

# **Athens Yoshukai**

## **Hapkido Student Handbook**

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## About Hapkido

Hapki-Do aims to be an effective form of self-defense and employs joint locks, pressure points, throws, kicks, and other strikes. Hapki-Do practitioners train to counter the techniques of other martial arts as well as common "unskilled" attacks. There is also a range of traditional weapons including short stick, cane, rope, sword and staff which vary in emphasis depending on the particular tradition examined.

Although Hapki-Do contains both long and close range fighting techniques, the purpose of most engagements is to get near for a close strike, lock, or throw. Hapki-Do emphasizes circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength.

Hapki-Do is an eclectic martial art that was formulated in Korea and has grown into an internationally renowned self defense form. It combines a wide range of integrated techniques that include: striking, blocking, holding, throwing, joint locks, grappling, and weapons training.

This art provides a complete self defense system as well as a vehicle for the perfection of one's own character. The physical techniques of Hapki-Do are characterized by a constant flow of strikes, blocks, grappling holds, joint manipulations, and throwing techniques. This constant motion and fluidity of circular movements blends with an opponents force so that their own strength and motion are turned against them.

Hapki-Do's practical self defense methods, discipline, and versatile nature, has led to its use by many of the world's foremost military Special Forces units, as well as many of law enforcement community special tactic teams.

**A note on terminology:** While every effort has been made to adopt proper Korean terminology, many Hapkido techniques are derived from Judo and Jujitsu, and are more widely recognized by their Japanese names. For this reason, all locking and throwing techniques in this handbook utilize Japanese terminology.

## About This Handbook

This handbook is intended to serve as a supplement to the training that you will receive in class. The book lists the specific rank requirements necessary to promote in Hapkido at AKF Itto Martial Arts. The rank requirements in this book are cumulative for each rank. Techniques that are new for a given rank are highlighted in gray.

Please note that a student's readiness to test in Hapkido is based on three things:

1. Sufficient time in grade (TIG). There are required minimum periods of time between tests that must be met in order for a student to be eligible for the next promotion. While instructors may afford some small leeway in this requirement based on an individual student's situation, in general the student must fulfill this requirement before being considered for promotion.
2. Sufficient hours in grade. Each rank has a minimum number of hours in current grade that must be met in order for a student to be eligible for the next promotion. These requirements may be adjusted by the instructors based on an individual student's training regimen; if the student is regularly training in other, related arts, that may be taken into consideration when determining testing eligibility.
3. Sufficient skill in the required techniques. Students must demonstrate an appropriate level of skill in the techniques listed in this book. In general, the minimum expectations of skill are as follows:
  - a. Students should demonstrate a general understanding and ability to execute the techniques listed as new for their current rank. If a letter grade were to be assigned to these techniques, it would need to be a C or higher.
  - b. Students should demonstrate competent execution of techniques that they learned at the previous rank. If a letter grade were to be assigned to these techniques, it would need to be a B or higher.
  - c. Students should be proficient and skilled at the execution of all earlier techniques. If a letter grade were to be assigned to these techniques, it would need to be an A.

## White Belt Promoting To Yellow Stripe (10<sup>th</sup> Keup to 9<sup>th</sup> Keup):

### Time in Rank:

- White Belts testing to Yellow Stripe should have one to two months time in rank, and a minimum of 10 class hours of attendance.
- Testing Fee for this rank: \$50.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape

### Falling (Nakbop):

- Side Break Fall
- Back Break Fall

### Kicking Techniques (Joksul):

- Front Snap Kick (Ahp Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)

### Striking Techniques (Kwonsul):

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)

### Blocking Techniques (Makgisul):

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)

- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)

### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.

