

ADULTS HAPKIDO SYLLABUS 2023

YELLOW BELT PATTERN (DETAILED BREAKDOWN)

***** LEARN THE TECHNIQUES ON THIS PAGE BEFORE ATTEMPTING IT BY THE NUMBERS *****

1. From Choon-Bee step left leg into a thin walking stance, twisting your hips while executing a right hand inner ridge hand strike to the head with a left hand parry block
2. Pivot right left hand outer knife hand strike to the neck
3. Pivot left right hand downward knife hand strike to the head
4. Pivot right left hand inner knife hand strike to the neck
5. Pivot left right hand upper knife hand block
6. Pivot right left hand palm strike to the head
7. Step right leg forward into "L" stance right hand outer knife hand strike to the neck
8. Step right leg back into "L" stance left hand lower knife hand block
9. Step right leg forward into "L" stance right hand downward knife hand strike to the head
10. Step left leg forward into "L" stance left hand stepping inner ridge hand strike to the head
11. Pivot right leg 90 degree's around to a right leg forward "L" stance right hand outer knifehand strike to the neck
12. Right foot back to your left foot, left foot back into horse riding stance using Danjun knifehand & lower fist block (knifehand palm guarding the solar plexus with a lower fist block)
13. Right leg stepping side kick (mid section) into a right leg forward horse riding stance with a knifehand & lower fist block
14. Right leg stepping turning kick (head height) into a right leg forward horse riding stance with a knifehand & lower fist block
15. Left leg turning kick (head height) into a left leg forward guard stance
16. Right leg spinning crescent kick (head height) into a right leg back guard stance
17. Right leg front kick (mid section) into a right leg forward guard stance
18. Left hand inner elbow strike to the head, look behind and pivot to a left leg forward horse riding stance using Danjun knifehand & lower fist block (knifehand palm guarding the solar plexus with a lower fist block)
19. Left leg stepping side kick (mid section) into a left leg forward horse riding stance with a knifehand & lower fist block
20. Left leg stepping turning kick (head height) into a left leg forward horse riding stance with a knifehand & lower fist block
21. Right leg turning kick (head height) into a right leg forward guard stance
22. Left leg spinning crescent kick (head height) into a left leg back guard stance
23. Left leg front kick (head height) into a left leg forward guard stance
24. Right hand inner elbow strike to the head
25. Look right
26. Step right leg into a thin walking stance, twisting your hips while executing a left hand inner ridge hand strike to the head with a right hand parry block
27. Pivot left right hand outer knife hand strike to the neck
28. Pivot right left hand downward knife hand strike to the head
29. Pivot left right hand inner knife hand strike to the neck
30. Pivot right left hand upper knife hand block
31. Pivot left right hand palm strike to the head
32. Step left leg forward into "L" stance left hand outer knife hand strike to the neck
33. Step left leg back into "L" stance right hand lower knife hand block
34. Step left leg forward into "L" stance left hand downward knife hand strike to the head
35. Step right leg forward into "L" stance right hand stepping inner ridge hand strike to the head
36. Pivot left leg 90 degree's around to a left leg forward "L" stance left hand outer knifehand strike to the neck
37. Choon-Bee

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YELLOW BELT PATTERN (BY THE NUMBERS)

***** LEARN THE TECHNIQUES FROM THE DETAILED BREAKDOWN BEFORE ATTEMPTING IT BY THE NUMBERS *****

Step 1

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

Step 2

Step right leg back into “L” stance left hand lower knifehand block- step right leg forward into “L” stance right hand downward knife hand strike - step left leg forward into “L” stance left hand stepping inner ridge hand strike - pivot right leg 90 degrees finishing in a right leg forward “L” stance right hand outer knifehand strike, **KYUP**

Step 3

Right foot back to your left, then left foot back to horse riding stance Danjun knifehand & lower fist block

Step 4

Right leg stepping side kick stepping into a right leg forward horse riding stance knifehand & lower fist block

Step 5

Right leg stepping turning kick into a right leg forward horse riding stance knifehand & lower fist block

Step 6

Left leg turning kick stepping forward into guard stance - right leg spinning crescent kick into a right leg back guard stance - right leg front kick stepping into a right leg forward guard stance left hand inner elbow strike to the head, **KYUP**.

Step 7

Look behind and pivot to a left leg forward horse riding stance Danjun knifehand & lower fist block

Step 8

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

Step 9

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

Step 10

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

Step 11

Look right, pivoting into a thin walking stance left hand inner ridge hand to the neck - pivot left right hand outer knife hand strike - pivot right left hand downward knife hand strike - pivot left right hand inner knife hand strike - pivot right left hand upper knife hand block - pivot left right hand palm strike – step the left leg forward into “L” stance left hand outer knife hand strike - **KYUP**

Step 12

Step left leg back into “L” stance right hand lower knifehand block - step left leg forward into “L” stance left hand downward knife hand strike - step right leg forward into “L” stance right hand stepping inner ridge hand strike - pivot left leg 90 degrees finishing in a left leg forward “L” stance left hand outer knifehand strike - **KYUP**

Choon-Bee