

ADULTS HAPKIDO SYLLABUS 2022

WHITE BELT 8th KUP

1st STRIPE

Stances:

Attention
Ready
Horse Riding
Walking
Guard
Sparring

Korean Terminology

Charyot
Choon-Bee

Feet together hands by your side
Feet parallel Shoulder width apart, fist in front of belt
Feet parallel two Shoulder widths apart, fists on waist
Long Stance, feet 1 & 1/2 Shoulder width apart fist on waist
Feet staggered shoulder width a part, hands open and high
Your preferred stance for sparring

Hand Techniques:

Traditional Punching
Traditional Punches
Traditional Blocks
Outer Elbow Strike
Back-fist

Target:

Head
Middle & Lower
Upper - Inner - Outer - Lower
To Head
To Head

Stance:

Horse Riding
Horse Riding
Horse Riding
Guard to Horse Riding
Guard to Horse Riding

Falling:

Cat-roll
Back Roll
Back Fall

2nd STRIPE

Kicking Techniques:

Back Kick
Side Kick
Front Knee
Front Kick
Turning Kick
Crescent Kick

Target:

To Knee
To Knee
To Mid-Section
To Mid-Section
To Mid-Section or Head
To Head

Stance:

Guard
Guard
Guard
Guard
Guard
Guard

Pattern 1:

3rd STRIPE

Self Defence: On completing each technique step back into Guard

Attack: Same Hand Grab

Defence 1: Twist release into horse riding stance, outer elbow strike to head

Defence 2: Twist release into horse riding stance, back-fist to head

Defence 3: Circle outward and over attackers arm into horse riding stance, elbow to head

Defence 4: Step to side of attacker, twist release, back fist to nose, side kick to knee

Attack: Cross Hand Grab

Defence 5: Grab attackers hand with both hands, circle under attackers arm, twist and outer elbow to ribs, step back to horse riding stance and double punch to kidneys

Defence 6: Grab attackers hand step into horse riding stance and outer elbow to head

Attack: Double Hand Grab

Defence 7: Step back while opening arms to break attackers balance, knee to mid-section

Defence 8: Step forward, strike attackers hands together and elbow to head

Attack: Two Hand Choke

Defence 9: Step forward, circle arm over and elbow to head step back then front kick to mid section

Defence 10: Grab attacker around back, drive fingers into attackers throat

One Step Sparring:

Attacker: From walking stance step forward and punch to the head, 2nd attack the other side

Stance: From Choon-Bee Defend punch and reverse technique on other side

Defence 1: Stepping outside, inner block, reverse punch to mid-section

Defence 2: Stepping outside, outer block, regular punch to mid-section

Defence 3: Stepping inside, inner block, reverse punch to mid-section

Defence 4: Stepping inside, outer block, regular punch to mid-section

Defence 5: Stepping back, upper block, reverse punch to mid-section, front kick to stomach

ADULTS HAPKIDO SYLLABUS 2022

ORANGE BELT 7th KUP

1st STRIPE

Stances:

L Stance Feet make an L shape 1 & 1/2 shoulder width apart

Hand Techniques:

Inner Knifehand Strike	Target: To Neck	Stance: Horse Riding
Outer Knifehand Strike	To Neck	Horse Riding
Knife hand Blocks	Upper, Inner, Lower, Outer Palm Out	Horse Riding
Inner Knifehand Strike	To Neck	Guard
Outer Knifehand Strike	To Neck	Guard

Falling:

Reverse Cat-roll

Side Fall

Front fall

2nd STRIPE

Kicking Techniques:

Oblique Kick	Target: To Knee	Stance: Guard
Turning Back Kick	Mid Section	Guard
Front Faint Turning Kick	To Head	Guard

Pattern 2:

3rd STRIPE

Self Defence:

Attack: Same Hand Grab

Defence 1: Circle in, grab palm and release, thumbs behind knuckles twist wrist toward opponent and step back.

Defence 2: Circle out, grab back of opponents hand with opposite hand, wrist lock and step back.

Defence 3: Circle out, grab wrist, release and elbow roll into hammer lock, grab hair and pull back.

Attack: Cross Hand Grab

Defence 4: Circle out step outside grab wrist, elbow roll into hammer lock, opposite hand forearm choke.