## Yellow Stripe Promoting To Yellow Belt (9<sup>th</sup> Keup to 8<sup>th</sup> Keup):

### Time in Rank:

- Yellow Stripes testing to Yellow Belt should have two to three months time in rank, and a minimum of 14 additional class hours of attendance.
- Testing Fee for this rank: \$60.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab

### Falling (Nakbop):

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll

### Kicking Techniques (Joksul):

- Front Snap Kick (Ahp Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)

- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)

### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)

### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)

### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
- **Defense:**
  - Attacker in Guard, Punching (1 Defense)

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)



- School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)

## Yellow Belt Promoting To Orange Belt (8<sup>th</sup> Keup to 7<sup>th</sup> Keup):

### Time in Rank:

- Yellow Belts testing to Orange Belt should have three months time in rank, and a minimum of 20 additional class hours of attendance.
- Testing Fee for this rank: \$60.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist

### Falling (Nakbop):

- Side Break Fall
- Back Break Fall
- Front Rolling Fall

- Back Shoulder Roll
- Front Break Fall

### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- **Same Leg Combination Kicks:**
  - One Two-Kick Combination
- **Advancing Kicks:**
  - Moving forward with basic kicks

### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)

### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)

### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)

- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle
- **Defense:**
  - Attacker in Guard, Punching (1 Defense)

### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)

- Upward (Wi)
  - Downward (Naeryo)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance

## Orange Belt Promoting To Green Belt (7<sup>th</sup> Keup to 6<sup>th</sup> Keup):

### Time in Rank:

- Orange Belts testing to Green Belt should have three months time in rank, and a minimum of 20 additional class hours of attendance.
- Testing Fee for this rank: \$60.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist

**Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)

**Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - One Two-Kick Combination
- **Advancing Kicks:**
  - Moving forward with basic kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)

**Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)

**Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)

- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

#### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)

#### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)

#### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock

#### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (2 Defenses)

#### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata (3 Moves)

#### **Fighting (Daeryun):**



- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)

### Terminology and Other Requirements:

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent

- Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard

## Green Belt Promoting To Blue Belt (6<sup>th</sup> Keup to 5<sup>th</sup> Keup):

### Time in Rank:

- Green Belts testing to Blue Belt should have four months time in rank, and a minimum of 24 additional class hours of attendance.
- Testing Fee for this rank: \$70.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Rear Attack Defense:**
  - Rear Shoulder
  - Rear Bear Hug
- **Striking Defense:**

- Round Punch
- Straight Punch
- Hammer Fist
- **Kicking Defense:**
  - Round Kick

### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll

### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - Two Two-Kick Combinations
- **Advancing Kicks:**
  - Moving forward with basic kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)
  - Spin Hook Kick (Dwi Dollyo Golcha Chagi)
  - Spin Crescent Kick (Dwi Dollyo Bandel Chagi)

### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)

- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

#### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)

#### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)

#### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock
- Scale Technique (Tenbin)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (2 Defenses)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence

### **Breaking Techniques (Kyukpasul):**

- One Board: Front Roll to Down Position, Side Kick

### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata (6 Moves)

### **Pressure Points:**

- One Facial Pressure Point

### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)

- Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard

## Blue Belt Promoting To Purple Belt (5<sup>th</sup> Keup to 4<sup>th</sup> Keup):

### Time in Rank:

- Blue Belts testing to Purple Belt should have four months time in rank, and a minimum of 24 additional class hours of attendance.
- Testing Fee for this rank: \$70.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
  - Two Hands to One Wrist
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Rear Attack Defense:**
  - Rear Shoulder
  - Rear Bear Hug



- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist
- **Kicking Defense:**
  - Round Kick
  - Front Kick
- **Push Defense:**
  - One Handed Push

#### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll
- First Kyu of the Falling Kicking Form

#### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - Two Two-Kick Combinations
  - One Three-Kick Combination
- **Advancing Kicks:**
  - Moving forward with basic kicks and spinning kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)

- Spin Hook Kick (Dwi Dollyo Golcha Chagi)
- Spin Crescent Kick (Dwi Dollyo Bandel Chagi)
- **Flying Kicks:**
  - Flying Side Thrust Kick (Dweemyo Yup Chagi)

#### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

#### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with an elbow break (Makko Chigi Yook Chang)

#### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)

- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)
- Neck Wheel (Kubi Garuma)
- Two Handed Reap (Morote Gari)
- Circle Throw (Tomoe Nage)

#### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock
- Scale Technique (Tenbin)
- Gooseneck Wrist (Gokkyo)
- Elbow Crush (Hiji Kudaki)

#### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (2 Defenses)
  - Attacker in Mount, Punching (1 Defense)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence

#### **Breaking Techniques (Kyukpasul):**

- One Board: Front Roll to Down Position, Side Kick
- One Board: Front Roll to Down Position, Pivot, Roundhouse Kick

#### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata

#### **Pressure Points:**

- One Facial Pressure Point
- One Torso Pressure Point

#### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)

- One on One Grab Only Randori

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow

- Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard

## Purple Belt Promoting To Brown 3 Belt (4<sup>th</sup> Keup to 3<sup>rd</sup> Keup):

### Time in Rank:

- Purple Belts testing to Brown Belt should have eight months time in rank, and a minimum of 48 additional class hours of attendance.
  - Class hours in Kyuki-Do may be applied towards attendance hours for Hapkido, with instructor approval.
- Testing Fee for this rank: \$70.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
  - Two Hands to One Wrist
  - Handshake
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab

- **Rear Attack Defense:**
  - Rear Shoulder
  - Rear Bear Hug
  - Double Rear Wrist
  - Full Nelson
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist
- **Kicking Defense:**
  - Round Kick
  - Front Kick
- **Push Defense:**
  - One Handed Push

### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll
- Rear Shoulder Roll With Toggle
- First Kyu of the Falling Kicking Form
- Second Kyu of the Falling Kicking Form

### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - Three Two-Kick Combinations
  - Two Three-Kick Combinations
- **Advancing Kicks:**

- Moving forward with basic kicks and spinning kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)
  - Spin Hook Kick (Dwi Dollyo Golcha Chagi)
  - Spin Crescent Kick (Dwi Dollyo Bandel Chagi)
- **Flying Kicks:**
  - Flying Side Thrust Kick (Dweemyo Yup Chagi)
  - Flying Front Snap/Front Thrust Kick (Dweemyo Ahp Chagi/Dweemyo Ahp Miro Chagi)

#### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

#### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)



- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with an elbow break (Makko Chigi Yook Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with a tricep rub (Makko Chigi Chil Chang)
- Flow Drill (3 Part Sequence)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)
- Neck Wheel (Kubi Garuma)
- Two Handed Reap (Morote Gari)
- Circle Throw (Tomoe Nage)
- Torso Reversal (Do Gaeshi)
- Figure Eight Head Turn (Hachi Mawashi)
- Body Drop (Tai Otoshi)
- Floating Drop (Uki Otoshi)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock
- Scale Technique (Tenbin)
- Gooseneck Wrist (Gokkyo)
- Elbow Crush (Hiji Kudaki)
- Reverse Arm Lock Over Shoulder (Gyaku Te Seoi)
- Finger Lock (Yubi Dori)
- Chicken Wing

### **Groundfighting (Waki):**

- **Basics:**

- Good Getup
- Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (2 Defenses)
  - Attacker in Mount, Punching (2 Defenses)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence

### **Breaking Techniques (Kyukpasul):**

- One Board: Front Roll to Stand, Hand Technique
- One Board: Front Roll to Stand, Foot Technique

### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata
- Ju Ni No Kata (6 Moves)

### **Pressure Points:**

- One Facial Pressure Point
- One Torso Pressure Point

### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)
- One on One Grab Only Randori
- One on One Freestyle Randori
- Attack From Behind Randori

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)

- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard

## Brown 3 Belt Promoting to Brown 2 Belt (3<sup>rd</sup> Keup to 2<sup>nd</sup> Keup):

### Time in Rank:

- Brown 3 testing to Brown 2 should have eight months time in rank, and a minimum of 48 additional class hours of attendance.
- Testing Fee for this rank: \$80.00.

