shove takedowns
Monkey flip vs cane grab
Double arm escort
Counter to pushes
Cane Ground Techniques

***Level 3 Fighting Cane
Advanced Instructor Certification Test***

Sin Moo Hapkido
Young Mu Kwan Fighting Cane
Level 4

Cane vs Staff
Cane vs Knife
Cane vs Spear
Cane vs Short Stick
Cane vs 2 Opponents
Cane vs 3 Opponents
Cane vs 4 Opponents
On Location Street Scenarios

Level 4 Fighting Cane
Master Instructor
Certification Test