



YOUTH (5-7)

ORANGE BELT 9TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO ORANGE 8th GUP

REQUIREMENTS FOR RANK (AGE:5-7)

Fundamentals			
Defensive Stances	Foot Work	Break Falls	Hand Checking
Folded Arm Stance	Circle step	Side Fall	Pat up
Neutral Stance		Rolling side fall	Foot checking Downward

Fundamentals	
Hand Strikes	Kicks
Back fist - Lead & Rear	Side Kick
Hammer fist Vertical/Horizontal	Back Kick

Ho Sin Sul Techniques	
Breakaways	(2)

Drills (Extra)	
Sectoring Drills	Footwork Drills
Hi-Low Drills	Circle step around Bag
Same-Side Outside Drill	Circle step with Partner

Drills (Extra)	
Kicking Drills	Striking and Kicking drills Bag
Side kick Transition Drills	Combos striking
Back Kick Transition Drills	Combos kicking

Ground/Combat Stick/Short Stick		
Ground LV -1	Combat Stick LV-1	Dan Bong Lv-1

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HO SIN SUL TECHNIQUES

Breakaways (Concept Escape)

1) _____

2) _____