Defence 5: Grab opponents wrist and short step inward same leg as hand grab, opposite leg horse riding stance with leg behind opponents knee, pull opponents arm over and lock elbow against biceps.

Attack: Side wrist grab

Defence 6: Grab opponents hand, roll elbow over and force down using wrist lock.

Attack: Lapel Grab

Defence 7: Flick opponents eyes, strike downward to crook of arms, strike ears, twist head and take down.

Attack: Bear Hug

Defence 8: Strike to groin, grab belt & twist 180 degrees and hip throw.

Attack: Rear collar grab

Defence 9: Circle inward 180°, push shoulder & sweep

Defence 10: Circle outward 180° catch wrist and arm bar.

One Step Sparring:

Attack: From walking stance stepping forward, punch to head. Then second attack opposite side.

Defender to reverse techniques from right to left on opposite side

Stance: From Choon-Bee

Defence 1: Stepping inside outer Knifehand block palm toward, opp hand knuckle punch to throat.

Defence 2: Stepping Back, outer block palm out, front leg front kick to opponents midsection.

Defence 3: Stepping outside inner knife hand block, back leg turning kick to mid section.

Defence 4: Stepping inside outer knife hand block palm out, opp hand inner knife hand strike to neck, grab opponent, front leg shin kick to opponents front leg.

Defence 5: Stepping inside inner knife hand block, same hand outer knife hand strike to neck, opp hand reverse punch to head, front leg inner thigh kick to opponents front leg.

ADULTS HAPKIDO SYLLABUS 2022

YELLOW BELT 6th KUP

1st STRIPE

Hand Techniques:

Downward Knifehand

Outer Block & Grab

Palm Strike

Stepping Palm Strike

Inner Ridge Hand

Stepping Inner Ridge Hand

Inner Elbow

Stepping Inner Elbow

Target:

To Head

Block then Grab wrist from Punch at Head

To Head

To Head

To Neck - Jaw - Temple

To Neck - Jaw - Temple

To Head

To Head

Stance:

Horse Riding

Horse Riding

Guard

Guard

Guard

Guard

Guard

Guard

Falling:

Catroll Into Side Fall

Distance Cat-roll

High Cat-roll

2nd STRIPE

Kicking Techniques:

Stepping Side Kick

Stepping Turning Kick

Spinning Crescent

Target:

To Mid-Section or Head

To Head

To Head

Stance:

Horse Riding

Horse Riding

Guard

Pattern 3:

3rd STRIPE

Self Defence:

Attack: Same Hand Grab

Defence 1: Chinese burn, elbow pressure point.

Defence 2: Wing Lock

Defence 3: Outer wrist lock

Defence 4: Inner wrist lock

Defence 5: Outer sweep

Defence 6: Chin push opp hand

Attack: Cross hand grab

Defence 7: Arm bar under

Defence 8: Arm bar over

Attack: Rear hand grab, opposite hand

Defence 9: Outer wrist lock

Defence 10: Wing Lock

One Step Sparring:

Attack: From walking stance stepping forward, punch to head. Then second attack opposite side.

Defender to reverse techniques from right to left on opposite side

Stance: From Choon-Bee

Defence 1: Stepping inside outer knife hand block & grab, opp hand inner knife hand strike to neck and grab, sweep opponents front leg, kneeling knife hand strike to head.

Defence 2: Stepping short stance across to outside outer Knife hand block & grab, front leg turning kick ball of foot to solar plexus, step opp leg through and arm bar over.

Defence 3: Stepping inside outer Knife hand block & grab, palm strike to head, same hand outer elbow strike to head, swap opponents hand step through arm bar under.

Defence 4: Stepping inside outer Knife hand block & grab, opp hand inner elbow strike to head, same hand grab opponents wrist roll over, back leg step through and wing lock.

Defence 5: Short step outside palm block left hand, inner ridge hand strike to temple, chin push take down, back leg side kick to head, step over opponent L stance double knife handblock.

