

Hapkido - General Requirement

Basics	- Danjon breathing	- 4 direction step	
Walking Front stance	- Upright punch - Knife & reverse - Double elbow	- Twisting punch - Elbow & reverse - Circle thumb strike	
Walking Back stance	- High circular block - Palm body block - Inner circular block	- Lower cross block - Upper cross block - Double side block	
Kicks	- Front / Side kick - Front / side/side kick - Roundhouse kick - Lower circle kick - Outer circle kick	- Lower cross kick - Thigh heel kick - Knife push kick - Low spinning kick - Knee / elbow	
Part B	Yellow	Blue	Red
Breakfall	Back b/fall low Side b/fall low	Back b/fall high Side b/fall high	Fward roll + b/fall Fward roll + front b/fall
Rolls	Basic rocking	Forward roll	Jump Forward
Sparring	Eye exercise	Basic - Wrist locks	Advanced - Wrist locks - throws

Notes:

Black belts – all of the above.

Rolls & Flips based on age physical ability



TAN'S HAPKIDO
72 Cambridge st, Coorparoo Qld 4151
M: 0404 052 609 • www.tans.com.au • mt@tans.com.au



Hapkido – Coloured Belt

Grade	Self Defence	Weapon
Yellow I	<ul style="list-style-type: none"> - Outside wrist release (5) - Outside wrist hit (7) 	
Yellow II	<ul style="list-style-type: none"> - Two hand wrist hit (5) - Attack joint twist (10) 	
Yellow III	<ul style="list-style-type: none"> - Strike sparring (8) - Inside wrist joint (10) 	<ul style="list-style-type: none"> - Short stick pattern 1
Blue I	<ul style="list-style-type: none"> - Against punch 1 (10) - Strike sparring (11) - Against front kick (6) 	<ul style="list-style-type: none"> - Short stick attack (10)
Blue II	<ul style="list-style-type: none"> - Outside wrist joint (10) - Joint sparring (9) 	<ul style="list-style-type: none"> - Short stick against punch (10)
Blue III	<ul style="list-style-type: none"> - Front sleeves joint (11) - Outside wrist throw(5) 	<ul style="list-style-type: none"> - Long stick basics - Long stick pattern I & 2
Red I	<ul style="list-style-type: none"> - Neck band joint (10) - Belt joint (11) 	<ul style="list-style-type: none"> - Long stick pattern 3 - Long stick pattern 4
Red II	<ul style="list-style-type: none"> - From behind 1 (9) - Two hand catch (15) - Two hand throw (5) 	<ul style="list-style-type: none"> - Long stick 1step (13) - Long stick 1-4 cross pattern
Red III	<ul style="list-style-type: none"> - Attack throw (5) - Double hand catch (10) - Against punch 2 (9) 	<ul style="list-style-type: none"> - Walking cane basics - Walking cane against Punch (15)



TAN'S HAPKIDO
 72 Cambridge st, Coorparoo Qld 4151
 M: 0404 052 609 • www.tans.com.au • mt@tans.com.au



Hapkido - Black Belt

Grade	Self Defence	Weapon
Cho Dan bo	<ul style="list-style-type: none"> - Whole body (10) - From behind 2 (10) - Aggressive attack throw (5) 	<ul style="list-style-type: none"> - Short stick pattern 2 - Walking cane Advanced (10)
1 st Dan	<ul style="list-style-type: none"> - Police lock (11) - Aggressive attack with fixing - Empty hand pattern 	<ul style="list-style-type: none"> - Short stick pattern 2 - Mokkum Basics - Mokkum pattern 1
2 nd Dan Bo	<ul style="list-style-type: none"> - Sitting (11) - Against front & side kick (11) - Joint Sparring (15) 	<ul style="list-style-type: none"> - Mokkum 1step - Mokkum pattern 1 & 2
2 nd Dan	<ul style="list-style-type: none"> - Sitting (11) - Against Round kicks (8) - Strike Sparring with fixing 	<ul style="list-style-type: none"> - Mokkum 1step, pattern 1&2 - Long Stick advanced pattern - Knife attack (12)
3 rd Dan Bo	<ul style="list-style-type: none"> - Against Kicks (19) - Outside Wrist 11-15 - Joint Sparring (15) 	<ul style="list-style-type: none"> - Long Stick pattern advanced - Walking Cane advanced (10) - Knife attack (1-12, 13-24)
3 rd Dan	<ul style="list-style-type: none"> - Attack joint twist + fixing - Against Kicks (19) - Outside Wrist 11-15 - Inside Wrist 11-15 	<ul style="list-style-type: none"> - Mokkum 1step, pattern 2 - Long Stick pattern advanced - Knife advance (13-24) - Cane advanced 2 (11-20)
4 th Dan bo	<ul style="list-style-type: none"> - Outside Wrist 11-15 - Inside Wrist 11-15 - Double Hand catch 11-15 - Strike Sparring with fixing 	<ul style="list-style-type: none"> - Knife (13-24) - Cane advanced 2 (11-20) - Walking Cane pattern - Belt advance (12)
4 th Dan	<ul style="list-style-type: none"> - Against 2 opponents (10) - Previous sets with fixing - 4 Page Essay (2000 words) 	<ul style="list-style-type: none"> - Mokkum pattern 2 - Short stick pattern 2 - Cane advanced 2 (11-20) - Fan (9)
Higher Bo dan 5 – 8	<ul style="list-style-type: none"> - Previous + fixing left & right 	<ul style="list-style-type: none"> - Any Previous weapons
Higher Dan 5 – 8	<ul style="list-style-type: none"> - Previous + fixing left & right - 7 Page Essay (3000 words) 	<ul style="list-style-type: none"> - Any Previous weapons

Black – New Sets

Red - Revision of Previous sets



TAN'S HAPKIDO
72 Cambridge st, Coorparoo Qld 4151
M: 0404 052 609 • www.tans.com.au • mt@tans.com.au



Hapkido Terminology

General	General Meaning
Hap Ki Danjon	To combine in harmony Life energy Breathing - Centre of "Ki"

SUNSUL	Against wrist grab
Sonmoksul Yuk Sonmoksul Ohtsul / Euiboksul Sangsoo Yang Sonmuksul	Same side wrist grab techniques Cross side wrist grab techniques Clothing grab techniques One hand grasped with two Both hands grasped techniques

MUKISUL	Weapons
Boochaisul Bongsul Dangum Danbong Gumsul Jeepangesul Mokgum Phobaksul	Fan Long stick Wooden practice knife Short stick Sword Cane Wooden sword Belt

HOSHINSUL	Self Defence techniques
Kwan Jyel Sul Yu Sul Kwon Sul Jok Sul Yun Raing Sul Eui Bok Sul Dwee Cree Kee Sul Bhang Jok Sul Too Kee Wa Kee Zwa Kee Bhang Kwon Sul	Locking and pinning techniques Throwing techniques Striking techniques Kicking techniques Carrying Techniques Clothing Grabs Counter Techniques Defense Against Kicks Defense Using Throws Lying down Self-Defense Seated Self-Defense Striking Pressure points

