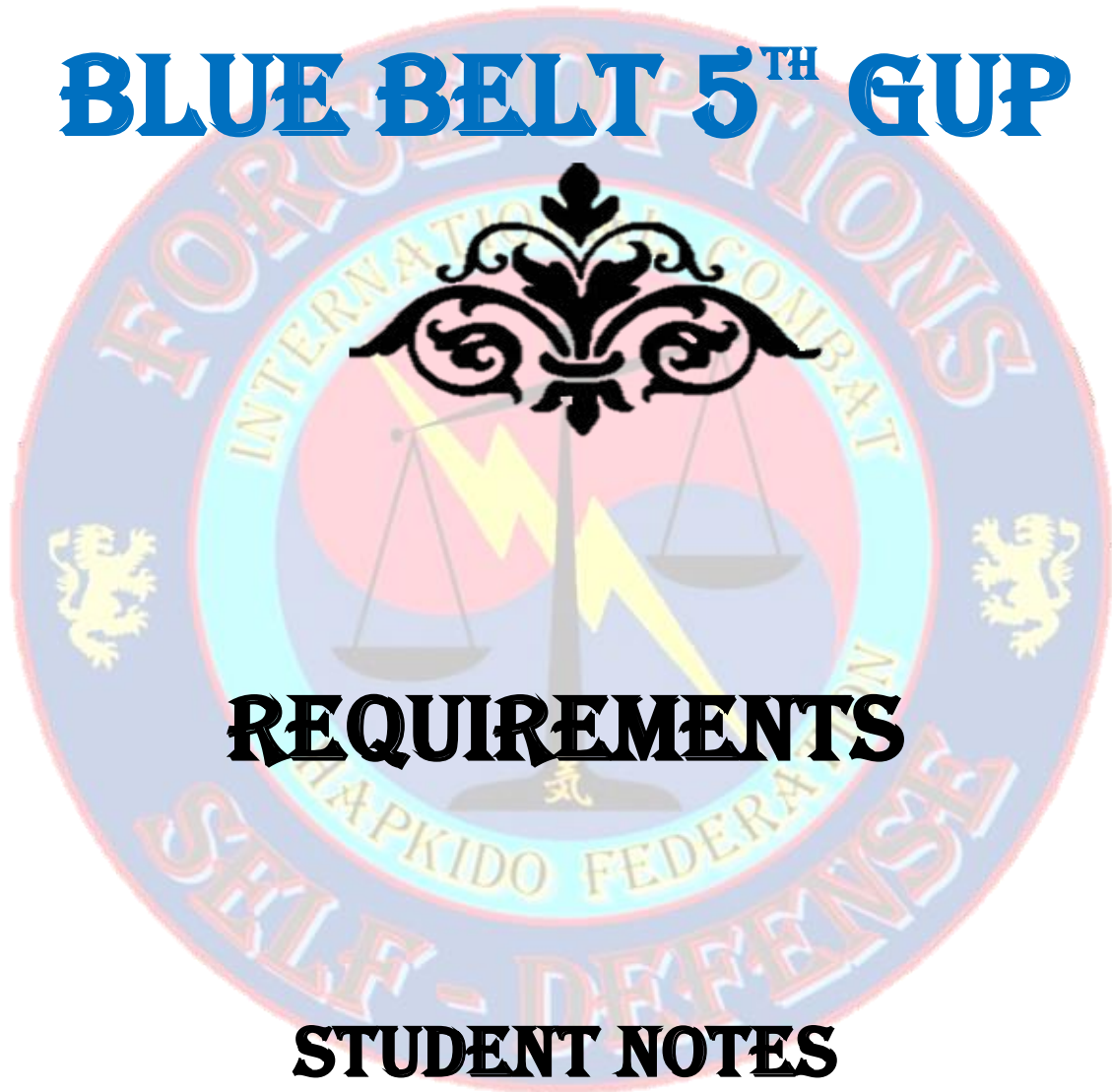




**YOUTH LV-2 (8-12)**

**BLUE BELT 5<sup>TH</sup> GUP**



**REQUIREMENTS**

**STUDENT NOTES**

**FORCE OPTIONS SELF-DEFENSE**

# YOUTH HAPKIDO BLUE LV2 5<sup>TH</sup> GUP

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

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	
<b>Sameside wrist Grabs</b>	<b>4</b>
<b>Cross Wrist Grabs</b>	<b>3</b>
<b>Punch Defense-</b>	<b>1</b>
<b>2 Hands Grabbing one wrist</b>	<b>1</b>
<b>2 Hands grabbing two wrist front</b>	<b>1</b>
<b>One hand shoulder grab</b>	<b>1</b>

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 LV2 5<sup>TH</sup> GUP

## HO SIN SUL TECHNIQUE

### Same Side Wrist grabs (4)

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

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

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

4.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Cross Wrist Grabs (3)

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

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

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

# YOUTH HAPKIDO BLUE LV2 5<sup>TH</sup> GUP

## Punch Defenses (Concept Dynamic Defense) (1)

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

## Two hands grabbing one wrist. (1)

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

## Two hands grabbing two hands from the front. (1)

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

## One hand shoulder grab defense (1)

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