ADULTS HAPKIDO SYLLABUS 2022

GREEN BELT 5th KUP

1st STRIPE

Hand Techniques:	Target:	Stance:
Palm Heel Strike	To Head	Horse Riding
Upper & Lower X Block	Guard Head the Stomach	Horse Riding
Hammer Fist	To Collar Bone - Jaw	Guard
Defensive Spinning Elbow	To Head	Guard
Spinning Elbow	To Head	Guard
Spinning Hammer Fist	To Head	Guard
Spinning Back Fist	To Head	Guard
Spinning Knife-Hand	To Neck	Guard

Falling:

No Hands Catroll
Turning Side Fall

2nd STRIPE

Kicking Techniques:	Target:	Stance:
Hook Kick (Back Leg)	To Head	Guard
Step Up Front Kick	To Head	Guard
High Spinning Heel	To Head	Guard

Pattern 4:

3rd STRIPE

Self Defence:

Attack: Same Hand Grab

Defence:	Chin Push same hand
Defence:	Shoulder Lever
Defence:	Arm Bar Under

Attack: Cross Hand Grab

Defence:	Chinese Burn
Defence:	Police Elbow Lock
Defence:	Police Elbow Takedown

Attack: Two Hands Onto One

Defence:	Chinese Burn using wrist
Defence:	Wing Lock

Attack: Rear hand Grab opposite Hand

Defence:	Chinese Burn using wrist
Defence:	Arm Bar Under

One Step Sparring:

Attack: From walking stance stepping forward, punch to head. Then second attack opposite side
Defender to reverse techniques from right to left on opposite side

Stance: From hands up passive stance.

Defence 1: Stepping out, outer Block & Grab Break balance, slide along arm to choke, leg takedown.

Defence 2: Stepping inside outer block & Grab, opp hand palm heel strike to head, circle attackers arm under to police elbow lock.

Defence 3: Short step inside inner palm block, circle arm cross hands over grab & outer wrist throw.

Defence 4: Short step to outside inner block, circle arm cross hands over wrist lock stepping back kick to head.

Defence 5: Stepping inside outer block & grab, circle under and whip throw, downward knife hand strike to head.

ADULTS HAPKIDO SYLLABUS 2022

BROWN BELT 3rd KUP

1st STRIPE

Hand Techniques:	Target:	Stance:
Upper Crane - Lower Palm Block - Rolling Palm Heel Strike		Cat Stance
Side Palm - Outer Crane Block - Rolling Straight Punch		Cat Stance
Circular Block Upper Elbow Strike	To Arm - Head	Guard
Circular Block Inner Elbow Strike	To Jaw - Temple	Guard
Circular Block Palm Heel Strike	To Head - Body	Guard
Circular Block Crane Strike	To Jaw or Temple	Guard
Circular Block Inner Ridge Hand	To Neck - Jaw - Temple	Guard
Circular Block Inner Knife Hand	To Neck - Jaw - Temple	Guard

Falling:

Reverse Turning Side Fall
Distance Turning Side Fall

2nd STRIPE

Kicking Techniques:	Target:	Stance:
Jumping Turning Back Kick	Mid-Section	Guard
Scissor Takedown	Mid-Section High & Low	Guard
Flying Side Kick	Head	Running

Kumdo:	Target:	Stance:
Shinai Strike 3 Step	Head - Wrist - Body	Guard
Shinai Strike 2 Step	Head - Wrist - Body	Guard
Shinai Strike 1 Step	Head	Guard

3rd STRIPE Self Defence & Multiple Grabs:

Attack: Rear grab both hands

1. Defence 1: Circle - Wrist & forearm
2. Defence 2: Circle - Arm bar over
3. Defence 3: Thrust - Tornado throw
4. Defence 4: Thrust - Outer wrist throw
5. Defence 5: Thrust - Whip throw

Attack: Rear grab same hand elbow sleeve

6. Defence 6: Arm bar
7. Defence 7: Wrist & forearm

Attack: Rear grab opposite hand elbow sleeve

8. Defence 8: Wing lock
9. Defence 9: Chinese Burn

Attack: Rear bear hug arms free

10. Defence 10: Break grip - Wrist lock & kick to head
11. Defence 11: Break grip - Wing lock dropping ground & lock

Attack: Rear choke with hands

12. Defence 12: Back kick, turn under lock both elbows
13. Defence 13: Back kick, turn under cutting arm bar

Attack: Side Head lock

14. Defence 14: Knee pressure point, turn & throw
15. Defence 15: Ear pressure point, cutting arm bar

One Step Sparring:

Attack: From sparring stance punch to head. Then second attack opposite side.

Stance: Passive stance, hands hanging by side.

Defence 1: Step outside, Circular block, elbow to triceps, wrist & forearm lock, elbow lock takedown, finish with cutting armbar.

