

BLUE BELT 5TH GUP



REQUIREMENTS

STUDENT NOTES
FORCE OPTIONS SELF-DEFENSE

REQUIREMENTS FOR RANK

	Fundamentals-Striking	
Elbow strike: Inside Elbow	Elbow Strike: Outside	Elbow Strike: Downward
Elbow Strike: Upward	Elbow Strike: Diagonal	Elbow Strike: Rear

Fundamentals-Counter Trapping		
Four sets of Four	Second third and 4 th set	

Core Techniques				
Same Side Wrist Grabs	(5)	Side Wrist Grabs	(3)	
2 Hands on 1 Wrist	(3)	2 Hands on 2 Front	(2)	
2 Hands on 2 Back	(2)	Punch Defenses	(2)	

Counter Trapping		
Counter Trapping:	Second and Third set of 4	

(Not Required for Belt Advancement)

	Balance	Disruptions-Foot Trappi	ing	
Foot Trapping: 2 Balance Disruptions: 3				

Additio	nal Programs
Ground Survival LV-3	TTP-LV2
Combat Stick LV-3	Dan Bong LV-2

CORE TECHNIQUES

Same side Wrist Grabs (16-20)

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Combat Hapkido Blue Belt Student Notes CORE TECHNIQUES

Same side Wrist Grabs (16-20)

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CORE TECHNIQUES

Two Hands Grabbing One (1-3)

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CORE TECHNIQUES

Side Wrist Grabs (3-5)

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CORE TECHNIQUES

Punch Defenses (3-4) Two Hands on Two Front (1-2)

CORE TECHNIQUES

Two Hands on Two Front (1-2)

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Two Hands on Tw	o Back (1-2)		
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COUNTER TRAPPING

2nd set of Four: Same side Outside

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COUNTER TRAPPING

3rd Set of Four: Cross side Outside

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COUNTER TRAPPING

3rd Set of Four: Same side Inside

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2.)

COUNTER TRAPPING

3rd Set of Four: Cross side Inside

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2.)

FOOT TRAPPING TECHNIQUES

Techniques (2)
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BALANCE DISRUPTIONS TECHNIQUES

Techniques (3)

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