### Basic Techniques (Kibonsul):

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### Self Defense Techniques (Hoshinsul):

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
  - Two Hands to One Wrist
  - Handshake
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Rear Attack Defense:**
  - Rear Shoulder

- Rear Bear Hug
- Double Rear Wrist
- Full Nelson
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist
- **Kicking Defense:**
  - Round Kick
  - Front Kick
  - Side Kick
- **Push Defense:**
  - One Handed Push
  - Two Handed Push
- **Other Grab Defense:**
  - Side Head Lock

#### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll
- Rear Shoulder Roll With Toggle
- First Kyu of the Falling Kicking Form
- Second Kyu of the Falling Kicking Form
- Third Kyu of the Falling Kicking Form

#### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**

- Four Two-Kick Combinations
- Three Three-Kick Combinations
- **Advancing Kicks:**
  - Moving forward with basic kicks and spinning kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)
  - Spin Hook Kick (Dwi Dollyo Golcha Chagi)
  - Spin Crescent Kick (Dwi Dollyo Bandel Chagi)
- **Flying Kicks:**
  - Flying Side Thrust Kick (Dweemyo Yup Chagi)
  - Flying Front Snap/Front Thrust Kick (Dweemyo Ahp Chagi/Dweemyo Ahp Miro Chagi)
  - Jump Spin Crescent Kick (Dweemyo Dwi Dwollyo Bandel Chagi)
  - Jump Spin Hook Kick (Dweemyo Dwi Dwollyo Golcha Chagi)

#### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

#### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)

- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with an elbow break (Makko Chigi Yook Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with a tricep rub (Makko Chigi Chil Chang)
- From horse stance, counter a center or high punch by pivoting in either direction and executing a double block or passing block (Makko Chigi Pal Chang)
- Flow Drill (4 Part Sequence)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)
- Neck Wheel (Kubi Garuma)
- Two Handed Reap (Morote Gari)
- Circle Throw (Tomoe Nage)
- Torso Reversal (Do Gaeshi)
- Figure Eight Head Turn (Hachi Mawashi)
- Body Drop (Tai Otoshi)
- Floating Drop (Uki Otoshi)
- Floating Hip (Uki Goshi)
- Scale Throw (Tenbin Nage)
- Valley Drop (Tani Otoshi)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock

- Scale Technique (Tenbin)
- Gooseneck Wrist (Gokkyo)
- Elbow Crush (Hiji Kudaki)
- Reverse Arm Lock Over Shoulder (Gyaku Te Seoi)
- Finger Lock (Yubi Dori)
- Chicken Wing
- Standing Arm Coil (Tachi Ude Garame)
- Cross Arm Lock (Juji Gatame)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (3 Defenses)
  - Attacker in Mount, Punching (3 Defenses)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence

### **Breaking Techniques (Kyukpasul):**

- One Board: Front Roll to Stand, Jumping Kick

### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata
- Ju Ni No Kata

### **Pressure Points:**

- One Facial Pressure Point
- One Torso Pressure Point
- One Arm Pressure Point

### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)
- One on One Grab Only Randori
- One on One Freestyle Randori
- Attack From Behind Randori
- Two on One Freestyle Randori

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)



- School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Be able to provide terminology for intermediate level techniques (Green through Purple)
- Student should have the following equipment:
  - Patches for uniform

- Mouth guard
- Hapkido Uniform

## **Brown 2 Belt Promoting to Brown 1 Belt (2<sup>nd</sup> Keup to 1<sup>st</sup> Keup):**

### **Time in Rank:**

- Brown 2 testing to Brown 1 should have eight months time in rank, and a minimum of 48 additional class hours of attendance.
- Testing Fee for this rank: \$80.00.

### **Basic Techniques (Kibonsul):**

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### **Self Defense Techniques (Hoshinsul):**

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
  - Two Hands to One Wrist
  - Handshake
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Rear Attack Defense:**
  - Rear Shoulder

- Rear Bear Hug
- Double Rear Wrist
- Full Nelson
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist
  - Jab
- **Kicking Defense:**
  - Round Kick
  - Front Kick
  - Side Kick
- **Push Defense:**
  - One Handed Push
  - Two Handed Push
- **Other Grab Defense:**
  - Side Head Lock
  - Hair Grab
  - Front Bear Hug

#### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll
- Rear Shoulder Roll With Toggle
- First Kyu of the Falling Kicking Form
- Second Kyu of the Falling Kicking Form
- Third Kyu of the Falling Kicking Form
- Fourth Kyu of the Falling Kicking Form

#### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)
- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)

- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - Five Two-Kick Combinations
  - Four Three-Kick Combinations
- **Advancing Kicks:**
  - Moving forward with basic kicks and spinning kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)
  - Spin Hook Kick (Dwi Dollyo Golcha Chagi)
  - Spin Crescent Kick (Dwi Dollyo Bandel Chagi)
- **Flying Kicks:**
  - Flying Side Thrust Kick (Dweemyo Yup Chagi)
  - Flying Front Snap/Front Thrust Kick (Dweemyo Ahp Chagi/Dweemyo Ahp Miro Chagi)
  - Jump Spin Crescent Kick (Dweemyo Dwi Dwollyo Bandel Chagi)
  - Jump Spin Hook Kick (Dweemyo Dwi Dwollyo Golcha Chagi)
  - Jump Roundhouse Kick (Dweemyo Dollyo Chagi)
  - Jump Spin Side Kick (Dweemyo Dwi Dollyo Yup Chagi)

#### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)
- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Ii Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with an elbow break (Makko Chigi Yook Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with a tricep rub (Makko Chigi Chil Chang)
- From horse stance, counter a center or high punch by pivoting in either direction and executing a double block or passing block (Makko Chigi Pal Chang)
- Flow Drill (5 Part Sequence)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)
- Neck Wheel (Kubi Garuma)
- Two Handed Reap (Morote Gari)
- Circle Throw (Tomoe Nage)
- Torso Reversal (Do Gaeshi)
- Figure Eight Head Turn (Hachi Mawashi)
- Body Drop (Tai Otoshi)
- Floating Drop (Uki Otoshi)
- Floating Hip (Uki Goshi)
- Scale Throw (Tenbin Nage)
- Valley Drop (Tani Otoshi)
- Sweeping Hip (Harai Goshi)
- Cross Throw (Juji Nage)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock
- Scale Technique (Tenbin)
- Gooseneck Wrist (Gokkyo)
- Elbow Crush (Hiji Kudaki)
- Reverse Arm Lock Over Shoulder (Gyaku Te Seoi)
- Finger Lock (Yubi Dori)
- Chicken Wing
- Standing Arm Coil (Tachi Ude Garame)
- Cross Arm Lock (Juji Gatame)
- Forearm Lock (Yonkyo)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (4 Defenses)
  - Attacker in Mount, Punching (4 Defenses)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence

### **Breaking Techniques (Kyukpasul):**

- One Board: Front Roll to Stand Over Barrier, Jumping Kick
- One Board: Front Roll to Stand Over Barrier, Hand Technique
- Two Boards: Front Roll to Stand Over Barrier, Foot Technique

### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata
- Ju Ni No Kata
- Hiori No Kata (6 Moves)

### **Pressure Points:**

- One Facial Pressure Point
- One Torso Pressure Point
- One Arm Pressure Point
- One Leg Pressure Point

### **Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)
- One on One Grab Only Randori
- One on One Freestyle Randori
- Attack From Behind Randori
- Two on One Freestyle Randori
- Ground Fighting Randori
- Kickboxing Style Randori With Gear

### **Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)
  - Outward (Pakaru)
  - Upward (Wi)
  - Downward (Naeryo)
  - Hand (Sohn)
  - Foot (Bol)
  - Elbow (Palkumchi)
  - Knee (Murrup)
  - Neck (Mok)
  - Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)



- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Be able to provide terminology for intermediate level techniques (Green through Purple)
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard
  - Hapkido Uniform
  - Sparring Gear

## **Brown 1 Belt Promoting to Black Belt (1<sup>st</sup> Keup to Chodan):**

### **Time in Rank:**

- Brown 1 testing to Black should have eight months time in rank, and a minimum of 48 additional class hours of attendance.
- Testing Fee for this rank: \$375.00.

