

# ADULTS HAPKIDO SYLLABUS 2022

## WHITE BELT PATTERN (DETAILED BREAKDOWN)

1. From Choon-Bee look right and execute a right leg side kick (knee height) retracting back to the chamber position before stepping into a horse riding stance (during the kick your arms should be soft with your left fist at neck height and your right arm (fist) extended with a bend in the elbow at chest height)
2. Execute a right hand back fist (coming from the left hip) to the head, while retracting the left hand back to a traditional punch chamber position
3. Look left and execute a left leg side kick (knee height) retracting back to the chamber position before stepping into a horse riding stance (during the kick your arms should be soft with your right fist at neck height and your left arm (fist) extended with a bend in the elbow at chest height)
4. Execute a left hand back fist (coming from the right hip) to the head, while retracting the right hand back to a traditional punch chamber position.
5. Look back to the front and step the right foot to your left foot while crossing your arms in front of your body (left arm in front of the right arm) and stepping the right leg back into walking stance while executing a left hand upper block (bringing the left arm up in front of the body and head, extending forward with a small bend in the elbow) and retract the right hand back to a traditional punch chamber position.
6. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.
7. Execute a right leg front kick to the mid section retracting back to the chamber position before stepping forward into a right leg forward walking stance (during the kick keep the right arm extended as a punch defending against further attacks)
8. Execute a right hand outer block, (taking the right hand to the left hip then circling around, stopping in front of the right shoulder).
9. Execute a right hand lower block (taking the right hand across to the left shoulder (fingers pointing up) before driving it down and stopping in front of the right knee, keeping a tiny bend in the elbow).
10. Execute a left hand reverse punch to head height while retracting the right hand back to a traditional punch chamber position.
11. Execute a left leg front kick to the mid section retracting back to the chamber position before stepping forward into a left leg forward walking stance (during the kick keep the left arm extended as a punch defending against further attacks)
12. Execute a left hand outer block, (taking the left hand to the right hip then circling around, stopping in front of the left shoulder).
13. Execute a left hand lower block (taking the left hand across to the right shoulder (fingers pointing up) before driving it down and stopping in front of the left knee, keeping a tiny bend in the elbow)
14. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.
15. Step your left leg back to walking stance while executing a right hand inner block (raise the right arm with a 90 degree bend at the elbow then drive it across stopping in front of the left shoulder)
16. Execute a left leg crescent kick (head height) placing it back into a left leg back walking stance.
17. Execute a left hand reverse punch to head height, while retracting the right hand back to a traditional punch chamber position.
18. Step your right leg back to walking stance while executing a left hand inner block (raise the left arm with a 90 degree bend at the elbow then drive it across the stopping in front of the right shoulder)
19. Execute a right leg crescent kick head height placing it back into a right leg back walking stance
20. Execute a right hand reverse punch to head height, while retracting the left hand back to a traditional punch chamber position.
21. Step your right leg forward into walking stance at the same time executing a right hand (front hand) upper block (bringing the right arm up in front of the body and head, extending forward with a small bend in the elbow) while retracting the left hand back to a traditional punch chamber position
22. Execute a left hand reverse punch to the stomach retracting the right hand back to a traditional punch chamber position
23. Execute a right hand punch to the head while retracting the left hand back to a traditional punch chamber position.
24. On the command step the right leg back to Choon-Bee

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## WHITE BELT PATTERN (BY THE NUMBERS)

### Step 1

From Choon-Bee look right and execute a right leg side kick to the knee stepping into horse riding stance while executing a right hand back fist to the head, **KYUP**

### Step 2

Look left and execute a left leg side kick to the knee stepping into horse riding stance while executing a left hand back fist to the head

### Step 3

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

### Step 4

Execute a right hand reverse punch to the head

### Step 5

Execute a right leg front kick to the mid section stepping forward into a right leg forward walking stance

### Step 6

Execute a right hand outer block

### Step 7

Execute a right hand lower block

### Step 8

Execute a left hand reverse punch to the head

### Step 9

Execute a left leg front kick to the mid section stepping forward into a left leg forward walking stance

### Step 10

Execute a left hand outer block

### Step 11

Execute a left hand lower block

### Step 12

Execute a right hand reverse punch to the head

### Step 13

*There are three techniques to the step of the pattern*

1. Step your left leg back to walking stance while executing a right hand inner block
2. Execute a left leg crescent kick (head height) placing it back into a left leg back walking stance
3. Execute a left hand reverse punch to the head height

### Step 14

*Step 14 is the same as step 13 except using the opposite side*

1. Step your right leg back to walking stance while executing a left hand inner block
2. Execute a right leg crescent kick (head height) placing it back into a right leg back walking stance
3. Execute a right hand reverse punch to the head

### Step 15

*There are three techniques to the step of the pattern*

1. Step your right leg forward into walking stance at the same time executing a right hand (front hand) upper block
2. Execute a left hand reverse punch to the stomach
3. Execute a right hand punch to the head, **KYUP**

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

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