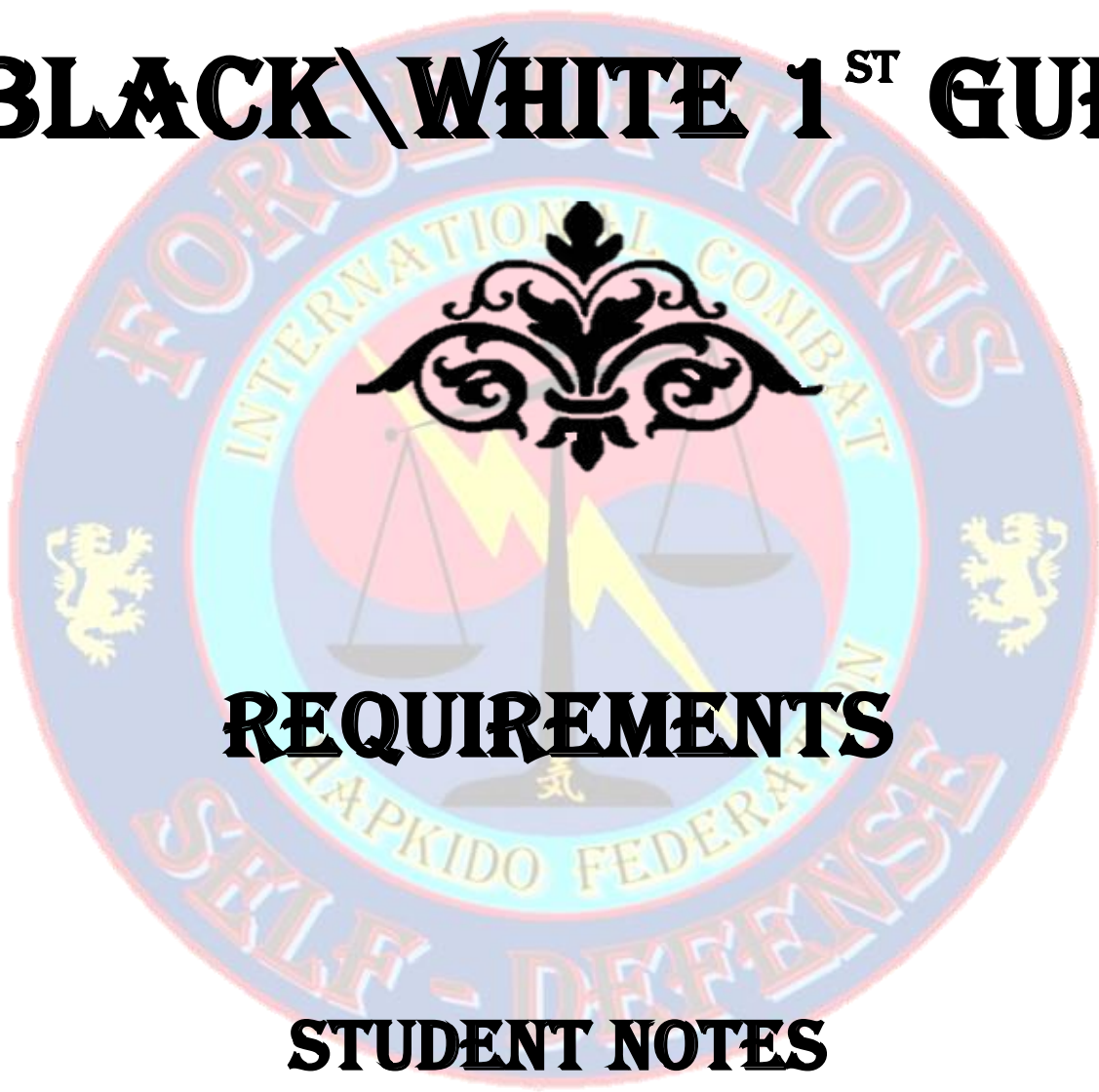




YOUTH (5-7)

BLACK\WHITE 1ST GUP



REQUIREMENTS

STUDENT NOTES

FORCE OPTIONS SELF-DEFENSE

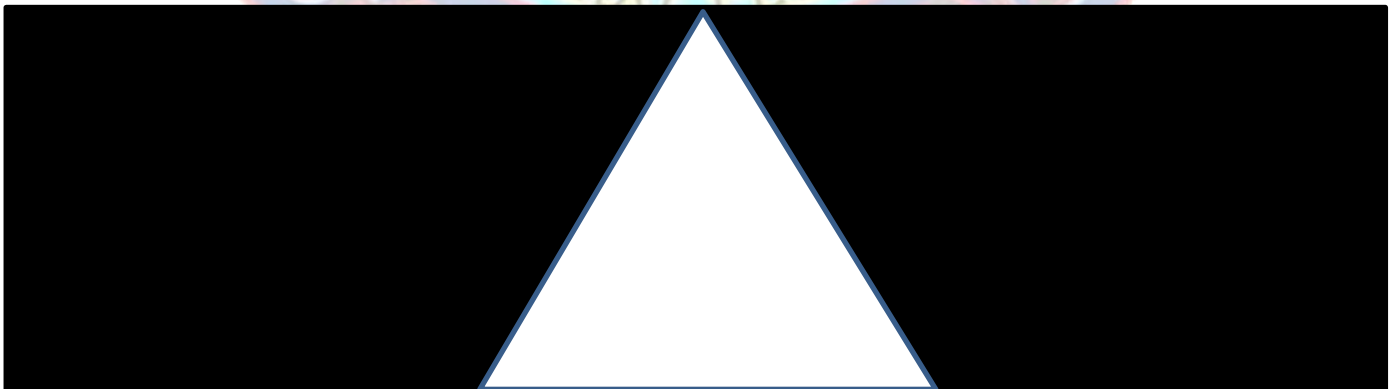
YOUTH HAPKIDO BLACK\WHITE 1ST GUP

REQUIREMENTS FOR RANK (AGE:5-7)

Ho Sin Sul Techniques	
Static	
Hostile Handshake	(Center Lock)
Belt Grab	Palm Down S-Lock
Hair Grab Defense	Armbar
Bear Hug Defense Back	(Arms-In)
Bear Hug Defense Front	(Arms-In)
Side Headlock-Defense	
Full Nelson Defense	
One Hand Middle Sleeve Front	
Two Hand Middle Sleeve Front	

Dynamic Defense	
Defense Against Front Kick	

Defensive Tools		TPP/Balance Disruptions/Ground		
Combat Stick	Short Stick	Tactical Pressure Points	Ground	Balance Disruptions
LV-Four	LV- four-5	LV-Two-Three	1- Headlock, 1-Side mount	2 techniques



YOUTH HAPKIDO BLACK\WHITE 1ST GUP

HO SIN SUL TECHNIQUE

Hostile Handshakes (Concept Static)

1.

Belt Grab: Palm Down (Concept Static)

1.

Hair Grab Defense (Concept Static)

1.



YOUTH HAPKIDO BLACK\WHITE 1ST GUP

Bear Hug Defense Back: Arms In (Concept Static)

1. _____

Bear Hug Defense Front: Arms In (Concept Static)

1. _____

Side Headlock Defenses (Concept Static)

1. _____



YOUTH HAPKIDO BLACK\WHITE 1ST GUP

Full Nelson Defenses (Concept Static)

1. _____

One-Hand Middle sleeve grab Defenses: Front (Concept Static)

1. _____

Two-Hand Middle sleeve grab Defenses: Front (Concept Static)

1. _____

Kick Defenses: Front (Concept Dynamic)

1. _____

