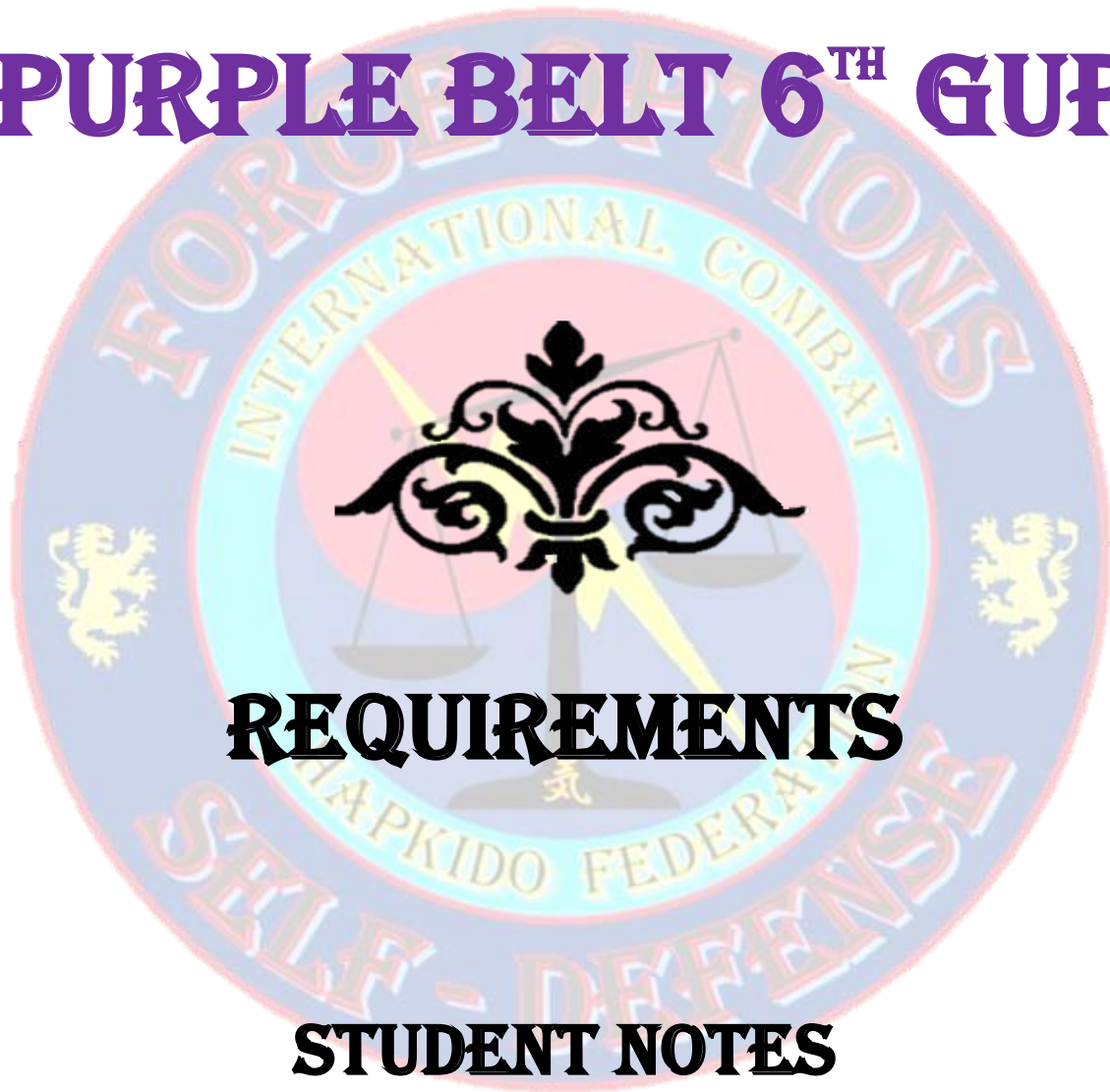




YOUTH LV-1 (5-7)

PURPLE BELT 6TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO PURPLE LV1 6TH GUP

REQUIREMENTS FOR RANK (AGE: 5-7)

Fundamentals	
Hand Strikes	Kicks
Tiger Mouth	Crescent Kicks
Spear Hand	Hook Kick

Fundamentals	
Sectoring	Kick combos
Same side Outside	Front snap kick, Outside crescent w/back leg step fwd., Cross behind hook kick
Cross side Outside	Front Snap Kick, Inside crescent w/back leg step fwd., Cross behind hook
Street Falls: Front, Rear, Right. And Left	

Ho Sin Sul Techniques	
Same side Wrist Grabs	(1)
Cross Wrist Grab	(1)
Dynamic Defenses against Punch	Punch defense #1
Ground Defense	Level One\Level Two

Defensive Tools	
Combat Stick	Short Stick
Level Two	Level One

YOUTH HAPKIDO PURPLE LV1 6TH GUP

HO SIN SUL TECHNIQUE

Same Side Wrist Grabs (Concept Control)

1) _____

Cross Wrist Grabs (concept control)

1) _____

Punch Defenses (Concept Dynamic Defense)

1) _____
