



YOUTH (8-12)

YELLOW BELT 9TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO YELLOW LV12 9TH GUP

REQUIREMENTS FOR RANK (AGE:8-12)

Fundamentals		
Defensive Stances	Break Falls	Hand Checking
Neutral Stance	Forward Roll - Left & Right	Pat In
Folded Arm Stance	Side fall - Left & Right	Pat UP
Leads: Left, and Right	Back Break fall	Pat Down
Footwork		
Drag Step	Shuffle Step	

Fundamentals	
Hand Strikes	Kicks
Jab & Cross	Front Kick-Snap lead & rear and thrust
Backfist	Side Kick
Hammer Fist	Back kick

Ho Sin Sul Techniques (Core Techniques)	
Breakaways	(1-4)
Same Side Wrist Grab	(1)

Drills (Extra)		
Sectoring Drills	Footwork Drills	Animal Walks
Hi-Low Drills	Shuffle step Drill	Duck Walks, Crab Walks
Front kick drill: Thrust and step	Drag Step Drill	Bear Crawl, Bunny Hops

Ground/Pressure Points/Defensive Tools		
Ground LV 1	Combat Stick LV1	Dan Bong LV1

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PRINCIPLES

Live Hand: It works like this when an attacker grabs your wrist you will open your hand wide spreading the fingers this will cause the attackers grip to loosen to help facilitate a breakaway or wrist grab.

Distraction Principle: By Diverting an attacker's attention away by either using a stun or a fake, will help

CORE TECHNIQUES

Breakaways (4) (*concept escapes*)

1) _____

2) _____

3) _____

4) _____

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CORE TECHNIQUES

Same Side Wrist Grabs (1) (*Concept Joint locks*)

1) _____

