



MODESTY

“HAVE MORE THAN YOU SHOW,
SPEAK LESS THAN YOU KNOW.”

~WILLIAM SHAKESPEARE

Yellow Belt (8th Gup to get 7th Gup)
Requirements for Testing to Purple Belt:

Poomse (Form): Palgwe 1

Techniques:

- Stance- L-Stance
- Hand techniques- Inside Knife-Hand strike
- Kicks- Previous Kicks off of front leg
- Hapkido Strikes- Knuckle Fist Strike, Flat Fist Strike, Back Fist Strike, Palm Strike, Hammer Fist Strike, Elbow Strike
- Hapkido Kicks- 45° Snap, Lower Outer Kick, Lower Cross Kick, Knee Strike, Lower Circular Kick, Lower Heel Kick

Self Defense: Escapes from grabs

Basic Falls:

Front Fall, Back Fall, Right Side Fall, Left Side Fall

Class 1

01 Introduction

Warm Up-

50 Jumping Jacks, 20 Push Ups & Situps

Standing and Seated Stretches

02 Front Leg Kicks

04 Hapkido Hand Strikes

05 Palgwe 1 (Section 1)

Class 2

Warm Up-

50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches

- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 05 Palgwe 1 (Section 1 & 2)

Class 3

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-2
- 05 Palgwe 1 (Section 1 - 3)

Class 4

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches

- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-4
- 05 Palgwe 1 (Section 1 - 4)

Class 5

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-6
- 05 Palgwe 1 (Section 1 -5)

Class 6

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking

- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-8
- 05 Palgwe 1

Class 7

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches

- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-10
- 05 Palgwe 1

Repeat Class 7 until you are comfortable with all of the techniques.

Then test for your Purple Belt.

Class 2

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 05 Palgwe 1 (Section 1 & 2)

Class 3

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-2
- 05 Palgwe 1 (Section 1 - 3)

Class 4

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-4
- 05 Palgwe 1 (Section 1 - 4)

Class 1

- 01 Introduction
- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 04 Hapkido Hand Strikes
- 05 Palgwe 1 (Section 1)

**Yellow Belt (8th Gup to get 7th Gup)
Requirements for Testing to Purple Belt:**

Poomse (Form): Palgwe 1
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Self Defense: Escapes from grabs

Basic Falls:

Front Fall, Back Fall, Right Side Fall, Left Side Fall

Class 5

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-6
- 05 Palgwe 1 (Section 1 -5)

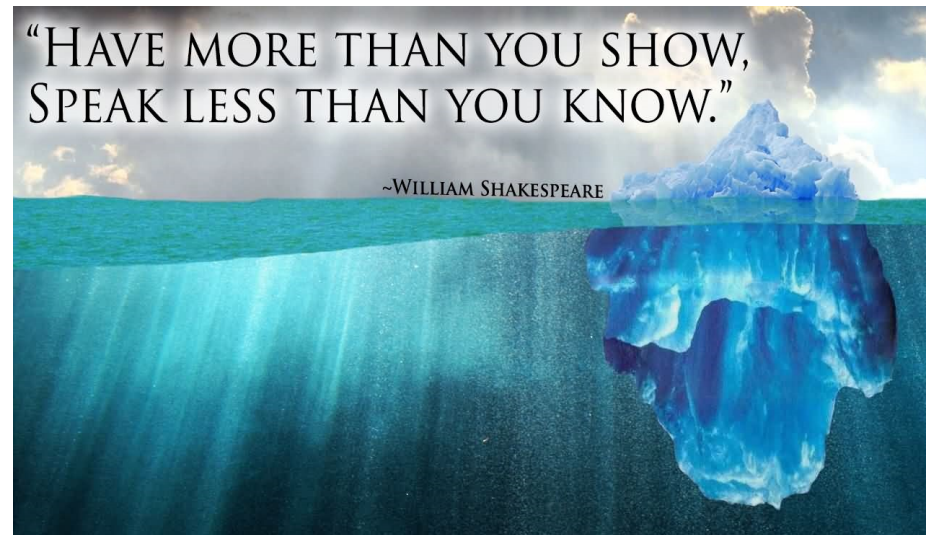
Class 6

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-8
- 05 Palgwe 1

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Class 7

- Warm Up-
50 Jumping Jacks, 20 Push Ups & Situps
Standing and Seated Stretches
- 02 Front Leg Kicks
- 03 Hapkido Kicking
- 04 Hapkido Hand Strikes
- 06 Falling
- 07 Self Defense 1-10
- 05 Palgwe 1

Repeat Class 7 until you are comfortable with all of the techniques.
Then test for your Purple Belt.

Yellow Belt



- 01 Introduction 2:12
- 02 Warm Up 14:09
- 03 Stances 18:25
- 04 Blocks 16:07
- 05 Punching 09:08
- 06 Knife Hands 09:04
- 07 Strait Leg Kicks 10:35
- 08 Bent Leg Kicks 12:28
- 09 4 Direction Punch 06:13
- 10 4 Direction Block 03:33