



BLUE BELT 5TH GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

Combat Hapkido Blue Belt Student Notes

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 Trapping			
Foot Trapping:	2	Balance Disruptions:	3

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

Combat Hapkido Blue Belt Student Notes

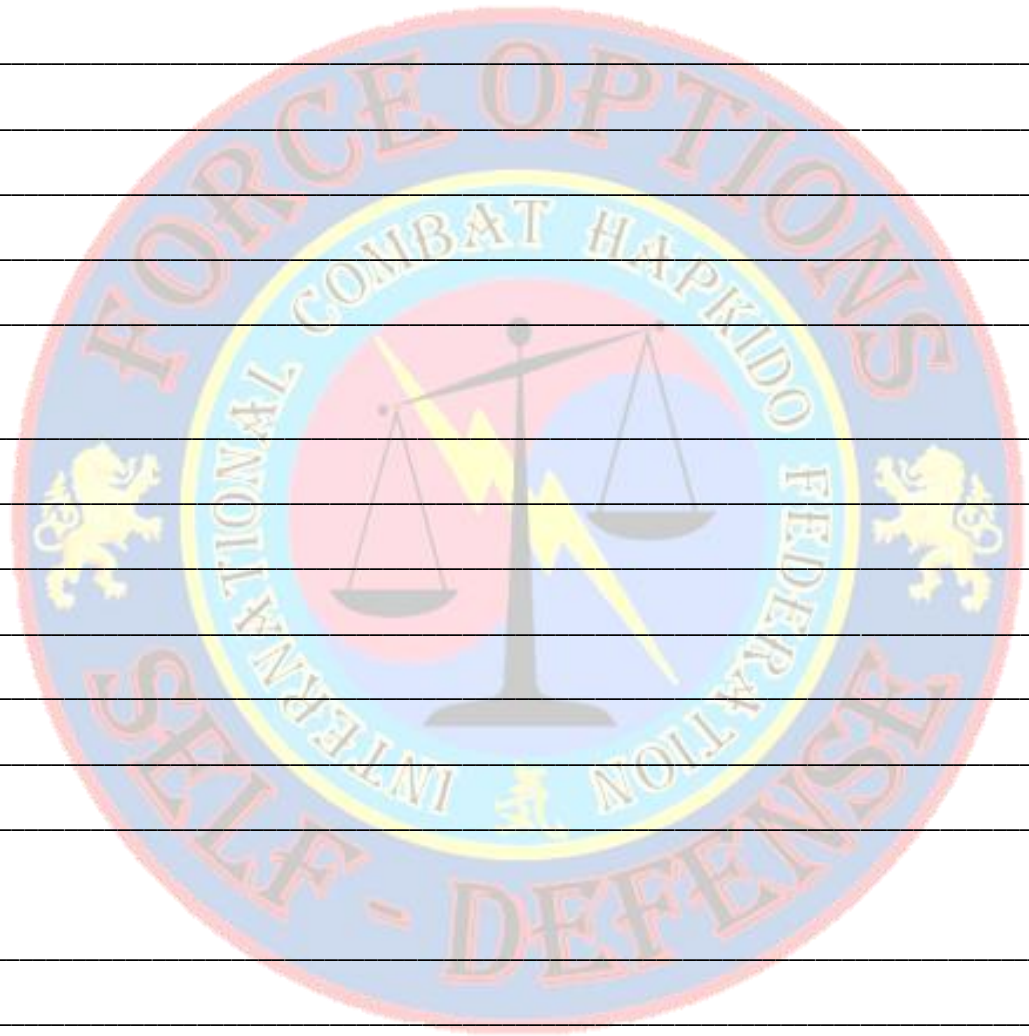
CORE TECHNIQUES

Same side Wrist Grabs (16-20)

