

# ADULTS HAPKIDO SYLLABUS 2022

## ORANGE BELT PATTERN (DETAILED BREAKDOWN)

1. From Choon-Bee step right leg forward into L stance, double knifehand block
2. Step right leg across into walking stance while executing a left hand upper knife hand block
3. Execute a double punch (right then left) to the head
4. Execute a left leg front kick to mid section stepping forward into a left leg forward guard stance
5. Execute a right leg turning kick to head stepping into a right leg forward L stance with a double knifehand block
6. Pivot your left leg 90 degree's (around to face left) finishing in a left leg forward L stance with a double knifehand block
7. Execute a Left hand lower knife hand block
8. Execute a right leg front faint turning kick to head finishing with a right leg forward guard stance
9. Execute a left leg oblique kick retracting back to the chamber position then placing it to the left and pivot to the right forming a right leg forward L stance with a double knifehand block (insure you look right before executing the double knifehand block)
10. Slide your left leg forward into L stance while executing a left hand outer knife hand strike to neck
11. Slide your right leg forward into L stance while executing a right hand inner knife hand strike to neck
12. Slide right leg across and execute a left leg turning back kick to the mid section retracting it back to the chamber position before placing it forward into a left leg forward L stance
13. Slide your right leg to your left leg forming a tight L stance with your feet, then slide your right leg forward into a right leg forward L stance with a double knifehand block
14. Slide your left leg forward to L stance while executing a left hand outer knifehand block at the same time retract your right hand (fist) to the chamber position.
15. Slide your left leg across into a left leg forward walking stance
16. Execute a right hand reverse punch to head
17. Execute a right hand outer knifehand block
18. Execute a right leg crescent kick to head placing it forward into right leg forward guard stance
19. Execute a left leg front kick to mid section placing it forward into a left leg forward walking stance
20. Execute a right hand reverse punch to the mid section
21. Slide your right leg forward into a right leg forward L stance while executing a right hand outer knifehand block at the same time retract your left hand (fist) to the chamber position.
22. Slide your right leg forward into a right leg forward walking stance
23. Execute a left hand reverse punch to head
24. Execute a left hand outer knifehand block
25. Execute a left leg crescent kick to head placing it forward into a left leg forward guard stance
26. Execute a right leg front kick to mid section placing it forward into a right leg forward walking stance
27. Execute a left hand reverse punch to the mid section
28. Pivot 90 degree's to the left to finish with a left leg forward walking stance while executing a right hand upper knife hand block
29. Execute a double punch (left then right) to the head
30. Execute a right leg front kick to mid section stepping forward into a right leg forward guard stance
31. Execute a left leg turning kick to head stepping forward into left leg forward L stance with a double block
32. Pivot your right leg 90 degree's (around to face right) finishing in a right leg forward L stance with a double knifehand block
33. Execute a right hand lower knife hand block
34. Execute a left leg front faint turning kick to head left finishing with a left leg forward guard stance
35. Execute a right leg oblique kick retracting back to the chamber position then placing it to the right and pivot to the left forming a left leg forward L stance with a double knifehand block (insure you look left before executing the double knifehand block)
36. Slide your right leg forward into L stance while executing a right hand outer knife hand strike to neck,
37. Slide your left leg forward into L stance while executing a left hand inner knife hand strike to neck
38. Slide your left leg across and execute a right leg turning back kick to the mid section retracting it back to the chamber position before placing it forward into a right leg forward L stance
39. Choon-Bee

# ADULTS HAPKIDO SYLLABUS 2022

## ORANGE BELT PATTERN (BY THE NUMBERS)

### Step 1

From Choon-Bee step right leg forward into L stance, double knifehand block, step right leg across into walking stance while executing a left hand upper knife hand block immediately followed by a double punch (right then left) to the head, KYUP on the second punch

### Step 2

Execute a left leg front kick to mid section and stepping forward then executing a right leg turning kick to head stepping into a right leg forward L stance with a double knifehand block, take a slight pause then pivot your left leg 90 degree's finishing in a left leg forward L stance with a double knifehand block

### Step 3

Execute a left hand lower knife hand block followed by a right leg front faint turning kick to head finishing with a right leg forward guard stance then execute a left leg oblique kick (KYUP) placing it to the left and pivoting to the right forming a right leg forward L stance with a double knifehand block (insure you look right before executing the double block)

### Step 4

Slide your left leg forward into L stance while executing a left hand outer knife hand strike to the neck, slide your right leg forward into L stance while executing a right hand inner knife hand strike to neck, slide right leg across and execute a left leg turning back kick to the mid section retracting it back to the chamber position before placing it forward into a left leg forward L stance then slide your right leg to your left leg forming a tight L stance, then slide your right to the right into a right leg forward L stance with a double knifehand block

### Step 5

Slide your left leg forward to L stance while executing a left hand outer knifehand block at the same time retract your right hand (fist) to the chamber position, slide your left leg across into a left leg forward walking stance and execute a right hand reverse punch to head, execute a right hand outer knifehand block then execute a right leg crescent kick to head placing it forward into right leg forward guard stance and execute a left leg front kick to mid section placing it forward into a left leg forward walking stance, finish with a right hand reverse punch to the mid section, KYUP

### Step 6

Slide your right leg forward to L stance while executing a right hand outer knifehand block at the same time retract your left hand (fist) to the chamber position, slide your right leg across into a right leg forward walking stance and execute a left hand reverse punch to head, execute a left hand outer knifehand block then execute a left leg crescent kick to head placing it forward into a left leg forward guard stance and execute a right leg front kick to mid section placing it forward into a right leg forward walking stance, finish with a left hand reverse punch to the mid section, KYUP

### Step 7

Pivot 90 degree's to the left to finish with a left leg forward walking stance while executing a right hand upper knife hand block immediately followed by a double punch (left then right) to the head, KYUP on the second punch

### Step 8

Execute a right leg front kick to mid section and stepping forward then executing a left leg turning kick to head stepping into a left leg forward L stance with a double knifehand block, take a slight pause then pivot your right leg 90 degree's finishing in a right leg forward L stance with a double knifehand block

### Step 9

Execute a right hand lower knife hand block followed by a left leg front faint turning kick to head finishing with a left leg forward guard stance then execute a right leg oblique kick (KYUP) placing it to the right and pivoting to the left forming a left leg forward L stance with a double knifehand block (insure you look left before executing the double block)

### Step 10

Slide your right leg forward into L stance while executing a right hand outer knife hand strike to the neck, slide your left leg forward into L stance while executing a left hand inner knife hand strike to neck, slide left leg across and execute a right leg turning back kick to the mid section retracting it back to the chamber position before placing it forward into a right leg forward L stance.

Choon-Bee