

Hapkido 1st Dan

Belt Size _____ Name _____
 Class Day _____ Address _____
 Class Time _____

Today's Date _____ E-Mail _____
 Starting Date _____ Birth Date _____
 Last Promotion Date _____ Age _____

		ATTACKS FROM THE REAR		ATTACKS FROM THE FRONT	
Arms Pinned					
Arms Free					
One Free/One Pinned					
Hand Choke					
Hair Pull					
Cross Shoulder Grab					
Double Shoulder Grab					
Cross Elbow Grab					
Double Elbow Grab					
Wrist Grab					
Cross Wrist Grab					
Double Wrist Grab					
Sleeve Grab					
Cross Sleeve Grab					
Double Sleeve Grab					
Arms Locked					
Arm Choke					
Full Nelson					
Lapel Grab					
Cross Lapel Grab					
Double Lapel Grab					
Grab and Punch					
Head Lock (front)					
Head Lock (side)					
Waist Tackle					
PUNCH DEFENSES		KICK DEFENSES		WEAPON DEFENSE	
Random (15)		Random (15)		Club (10)	
Reaction Time		Reaction Time		Knife (10)	
Blocks		Blocks		Gun (10)	
Counter Attacks		Counter Attacks		Pass _____	Fail _____

I recognize that belts are awarded only when specific standards of performance can be met by the student during testing. If I do not achieve the desired rank, I may test again, at no cost, for that rank at the next testing session. I recognize that promotion standards are uniform and that each belt reflects a specific level of competence.

Student Signature _____

Judge Signature _____

FALLING			BODY MOVEMENT			
Back Fall			Front & Back			
Side Fall			Side to Side			
Front Fall			Slide Back 45			
over obstacle			Inside Pivot			
Roll Out			Back Pivot			
over obstacle			Cross-Step & Turn			
Side Roll			Back Spin			
8 Directional Roll			Back Step			
HAND TECHNIQUES						
<i>Mil Gi</i>			<i>Dungee Gi</i>			
Random (20)			Random (20)			
Body Movement			Body Movement			
Reaction Time			Reaction Time			
Counter Attack			Counter Attack			
<i>Job Gi</i>			Grab and Throw (15)			
Random (20)			Leg Throws (8)			
Body Movement			GROUND DEFENSE			
Reaction Time			Knocked Down (5)			
Counter Attack			Arms Free (5)			
<i>Keuk Gi</i>			Choked (5)			
Random (20)			WEAPON DEMONSTRATION			
Body Movement			Movement			
Reaction Time			Flow			
Counter Attack			Pressure Points (8)			
Grab and Lock (12)			PAPER RECEIVED			
Come-a-longs (10)			Teaching			
Passive Restraint (3)						
Joint Lock Defense (5)						
BLOCKS & STRIKES			Back Crescent			Double Front (apart)
			Drop Back Side			Double Front (together)
			Drop Back Spin			Thunder Kick
KICKS			Jump Front (front)			Jump Back Side
Front			Jump Front (back)			Jump Back Crescent
Front Twist			Jump Front 45			Jump Back Spin
Half Moon			Jump Roundhouse (front)			Kick/Sliding Kick
Roundhouse			Jump Roundhouse (back)			Inside/Outside Crescent
Side			Jump Roundhouse 45			Roundhouse/Back Spin
Back Side			Jump Side (front)			Side/Back Side
Back Spin			Jump Side (back)			Drop Spin/Back Spin
Back Spin-hook			Jump Side 45			Own Combinations