



PURPLE BELT 6TH GUP



REQUIREMENTS

STUDENTS NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO PURPLE STUDENT NOTES

REQUIREMENTS FOR RANK

Fundamentals-Striking	
Knife Hand	Palm Up, Palm Down, and Inverted
Spear Hand	Soft Target, Throat
Ox Jaw	Soft targets

Fundamentals-Kicks	
Knee Strike	Upward Knee Strike
Knee Strike	Round House Knee Strike

Fundamentals-Defense	
Against Knees Strikes:	Downward Arm Block

Fundamentals-Counter Trapping	
Counter Trapping	First set of 4
Trapping drill:	Add Joint locks and Controls

Core Techniques			
2 Hand Breakaways:	(3)	Cross Wrist Grabs:	(2)
Same side Wrist Grabs:	(5)	Side Wrist Grabs:	(2)
Punch Defenses	(2)		

(Not Required for Belt Advancement)

Balance Disruptions-Foot Trapping	
Balance Disruptions (2):	Against push, and against Tackle
Foot Trapping (2)	Trap from front step, trap from clinch

Additional Programs	
Ground Survival LV-2	TTP-LV1
Combat Stick LV-2	Dan Bong LV-1

COMBAT HAPKIDO PURPLE STUDENT NOTES

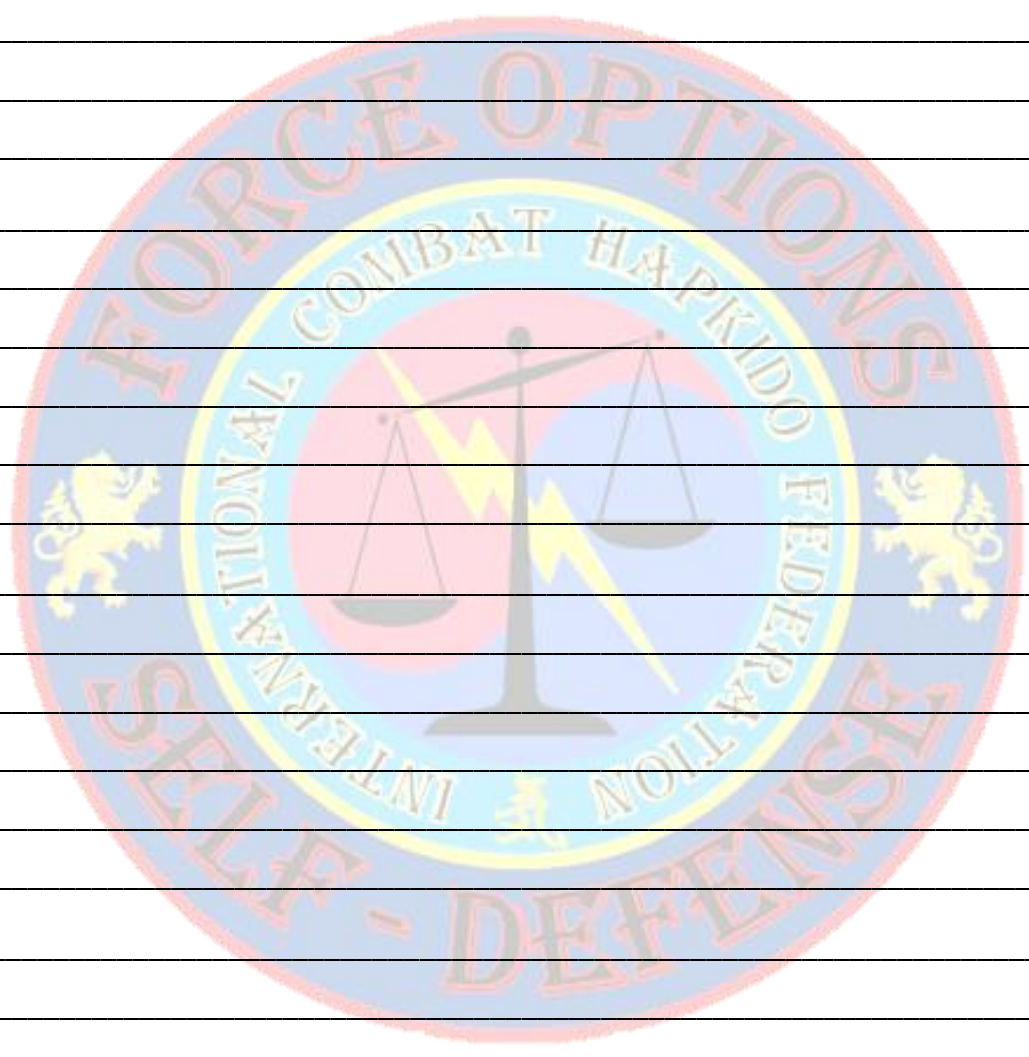
COUNTER TRAPPING FIRST SET OF FOUR

1.) _____

2.) _____

3.) _____

4.) _____



COMBAT HAPKIDO PURPLE STUDENT NOTES

CORE TECHNIQUES

Two Hand Breakaways (1-3) [Concept Break-away]

1.) _____

2.) _____

3.) _____

COMBAT HAPKIDO PURPLE STUDENT NOTES

CORE TECHNIQUES

Same side Wrist Grabs (11-15) [Concept Joint Lock]

11.) _____

12.) _____

13.) _____

14.) _____

15.) _____

COMBAT HAPKIDO PURPLE STUDENT NOTES

CORE TECHNIQUES

Cross side Wrist Grabs (7-8) [Concept Joint-Lock]

7.) _____

8.) _____

Side Wrist Grabs (1-2)

1.) _____

2.) _____

COMBAT HAPKIDO PURPLE STUDENT NOTES

BALANCE DISRUPTIONS TECHNIQUES

1.) _____

2.) _____

FOOT TRAPPING TECHNIQUES

1.) _____

2.) _____

