



ORANGE BELT 8TH GUP



REQUIREMENTS

STUDENTS NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO ORANGE STUDENT NOTES

CORE REQUIREMENTS FOR RANK

Fundamentals	
Break falls	Folded Arm Drills
Forward Fall	Defend forward
Rear Roll Lt & Rt	Defend Back
Forward Dive	Defend right
Escape Roll	Defend Left

Fundamentals-Striking	
Hand Strikes	Hand Defenses
Hook Punch- Rear and Front, low and High	Elbow cover, Pass over
Uppercut- Chin and Stomach	Cover Center Elbows

Fundamentals-Kicking	
Round House Kick	Lead and Rear
Crescent Kick-	Inward & Outward

Fundamentals-Defenses	
Strike-Defenses	Kick-Defenses
Elbow Defense	Elbows hand checks-High
Passover\Pass-Under	

Core Techniques	
Breakaways:	5-9
Same Side Wrist Grabs:	3-5
Cross Wrist Grabs	1-3

(Not Required for Belt Advancement)

Sectoring concepts (1-6)		
Same Side outside	Cross side Outside	Same Side Inside
Cross Side Inside	Split Entry	Reverse Entry

Additional Programs (Not Required for Rank)

Ground Survival LV-1	Combat Stick LV-1
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COMBAT HAPKIDO ORANGE STUDENT NOTES

PRINCIPLES TO LEARN AND UNDERSTAND

- Displacement
- Ki Energy\Ki Finger
- Static Vs. Dynamic
- Economy of Motion
- Sunbayak (Deliver with Hips)

Displacement: This is the act of removing your body from a direct line of attack. This helps you use the attacker's momentum against them.

Ki Energy\Purpose of Ki Finger: This be a reduced application of the live hand. By extending the index finger you can focus your energy into a single point or direction.

Static VS. Dynamic:

- **Static:** An example of Static would be a wrist grab or garment grab
- **Dynamic:** An example of dynamic would be striking or kicking

Economy of Motion or Movement: You want to stay away from large flowery wasted movements, that will waste your energy.

SunBayak: This is the energetic aspect of the principle of using the hips as the delivery system of your power.

Flinch Reflex: This is an autonomic nervous system that causes a person to be startled or unorganized. We would use this to our advantage to neutralize a threat.

COMBAT HAPKIDO ORANGE STUDENT NOTES

CORE TECHNIQUES

Breakaways (5-9) (*Concept escape*)

5. _____

6. _____

7. _____

8. _____

9. _____

COMBAT HAPKIDO ORANGE STUDENT NOTES

CORE TECHNIQUES

Same side Wrist Grabs (3-5) (Concept Joint lock)

3.) _____

4.) _____

5.) _____

COMBAT HAPKIDO ORANGE STUDENT NOTES

CORE TECHNIQUES

Cross Wrist Grabs (1-3) (Concept Joint lock)

1.) _____

2.) _____

3.) _____

COMBAT HAPKIDO ORANGE STUDENT NOTES

Sectoring Concepts (1-3)

1.) _____

2.) _____

3.) _____

COMBAT HAPKIDO ORANGE STUDENT NOTES

Sectoring Concepts (4-6)

4.) _____

5.) _____

6.) _____
