



**BLACK
WHITE STRIPE**



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

REQUIREMENTS FOR RANK

Core Techniques	
Two Hand Lapel (5)	Belt Grab Palm Up (3-4)
Hostile Handshakes (3-4)	Head Locks (1-4)
Full Nelson (3-5)	Bear hugs back arms out (1-2)
Hair Grabs (1-4)	

(Not Required for Belt Advancement)

Additional Program	
Ground Survival LV-4	TTP LV-4

Weapons training Disarming	
Knife (5)	Handgun (4)

COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

CORE TECHNIQUES

Two Hand Lapel/Garment (1)

1. _____

Belt Grabs Palm Up (2)

1. _____

2. _____

COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

CORE TECHNIQUES

Hostile Handshakes (2)

1. _____

2. _____



COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

CORE TECHNIQUES

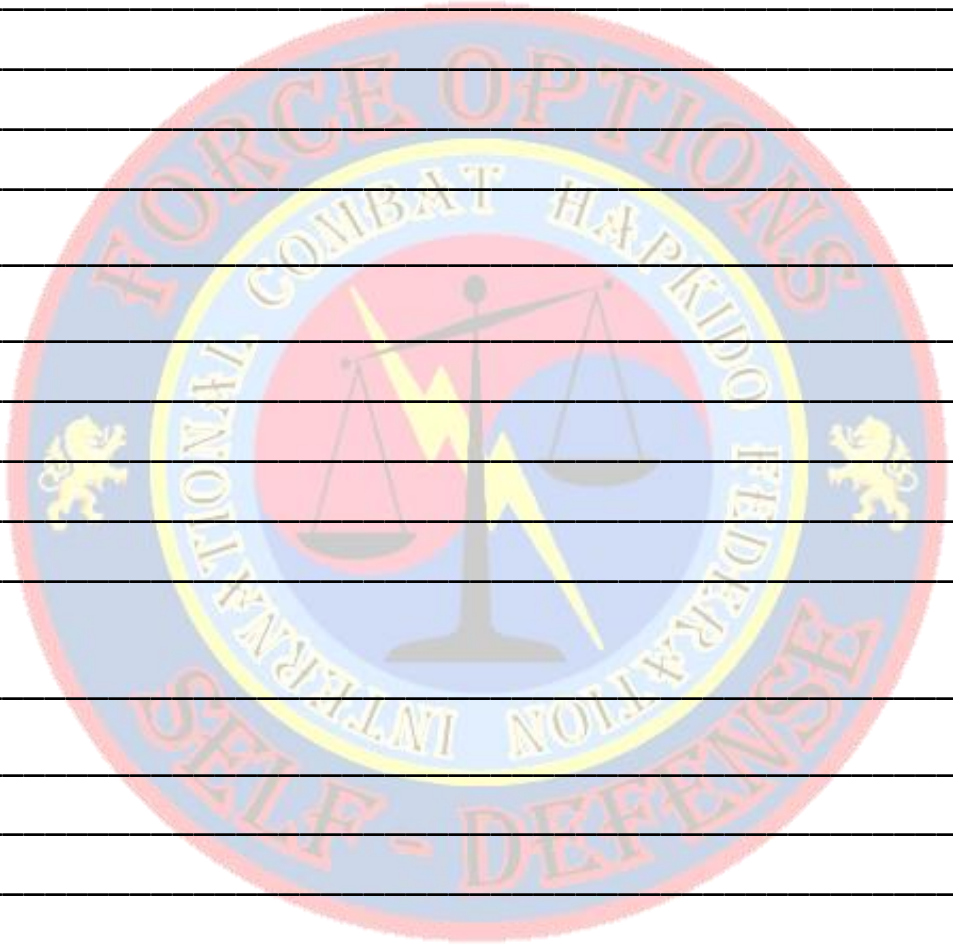
Defense Against Head Locks (1-4)