Defence 2: Step outside, Circular block elbow to tricep, fig 4 takedown, kneel on opponents head, pull wrist up into lock.

Defence 3: Step outside, Circular block elbow to tricep, shoulder lever, elbow lock takedown using shoulder, roll opponent to stomach by elbow pressure.

Defence 4: Step inside, Circular block Inner Knife Hand Strike, spin to sandwich lock, grab opponents chin & twist head to takedown, thumb in eye to finish.

Defence 5: Step inside, Circular block Palm Heel Strike, double leg takedown, standing straight foot lock.

Multiple Grabs:

ADULTS HAPKIDO SYLLABUS 2022

RED BELT 2nd KUP

1st STRIPE

Falling:

No hands turning side fall

Distance Turning side fall (5 Targets) High Catroll (Solid floor)

2nd STRIPE

Kicking Techniques:

Stepping Turning Back Kick

Stepping High Spinning Heel

Jumping High Spinning Heel

Target:

Mid-Section

To Head

To Head

Stance:

Guard

Guard

Guard

Dan Bong:

Dan Bong Defence

Multiple Defence

Guard

(Head, Neck, Neck, Body, Body, Leg, Leg, Head)

3rd STRIPE

Punch Defence:

Attack: Straight Punch (Rear Hand)

5 Techniques

Attack: Haymaker (Rear Hand)

5 Techniques

Knife Defence:

Defence: Disarm or Strip knife from opponent

Thrust 1: Wrist & forearm

Thrust 2: Whip throw

Thrust 3: Shoulder lever

Thrust 4: Own technique

Thrust 5: Own technique

Defence: Disarm or Strip knife from opponent

Downward 1: Wrist & forearm

Downward 2: Whip throw

Downward 3: Shoulder lever

Downward 4: Own technique

Downward 5: Own technique

Defence: Disarm or Strip knife from opponent

Outer 1: Wrist & forearm

Outer 2: Whip throw

Outer 3: Shoulder lever

Outer 4: Own technique

Outer 5: Own technique

Lock Flow:

15 continuous locks

Multiple Grabs:

ADULTS HAPKIDO SYLLABUS 2022

PROVISIONAL BLACK BELT 1st KUP

1st STRIPE

Falling:

Turning Side Fall on Hard Floor

2nd STRIPE

Kicking Techniques:

360 Degree High Spinning Heel

Step Up Turning Back Kick

Flying Turning Back Kick

Target:

Head

Mid-Section or Head

Head

Stance:

Guard

Guard

Guard

Dan Bong:

Dan Bong Attack Strikes & Locks

Multiple Defence

Guard

(Head, Neck, Neck, Body, Body, Leg, Leg, Head)

BO:

Basic Strikes & Spinning

3rd STRIPE

Kick Defence:

Attack: Front kick

5 Techniques

Attack: Turning kick

5 Techniques

Attack: Turning Back Kick

5 Techniques

Attack: High Spinning Heel

5 Techniques

Self Defence:

Defence against throw

5 Techniques

Ground Defence against Standing Attacker

5 Techniques

Lock Flow:

20 continuous locks

Multiple Grabs:

Continuous Grabs - Including Punch - Knife & Kicks

ADULTS HAPKIDO SYLLABUS 2022

BLACK BELT 1st Dan

1st STRIPE

Falling:

2nd STRIPE

Kicking Techniques:

Step of the Wall Kick
Double Front Kick (Feet together)
Flying Turning Back Kick

Target:

To Head
To Head
Head

Stance:

Running
Guard
Guard

Dan Bong:

Dan Bong Attack Strikes & Locks

Multiple

Guard

3rd STRIPE

Kick Defence:

Attack: Front kick

5 Techniques

Attack: Turning kick

5 Techniques

Attack: Turning Back Kick

5 Techniques

Attack: High Spinning Heel

5 Techniques

Self Defence:

Defence against throw

5 Techniques

Ground Defence against Standing Attacker

5 Techniques

Lock Flow:

20 continuous locks

Multiple Grabs:

Continuous Grabs - Including Punch - Knife & Kicks

ADULTS HAPKIDO SYLLABUS 2022

WHITE BELT PATTERN

Step 1

From Choon-Bee look right - right leg side kick to knee - stepping into a horse riding stance - right hand back fist to nose, KYUP

