

RED BELT BLACK STRIPE



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

REQUIREMENTS FOR RANK

Core Techniques		
One hand Shoulder Grabs (7-8)	Two hand Lapel Grabs (3-4)	
Two hand middle sleeve grabs back (1)	Two hand rear shoulder grab (1)	
Belt grab palm down (1-2)	Hostile Handshakes (1-2)	
Full Nelson Defenses (1-2)		

(Not Required for Belt Advancement)

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

Weapon Disarming		
Blunt Weapon 4	Knife 4	Handgun 4

CORE TECHNIQUES

One Hand Front Shoulder grab (2)

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CORE TECHNIQUES

Two Hand Garment grabs (2)

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CORE TECHNIQUES

Two hand Middle sleeve grab from Behind (1)

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ar shoulder grab (1)
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CORE TECHNIQUES

Belt grabs palm down (2)

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CORE TECHNIQUES

Hostile handshakes (2)

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CORE TECHNIQUES

Full Nelson Defenses (2)

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COMBAT HAPKIDO RED/BLACK STUDENT NOTES BLUNT WEAPON DISARMING (4)

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BLUNT WEAPON DISARMING

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KNIFE DISARMING

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HANDGUN DISARMING (4)

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