



BROWN BELT



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO BROWN STUDENT NOTES

REQUIREMENT FOR RANK

Core Techniques			
Two Hands Grabbing One	(3)	Two Hands Grabbing Two Front	(4)
Two Hands Grabbing Two Back	(2)	One Hand Lapel Grabs	(2)
One Hand Shoulder Grabs	(3)	Punch Defenses	(2)

(Not Required for Belt Advancement)

Balance Disruptions-Foot Trapping			
Foot Trapping:	2	Balance Disruptions:	4

Dynamic Captures			
Same side Captures	(1-3)	Twisting armbar, Armbar to Center lock, armbar to Z	
Cross side Capture	(1-3)	Armbar, Center lock, Reversal	

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

COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

Two Hands grabbing one wrist Front (3)

1.) _____

2.) _____

3.) _____

COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

Two hands Grabbing Two Front (3)

1.) _____

2.) _____

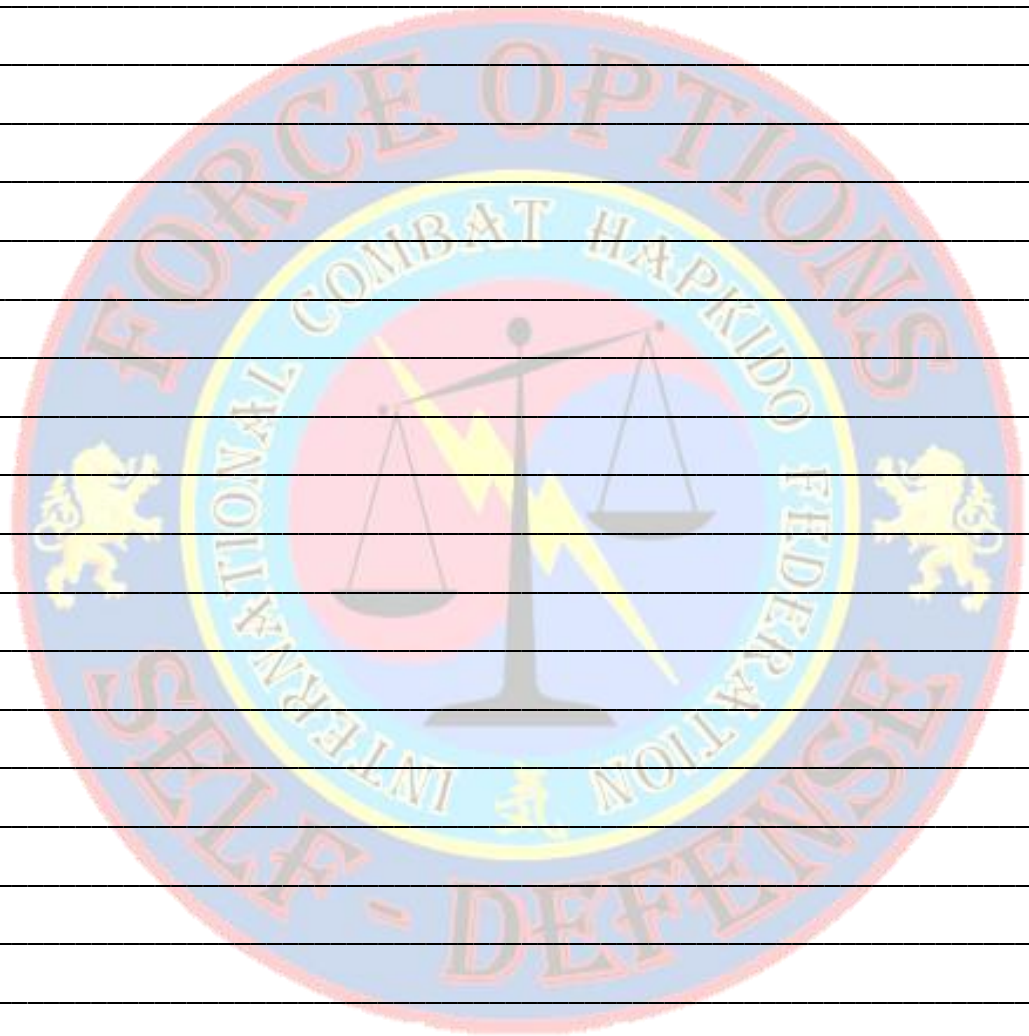
3.) _____

COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

Two hands Grabbing Two wrist Front (4)

