

### Hapkido 6th Kup - Green Belt

Belt Size \_\_\_\_\_ Class Day \_\_\_\_\_ Class Time \_\_\_\_\_ Today's Date \_\_\_\_\_

Name \_\_\_\_\_ Instructor \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ Starting Date \_\_\_\_\_ Birth Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

<b>Strikes</b>			<b>Blocks</b>		
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<b>KICKS</b>					
Crescents			Back Side		
Shin Kicks			Drop Back Side		
Front Kick			Back Crescent		
Half Moon			Back Spin		
Roundhouse			Jump Front		
Side Kick			Sliding Kicks		
Back Kick			Kick Sliding Kick		

<b>BODY MOVEMENT with Blocks and Kicks</b>					
Movement	Block	Kick			
Front and Back		Sliding Front			
Side to Side	Outside Middle	Side Kick			
Slide Back 45	Outside Middle	Half Moon (front)			
Inside Pivot	45 Degree, Inside	Half Moon (back)			
Back Pivot	Low Inside	Roundhouse (back)			
Cross-Step and Turn	Inside	Back Side			
Back Spin	Outside, Reverse Punch	Knee			
Back Step	Low Outside	Back Spin			

<b>FALLING</b>		
Back Falls (moving back)		
Side Falls (standing)		
Forward Roll (turning)		
Front Fall		
pushed		
Back Roll		
Ground Fighting		

SELF DEFENSE		
Punch Defenses (8)		
Kick Defenses (3)		

ATTACKS FROM THE REAR		
Arms Pinned		
Arms Free		
One Free/One Pinned		
Arms Locked		
Arm Choke		
Shoulder Grab		
Full Nelson		

ATTACKS FROM THE FRONT		
Arms Pinned		
Arms Free		
Hand Choke		
Lapel Grab		
Grab and Punch		
Shoulder Grab		
Head Lock (front)		

HAND TECHNIQUES		
MilGi (Pushing) (10) - Switching Hands		
JobGi (Regrabs) (10) - Switching Hands		
KeukGi (Joint Locks ) (8)		
DungeeGi (Throwing) (8)		

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 \_\_\_\_\_

Pass \_\_\_\_\_ Fail \_\_\_\_\_ Judge Signature \_\_\_\_\_