

Hapkido 4th Kup - Blue Belt

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

| | ATTACKS FROM THE REAR | | ATTACKS FROM THE FRONT | |
|---------------------|-----------------------|--|------------------------|--|
| Arms Pinned | | | | |
| Arms Free | | | | |
| Hair Pull | | | | |
| Shoulder Grab | | | | |
| Cross Shoulder Grab | | | | |
| Elbow Grab | | | | |
| Cross Elbow Grab | | | | |
| Wrist Grab | | | | |
| Cross Wrist Grab | | | | |
| One Free/One Pinned | | | | |
| Arms Locked | | | | |
| Arm Choke | | | | |
| Full Nelson | | | | |
| Hand Choke | | | | |
| Lapel Grab | | | | |
| Cross Lapel Grab | | | | |
| Grab and Punch | | | | |
| Head Lock (Front) | | | | |
| Waist Tackle | | | | |

| PUNCH DEFENSES-Strike/Kick Counter | | KICK DEFENSES | | | WEAPON DEFENSE | | |
|------------------------------------|--|-----------------|--|----------|----------------|--|--|
| Jab (6) | | Defenses (8) | | Club (3) | | | |
| Reaction Time | | Reaction Time | | | | | |
| Counter Attacks | | 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.

Pass _____ Fail _____

Student Signature _____

Judge Signature _____

| HAND TECHNIQUES | | | BODY MOVEMENT- CANE | | |
|--------------------------|--|--|-----------------------------|------------------------|--|
| <i>Mil Gi</i> | | | Front & Back | box and swing | |
| Cross Grip (5) | | | Side to Side | outside box and swing | |
| Cross Grip-Switching (5) | | | Slide Back 45 | outside middle | |
| Body Movement | | | Inside Pivot | side-box, hook, strike | |
| Reaction Time | | | Back Pivot | strike, hook | |
| Counter Attack | | | Cross-Step & Turn | strike | |
| <i>Job Gi</i> | | | Back Spin | neck strike, neck hook | |
| Cross Grip (5) | | | Back Step | low strike, groin hook | |
| Cross Grip-Switching (5) | | | | | |
| Body Movement | | | FALLING | | |
| Reaction Time | | | Back Fall | | |
| Counter Attack | | | Side Fall | | |
| <i>Keuk Gi</i> | | | Front Fall (stand) | | |
| Cross Grip (5) | | | Roll Out | | |
| Cross Grip-Switching (5) | | | over obstacle | | |
| Body Movement | | | pushed | | |
| Reaction Time | | | Back Roll | | |
| Counter Attack | | | pushed | | |
| Grab and Lock (5) | | | | | |
| <i>Dungee Gi</i> | | | | | |
| Cross Grip (5) | | | GROUND FIGHTING | | |
| Cross Grip-Switching (5) | | | Movement | | |
| Body Movement | | | Flow | | |
| Reaction Time | | | | | |
| Counter Attack | | | BLOCKS & STRIKES | | |
| Grab and Throw (5) | | | | | |

| KICKS | | | | | |
|----------------|--|--|-------------------------|--|-------------------------|
| Front | | | Drop Back Side | | Thunder Kick |
| Front Twist | | | Drop Back Spin | | Jump Side (back) |
| Half Moon | | | Jump Front (front) | | Jump Side 45 |
| Roundhouse | | | Jump Front (back) | | |
| Side | | | Jump Front 45 | | Kick/Sliding Kick |
| Back Side | | | Jump Roundhouse (front) | | Inside/Outside Crescent |
| Back Spin | | | Jump Roundhouse (back) | | Roundhouse/Back Spin |
| Back Spin-hook | | | Jump Roundhouse 45 | | Side/Back Side |
| Back Crescent | | | Jump Side (front) | | Own Combinations |