1.) _____



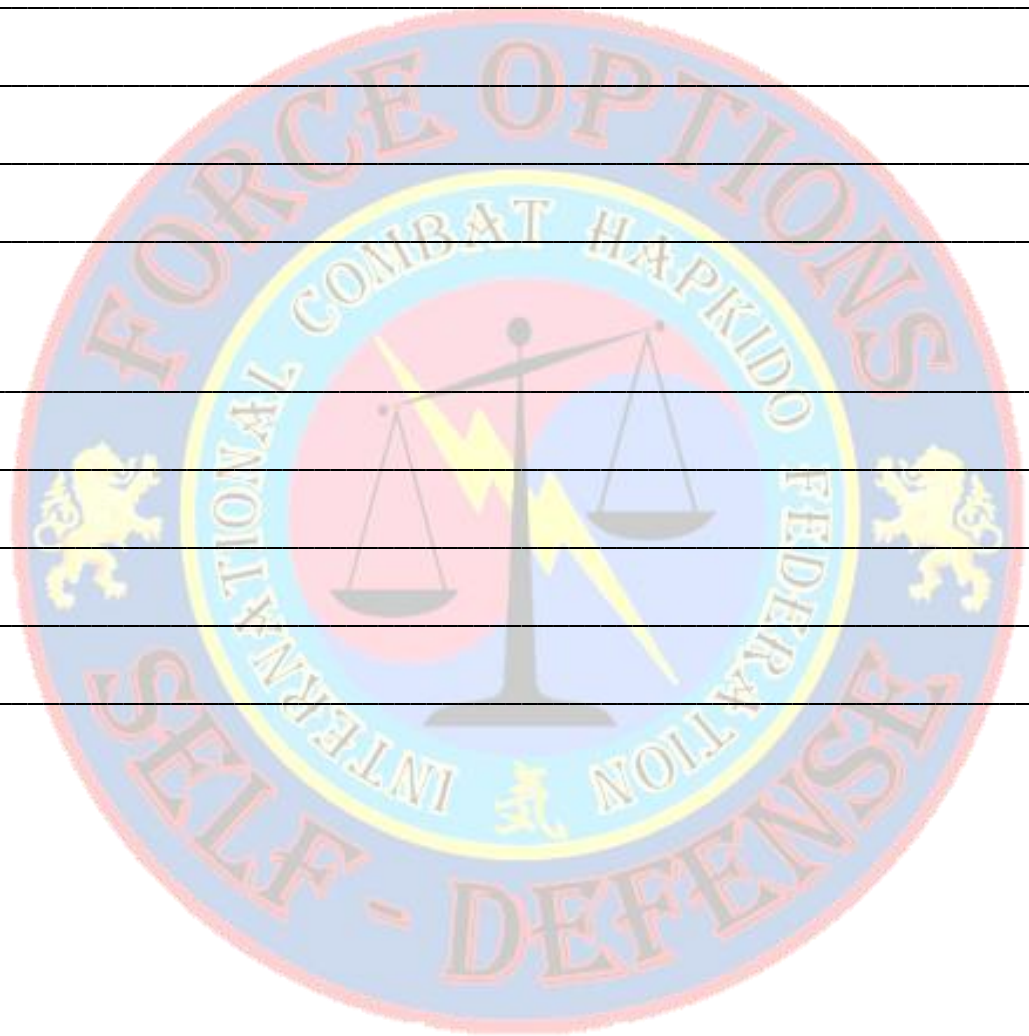
COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

Two Hands on Two wrist Back (2)

