



RED BELT



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

COMBAT HAPKIDO RED STUDENT NOTES

REQUIREMENTS FOR RANK

Core Techniques	
One Hand Front Shoulder Grabs (4-6)	One Hand Chest Grabs (3-5)
Back Collar Grabs from Front (1-2)	Two Hand Chest Grabs (1-2)
One Hand Middle Sleeve Grabs (1-2)	Two Hand Middle Sleeve Grabs (1-3)
Side Body Grabs (1-2)	

(Not Required for Belt Advancement)

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

Additional Programs	
Ground Survival LV -3	Combat Stick LV-3
TTP LV-4	Dan Bong LV-4

COMBAT HAPKIDO RED STUDENT NOTES

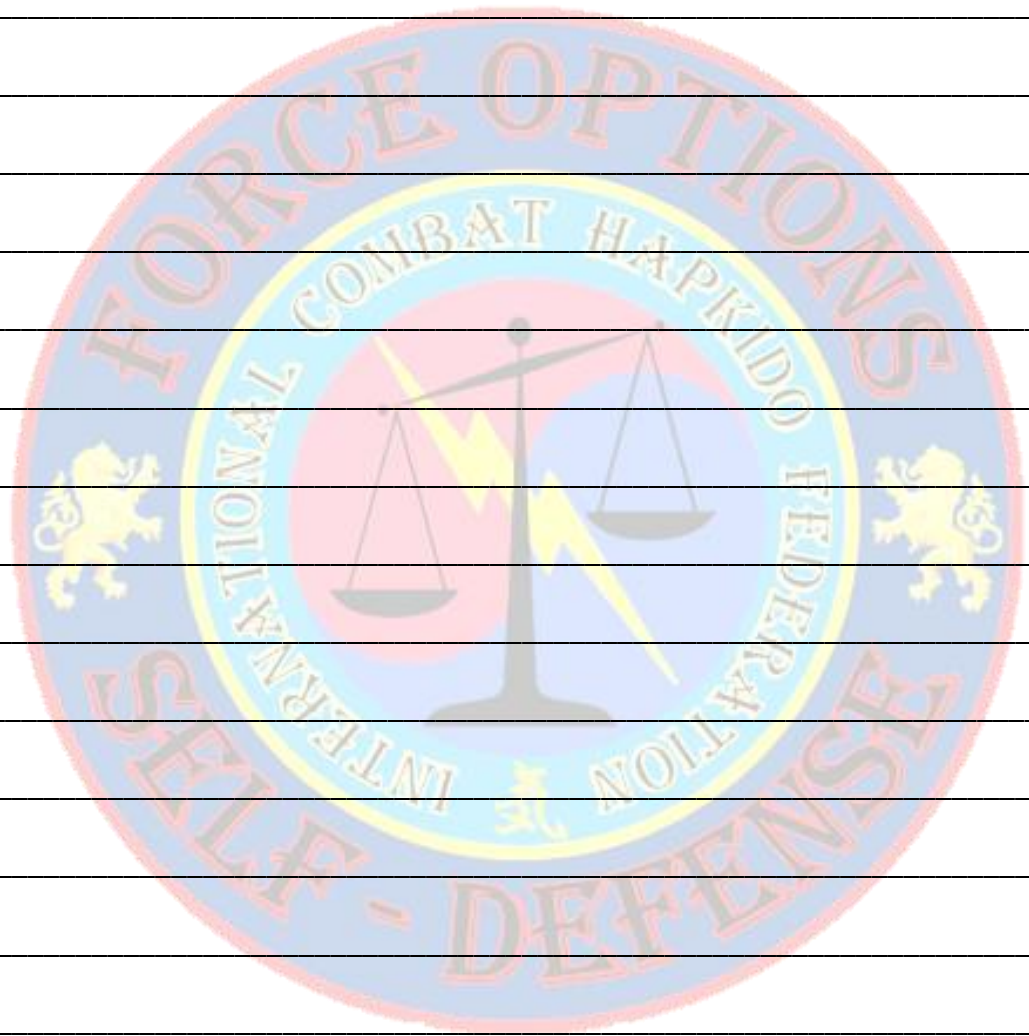
CORE TECHNIQUES

One hand Front Shoulder Grabs (3)

1.) _____

2.) _____

3.) _____



COMBAT HAPKIDO RED STUDENT NOTES

CORE TECHNIQUES

One Hand Chest Grab (3)

