



BLACK BELT

1ST DAN



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO BLACK BELT STUDENT NOTES

REQUIREMENTS FOR RANK

Core Techniques	
Hostile Handshakes (1)	Bear Hugs from Back Arms in (1-4)
Bear Hugs Front Arms In (1-2)	Bear Hugs Front Arms Out (1-3)
Defense against Kicks (1-4)	

(Not Required for Belt Advancement)

Additional Program	
Ground Survival LV-5	TTP LV-5

Weapons Training Disarming	
Knife (4)	Handgun (7)

COMBAT HAPKIDO BLACK BELT STUDENT NOTES

CORE TECHNIQUES

Hostile Handshake (1)

1. _____

Defense Against Rear Bear Hugs Arms in (4)

1. _____

2. _____

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3. _____

4. _____

Defense Against Front Bear Hugs Arms In (2)

1. _____

2. _____

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Defense Against Front Bear Hugs Arms Out (3)

1. _____

2. _____

3. _____

COMBAT HAPKIDO BLACK BELT STUDENT NOTES

Defense against Front Kicks (4)

1. _____

2. _____

3. _____

4. _____

COMBAT HAPKIDO BLACK BELT STUDENT NOTES

KNIFE DISARMING (4)

1. _____

2. _____

3. _____

4. _____



COMBAT HAPKIDO BLACK BELT STUDENT NOTES

HAND GUN DISARMING (7)

1. _____

2. _____

3. _____

4. _____

COMBAT HAPKIDO BLACK BELT STUDENT NOTES

HANDGUN DISARMING

5. _____

6. _____

7. _____
