

Required Techniques

Minimums: 24 weeks of training and 48 hours in classes

1st Dan-Black Belt

Hand Techniques	Foot Techniques	HapKido	Forms	Verbal and Written
Front Punch Reverse Punch Hook Punch Hammer Fist Back Fist Knife hand Ridgehand Reverse Knife hand Palm Heel Tiger Strike Hard Cobra Soft Cobra Spear Hand Spear Finger Mythical Dragon falcon strike modified falcon strike walnut fist Panther strike High Block Low Block Closing Door Block Fan Block Cross Block Palm heel Block Scoop block outer forearm block back wrist block knee block	Natural Stance Kicking Stance Horse Stance Front Stance Tiger (cat) stance Twist stance 50/50 stance Stretching Kick Front Snap Kick Outside-in Crescent Kick Inside-out Crescent Kick Roundhouse Kick Side Kick Back Kick Axe Kick Hook Kick Spin back kick Spin hook kick spin crescent jump front kick jump out/in crescent kick jump roundhouse kick jump side kick Spin jump back kick spin jump out-in crescent kick spin jump in-out crescent kick spin jump roundhouse	Demonstrate defense against the following attacks. Defender must include a smooth and spontaneous technique that submits the attacker and takes him to the ground. Front Punch Front lapel grab 2 hands Front lapel grab, punch with free hand. Front kick Front choke Rear shoulder grab Rear choke Punch from side Kick from side Sleeve grab from side. Defense Against Wrist Grabs. Defense Against Hand Attacks. Defense Against Kicks. Defense Against Body Seizes. Defense Against Clothing Grabs Self-Defense Against Club Attacks. Self-Defense Against Knife Attacks. Self-Defense Against Chokes. Self-Defense Against 2 Unarmed Opponents. Self-Defense Against 2 Armed Opponents. Tahn Bong Sul (Short Stick Techniques). Ji Pang E Sul (Cane Techniques). Breaking (Kyuk Pha): 3" with any kick, 3" with any hand. History (Yok Sa): Essay (Non Mun): 8-Pages. Kyorugi-free sparring 5-1 minute rounds 1-30 second round against multiple attackers.	Kibbon (Base Form) Taguek il jang Taguek Ee jang Taguek Sam jang Taguek Sa jang Taguek O jang Taguek Uke jang Taguek Chil jang Taguek Pal jang Koreyo Dalee Hyung II Jang	1. Written test vital areas on human body. 2. Written test Bones of the human body. 3. Written test Nervous system of the human body. 4. Written test muscles of the human body 5. Korean Vocabulary 6. Philosophical meanings to poomse 1-8 7. Breaking techniques 8. Kyorugi-free sparring Ask Sabumnim for handouts