1. _____

2. _____

3. _____

4. _____



COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

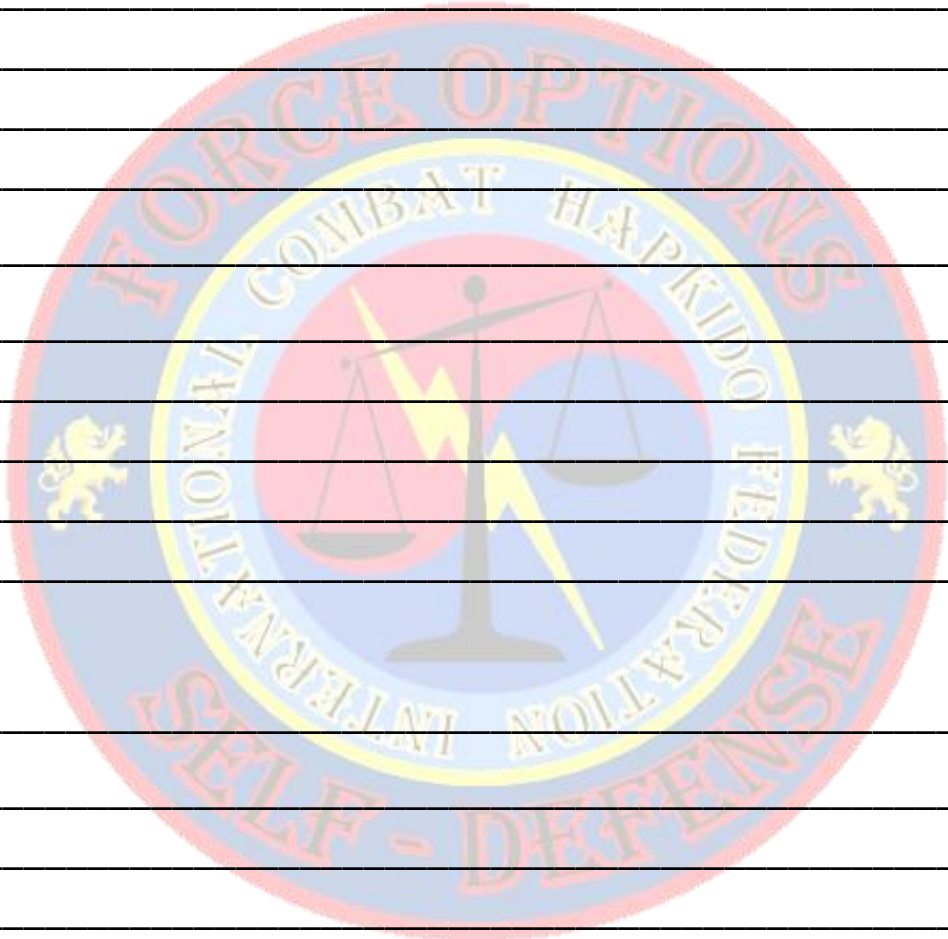
CORE TECHNIQUES

Full Nelson Defenses (3)

1. _____

2. _____

3. _____



COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

CORE TECHNIQUES

Rear Bear hug escapes arms out (2)

1. _____

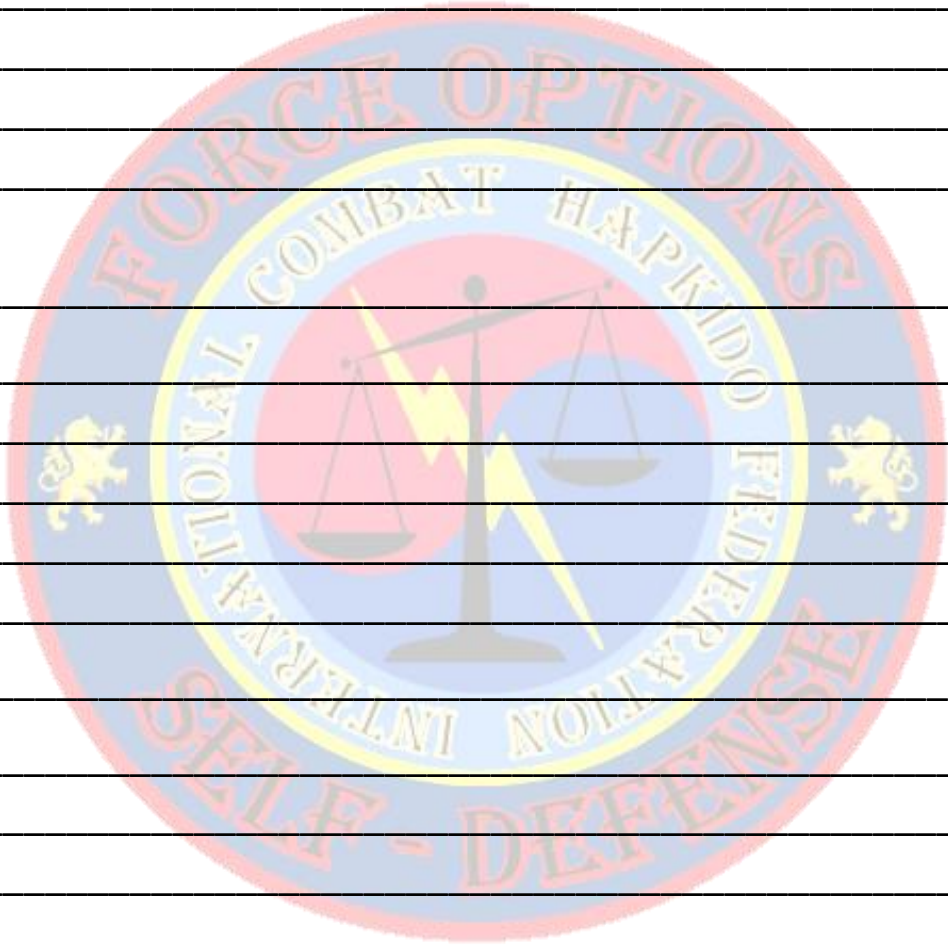
2 _____

COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

CORE TECHNIQUES

Escape Hair Grabs (4)

1. _____



COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

KNIFE DISARMING (5)

1. _____

2. _____

3. _____

4. _____

COMBAT HAPKIDO BLACK/WHITE STRIPE STUDENT

HANDGUN DISARMING (5)

1. _____

2. _____

3. _____

4. _____

5. _____

