



YOUTH LV-1 (5-7)

BLUE BELT 5TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO BLUE LV1 5TH GUP

REQUIREMENTS FOR RANK (AGE:5-7)

Fundamentals	
Hand Strikes	Kicks
Hook Punch	Axe Kick
Uppercut	Slap Kick

Fundamentals	
Sectoring	Kick combos
Same Side Inside	Front Slap kick, lead leg, stepping forward axe kick with back leg, cross behind side kick
Cross side Inside	

Ho Sin Sul Techniques	
Punch Defense-	#3 Reversal
2 Hands Grabbing one wrist	Breakaway downward elbow #3
2 Hands grabbing two wrist front	#1 striking hands together
One hand shoulder grab	Armbar

Defensive Tools		TPP/Balance Disruptions	
Combat Stick	Short Stick	Tactical Pressure Points	Balance Disruptions
Level Three	Level One-level Two	Level One-level-two	3 techniques

YOUTH HAPKIDO BLUE LV1 5TH GUP

HO SIN SUL TECHNIQUE

Punch Defenses (Concept Dynamic Defense)

- 1.) _____

Two hands grabbing one wrist.

- 1.) _____

Two hands grabbing two hands from the front.

- 1.) _____

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One hand shoulder grab defense

- 1.) _____

