

Hapkido 1st Kup - Temp. Black

Belt Size _____ Name _____ Today's Date _____ E-Mail _____
 Class Day _____ Address _____ Starting Date _____ Birth Date _____
 Class Time _____ Last Promotion Date _____ Age _____

		ATTACKS FROM THE REAR			ATTACKS FROM THE FRONT		
Arms Pinned							
Arms Free							
Hand Choke							
Hair Pull							
Cross Shoulder Grab							
Double Shoulder Grab							
Cross Elbow Grab							
Double Elbow Grab							
Cross Wrist Grab							
Double Wrist Grab							
Sleeve Grab							
Cross Sleeve Grab							
Double Sleeve Grab							
One Free/One Pinned							
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 Strikes (10)					Club (8)		
Reaction Time					Knife (8)		
Blocks					Gun (8)		
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.

Judge Signature _____

Student Signature _____

FALLING			BODY MOVEMENT			
Back Fall			Front & Back			
Side Fall			Side to Side			
Front Fall			Slide Back 45			
with short dive			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>			Come-a-longs (10)			
Random (10)			<i>Dungee Gi</i>			
2 Specialized (5 each)			Random (10)			
Body Movement			2 Specialized (5 each)			
Reaction Time			Body Movement			
Counter Attack			Reaction Time			
<i>Job Gi</i>			Counter Attack			
Random (10)			Grab and Throw (12)			
2 Specialized (5 each)			Joint Lock Defense (5)			
Body Movement			Pressure Points (5)			
Reaction Time			GROUND DEFENSE			
Counter Attack			Knocked Down (2)			
<i>Keuk Gi</i>			Arms Free (2)			
Random (10)			Choked (2)			
2 Specialized (5 each)			WEAPON DEMONSTRATION			
Body Movement			Movement			
Reaction Time			Flow			
Counter Attack			KUNJA OUTLINE			
Grab and Lock (12)			Teaching			
Strikes			Drop Back Side			Jump Back Side
KICKS			Drop Back Spin			Jump Back Crescent
Front			Jump Front (front)			Jump Back Spin
Front Twist			Jump Front (back)			Double Front (apart)
Half Moon			Jump Front 45			Double Front (together)
Roundhouse			Jump Roundhouse (front)			Kick/Sliding Kick
Side			Jump Roundhouse (back)			Inside/Outside Crescent
Back Side			Jump Roundhouse 45			Roundhouse/Back Spin
Back Spin			Jump Side (front)			Side/Back Side
Back Spin-hook			Jump Side (back)			Drop Spin/Back Spin
Back Crescent			Jump Side 45			Other Combinations
Thunder Kick			Flying Side			Own Combinations