

Required Techniques

Minimums: 12 weeks of training and 24 hours in classes

8th Gup-Gold 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 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 #6-10 6. RH closing door block, RH backfist to face. 7. RH closing door block, RH reverse knife hand to neck. 8. LH closing door block, RH punch to middle section, LH punch to middle section, RH punch to face. 9. RH closing door block, elbow to middle section. 10. RH closing door block, elbow to middle section, twist to left, elbow strike to middle section.	Kibbon (Base Form) Taguek il jang	<p style="text-align: center;"><u>Five major Striking points</u></p> 1. Eyes 2. Throat hollow 3. Solar plexus 4. Groin 5. Top of the foot <p style="text-align: center;"><u>HapKido and TKD country of origin</u></p> Korea <p style="text-align: center;"><u>Definition of Tae Kwon Do</u></p> The art of hand and foot fighting <p style="text-align: center;"><u>Definition of HapKiDo</u></p> The are of coordinated power <p style="text-align: center;"><u>3 things TKD strives to unite</u></p> 1. mind 2. body 3. spirit

HapKido

Defense Against Wrist Grabs. (using the fundamental 5)
 Defense Against Hand Attacks.
 Defense Against Kicks.
 Breaking (Kyuk Pha) : 1" w/kick and 1" w/knife-hand.
 History (Yok Sa).
 Essay (Non Mun): 2-Pages.