1.) _____

2.) _____

3.) _____

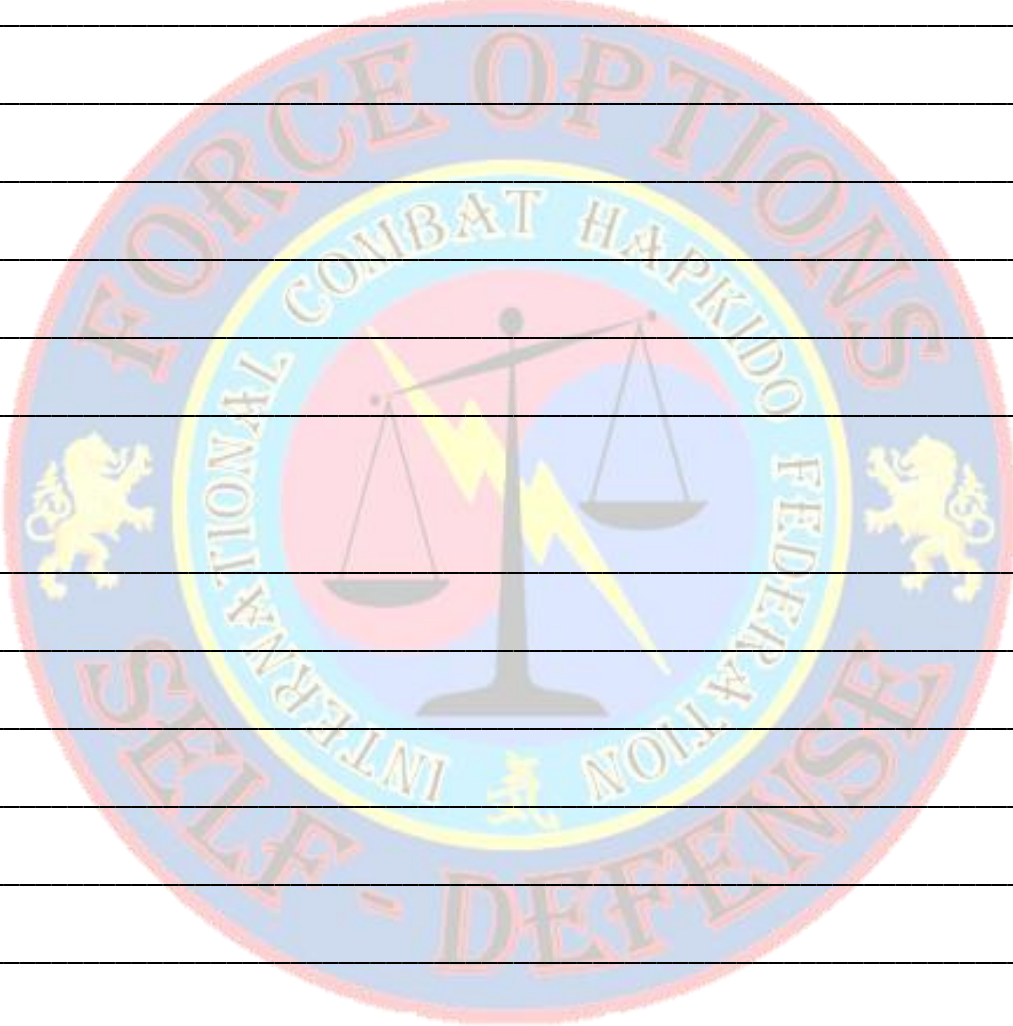
COMBAT HAPKIDO RED STUDENT NOTES

CORE TECHNIQUES

Back Collar Grab From the Front (2)