### **Basic Techniques (Kibonsul):**

- **Stances:**
  - Front Stance
  - Straddle Stance
  - Fighting Stance
  - Back Stance
- **Other:**
  - Danjin Breathing
  - Proficiency in Pivoting/Turning
  - Competence in regaining feet when attacked or threatened

### **Self Defense Techniques (Hoshinsul):**

Note: *Escapes/Releases* only require that the defender break the attacker's hold. *Defense* requires escape from the grab or interception of the strike/kick, followed by the incapacitation of the attacker, either by means of a throw, submission, or sufficiently powerful strike or kick. *Defense* should include throws, locks, kicks, strikes and pressure points appropriate for the defender's rank. Students may be required to demonstrate a particular throw, lock, kick, strike or pressure point as a response to a particular attack (i.e. "demonstrate Tachi Ude Garame from a straight punch.")

- **Escapes/Releases:**
  - Straight Wrist Grab: Five Basic Escapes
  - Front Choke: Turn and Escape
  - Double Wrist Grab: Four Basic Escapes
  - Cross Wrist Grab: Three Basic Escapes
- **Wrist Grab Defense:**
  - Straight Wrist Grab
  - Cross Wrist Grab
  - Double Wrist Grab
  - Two Hands to One Wrist
  - Handshake
- **Clothing Grab Defense:**
  - Shoulder Grab
  - Lapel Grab
  - Double Lapel Grab
- **Rear Attack Defense:**
  - Rear Shoulder

- Rear Bear Hug
- Double Rear Wrist
- Full Nelson
- **Striking Defense:**
  - Round Punch
  - Straight Punch
  - Hammer Fist
  - Jab
- **Kicking Defense:**
  - Round Kick
  - Front Kick
  - Side Kick
- **Push Defense:**
  - One Handed Push
  - Two Handed Push
- **Other Grab Defense:**
  - Side Head Lock
  - Hair Grab
  - Front Bear Hug
- **Weapon Defense:**
  - Club
  - Knife
  - Gun

### **Falling (Nakbop):**

- Side Break Fall
- Back Break Fall
- Front Rolling Fall
- Back Shoulder Roll
- Front Break Fall
- Diving Shoulder Roll (over barrier)
- Flip Slap
- Jujitsu Front Roll
- Rear Shoulder Roll With Toggle
- First Kyu of the Falling Kicking Form
- Second Kyu of the Falling Kicking Form
- Third Kyu of the Falling Kicking Form
- Fourth Kyu of the Falling Kicking Form
- Fifth Kyu of the Falling Kicking Form

### **Kicking Techniques (Joksul):**

- Front Thrust Kick (Ahp Miro Chagi)
- Side Thrust Kick (Yup Chagi)
- Round Kick (Dollyo Chagi)
- Crescent Kick (Bandel Chagi)

- Front Thrust (Ahp Miro Chagi)
- Back Thrust/Back Rise (Di Miro Chagi/Di Chaolikki)
- Hook Kick (Golcha Chagi)
- Twisting Kick (Baltaryo Chagi)
- Slashing Kick (Kal Bol Dollyo Chagi)
- Inward Twisting Hook Kick (Choke Chagi)
- Axe Kick (Jigo Chagi)
- Walking/Checking Kick
- **Same Leg Combination Kicks:**
  - Five Two-Kick Combinations
  - Five Three-Kick Combinations
- **Advancing Kicks:**
  - Moving forward with basic kicks, spinning kicks and flying kicks
- **Ground Kicks:**
  - Execute basic kicks from the ground
  - Drop Spin Side Kick (Murrup Dwi Dollyo Yup Chagi)
  - Drop Spin Hook/Reap (Murrup Dwi Dollyo Golcha Chagi)
- **Spin Kicks:**
  - Spin Side Thrust Kick (Dwi Dollyo Yup Chagi)
  - Spin Hook Kick (Dwi Dollyo Golcha Chagi)
  - Spin Crescent Kick (Dwi Dollyo Bandel Chagi)
- **Flying Kicks:**
  - Flying Side Thrust Kick (Dweemyo Yup Chagi)
  - Flying Front Snap/Front Thrust Kick (Dweemyo Ahp Chagi/Dweemyo Ahp Miro Chagi)
  - Jump Spin Crescent Kick (Dweemyo Dwi Dwollyo Bandel Chagi)
  - Jump Spin Hook Kick (Dweemyo Dwi Dwollyo Golcha Chagi)
  - Jump Roundhouse Kick (Dweemyo Dollyo Chagi)
  - Jump Spin Side Kick (Dweemyo Dwi Dollyo Yup Chagi)

