

Hapkido 1st Dan

Belt Size _____ Name _____ Today's Date _____ E-Mail _____
 Class Day _____ Address _____ Starting Date _____ Birth Date _____
 Class Time _____ Last Promotion Date _____ Age _____

		ATTACKS FROM THE REAR		ATTACKS FROM THE FRONT	
Arms Pinned					
Arms Free					
One Free/One Pinned					
Hand Choke					
Hair Pull					
Cross Shoulder Grab					
Double Shoulder Grab					
Cross Elbow Grab					
Double Elbow Grab					
Wrist Grab					
Cross Wrist Grab					
Double Wrist Grab					
Sleeve Grab					
Cross Sleeve Grab					
Double Sleeve Grab					
Arms Locked					
Arm Choke					
Full Nelson					
Lapel Grab					
Cross Lapel Grab					
Double Lapel Grab					
Grab and Punch					
Head Lock (front)					
Head Lock (side)					
Waist Tackle					
PUNCH DEFENSES- TO GROUND CONTROL		KICK DEFENSES		WEAPON DEFENSE	
Random Strikes (20)		Random (15)		Club (10)	
Reaction Time		Reaction Time		Knife (10)	
Blocks		Blocks		Gun (10)	
Ground Control		Counter Attacks			

I recognize that belts are awarded only when specific standards of performance can be met by the student during testing. If I do not achieve the desired rank, I may test again, at no cost, for that rank at the next testing session. I recognize that promotion standards are uniform and that each belt reflects a specific level of competence.

Student Signature _____

Pass _____ Fail _____

Judge Signature _____

FALLING			BODY MOVEMENT			
Back Fall			Front & Back			
Side Fall			Side to Side			
Front Fall			Slide Back 45			
over obstacle			Inside Pivot			
Roll Out			Back Pivot			
over obstacle			Cross-Step & Turn			
Side Roll			Back Spin			
8 Directional Roll			Back Step			
HAND TECHNIQUES						
<i>Mil Gi</i>			Grab and Lock (12)			
Random (10)			Come-a-longs (10)			
2 Specialized (5)			Passive Restraint (4)			
Body Movement			<i>Dungee Gi</i>			
Reaction Time			Random (20)			
Counter Attack			2 Specialized (5)			
<i>Job Gi</i>			Body Movement			
Random (10)			Reaction Time			
2 Specialized (5)			Counter Attack			
Body Movement			Grab and Throw (12)			
Reaction Time			Leg Throws (8)			
Counter Attack			LOCKS			
<i>Keuk Gi</i>			Defenses (6)			
Random (10)			4 Lock Flows (3)			
2 Specialized (5)			TEACHING- SEMINAR			
Body Movement			Technique			
Reaction Time			Progression			
Counter Attack			KUNJA PAPER			
KICKS			Back Crescent			Double Front (apart)
Front			Drop Back Side			Double Front (together)
Front Twist			Drop Back Spin			Thunder Kick
Half Moon			Jump Front (front)			Jump Back Side
Roundhouse			Jump Front (back)			Jump Back Crescent
Side			Jump Front 45			Jump Back Spin
Back Side			Jump Roundhouse (front)			Kick/Sliding Kick
Back Spin			Jump Roundhouse (back)			Inside/Outside Crescent
Back Spin-hook			Jump Roundhouse 45			Roundhouse/Back Spin
			Jump Side (front)			Side/Back Side
			Jump Side (back)			Drop Spin/Back Spin
			Jump Side 45			Own Combinations