

## Required Techniques

Minimums: 6 weeks of training and 12 hours in classes

### 9th Gup-Yellow Belt

Hand Techniques	Foot Techniques	Self-Defense	Forms	Verbal and written
Front Punch Knife hand Reverse Knife hand Palm Heel Spear Hand High Block Low Block Closing Door Block Fan Block Cross Block Palm heel Block Elbow Strike	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	1 step spar #1-5  1. LH reverse knife hand block, High punch to face  2. LH reverse knife hand block, Knife hand to neck.  3. LH reverse knife hand block, Palm heel strike to chin  4. LH reverse knife hand block, Elbow strike to face  5. LH reverse knife hand block, Spear hand to neck	Kibbon (Base Form)	<u>Five Point Code of Conduct</u>  1. Loyalty to Nation 2. Respect of Parents 3. Faithfulness among friends 4. Courage in battle 5. Avoid all unnecessary violence  <u>Five Tenants of Tae Kwon Do</u>  1. Courtesy 2. Integrity 3. Perseverance 4. Self-Control 5. Indomitable Spirit  <u>School Motto</u>  Victory, Victory over one's self

## HapKido

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