



# **YELLOW BELT 9<sup>TH</sup> GUP**



## **REQUIREMENTS**

**STUDENTS NOTES**

**FORCE OPTIONS SELF-DEFENSE**

# COMBAT HAPKIDO YELLOW STUDENT

## CORE REQUIREMENTS FOR RANK

Fundamentals		
Defensive Stances	Footwork	Break Falls
Folded Arm (Aspects)	Shuffle Step	Forward Roll Left & Right
Neutral	Drag Step	Back Break Fall
Left & Right Lead	Sidestep	Side falls Left and Right

Fundamentals-Striking	
Jab	Left Lead and Right lead
Cross	Left Lead and Right lead
Backfist	Lead Backfist
Hammer Fist	Horizontal, Vertical, and angled

Fundamentals-Kicks	
Front Kick: Snap	Front leg and Back leg
Front Kick: Thrust	Rear leg from both stances
Side Kick:	Lead leg from both stances
Back Kick	Thrust (turn back kick to bait the attacker)

Fundamentals-Defense	
Strike-Defenses	Kick-Defenses
Fade	Defense with Hands & Elbows Downward Fist
Slip	Low and High
Duck	Use Elbows to block
Hand Checking -Forehand & Backhand	(Pat in, Pat Down, & Pat Up)

Core Techniques	
Breakaways: (Concept Escape)	1-4
Same Side Wrist Grabs: (Concept Control)	1-2

(Not Required for Belt Advancement)

Additional Programs	
Ground Survival LV-1	Combat Stick LV-1

# COMBAT HAPKIDO YELLOW STUDENT

## PRINCIPLES TO LEARN AND UNDERSTAND

**Live Hand:** It works like this, when an attacker grabs your wrist you will open your hand wide spreading the fingers this will cause the attackers grip to loosen to help facilitate a breakaway, or control.

**Distraction Principle:** By Diverting an attacker's attention away by either using a stun or a fake, will help you complete your technique.

**Push pull Principle:** This goes hand in hand with the distraction principle. You will be using an attacker's own energy against them. You will use push pull to help trick your attacker in to playing into your technique.

**The Principle of Yu-Won-Hwa: and how it relates to all that they learn.**

- ("Yu", 유 or 柳) → (유 Yu 流 Flow) The Water/Flexible principle
- ("Won", 원 or 圓) → (원 Weon 圓 Circle) Circle principle
- ("Hwa", 화 or 和) → (화 Hwa 和 Harmony) Nonresistance

**Yu:** The water principle can be thought of as the soft, adaptable strength of water. Hapkido is "soft" in that it does not rely on physical force alone, much like water is soft to touch. It is adaptable in that a Hapkido master will attempt to deflect an opponent's strike, in a way that is like free-flowing water being divided around a stone only to return and envelop it.

**Won:** The Circular Motion Principle teaches the student how to gain and impart momentum by moving in a circular manner. By redirecting the attack in a circular direction, the student controls the balance and the kinetic energy of the attacker. If an opponent attacks in linear motion, as in a punch or knife thrust, the Hapkido student would redirect the opponent's force by leading the attack in a circular pattern, thereby adding the attacker's power to his own. Once he has redirected the power, the Hapkido student can execute any of a variety of techniques to incapacitate his attacker. The Hapkido practitioner learns to view an attacker as an "energy entity".

**Hwa:** refers to non-resistance, is simply the act of remaining relaxed and not directly opposing an opponent's strength. For example, if an opponent were to push against a Hapkido student's chest, rather than resist and push back, the Hapkido student would avoid a direct confrontation by moving in the same direction as the push and utilizing the opponent's forward momentum to throw him. As a physical entity. The bigger the person is, the more energy a person has, the better it is for the Hapkido student.

# COMBAT HAPKIDO YELLOW STUDENT

## Fundamentals

Stances:

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Footwork and falls:

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Strikes and Kicks:

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Defense:

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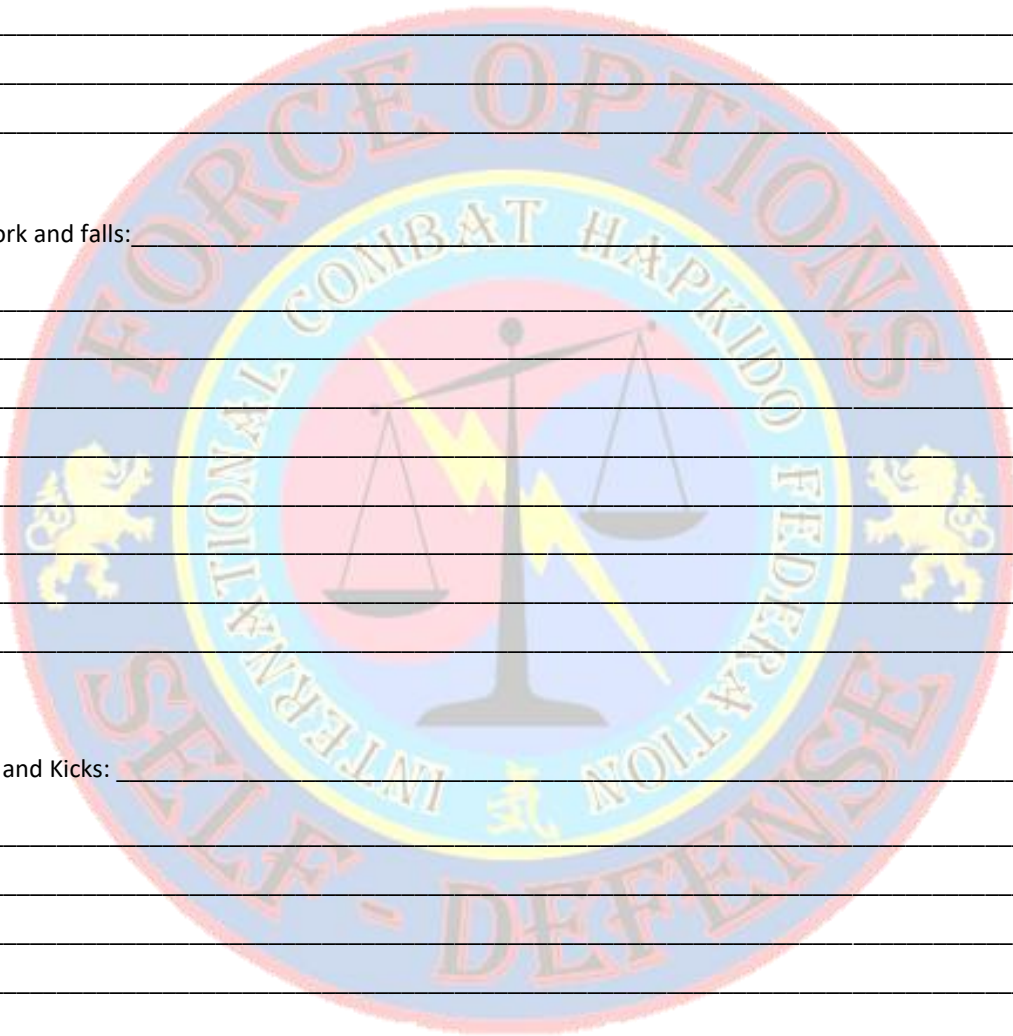
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# COMBAT HAPKIDO YELLOW STUDENT

## CORE TECHNIQUES

Breakaways (1-4) (*concept escapes*) Student Notes:

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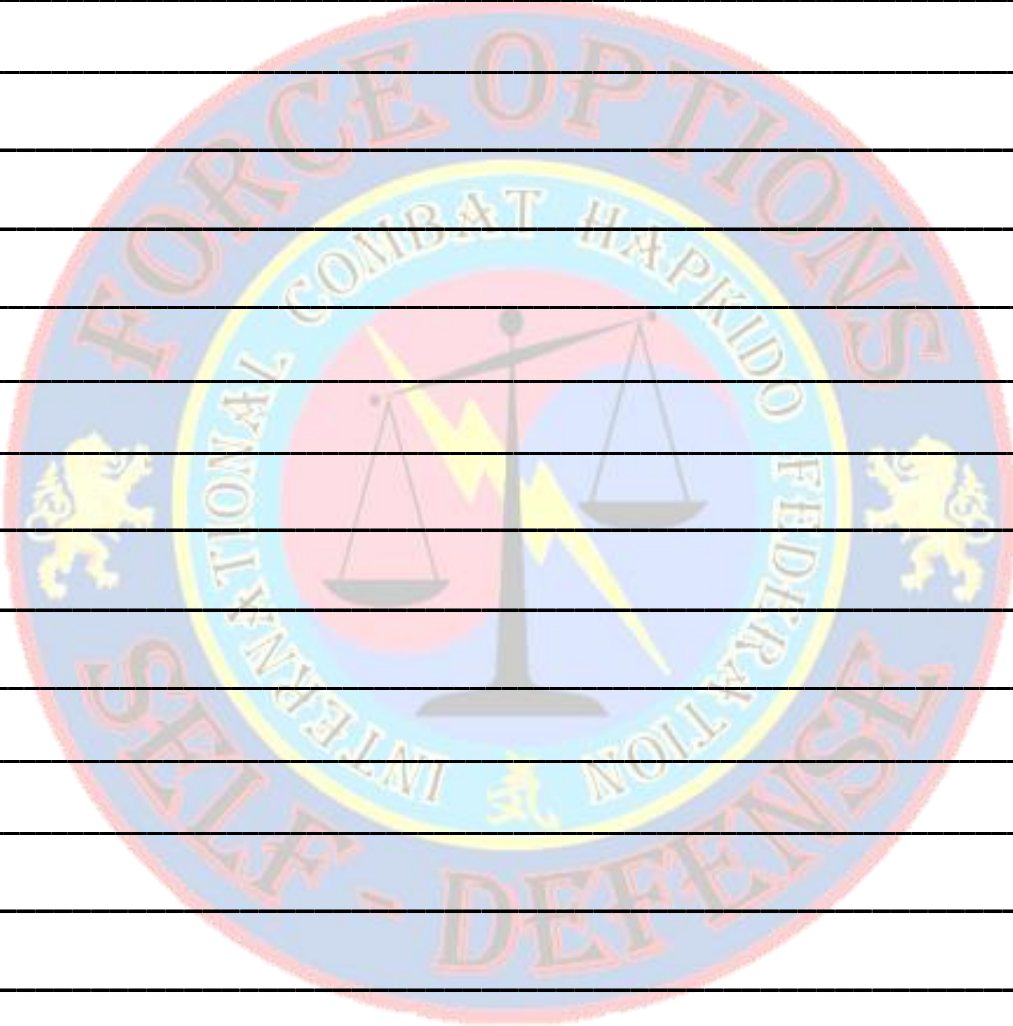
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# COMBAT HAPKIDO YELLOW STUDENT

## CORE TECHNIQUES

Same Side Wrist Grabs (1-2) (*Concept Joint locks*) Students Notes:

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