

Required Techniques

Minimums: 12 weeks of training and 24 hours in classes

7th Gup-Orange 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 #11-15 11. RH reverse knife hand block, RH front snap kick to middle section, RH front punch to face. 12. LH reverse knife hand block, RH front snap kick to middle section, Knife hand to neck. 13. LH reverse knife hand block, RH front snap kick to middle section, Palm heel strike to chin 14. LH reverse knife hand block, RH front snap kick to middle section, Elbow strike to face 15. LH reverse knife hand block RH front snap kick to middle section, Spear hand to neck	Kibbon (Base Form) Taguek il jang Taguek Ee jang	<u>1. Where does the five point code of conduct come from</u> <u>2. Who were the Hwarang</u> <u>3. What are the 3 principles of HapKido?</u> Ask Sabumnim for handout

HapKido

Defense Against Wrist Grabs.
 Defense Against Hand Attacks.
 Defense Against Kicks.
 Defense Against Body Seizes.
 Breaking (Kyuk Pha): 2" with hand and 1" with kick.
 History (Yok Sa)
 Essay (Non Mun): 2-Pages.