

REQUIRED TECHNIQUES

YELLOW TO PURPLE BELT

TKD

ALL PREVIOUS TECHNIQUES, PLUS:

MOVEMENT DRILL:

WALKING STANCE:

ALL PREVIOUS TECHNIQUES—ADD:

- REVERSE-PUNCH

BACK STANCE:

ALL PREVIOUS TECHNIQUES—ADD:

- TWISTING-PUNCH

PUNCHING/HAND STRIKES:

ALL PREVIOUS TECHNIQUES—ADD:

- BACK-FIST-
 1. FRONT HAND
 2. SIDE-OUT FRONT/BACK HAND
- RIDGE-HAND

KICKING TECHNIQUES:

ALL PREVIOUS—ADD:

- *WHITE BELT BASIC-KICKS*—WALKING
- INSIDE-INSIDE
- STEP-SIDE
- STEP-ROUNDHOUSE
- STEP-HOOK
- BACK-SIDE
- BACK-SWING
- ROUND HOUSE-BACK-SWING

FORMS:

ALL PREVIOUS—ADD:

- PALGWE IL JANG (PALGWE 1)

HAPKIDO

FALLING:

ALL PREVIOUS—ADD:

- FRONT ROLL

THROWING:

ALL PREVIOUS—ADD:

- INSIDE SHORT-THROW
- BACK KNEE PULL-DOWN
- INSIDE FOOT SWEEP
- OUTSIDE FOOT SCOOP

HANDSHAKES:

- CANE LOCK
- FAN LOCK
- VERTICAL PIN LOCK
- THUMB LOCK

COMBINED HAPKIDO AND TKD TECHNIQUES

- 1-STEP COMBINATIONS—BLOCK, STRIKE, AND THROWS
- FREE-SPARRING—TOURNAMENT RULES
- FREE-SPARRING—FREE STYLE