16.) _____

17.) _____

18.) _____



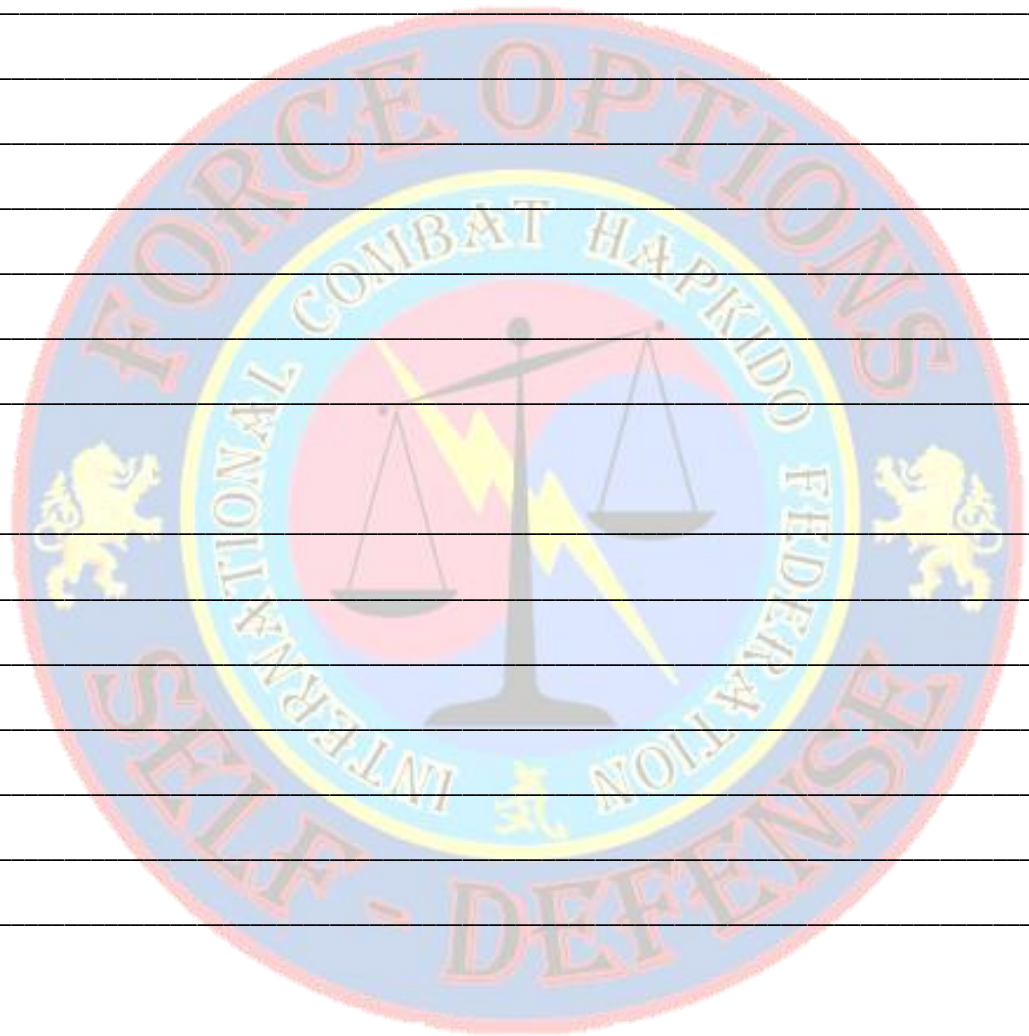
Combat Hapkido Blue Belt Student Notes

CORE TECHNIQUES

Same side Wrist Grabs (16-20)