1.) _____

2.) _____



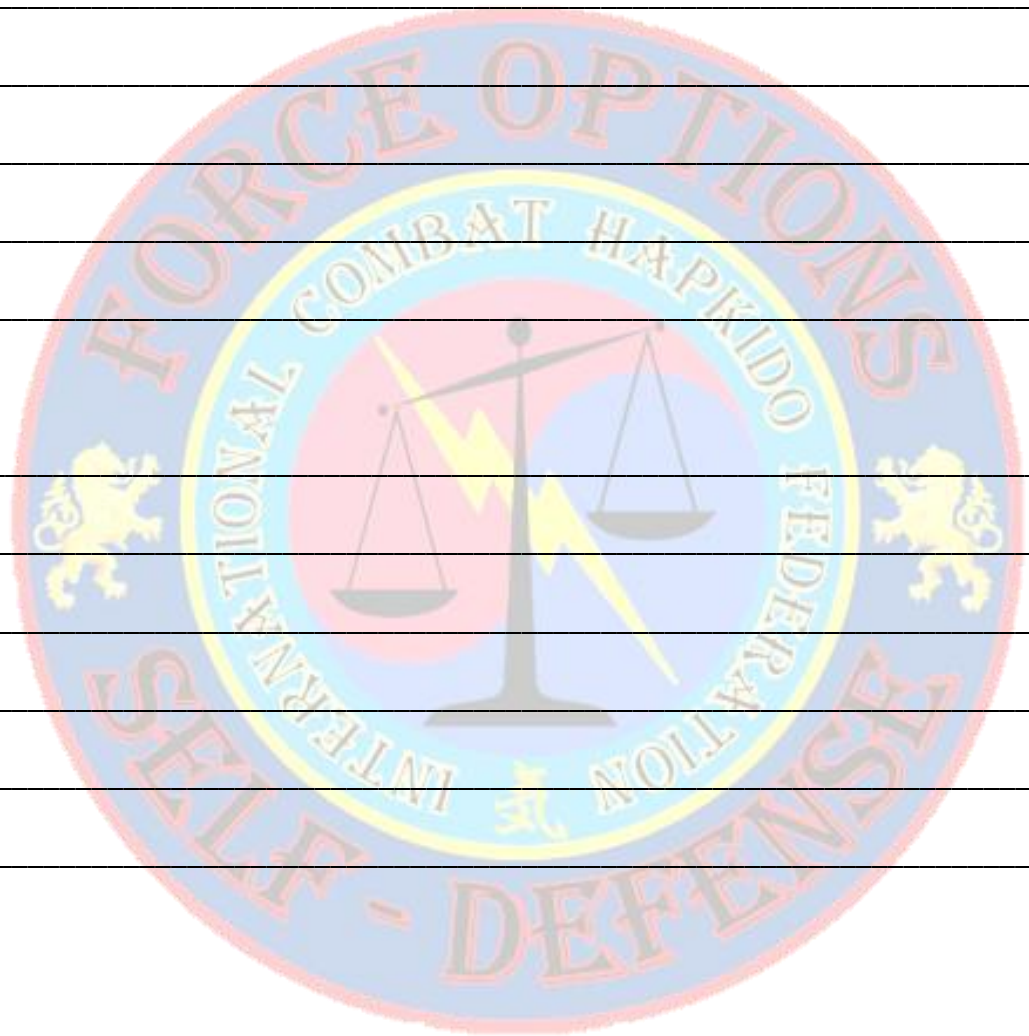
COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

One Hand Chest Grabs or Lapels Grabs (2)

1.) _____

2.) _____



COMBAT HAPKIDO BROWN STUDENT NOTES

CORE TECHNIQUES

One Hand Front Shoulder Grabs (3)

1.) _____

2.) _____

3.) _____

COMBAT HAPKIDO BROWN STUDENT NOTES

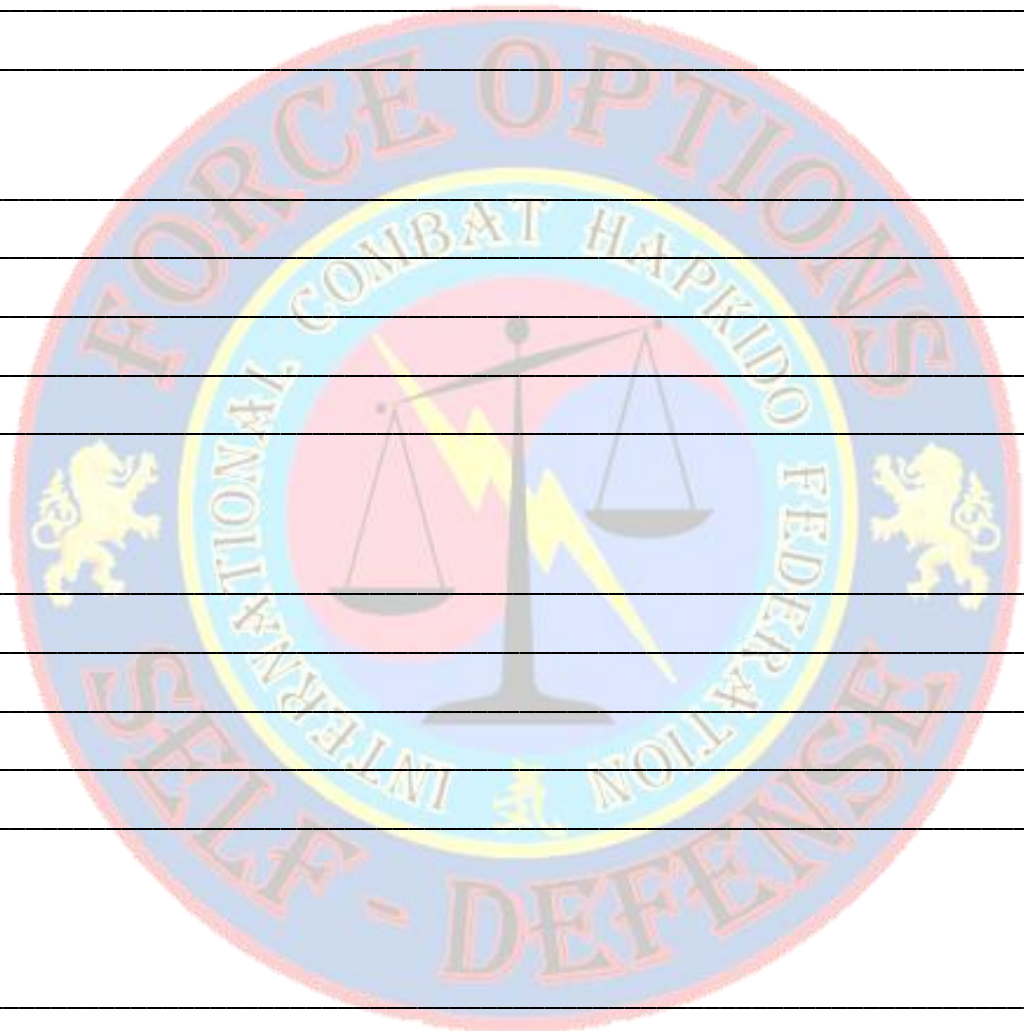
BALANCE DISRUPTIONS TECHNIQUES (4)

