

**Hapkido 1st Kup - Temp. Black**

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					
Hand Choke					
Hair Pull					
Cross Shoulder Grab					
Double Shoulder Grab					
Cross Elbow Grab					
Double Elbow Grab					
Cross Wrist Grab					
Double Wrist Grab					
Sleeve Grab					
Cross Sleeve Grab					
Double Sleeve Grab					
One Free/One Pinned					
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 (15)		Random (10)		Club (8)	
Reaction Time		Reaction Time		Knife (8)	
Blocks		Blocks		Gun (8)	
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- KNIFE		
Back Fall			Front & Back	High/Low Outside-Thrust	
Side Fall			Side to Side	Downward Slash- Thrust	
Front Fall			Slide Back 45	Downward Diagonal-Thrust	
with short dive			Inside Pivot	Upward-Downward Diagonal-Thrust	
Roll Out			Back Pivot	Low Slash- Thrust	
over obstacle			Cross-Step & Turn	X-Strike- Thrust	
Side Roll			Back Spin	Downward Diagonal-Thrust	
8 Directional Roll			Back Step	Upward Diagonal-Thrust	
HAND TECHNIQUES					
<i>Mil Gi</i>			Come-a-longs (5)		
Random (8)			<i>Dungee Gi</i>		
Specialized (5)			Random (8)		
Body Movement			Specialized (5)		
Reaction Time			Body Movement		
Counter Attack			Reaction Time		
<i>Job Gi</i>			Counter Attack		
Random (8)			Grab and Throw (12)		
Specialized (5)			LOCKS		
Body Movement			Defenses (6)		
Reaction Time			3 Lock Flows (4)		
Counter Attack			TEACHING DEMONSTRATION- GROUP		
<i>Keuk Gi</i>			Progression		
Random (8)			Corrections		
Specialized (5)					
Body Movement			KUNJA OUTLINE		
Reaction Time					
Counter Attack					
Grab and Lock (8)					
KICKS			Drop Back Side		Jump Back Side
Front			Drop Back Spin		Jump Back Crescent
Front Twist			Jump Front (front)		Jump Back Spin
Half Moon			Jump Front (back)		Double Front (apart)
Roundhouse			Jump Front 45		Double Front (together)
Side			Jump Roundhouse (front)		Kick/Sliding Kick
Back Side			Jump Roundhouse (back)		Inside/Outside Crescent
Back Spin			Jump Roundhouse 45		Roundhouse/Back Spin
Back Spin-hook			Jump Side (front)		Side/Back Side
Back Crescent			Jump Side (back)		Drop Spin/Back Spin
Thunder Kick			Jump Side 45		Other Combinations
			Flying Side		Own Combinations