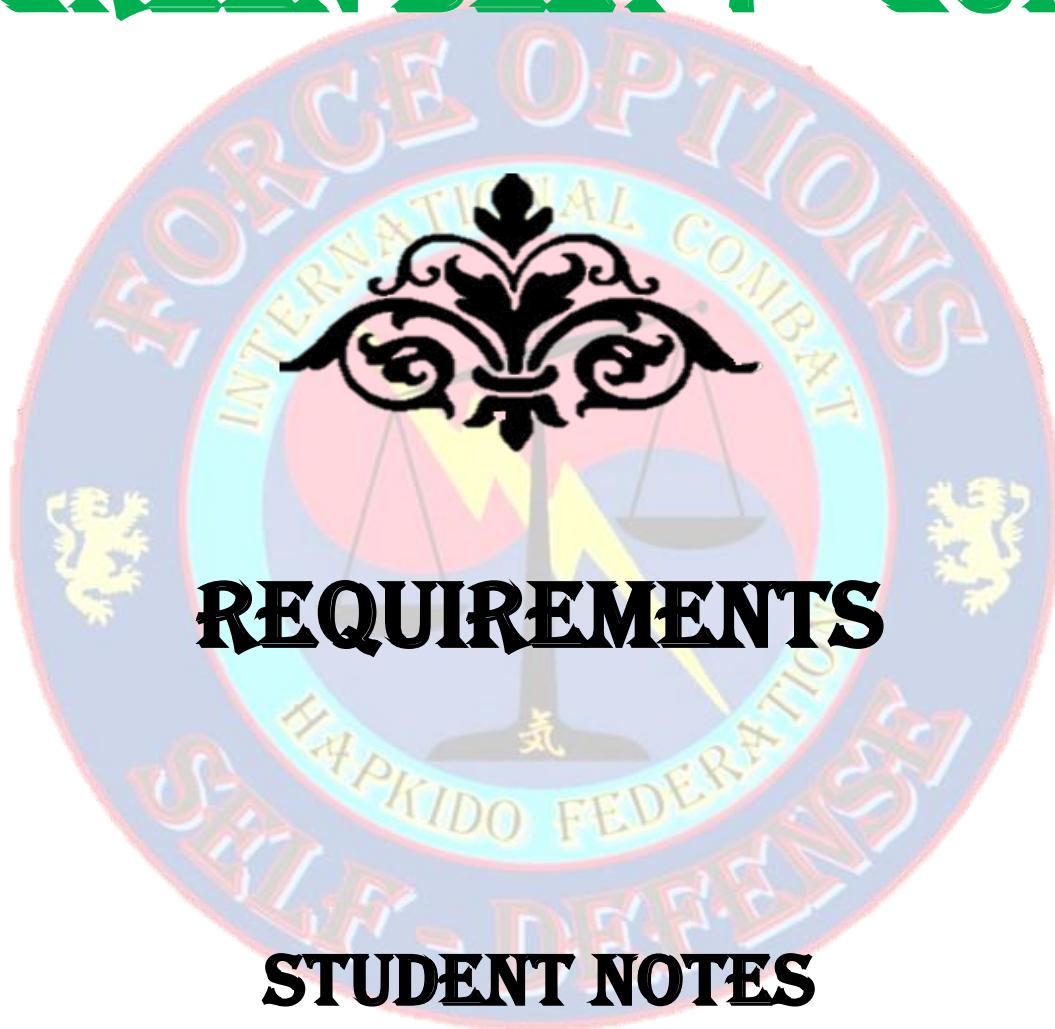


**YOUTH LV-2 (8-12)**

**GREEN BELT 7<sup>TH</sup> GUP**



**REQUIREMENTS**

**STUDENT NOTES**

**FORCE OPTIONS SELF-DEFENSE**

# YOUTH HAPKIDO GREEN LV2 7<sup>TH</sup> GUP

## REQUIREMENTS FOR RANK (AGE: 8-12)

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	
Breakaways 10-12	
<b>Wrist Grabs Same side (4-6)</b>	<b>Cross Wrist (1-3)</b>

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
Tactical Recovery	Power Strikes	Combos
Take Downs	Combos	Drills
Drills	Drills	Offensive defensive

# YOUTH HAPKIDO GREEN LV2 7<sup>TH</sup> GUP

## HO SIN SUL TECHNIQUE

### Breakaways (3)

1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Same Side Wrist Grabs (Concept Control) (3)

1) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# YOUTH HAPKIDO GREEN LV2 7<sup>TH</sup> GUP

## Cross Wrist Grabs (concept control) (3)

1) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