19.) _____

20.) _____



Combat Hapkido Blue Belt Student Notes

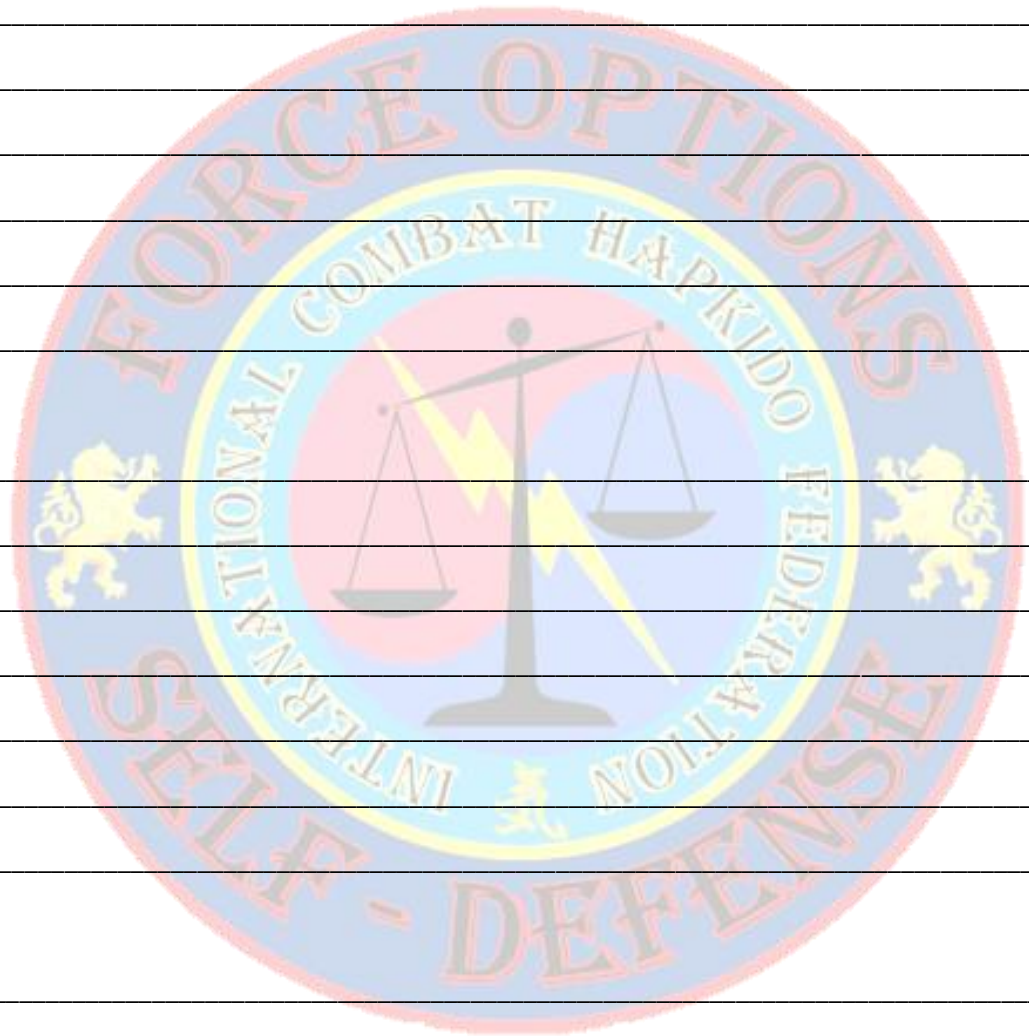
CORE TECHNIQUES

Two Hands Grabbing One (1-3)

1.) _____

2.) _____

3.) _____



Combat Hapkido Blue Belt Student Notes

CORE TECHNIQUES

Side Wrist Grabs (3-5)

3.) _____

4.) _____

5.) _____

Combat Hapkido Blue Belt Student Notes

CORE TECHNIQUES

Punch Defenses (3-4)

3.) _____

4.) _____

Two Hands on Two Front (1-2)

1.) _____

Combat Hapkido Blue Belt Student Notes

CORE TECHNIQUES

Two Hands on Two Front (1-2)

2.) _____

Two Hands on Two Back (1-2)

