

REQUIRED TECHNIQUES
RED II TO BLACK

TKD

KICKING:

FORMS:

HAPKIDO

HAND-SHAKES:

HIP-LOCK ARM BAR- DEFENDER FACE-DOWN

KICK DEFENSE:

LEG LOCKS:

THROWS:

2-HAND WHEEL TURN- INSIDE PIVOT

LONG STEP- DOWN DRAG

2-HAND WHEEL TURN- OUTSIDE PIVOT

TOP ARM PIN