

ADULTS HAPKIDO SYLLABUS 2022

GREEN BELT PATTERN (DETAILED BREAKDOWN)

1. From Choon-Bee Step your right leg back into a walking stance while executing an upper X block (right hand in front of left hand)
2. Execute a left leg sliding front kick (mid section) finishing in a left leg forward guard stance
3. Execute a right leg hook kick (head height) finishing in a right leg forward guard stance
4. Execute a right leg step up front kick (head height) finishing in a right leg forward guard stance
5. Execute a left leg turning kick (head height) finishing in a left leg forward guard stance
6. Execute a right leg turning back kick (mid section) finishing in a right leg back "L" stance while executing Danjun double block
7. Execute a right hand spinning knifehand (to the neck) finishing in a right leg forward horse riding stance
8. Execute a right leg stepping side kick (head height) finishing in a right leg forward horse riding stance
9. Execute a left hand spinning back fist (Head height) finishing in a left leg forward walking stance
10. Step your left leg back into a left leg back walking stance while executing an upper X block (left hand in front of right hand)
11. Execute a right leg sliding front kick (mid section) finishing in a right leg forward guard stance
12. Execute a left leg hook kick (head height) finishing in a left leg forward guard stance
13. Execute a left leg step up front kick (head height) finishing in a left leg forward guard stance
14. Execute a right leg turning kick (head height) stepping forward into a right leg forward guard stance
15. Execute a left leg turning back kick (mid section) finishing in a left leg back "L" stance while executing Danjun double block
16. Execute a left hand spinning knifehand (to the neck) finishing in a left leg forward horse riding stance
17. Execute a left leg stepping side kick (head height) finishing in a left leg forward horse riding stance
18. Execute a right hand spinning back fist (head height) finishing in a right leg forward walking stance
19. Looking left, slide your right leg back to your left, then slide your left leg forward to a left leg forward "L" stance (at a right angle to your original position) while executing Danjun double knifehand block
20. Execute a right leg oblique kick to the knee retracting it back to a chamber position and placing it back to form a right leg back guard stance
21. Look behind and execute a left leg back kick (mid section) placing it back in front to form a left leg forward "L" stance
22. Step your left leg back finishing in a left leg back walking stance while executing a lower X block (right hand in front of left hand)
23. Execute a left leg high spinning heel (head height) finishing in a left leg back "L" stance
24. Step forward into a left leg forward horse riding stance while executing a left hand backfist (head height)
25. Moving backwards, circle your left leg around in front of your right leg to form a left leg back "L" stance, while guarding your ribs with your left hand and executing a spinning knifehand strike to the neck with your right hand.
26. Step your left leg forward into a left leg forward "L" stance while executing a left hand palm heel strike (head height)
27. Look behind and pivot to a right leg forward "L" stance while executing Danjun double block
28. Execute a left leg oblique kick to the knee retracting it back to a chamber position and placing it back to form a left leg back guard stance
29. Look behind and execute a right leg back kick (mid section) placing it back in front to form a right leg forward "L" stance
30. Step your right leg back finishing in a right leg back walking stance while executing a lower X block (left hand in front of right hand)
31. Execute a right leg high spinning heel (head height) finishing with a right leg back "L" stance
32. Step forward into a right leg forward horse riding stance while executing a right hand backfist(head height)
33. Moving backwards, circle your right leg around in front of your left leg to form a right leg back "L" stance, while guarding your ribs with your right hand and executing a spinning knifehand strike to the neck with your left hand.
34. Step your right leg forward into a right leg forward "L" stance while executing a right hand palm heel strike (head height)
35. Choon-Bee

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GREEN BELT PATTERN (BY THE NUMBERS)

Step 1

From Choon-Bee, Step your right leg back into walking stance while executing an upper X block then execute a left leg sliding front kick, **KYUP** finishing in a left leg forward guard stance

Step 2

Execute a right leg hook kick finishing in a right leg forward guard then execute a right leg step up front kick finishing in a right leg forward guard then execute a left leg turning kick finishing in a left leg forward guard, immediately execute a right leg turning back kick, **KYUP** finishing in a right leg back "L" stance while executing a Danjun double block

Step 3

Execute a right hand spinning knifehand strike finishing in a right leg forward horse riding stance

Step 4

Execute a right leg stepping side kick finishing in a right leg forward horse riding stance

Step 5

Execute a left hand spinning back fist finishing in a left leg forward walking stance

Step 6

Step your left leg back into walking stance while executing an upper X block then execute a right leg sliding front kick, **KYUP** finishing in a right leg forward guard

Step 7

Execute a left leg hook kick finishing in a left leg forward guard then execute a left leg step up front kick finishing in a left leg forward guard then execute a right leg turning kick finishing in a right leg forward guard, immediately execute a left leg turning back kick, **KYUP**, finishing in a left leg back "L" stance while executing a Danjun double block

Step 8

Execute a left hand spinning knifehand finishing with your left leg forward horse riding stance

Step 9

Execute a left leg stepping side kick finishing with a left leg forward horse riding stance

Step 10

Execute a right hand spinning back fist finishing with a right leg forward walking stance

Step 11

Slide your right leg to your left, then slide your left leg forward to a left leg forward "L" stance while executing Danjun double block

Step 12

Execute a right leg oblique kick (knee height) finishing in a right leg back guard stance then execute a left leg back kick (mid section) placing it back in front to form a left leg forward "L" stance

Step 13

Step your left leg back finishing in a left leg back walking stance while executing a lower X block then execute a left leg high spinning heel finishing with a left leg back "L" stance

Step 14

Step forward into a left leg forward horse riding stance while executing a left hand backfist then step backwards while executing a right hand spinning knife hand strike (spinning backward) finishing with a right leg forward "L" stance

Step 15

Step your left leg forward into a left leg forward "L" stance while executing a left hand palm heel strike, **KYUP**

Step 16

Look behind and pivot to a right leg forward "L" stance

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GREEN BELT PATTERN (BY THE NUMBERS)

Step 17

Execute a left leg oblique kick (knee height) finishing in a left leg back guard stance then execute a right leg back kick (mid section) placing it back in front to form a right leg forward "L" stance

Step 18

Step your right leg back finishing in a right leg back walking stance while executing a lower X block then execute a right leg high spinning heel finishing with a right leg back "L" stance

Step 19

Step forward into a right leg forward horse riding stance while executing a right hand backfist then step backwards while executing a left hand spinning knife hand strike (spinning backward) finishing with a left leg forward "L" stance

Step 20

Step your right leg forward into a right leg forward "L" stance while executing a right hand palm heel strike, **KYUP**, Choon-Bee