

**Hapkido 7th Kup - Orange Belt**

Belt Size \_\_\_\_\_ Class Day \_\_\_\_\_ Class Time \_\_\_\_\_ Today's Date \_\_\_\_\_  
 Name \_\_\_\_\_ Instructor \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ Starting Date \_\_\_\_\_ Birth Date \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

PUNCHING			STRIKES		
Reverse Punch			Palm Heel		
Vertical Punch			Tiger Mouth		
Hammer Fist			Tiger Claw		
Upper Cut			Knife Hand		
Back Fist			Ridge Hand		
Moving Punch			Side Knife		
Elbows *			*Horizontal, Vertical, Diagonal Down, Diagonal Up		
KICKS					
Crescents			Side Kick		
Knee Kick			Shin Kicks		
Front Kick			Back Side Kick		
Half Moon			Sliding Front*		
Roundhouse			Sliding Round*		
Back Kick			Sliding Side*		
Moving Kicks			*Advancing, Retreating, Pendulum (In Place)		
FALLING					
Back Fall (moving)					
Side Fall					
Forward Roll (turning)					
Front Fall (short & long)					
Ground Fighting					

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 \_\_\_\_\_

<b>BODY MOVEMENT with Blocks and Strikes</b>				
<b>Movement</b>	<b>Block</b>	<b>Strike</b>		
Front and Back	High	Palm Heel		
Side to Side	Outside Middle	Reverse Punch		
Slide Back 45	Outside Middle	Elbows (rear)		
Inside Pivot	45 Degree, Inside	Knifehand		
Back Pivot	Low Inside	Ridgehand		
Cross-Step and Turn	Inside	Upper Cut		
Back Spin	Outside Middle	Back Fist		
Back Step	Low Inside	Hammer Fist		

<b>SELF DEFENSE</b>		
Punch Defenses -Footwork & Blocks Only (5)		

<b>ATTACKS FROM THE REAR</b>		
Arms Pinned		
Arms Free		
One Free/One Pinned		
Arm Choke		
Arms Locked		

<b>ATTACKS FROM THE FRONT</b>		
Arms Pinned		
Arms Free		
Hand Choke		
Lapel Grab		
Grab and Punch		

<b>HAND TECHNIQUES</b>		
MilGi (Pushing) (5)		
JobGi (Regrabs) (5)		