Required Techniques

Minimums: 12 weeks of training and 24 hours in classes

4th Gup-Blue 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 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	All Previous Techniques Plus 20 Advanced Combinations Defense Against Wrist Grabs. Defense Against Hand Attacks. Defense Against Kicks. Defense Against Body Seizes. Defense Against Clothing Grabs Defense Against Club Attacks. Breaking (Kyuk Pha): 2" w/punch and 2" w/turning kick. History (Yok Sa)	Kibbon (Base Form) Taguek il jang Taguek Ee jang Taguek Sam jang Taguek Sa jang Taguek O jang	1 Written test vital areas on human body. 2. Written test Bones of the human body. 3. Written test Nerveous sytem of the human body. 4. Written test muscles of the human body 5.Korean Vocabulary 6. Philosophical meanings to poomse 1-5 7. Breaking techniques 8. Kyorugi-free sparring **Ask Sabumnim for handouts**