1.) _____

2.) _____



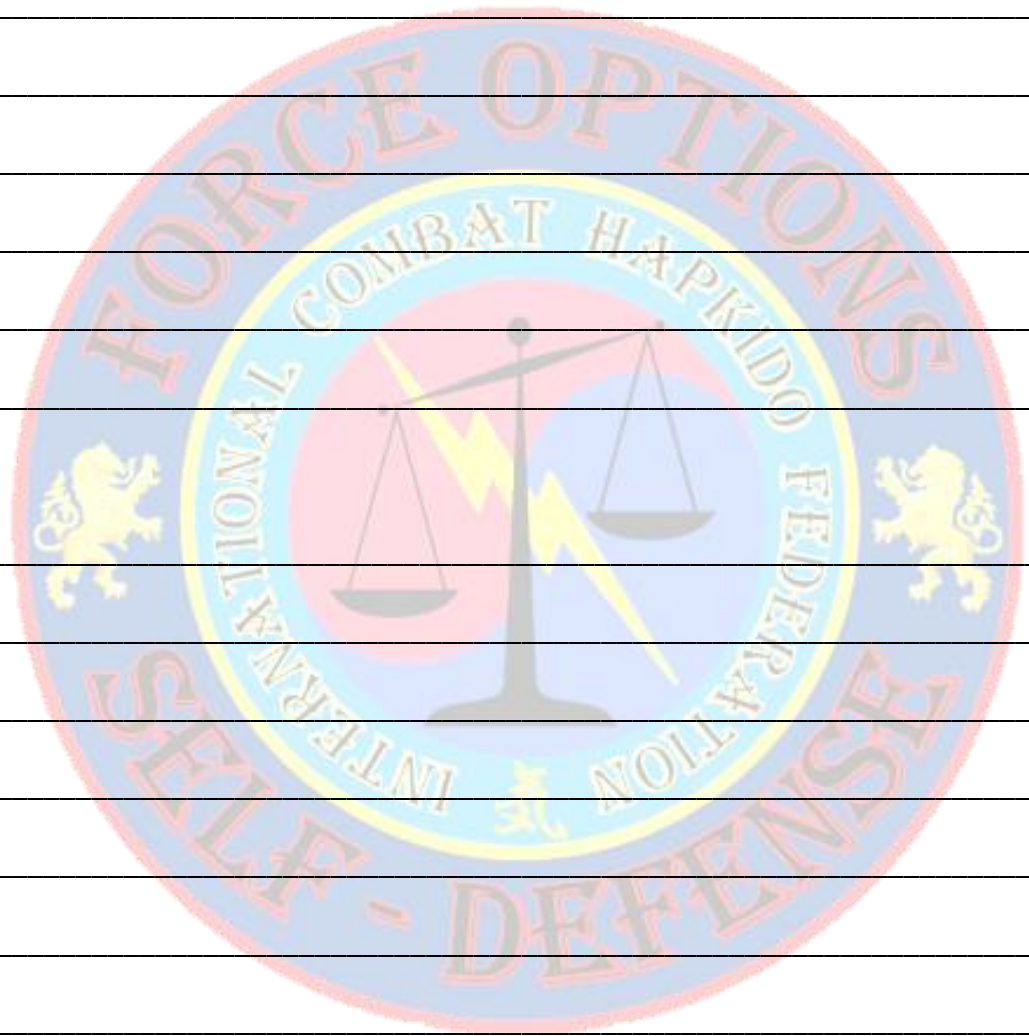
COMBAT HAPKIDO RED STUDENT NOTES

CORE TECHNIQUES

Two hand garment grabs (2)

