



YOUTH LV-1 (5-7)

BROWN BELT 4TH GUP



REQUIREMENTS

INSTRUCTOR

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO BROWN LV1 4TH GUP

REQUIREMENTS FOR RANK (AGE:5-7)

Fundamentals	
Hand Strikes	Kicks
Elbow Strikes in to out Horizontal	Jumping Front, jumping side
Upward and downward elbow strikes	Jumping Round house kick

Fundamentals	
Sectoring	Kick combos
Split Entry	1) Lead leg fake front kick to jumping forward front kick, to cross behind side kick
Reverse Entry	
Brush Trap strike (out)	2) Same as above but with switching side kick
Brush Trap strike (in)	3) same but with round house

Ho Sin Sul Techniques	
Punch Defense-	#4 round house
2 Hands Grabbing one wrist	Elbow # 3 downward
2 Hands grabbing two wrist front	Heaven and earth
One hand shoulder grab	#8 Hammer lock
Chest grab defense	Outside lead

Defensive Tools		TPP/Balance Disruptions	
Combat Stick	Short Stick	Tactical Pressure Points	Balance Disruptions
Level Four	Level Two-four	Level Two-level three	2 techniques

YOUTH HAPKIDO BROWN LV1 4TH GUP

HO SIN SUL TECHNIQUE

Punch Defenses (Concept Dynamic Defense)

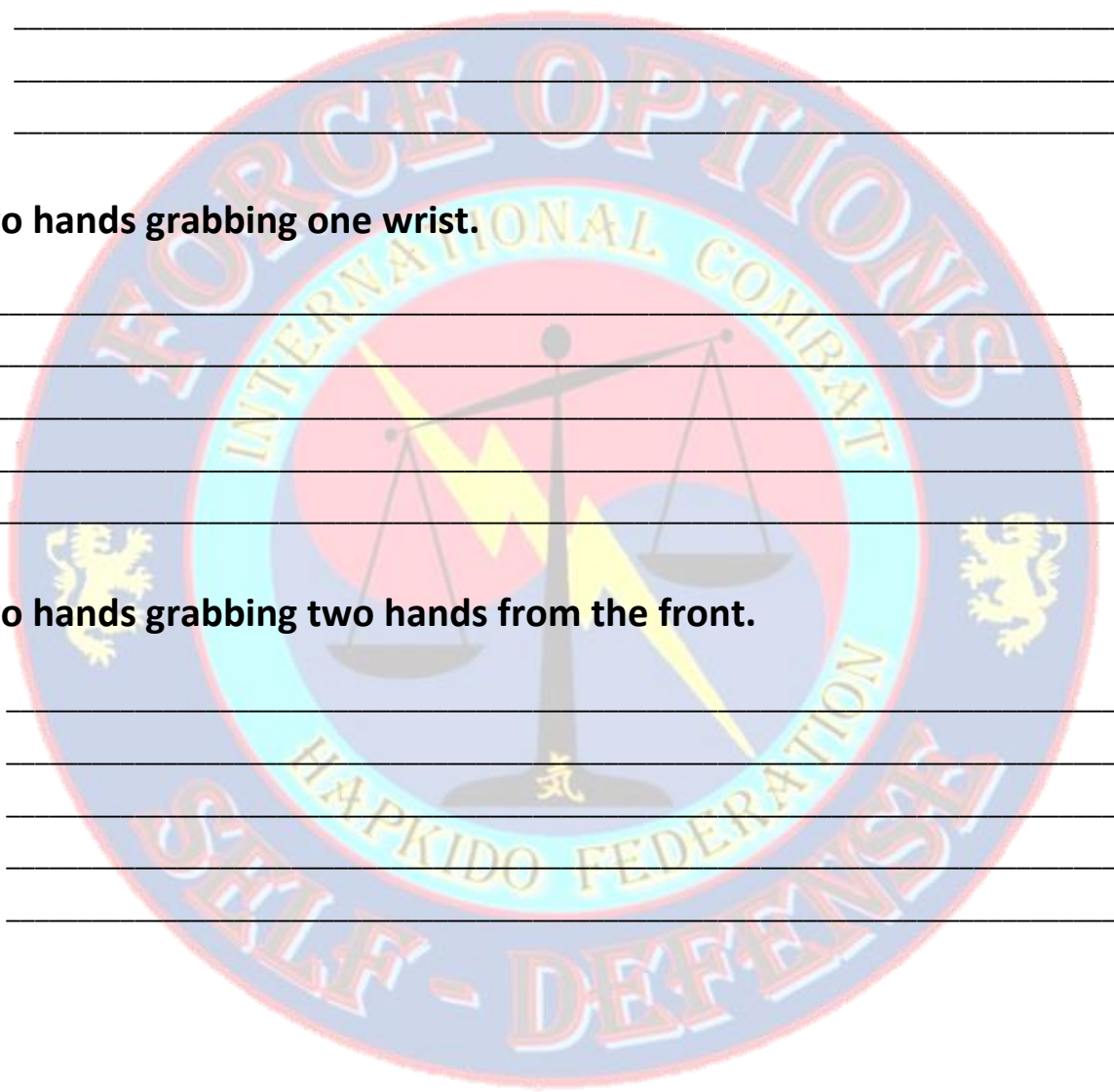
1. _____

Two hands grabbing one wrist.

- 3.) _____

Two hands grabbing two hands from the front.

- 1.) _____



YOUTH HAPKIDO BROWN LV1 4TH GUP

One hand shoulder grab defense

- 1.) _____

One Hand Chest\Garment grab

- 1.) _____