Step 2

Look left - left leg side kick to knee - stepping into a horse riding stance - left hand back fist to nose

Step 3

Look back to the front - step the right leg back into walking stance while executing a left hand upper block

Step 4

Right hand reverse punch to head

Step 5

Right leg front kick to the mid section (striking with the ball of the foot) and stepping forward into a right leg forward walking stance

Step 6

Right hand outer block

Step 7

Right hand lower block (keep a tiny bend in elbow)

Step 8

Left hand reverse punch to head

Step 9

Left leg front kick to the mid section (striking with the ball of the foot) and stepping it forward into a left leg forward walking stance

Step 10

Left hand outer block

Step 11

Left hand lower block (keep a tiny bend in left elbow)

Step 12

Right hand reverse punch to head

Step 13

There are three techniques to this step of the pattern

1. Step the left leg back to walking stance at the same time right hand inner block
2. Left leg inside to outside crescent kick placing it back in walking stance
3. Left hand reverse punch to head

Step 14

Is the same as step 13 Except using the opposite side

1. Right leg back to walking stance at the same time left hand inner block
2. Right leg inside to outside crescent kick placing it back into walking stance
3. Right hand reverse punch to head

Step 15

There are three techniques to this step of the pattern

1. Step the right leg forward into walking stance at the same time right hand upper block
2. Left hand reverse punch to the stomach
3. Right hand punch to head, KYUP.

On the command step the right leg back to Choon-Bee

ADULTS HAPKIDO SYLLABUS 2022

WHITE BELT PATTERN (DETAILED BREAK DOWN)

Step 1

From Choon-Bee look right, lean your weight on your left leg at the same time lifting your right leg (knee to chest) to a chamber position. Extend your leg to execute a right leg side kick to knee height. Retract your right leg back to the chamber position before stepping into a horse riding stance. Execute a right hand backfist (coming from the left hip) to nose height, while retracting the left hand back to a traditional punch chamber position and KYUP on the backfist.

Step 2

From horse riding stance follow the same procedure as in step one, except this time using the left side.

Lean your weight on your right leg at the same time lifting your left leg (knee to chest) to a chamber position. Extend your leg to execute a left leg side kick to knee height. Retract your left leg back to the chamber position before stepping into a horse riding stance. Execute a left hand backfist (coming from the right hip) to nose height, while retracting the right hand back to a traditional punch chamber position.

Step 3

From horse riding stance look back to the front, step the right foot to the left while crossing your arms in front of your body (left arm on the outside of the right arm) and stepping the right leg back into walking stance while executing a left hand upper block and retract the right hand back to a traditional punch chamber position.

Step 4

Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.

Step 5

Raises your right leg (knee to chest) to a chamber position, extend your right leg forward executing a front kick to the mid section striking with the ball of the foot before retracting the leg back to the chamber position and stepping it forward into a right leg forward walking stance. The whole time keeping the right arm extended as a punch defending against further attacks.

Step 6

Execute a right hand outer block, (taking the right hand toward the left hip then circling around, stopping in front of the right shoulder).

Step 7

Uses the right hand again take it across to the left shoulder (fingers pointing up) before driving it down and stopping in front of the right knee executing a right hand lower block (keep a tiny bend in right elbow).

Step 8

Follow the same process as step four, except this time with the opposite side (the left side) Execute a left hand reverse punch to head height while retracting the right hand back to a traditional punch chamber position.

Step 9

Raises your left leg (knee to chest) to a chamber position, extend your left leg forward executing a front kick to the mid section striking with the ball of the foot before retracting the leg back to the chamber position and stepping it forward into a left leg forward walking stance. The whole time keeping the left arm extended as a punch, defending against further attacks.

Step 10

Execute a left hand outer block, (taking the left hand toward the right hip then circling around, stopping in front of the left shoulder).

Step 11

Use the left hand again, take it across to the right shoulder (fingers pointing up) before driving it down and stopping in front of the left knee executing a left hand lower block (maintain a tiny bend in left elbow).

Step 12

Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.

Step 13

There are three techniques to this step of the pattern.

As you step the left leg back to walking stance, raise the right arm with a 90 degree angle at the elbow then drive it across the body stopping in front of the left shoulder, executing a right hand inner block. Execute a left leg inside to outside crescent kick placing it back into the left leg back walking stance. Execute a left hand reverse punch to head height, while retracting the right hand back to a traditional punch chamber position.