1.) _____

2.) _____

3.) _____

4.) _____

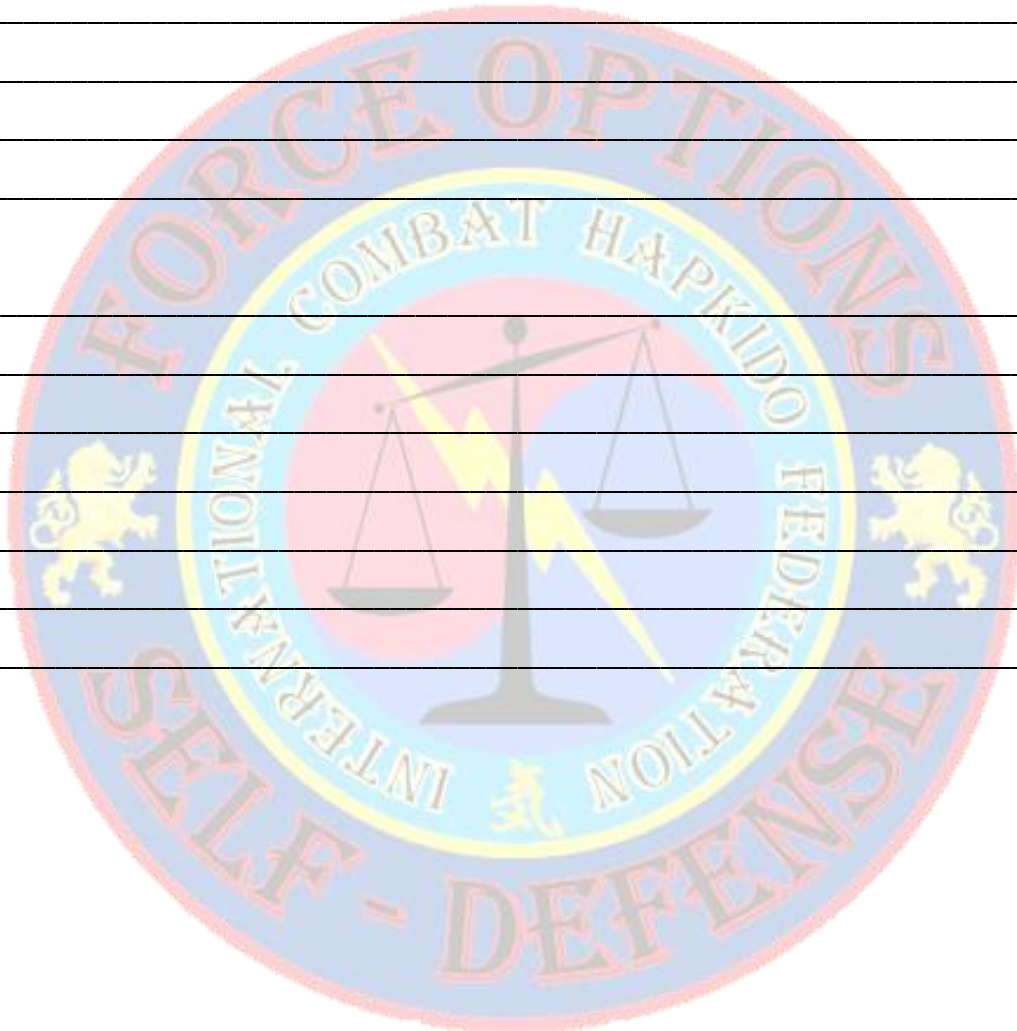


COMBAT HAPKIDO BROWN STUDENT NOTES

FOOT TRAPPING TECHNIQUES (2)

1.) _____

2.) _____



COMBAT HAPKIDO BROWN STUDENT NOTES

