



YOUTH LV-1 (5-7)

RED\BLACK 2ND GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO RED\BLACK LV1 2ND GUP

REQUIREMENTS FOR RANK (AGES: 5-7)

Ho Sin Sul Techniques	
Static	
Hostile Handshakes	Korean 3 Directional
Two Hand Lapel	Twisting Armbar
Belt Grab	(Palm Up)
Bear Hugs Back	(Arms out) -# 5 same side take down
Bear Hugs Front	(Arms-Out) Chin Take down
One Hand Back Collar grab	(Double strike)
Headlock-Defense	(Sit back)

Defensive Tools		TPP/Balance Disruptions/Ground		
Combat Stick	Short Stick	Tactical Pressure Points	Ground	Balance Disruptions
LV-Four	LV- four-5	LV-Two-Three	1-Mount 1- Guard	2 techniques

YOUTH HAPKIDO RED\BLACK LV1 2ND GUP

HO SIN SUL TECHNIQUE

Hostile Handshakes (Concept Static)

- 1. _____

Two Hands Lapel Grab (Concept Static)

- 1.) _____

Belt Grab. (Concept Static)

- 1.) _____

Bear Hug Defense Back: Arms Out (Concept Static)

- 1.) _____

YOUTH HAPKIDO RED\BLACK LV1 2ND GUP

Bear Hug Defense Front: Arms Out (Concept Static)

- 1.) _____

One Hand Back Collar Grab (Concept Static)

- 1.) _____

Side Headlock Defense (Concept Static)

- 1.) _____