Step 14

Is the same as step 13 Except using the opposite side

As you step the right leg back to walking stance, raise the left arm with a 90 degree angle at the elbow then drive it across the body stopping in front of the right shoulder, executing a right hand inner block. Execute a right leg inside to outside crescent kick placing it back into the right leg back walking stance. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.

Step 15

Step the right leg forward into walking stance at the same time executing a right hand (front hand) upper block before executing a left hand reverse punch to the stomach, followed immediately by a right hand punch to the head KYUP on the last punch.

On the command step the right leg back to Choon-Bee

ADULTS HAPKIDO SYLLABUS 2022

YELLOW BELT PATTERN (DETAILED BREAK DOWN)

1. From Choon-Bee step your left leg to the left into a twisting thin walking stance while executing a right hand inner ridge hand strike to the neck
2. Pivot right executing a left hand outer knife hand strike to the neck
3. Pivot left executing a right hand downward knife hand strike to the head
4. Pivot right executing a left hand inner knife hand strike to the neck
5. Pivot left executing a right hand upper knife hand block
6. Pivot right executing a left hand palm strike to the head
7. Step your right leg forward into "L" stance while executing a right hand stepping outer knife hand strike to the head
8. Step back into a left leg forward "L" stance while executing a left hand lower knife hand block
9. Step your right leg forward into "L" stance while executing a right hand downward knife hand strike to the head
10. Step your left leg forward into "L" stance while executing a left hand stepping inner ridge hand strike to the head
11. Turn your right leg 90 degrees to the left ending with a right leg forward "L" stance, at the same time executing a right hand outer knifehand strike to the neck
12. Slide your right foot back to your left, then slide your left foot back into a powerful horse riding stance while executing a Danjun lower fist block with a knife hand palm, guarding the solar plexus.
13. Execute a right leg stepping side kick stepping forward in to a right leg forward horse riding stance with a lower fist block and knife hand guarding solar plexus.
14. Execute a right leg stepping turning kick stepping forward into a right leg forward horse riding stance with a lower fist block and knife hand guarding solar plexus
15. Execute a left leg turning kick stepping forward into a left leg forward guard stance
16. Execute a right leg spinning crescent kick stepping back to a left leg forward guard stance
17. Execute a right leg front kick stepping forward into a right leg forward guard stance
18. Execute a left hand inner elbow strike to the head, look behind and pivot to a left leg forward walking stance a Danjun lower block (fist) with knife hand palm, guarding the solar plexus.
19. Execute a left leg stepping side kick stepping forward into a left leg forward horse riding stance with a lower fist block and knife hand guarding solar plexus.
20. Execute a left leg stepping turning kick stepping forward into a left leg forward horse riding stance with a lower fist block and knife hand guarding solar plexus
21. Execute a right leg turning kick stepping forward into a right leg forward guard stance
22. Execute a left leg spinning crescent kick stepping back to a right leg forward guard stance
23. Execute left leg front kick stepping forward into a left leg forward guard stance
24. Execute a right hand inner elbow strike to the head
25. Look right
26. Pivot to the right into a twisting thin walking stance while executing a left hand inner ridge hand strike to the neck
27. Pivot left executing a right hand outer knife hand strike to the neck
28. Pivot right executing a left hand downward knife hand strike to the head
29. Pivot left executing a right hand inner knife hand strike to the neck
30. Pivot right executing a left hand upper knife hand block
31. Pivot left executing a right hand palm strike to the head
32. Step your left leg forward into "L" stance while executing a left hand stepping outer knife hand strike to the neck
33. Step back into a right leg forward "L" stance while executing a right hand lower knife hand block
34. Step your left leg forward into "L" stance while executing a left hand downward knife hand strike to the head
35. Step your right leg forward into "L" stance while executing a right hand stepping inner ridge hand strike to the head
36. Turn your left leg 90 degrees to the right ending with a left leg forward "L" stance, at the same time executing a left hand outer knifehand strike to the neck

ADULTS HAPKIDO SYLLABUS 2022

YELLOW BELT PATTERN

Step 1

Step left leg into a twisting thin walking stance while executing a right hand inner ridge hand - pivot right executing a left hand outer knife hand strike - pivot left executing a right hand downward knife hand strike - pivot right executing a left hand inner knife hand strike - pivot left executing a right hand upper knife hand block - pivot right executing a left hand palm strike – step the right leg forward into “L” stance while executing a right hand outer knife hand strike - KYUP

