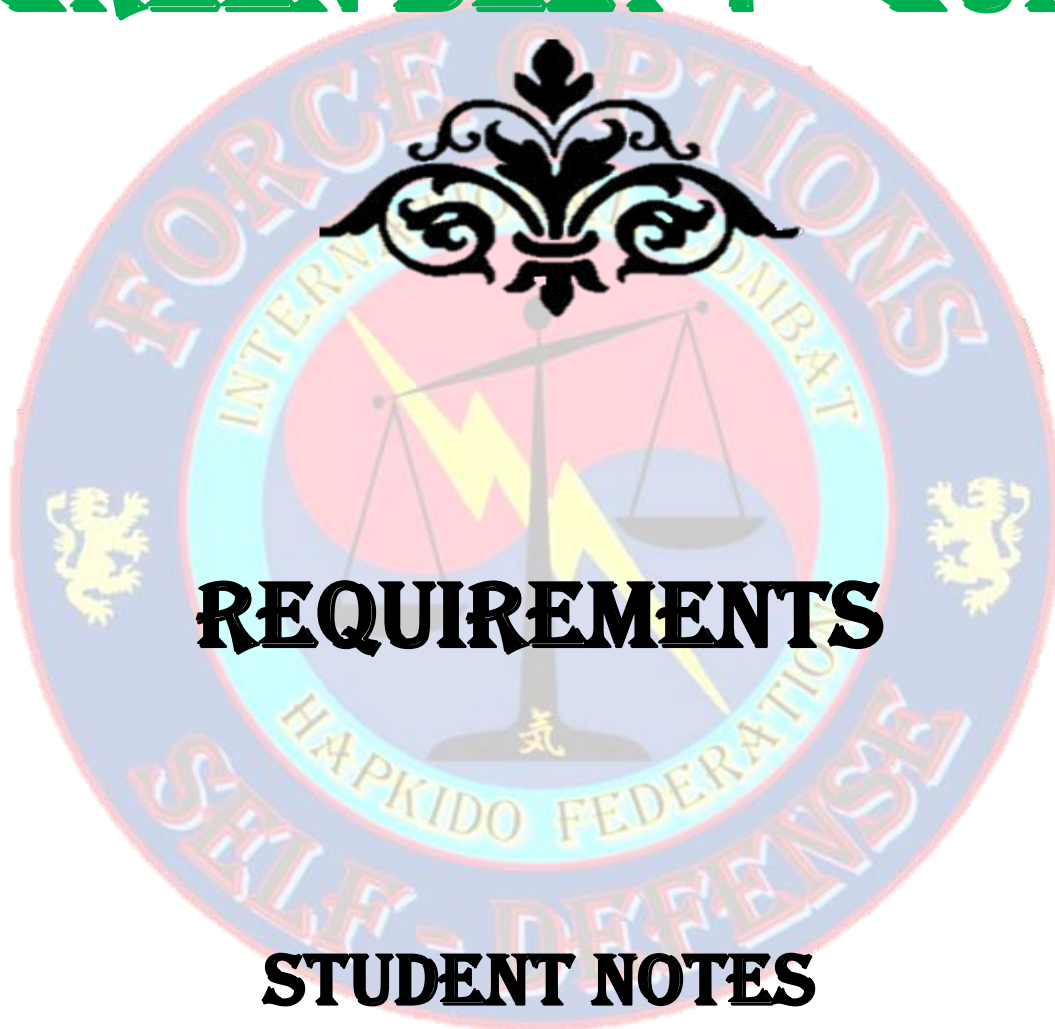




YOUTH (5-7)

GREEN BELT 7TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO GREEN 7TH GUP

REQUIREMENTS FOR RANK (AGE: 5-7)

Fundamentals		
Footwork	Break Falls	Sectoring
Shuffle to Front kick (attacking)	Backwards Roll	Cross Side Outside
Shuffle to Front kick (retreating)	Front Fall, and Dive	Brush Trap One sided drill

Fundamentals	
Hand Strikes	Kicks
Palm Heel Strike	Round House Kick
Knife Hand (pseudo Hand) horizontal, vertical	Scoop Kick

Ho Sin Sul Techniques	
Wrist Grabs (Controls)	Same Side # 1 and Cross wrist # 3 (Korean)

Drills (Extra)
Kick Combinations
Left Lead start: Cross behind Side kick to round house transition from rear, to spinning back kick

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



YOUTH HAPKIDO GREEN 7TH GUP

HO SIN SUL TECHNIQUE

Same Side Wrist Grabs (Concept Control)

Notes: _____

Cross Wrist Grabs (concept control)

Notes: _____