1.) _____

2.) _____



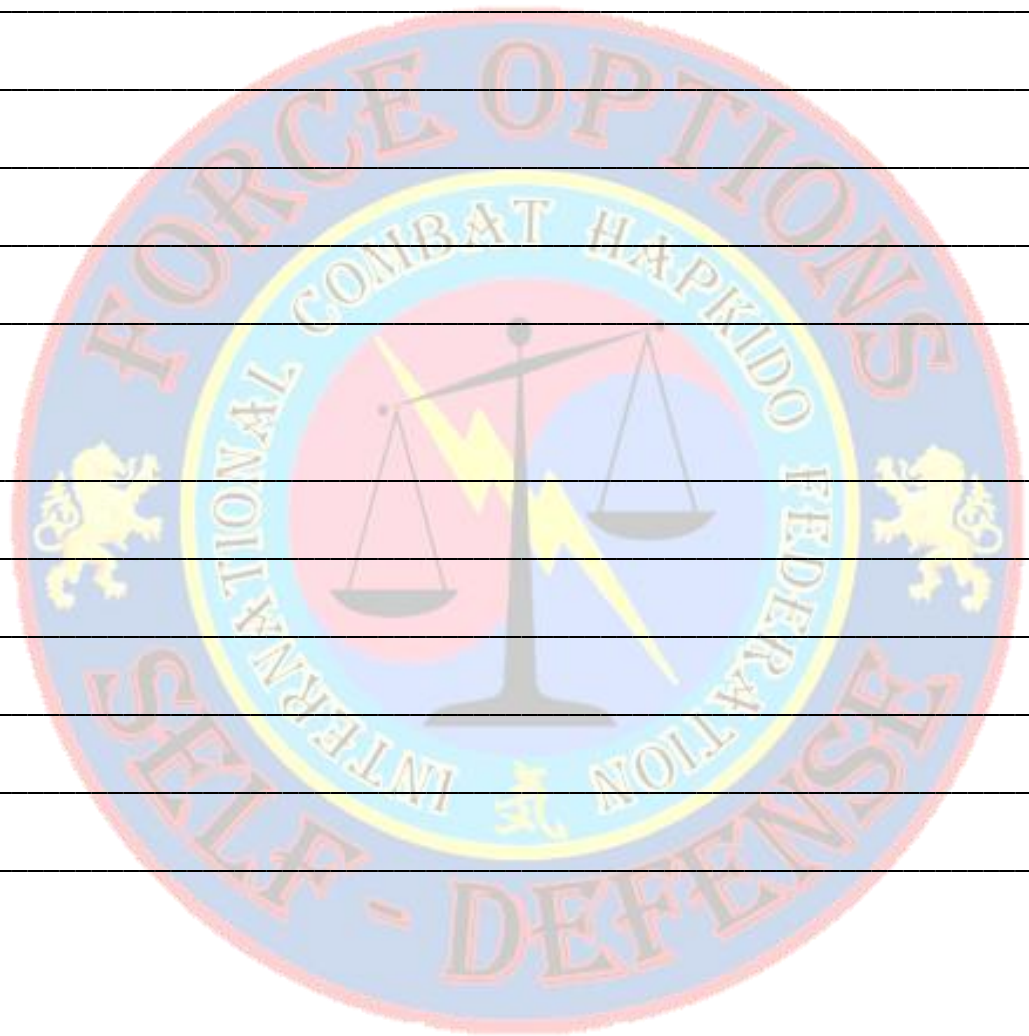
COMBAT HAPKIDO RED STUDENT NOTES

CORE TECHNIQUES

One Hand Middle Sleeve Grab (2)

1.) _____

2.) _____



COMBAT HAPKIDO RED STUDENT NOTES

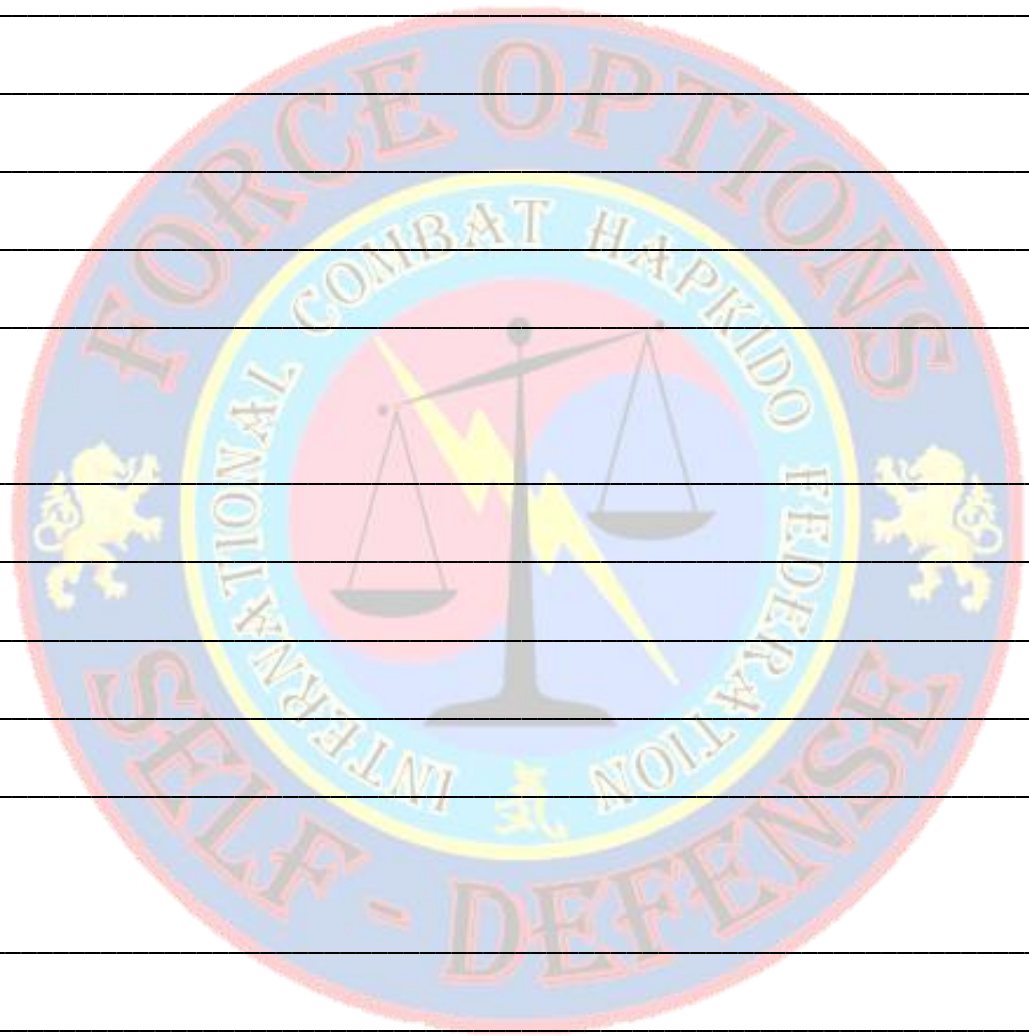
CORE TECHNIQUES

Two Hand Middle Sleeve Grab (3)