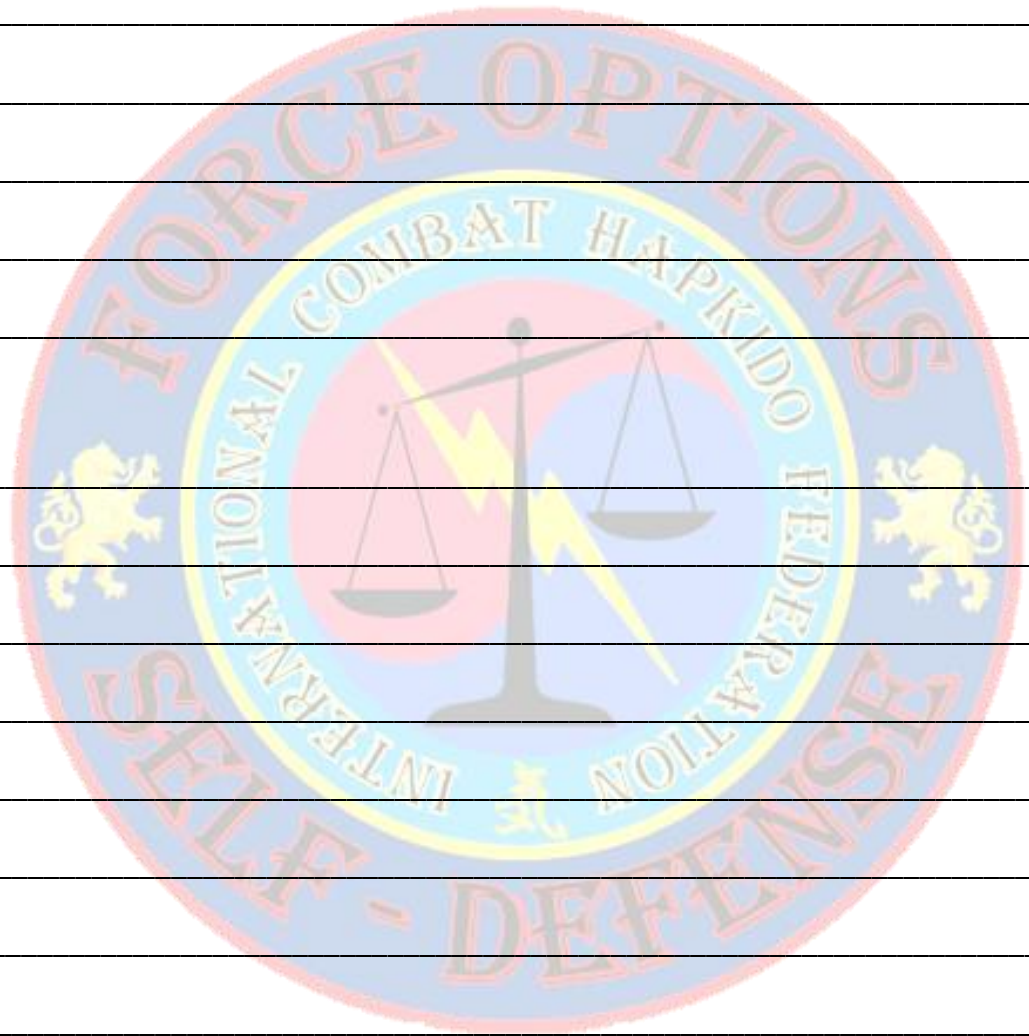
CAPTURES

Same Side (1-3)

1.) _____

2.) _____

3.) _____



COMBAT HAPKIDO BROWN STUDENT NOTES

CAPTURES

Cross Side (1-3)

1.) _____

2.) _____

3.) _____

