



**YOUTH (5-7)**

**RED BELT 3<sup>RD</sup> GUP**



**REQUIREMENTS**

**STUDENT NOTES**

**FORCE OPTIONS SELF-DEFENSE**

# YOUTH HAPKIDO RED 3<sup>RD</sup> GUP

## REQUIREMENTS FOR RANK (AGE:5-7)

Fundamentals	
Kicks	
Spinning Wheel Kick	
Jumping turn back kick	

Ho Sin Sul Techniques	
Punch Defense-	Come along
2 Hands Grabbing two wrists Back	Heaven and Earth
One hand shoulder grab	Twisting armbar
Chest grab defense	Twisting Armbar
Two hand chest or garment grab	Outside lead

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



# YOUTH HAPKIDO RED 3<sup>RD</sup> GUP

## HO SIN SUL TECHNIQUE

### Punch Defenses (Concept Dynamic Defense)

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

### Two hands grabbing Two wrist Back.

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

### One-Hand shoulder Grab.

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



# YOUTH HAPKIDO RED 3<sup>RD</sup> GUP

## One Hand Chest\Garment grab

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

## Two Hand Chest\Garment grab

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