1.) _____

2.) _____

3.) _____



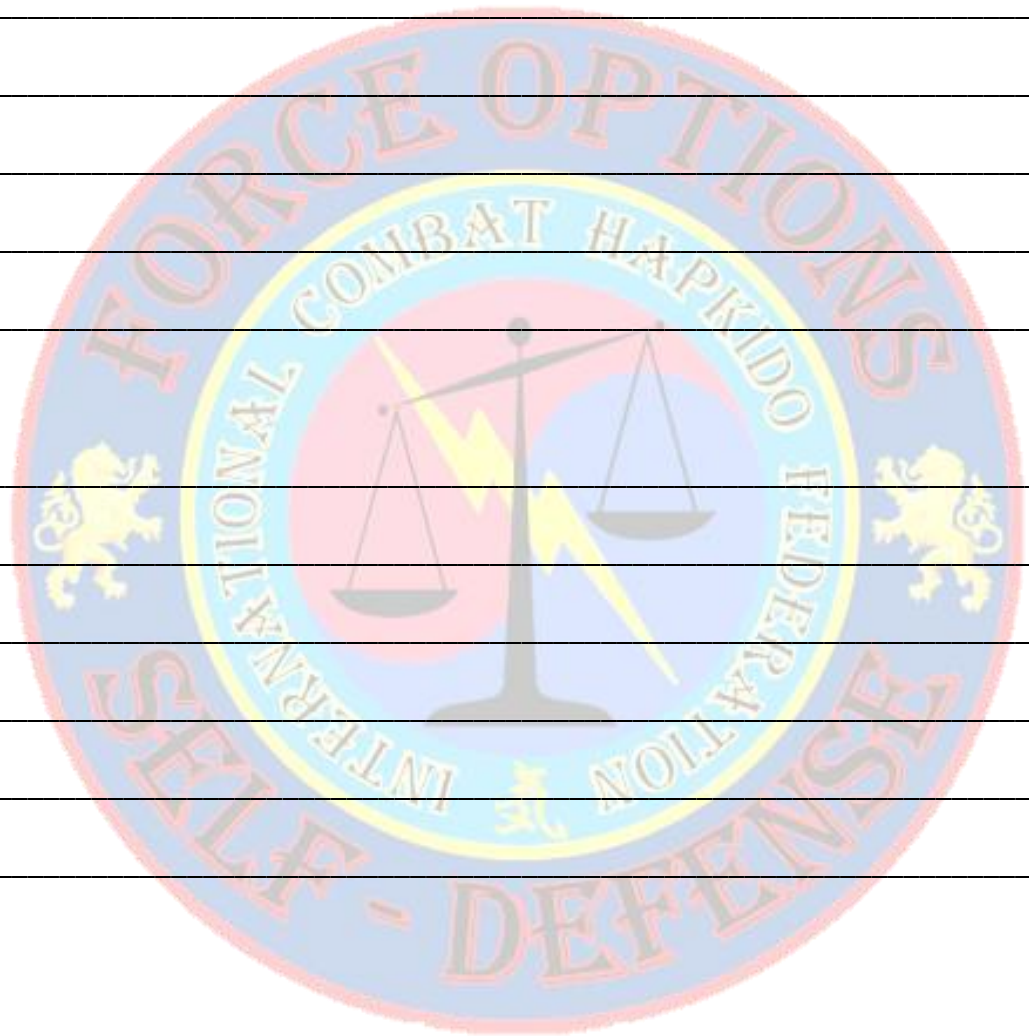
COMBAT HAPKIDO RED STUDENT NOTES

CORE TECHNIQUES

Side Body Grabs from the Front (2)

1.) _____

2.) _____



COMBAT HAPKIDO RED STUDENT NOTES

BALANCE DISRUPTIONS TECHNIQUES (2)

1.) _____

2.) _____

FOOT TRAPPING TECHNIQUES (3)

1.) _____

2.) _____

3.) _____