Step 2

Step the right leg back into a right leg back “L” stance while executing a left hand lower knifehand block - step your right leg forward into “L” stance while executing a right hand downward knife hand strike - step your left leg forward into “L” stance while executing a left hand stepping inner ridge hand strike - turn your right leg 90 degrees ending with a right leg forward “L” stance while executing a right hand outer knifehand strike, KYUP

Step 3

Slide your right foot back to your left, then slide your left foot back into a powerful horse riding stance while executing a Danjun lower fist block with a knife hand palm guarding the solar plexus.

Step 4

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

Step 5

Execute a right leg stepping turning kick stepping forward into a right leg forward horse riding stance

Step 6

Execute a left leg turning kick stepping forward into a left leg forward guard stance - execute a right leg spinning crescent kick stepping back into a right leg back guard stance - execute a right leg front kick stepping forward into a right leg forward guard stance while executing a left hand inner elbow strike to the head, KYUP, turn and pivot to a left leg forward horse riding stance while executing a Danjun lower fist block with a knife hand palm guarding the solar plexus

Step 7

Execute a left leg stepping side kick stepping forward into a left leg forward horse riding stance

Step 8

Execute a left leg stepping turning kick stepping forward into a left leg forward horse riding stance

Step 9

Execute a right leg turning kick stepping forward into a right leg forward guard stance - execute a left leg spinning crescent kick stepping back into a left leg back guard stance - execute a left leg front kick stepping forward into a left leg forward guard stance while executing a left right hand inner elbow strike to the head – KYUP

Step 10

Look right while pivoting into a twisting thin walking stance and executing a left hand inner ridge hand - pivot left executing a right hand outer knife hand strike - pivot right executing a left hand downward knife hand strike - pivot left executing a right hand inner knife hand strike - pivot right executing a left hand upper knife hand block - pivot left executing a right hand palm strike – step the left leg forward into “L” stance while executing a left hand outer knife hand strike - KYUP

Step 11

Step the left leg back into a left leg back “L” stance while executing a right hand lower knifehand block - step your left leg forward into “L” stance while executing a left hand downward knife hand strike - step your right leg forward into “L” stance while executing a right hand stepping inner ridge hand strike - turn your left leg 90 degrees ending with a left leg forward “L” stance while executing a left hand outer knifehand strike - KYUP

ADULTS HAPKIDO SYLLABUS 2022

GREEN BELT PATTERN (DETAILED BREAK DOWN)

1. From Choon-Bee Step your right leg back into a walking stance while executing an upper X block
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 finishing (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 into a walking stance while executing an upper X block
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 guard
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. Slide your right leg back to your left, then slide your left leg forward to a left leg forward "L" stance while executing Danjun double block
20. Execute a right leg oblique kick (knee height) finishing in a left leg forward guard stance
21. Execute a left leg back kick (mid section) finishing in 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
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. Step your left leg backwards while executing a right hand spinning knife hand strike (to the neck) finishing in a right leg forward "L" stance
26. Step your left leg forward into a left leg forward "L" stance while executing a left hand palm heel strike (head height), KYUP
27. Look behind and pivot to a right leg forward "L" stance while executing Danjun double block
28. Execute a left leg oblique kick (knee height) finishing in a right leg forward guard stance
29. Execute right leg back kick (mid section) finishing in 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
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. Step your right leg backwards while executing a left hand spinning knife hand strike (to the neck) finishing in a left leg forward "L" stance
34. Step your right leg forward into a right leg forward "L" stance while executing a right hand palm heel strike (head height), KYUP
35. Choon-Bee

ADULTS HAPKIDO SYLLABUS 2022

GREEN BELT PATTERN

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 finishing in a left leg forward guard, KYUP

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 finishing in a right leg forward guard, KYUP

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 left leg forward guard stance then execute a left leg back kick (mid section) finishing in 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

ADULTS HAPKIDO SYLLABUS 2022

GREEN BELT PATTERN

Step 17

Execute a left leg oblique kick (knee height) finishing in a right leg forward guard stance then execute a left leg back kick (mid section) finishing in 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