#### **Striking Techniques (Kwonsul):**

- Straight Punch (Ahp Joomok Chirugi)
- Palm Heel (Son Bahdock Chirugi)
- Knife Hand Strike (Son Kal Daerige)
- Ridgehand Strike (Yuk Songkal Daerige)
- Arc Hand Strike (Bandel Son Chirugi)
- One Knuckle Strike (Bam Joomok Chirugi)
- Backfist Strike (Sewoh Doong Joomok Chirugi)
- Elbow Strikes (Palkumchi Daerige)
- Spear Hand Strike (Son Gut Chirugi)

#### **Blocking Techniques (Makgisul):**

- Down Block (Hahdan Palmok Makgi)
- Outside Forearm Block (Bakat Palmok Makgi)
- Hooking Block (Golcha Makgi)

- High Block (Sahndan Palmok Makgi)
- Double Knifehand Block (Chungdan Dool Sonkal Makgi)
- X-ing Knifehand Block (Kyocha Sonkal Makgi)
- Double Blocks/Passing Blocks (Dool Makgi)

### **Blocking/Striking Patterns (Makko Chigi):**

- From horse stance, slap down partner's punches (Makko Chigi Il Chang)
- From horse stance, counter high punch with same side hook block, pivot to front stance, arc hand to throat (Makko Chigi Yee Chang)
- From horse stance, pivot into front stance, counter high punch with opposite outside forearm block, backfist to head (Makko Chigi Sam Chang)
- From horse stance, pivot into front stance, counter high punch by pivoting 90 degrees and executing a cross hand hooking block (Makko Chigi Sah Chang)
- From front stance, block a downward knife hand strike, parry, slap down, counter with a downward knife hand strike (Hubub or Makko Chigi Oh Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with an elbow break (Makko Chigi Yook Chang)
- From horse stance, counter high punch by pivoting 90 degrees into a front and executing a cross hand hooking block. Finish with a tricep rub (Makko Chigi Chil Chang)
- From horse stance, counter a center or high punch by pivoting in either direction and executing a double block or passing block (Makko Chigi Pal Chang)
- Flow Drill (5 Part Sequence)
- Flow Drill (3 Part Sequence, Two Attackers)

### **Throwing Techniques (Yusul):**

- Major Outer Reap (O Soto Gari)
- Major Hip (O Goshi)
- One Arm Shoulder Throw (Ippon Seionage)
- Four Direction Throw (Shio Nage)
- Pulling In Reversal (Hikikomi Gaeshi)
- Entering Throw (Uremi Nage)
- Breath Throw (Kokyu Nage)
- Shoulder Drop (Seio Otoshi)
- Rear Shoulder Drop (Ushiro Kata Otoshi)
- Side Separation (Yoko Wakare)
- Rotary Throw (Kaiten Nage)
- Neck Wheel (Kubi Garuma)
- Two Handed Reap (Morote Gari)
- Circle Throw (Tomoe Nage)
- Torso Reversal (Do Gaeshi)
- Figure Eight Head Turn (Hachi Mawashi)
- Body Drop (Tai Otoshi)

- Floating Drop (Uki Otoshi)
- Floating Hip (Uki Goshi)
- Scale Throw (Tenbin Nage)
- Valley Drop (Tani Otoshi)
- Sweeping Hip (Harai Goshi)
- Cross Throw (Juji Nage)
- Harmony Throw (Aiki Nage)
- Arm Lock Hip Throw (Ikkyo Koshi Nage)
- Shoulder Wheel (Kata Garuma)

