

## Required Techniques

Minimums: 12 weeks of training and 24 hours in classes

### 6th Gup-Green Belt

Hand Techniques	Foot Techniques	Self-Defense	Forms	Verbal and Written
Front Punch Reverse Punch Hook Punch Hammer Fist Back Fist Knife hand Ridgehand Reverse Knife hand Palm Heel Spear Hand Spear Finger High Block Low Block Closing Door Block Fan Block Cross Block Palm heel 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	1 step spar #16-20  16. RH side kick to middle section, RH closing door block, RH backfist to face.  17. RH side kick to middle section, RH closing door block, RH reverse knife hand to neck.  18. LH side kick to middle section, LH closing door block, RH punch to middle section, LH punch to middle section, RH punch to face.  19. RH side kick to middle section, RH closing door block, elbow to middle section.  20. LH closing door block, RH round house kick to middle section, RH reverse knife hand strike to neck.	Kibbon (Base Form)  Taguek il jang Taguek Ee jang Taguek Sam jang	1 Name 20 vital areas on human body.  2. Korean Vocabulary  <b>Ask Sabumnim for handout</b>

## HapKido

Defense Against Wrist Grabs.  
 Defense Against Hand Attacks.  
 Defense Against Kicks.  
 Defense Against Body Seizes.  
 Defense Against Clothing Grabs.  
 Breaking (Kyuk Pha): 2" w/side kick and 2" w/ knife hand.  
 History (Yok Sa)  
 Essay (Non Mun): 2-Pages.