1.) _____

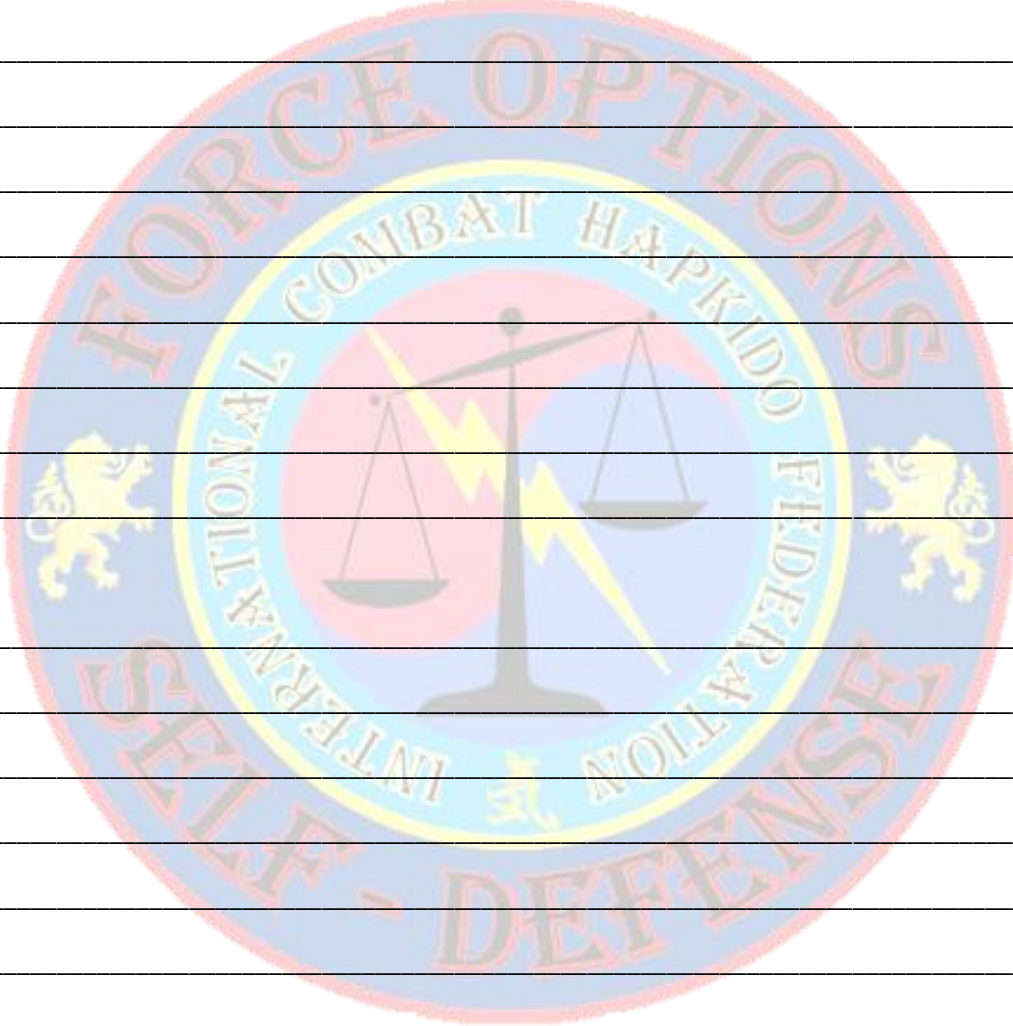
Combat Hapkido Blue Belt Student Notes

COUNTER TRAPPING

2nd set of Four: Same side Outside

1.) _____

2.) _____



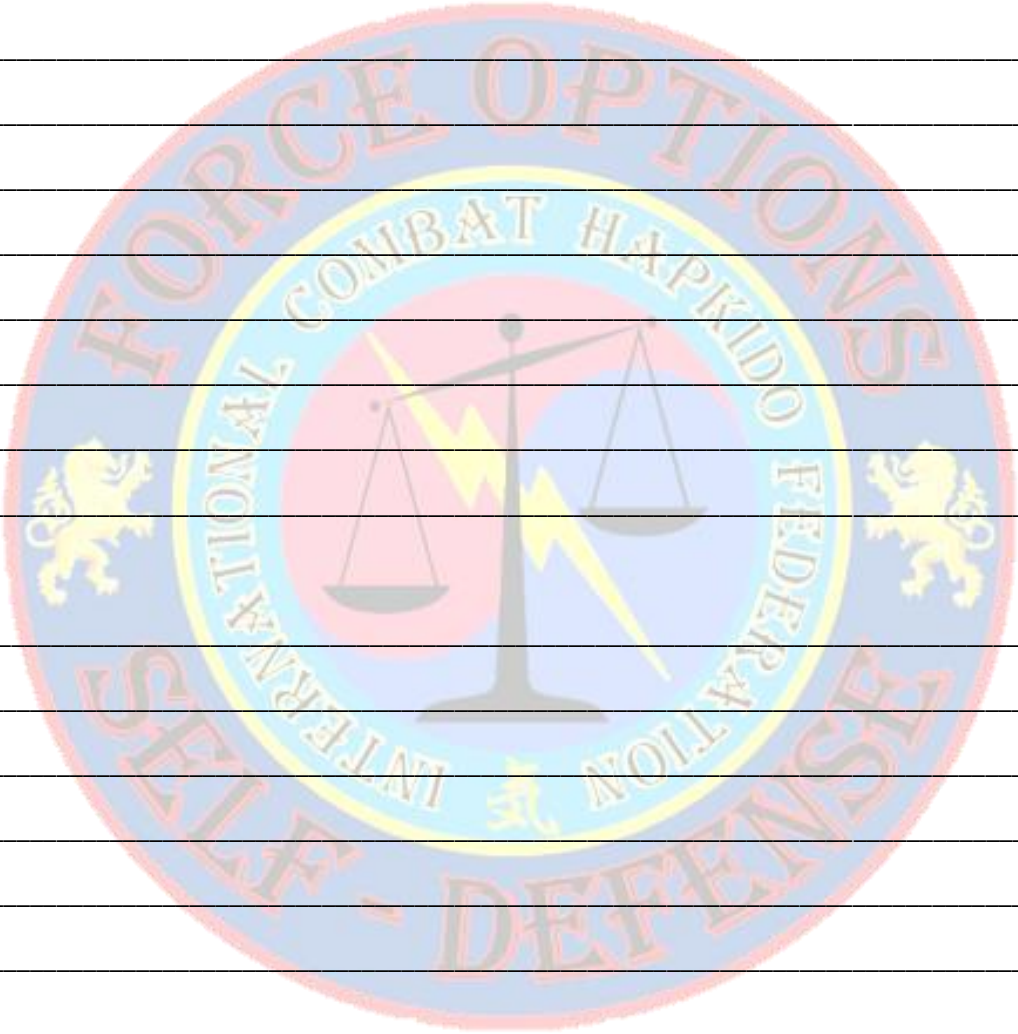
Combat Hapkido Blue Belt Student Notes

COUNTER TRAPPING

3rd Set of Four: Cross side Outside

