



YOUTH LV-2 (8-12)

BROWN BELT 4TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO BROWN LV2 4TH GUP

REQUIREMENTS FOR RANK (AGE: 8-12)

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 2) Same as above but with switching side kick 3) same but with round house
Reverse Entry	
Brush Trap strike (out)	
Brush Trap strike (in)	

Ho Sin Sul Techniques	
Same side wrist grabs	(6)
Punch Defense-	(1)
2 Hands Grabbing one wrist	(1)
2 Hands grabbing two wrist front	(1)
One hand shoulder grab	(1)
Chest grab defense	(1)

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 LV2 4TH GUP

HO SIN SUL TECHNIQUE

Same side Wrist grabs (6)

1.) _____

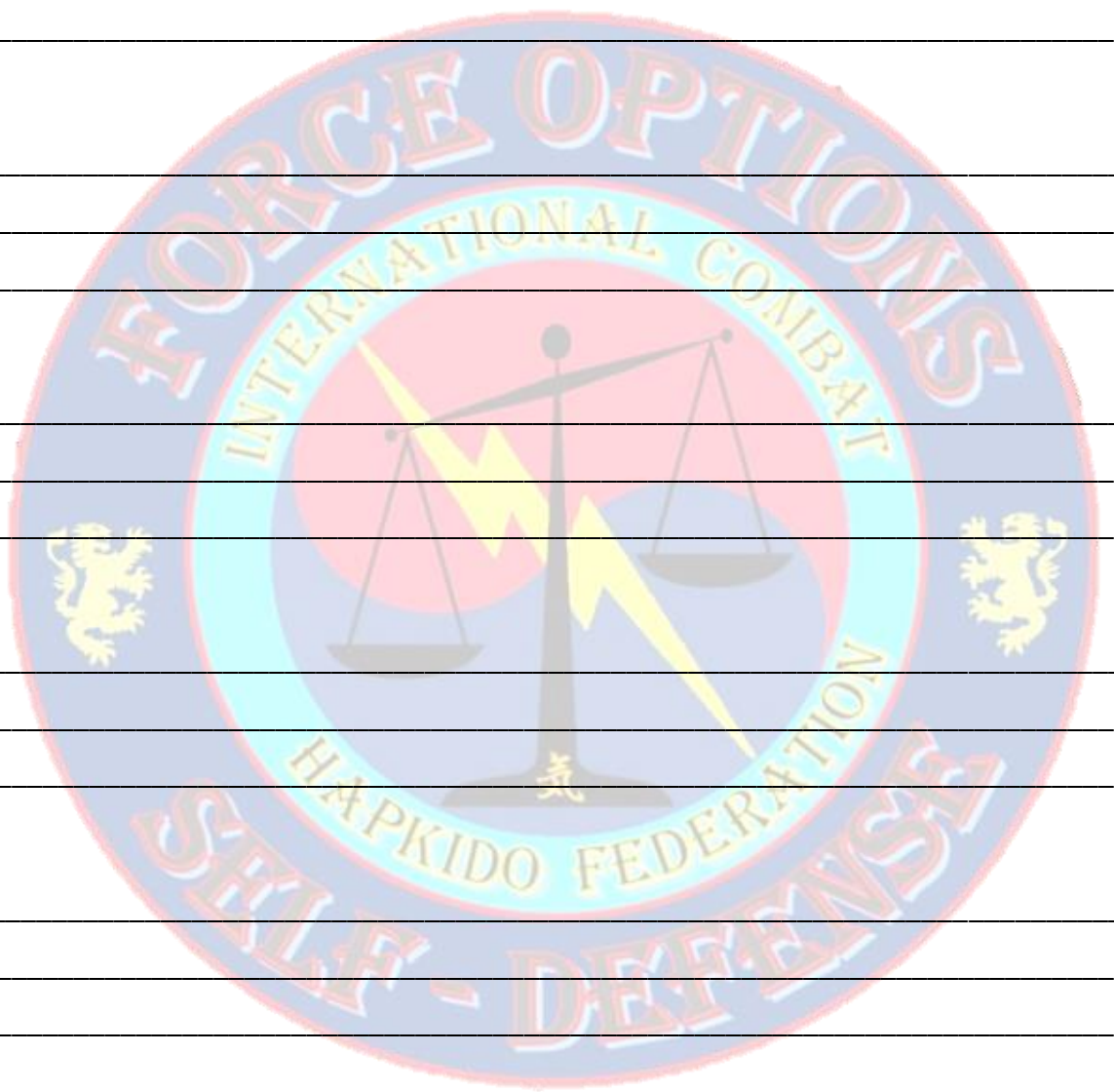
2.) _____

3.) _____

4.) _____

5.) _____

6.) _____



YOUTH HAPKIDO BROWN LV2 4TH GUP

Punch Defenses (Concept Dynamic Defense)

1.) _____

Two hands grabbing one wrist.

1.) _____

Two hands grabbing two hands from the front.

1.) _____

One hand shoulder grab defense

1.) _____

One Hand Chest\Garment grab

1.) _____

