



YOUTH LV-2 (8-12)

RED\BLACK 2ND GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

YOUTH HAPKIDO RED\BLACK LV2 2ND GUP

REQUIREMENTS FOR RANK (AGES: 8-12)

Ho Sin Sul Techniques	
Static	
Shoulder Grabs	(7)
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

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HO SIN SUL TECHNIQUE

One Hand Front Shoulder Grabs

1. _____

2. _____

3. _____

4. _____

5. _____

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6. _____

7. _____

8. _____

Hostile Handshakes (Concept Static)

1. _____

Two Hands Lapel Grab (Concept Static)

1. _____

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Belt Grab. (Concept Static)

1. _____

Bear Hug Defense Back: Arms Out (Concept Static)

1. _____

Bear Hug Defense Front: Arms Out (Concept Static)

1. _____

One Hand Back Collar Grab (Concept Static)

1. _____

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Side Headlock Defense (Concept Static)

1. _____

