



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

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



**REQUIREMENTS**

**STUDENT NOTES**

**FORCE OPTIONS SELF-DEFENSE**

# YOUTH HAPKIDO RED LV2 3<sup>RD</sup> GUP

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

Fundamentals	
Kicks	
Spinning Wheel Kick	
Jumping turn back kick	

Ho Sin Sul Techniques	
Two hands Grabbing One	(3)
Two hands Grabbing Two Front	(3)
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 LV2 3<sup>RD</sup> GUP

## HO SIN SUL TECHNIQUE

**Two Hands grabbing one wrist Front (4-6)**

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

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

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

**Two hands Grabbing Two Front (3-6)**

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

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

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



# YOUTH HAPKIDO RED LV2 3<sup>RD</sup> GUP

## Punch Defenses (Concept Dynamic Defense)

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

## Two hands grabbing Two wrist Back.

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

## One-Hand shoulder Grab.

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

## One Hand Chest\Garment grab

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

## Two Hand Chest\Garment grab

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