1.) _____

2.) _____



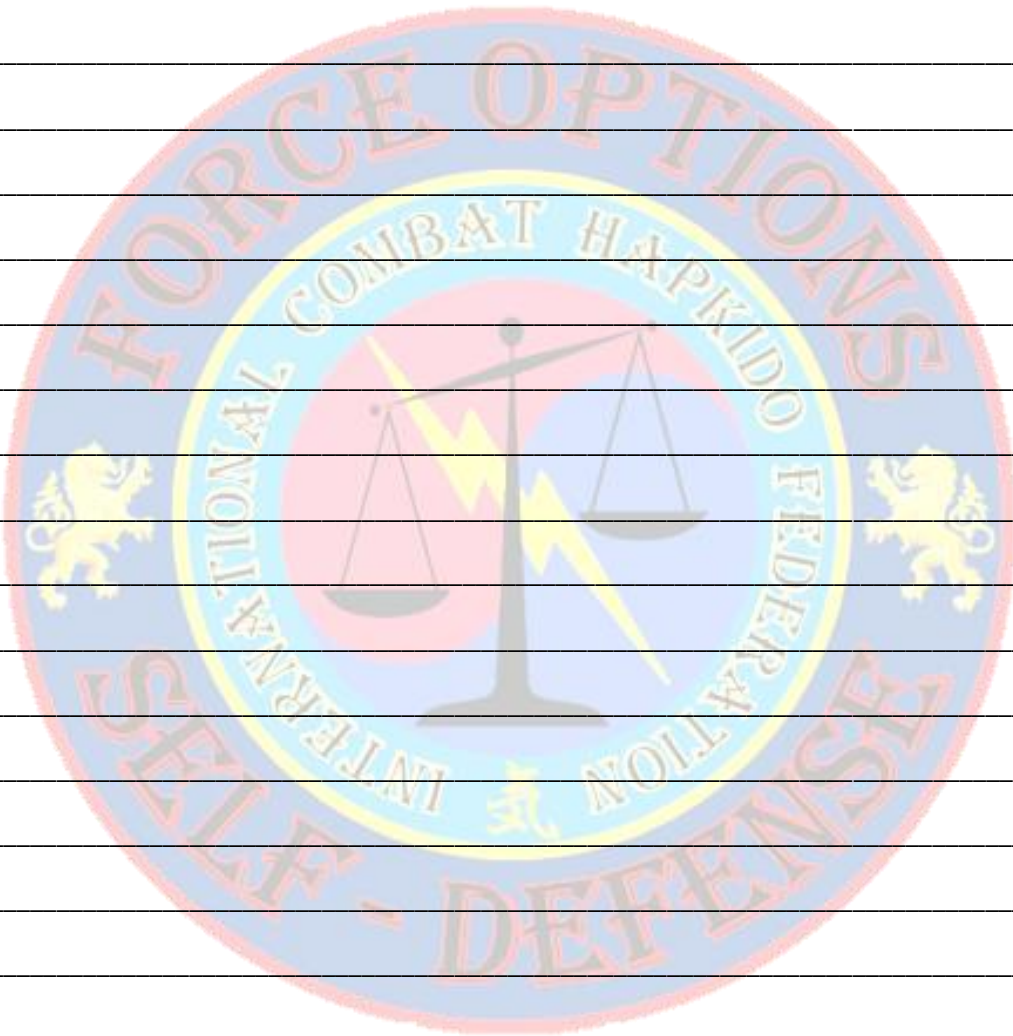
Combat Hapkido Blue Belt Student Notes

COUNTER TRAPPING

3rd Set of Four: Same side Inside

1.) _____

2.) _____



Combat Hapkido Blue Belt Student Notes

COUNTER TRAPPING

3rd Set of Four: Cross side Inside

1.) _____