### **Locking Techniques (Kwanjyelsul):**

- Arm Bar Elbow Lock (Ikkyo)
- Wrist Reversal (Kode Gaeshi)
- Inside Wrist Turn (Nikkyo)
- Vertical Wrist Crank (Sankkyo)
- Elbow Wrap (Katate Maki Gaeshi)
- Shin Lock/Ankle Lock
- Scale Technique (Tenbin)
- Gooseneck Wrist (Gokkyo)
- Elbow Crush (Hiji Kudaki)
- Reverse Arm Lock Over Shoulder (Gyaku Te Seoi)
- Finger Lock (Yubi Dori)
- Chicken Wing
- Standing Arm Coil (Tachi Ude Garame)
- Cross Arm Lock (Juji Gatame)
- Forearm Lock (Yonkyo)

### **Groundfighting (Waki):**

- **Basics:**
  - Good Getup
  - Toggle Into Kicks
- **Defense:**
  - Attacker in Guard, Punching (5 Defenses)
  - Attacker in Mount, Punching (5 Defenses)
- **Submissions:**
  - From Kesa Gatame, execute four-part locking/choking sequence
  - Leg Scissors into Triangle Leg Lock

### **Breaking Techniques (Kyukpasul):**

- Five Boards Total: Techniques of Choice or as Directed

### **Weapon Techniques (Mukisul):**

- Demonstrate proficiency with one traditional weapon

### **Forms and Patterns (Hyung and Poomse):**

- Ju No Kata
- Ju Ni No Kata
- Hiori No Kata

**Pressure Points:**

- One Facial Pressure Point
- One Torso Pressure Point
- One Arm Pressure Point
- One Leg Pressure Point
- One Additional Pressure Point

**Fighting (Daeryun):**

- Zombie Daeryun (Avoidance Only)
- Zombie Daeryun (Redirect Attackers Into Each Other)
- One on One Grab Only Randori
- One on One Freestyle Randori
- Attack From Behind Randori
- Two on One Freestyle Randori
- Ground Fighting Randori
- Kickboxing Style Randori With Gear
- Three on One Freestyle Randori

**Terminology and Other Requirements:**

- Translate from Korean:
  - Hapkido (Way of Unifying Energy)
  - Kihap (Energy Yell)
- Translate to Korean:
  - Instructor (Sahbuhnim)
  - School (Dojang)
  - Belt (Dee)
  - Uniform (Dobok)
- Be able to count to 10 in Korean: Hanna, Dool, Set, Net, Tossat, Yossat, Ilgup, Yahdool, Ahope, Yaul.
- Who founded Hapkido? (Choi Yong Sool)
- What year did Grandmaster Choi begin teaching? (1948)
- Translate to Korean:
  - Kick (Chagi)
  - Punch (Chirugi)
  - Stance (Sogi)
  - Block (Makgi)
- Translate from Korean:
  - High (Sahndan)
  - Middle (Chungdan)
  - Low (Hahdan)
  - Inward (Honoru)

- Outward (Pakaru)
- Upward (Wi)
- Downward (Naeryo)
- Hand (Sohn)
- Foot (Bol)
- Elbow (Palkumchi)
- Knee (Murrup)
- Neck (Mok)
- Head (Olgool)
- From which art is Hapkido derived (Daito-Ryu Aikijujitsu, and, to a lesser extent, Judo)
- What is the difference between a hard style and a soft style? (A hard style meets force with force, a soft style redirects force)
- What are the three principles of Hapkido?
  - Yu, the Water Principle
  - Won, the Circular Principle
  - Hwa, the Principle of Harmony or Nonresistance
- What are the four reasons we kihap?
  - Restore normal breathing patterns
  - Startle opponent
  - Tighten core muscles to receive a blow
  - Tighten core muscles to add power to our strikes
- Be able to provide a brief overview of the history of Hapkido.
- Be able to provide terminology for novice level techniques (White through Orange)
- Be able to provide terminology for intermediate level techniques (Green through Purple)
- Be able to provide terminology for advanced level techniques (Brown 3 through Brown 1)
- Teaching demonstration
- Written paper
- Student should have the following equipment:
  - Patches for uniform
  - Mouth guard
  - Hapkido uniform
  - Sparring gear
  - Weapon