2.) _____

Combat Hapkido Blue Belt Student Notes

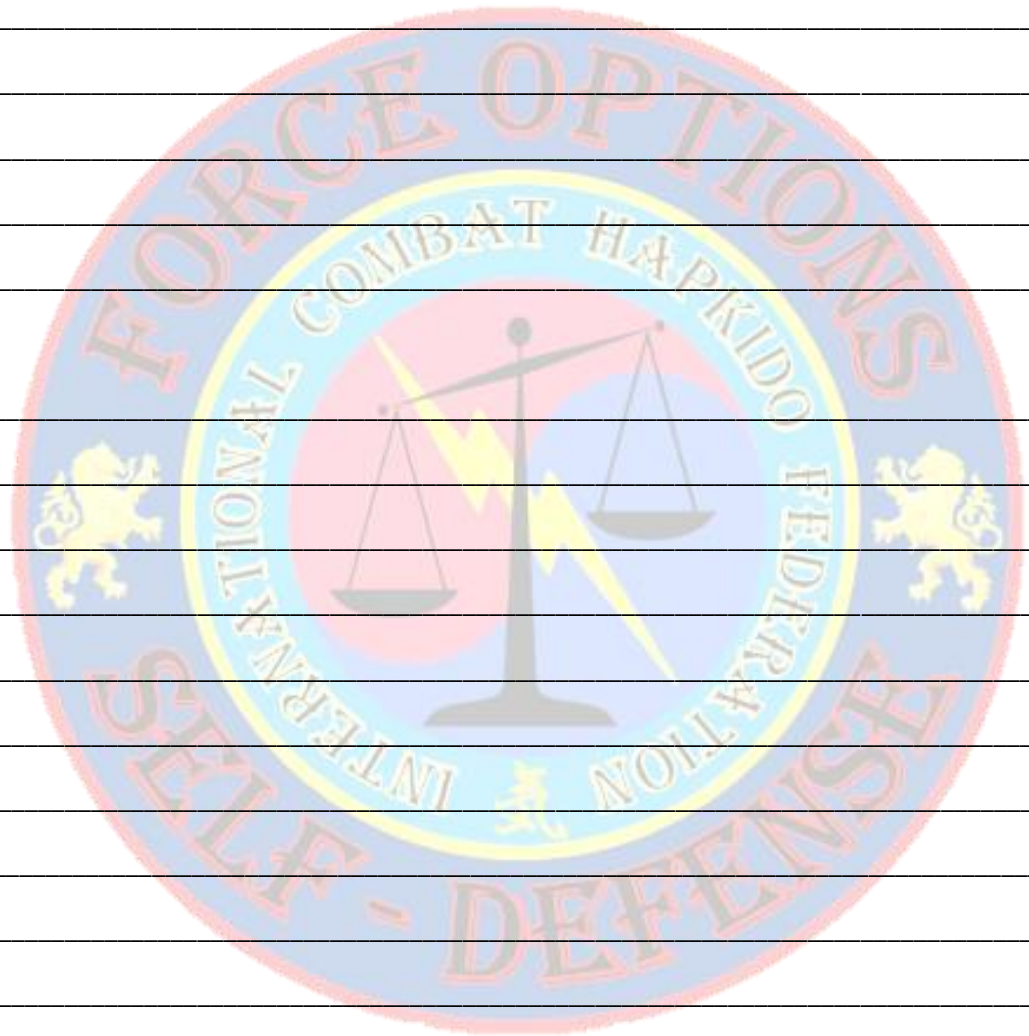
FOOT TRAPPING TECHNIQUES

Techniques (2)

1.) _____

2.) _____

3.) _____



Combat Hapkido Blue Belt Student Notes

BALANCE DISRUPTIONS TECHNIQUES

Techniques (3)

1.) _____

2.) _____

3.) _____
