

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 (5) 	<p>Weapons can be learnt but are not examined at Yellow belt level</p>
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 (1-5) - Inside wrist joint (10) 	
Blue I	<ul style="list-style-type: none"> - Against punch 1 (10) - Strike sparring (6-10) 	<p>Rotation of 3 Weapons. Student must complete each weapon at least once before proceeding to Cho dan bo.</p> <p>-----</p> <p>1.Short Stick</p> <ul style="list-style-type: none"> - Pattern 1 - Attacking Strikes (10) - Against punch (10) <p>2.Long stick</p> <ul style="list-style-type: none"> - Basics - Patterns (1-4) - 1step (10) <p>3.Walking Cane</p> <ul style="list-style-type: none"> - Basics (10) - Against Punch (15) - Against Punch Adv (10)
Blue II	<ul style="list-style-type: none"> - Outside wrist joint (10) - Outside wrist throw(5) 	
Blue III	<ul style="list-style-type: none"> - Front sleeves joint (10) - Two hand throw(5) 	
Red I	<ul style="list-style-type: none"> - Neck band joint (10) - Belt joint (10) 	
Red II	<ul style="list-style-type: none"> - From behind 1 (10) - Two hand catch (5) 	
Red III	<ul style="list-style-type: none"> - Double hand catch (10) - Against punch 2 (10) 	



Hapkido - Black Belt

Grade	Self Defence	Weapon
Cho Dan bo	<ul style="list-style-type: none"> - Whole body (10) - From behind 2 (10) 	Rotation of advanced Weapons. Student must complete each weapon at least once before proceeding to 5th dan.
1 st Dan	<ul style="list-style-type: none"> - Police lock (10) - Empty hand pattern 	
2 nd Dan Bo	<ul style="list-style-type: none"> - Empty hand pattern - Joint Sparring (10) - Sitting (10) 	1.Short Stick <ul style="list-style-type: none"> - Against punch (10) - Pattern 2 2.Long stick <ul style="list-style-type: none"> - 1step (10) - Advance Pattern
2 nd Dan	<ul style="list-style-type: none"> - Sitting (10) - Strike Sparring with fixing - Against kicks (15) 	
3 rd Dan Bo	<ul style="list-style-type: none"> - Against Kicks (15) - Head Lock 10 - Aggressive attack with fixing 	3.Walking Cane <ul style="list-style-type: none"> - Advanced 2 (11–20) - Pattern 4.Mokkum <ul style="list-style-type: none"> - Basics - Pattern 1 & 2 - 1step
3 rd Dan	<ul style="list-style-type: none"> - Aggressive attack with fixing - Inside / Outside Wrist 11-15 - Double Hand catch 11-15 	
4 th Dan bo	<ul style="list-style-type: none"> - Inside / Outside Wrist 11-15 - Double Hand catch 11-15 - Strike Sparring with fixing 	5.Knife Attack <ul style="list-style-type: none"> - Basic (1-10) - Advance (11-20) 6.Misc Sets <ul style="list-style-type: none"> - Belt advance (10) - Fan (10)
4 th Dan	<ul style="list-style-type: none"> - Against 2 opponents (10) - Previous sets with fixing - 4 Page Essay (2000 words) 	
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 3rd Gup - Red Belt I

General

HANA.....	1,	DUL	2
SET	3,	NET	4
DASOT	5,	YOSOT	6
ILGOP.....	7	YODOL	8
AHOP	9	YOL	10

CHARYOT	ATTENTION
GYONGRYE.....	BOW
SABOMNIM.....	INSTRUCTOR

Stances

AP GUBI	FRONT STANCE
----------------	--------------

Strikes

MOMTONG JIRUGI	BODY PUNCH
OLGUL JIRUGI	FACE PUNCH

Blocks

ARAE MAKGI	LOWER BLOCK
MOMTONG MAKGI	BODY BLOCK

Kicks

AP CHAGI	FRONT KICK
YOP CHAGI	SIDE KICK
DOLYO CHAGI	ROUNDHOUSE KICK



Hapkido Terminology 2nd Gup - Red Belt II

General

GWAN JANG NIM	HEAD INSTRUCTOR
DOJANG.....	TRAINING HALL
DOBOK.....	UNIFORM
JUNBI	READY
HAP	TO COMBINE IN HARMONY

Strikes

DU BON JIRUGI	DOUBLE PUNCH
DUNG JUMOK	BACK FIST

Blocks

BAKGAT MAKGI	OUTSIDE BLOCK
OLGUL MAKGI	FACE BLOCK

Against Wrist Grab

SON MOK SUL.....	OUTSIDE WRIST GRAB
YUK SONMOKSUL	INSIDE WRIST GRAB

Weapons

DANBONG	SHORT STICK
CHANG BONG	LONG STICK
JEEPANGE	WALKING CANE



Hapkido Terminology - 1st Gup - Red Belt III

General

KI Life Energy
DANJON... BREATHING – Ki
HOSHINSUL SELF-DEFENCE

Stances

DIT GUBI BACK STANCE

Strikes

MURUP CHIGI KNEE STRIKE
BATANGSON CHIGI PALM STRIKE
PALGUB CHIGI ELBOW STRIKE

Against Wrist Grab

SANGSOO 2 HAND ON 1 GRAB
YANG SONMUKSUL..... 2 HAND ON 2 GRAB

Weapons

DANGUM FAN
KAL..... KNIFE
MOKGUM WOODEN SWORD



Hapkido Terminology – Cho Dan Bo

General

HANBON GYORUGI 1 STEP SPARRING

Strikes

PYON JU MOK KNUCKLE STRIKE

SONNAL DUNG RIDGE HAND

Kicks

HURYO CHAGI SPINNING KICK

DDIO CHAGI JUMPING KICK

Self Defence Tech

EUIBOKSUL CLOTHES GRAB

KWAN JYEL SUL LOCKING AND PINNING

YU SUL THROWING

Weapons

JOOKUM BAMBOO SWORD

PHOBAK BELT

Questions

- What does Hapkido mean.
- Where did Hapkido originate from.
- Who was the founder of Hapkido.
- Explain the Australian Flag.



Hapkido Terminology – 1st Dan Black Belt

General

YUDANJA BLACK BELT
HWE JANG NIM PRESIDENT

Strikes

JAECHYO JIRUGI INVERTED PUNCH
SEWEO JIREUGI..... UPRIGHT PUNCH

Blocks

BITUREO MAKKI TWIST BLOCK
OTGORO MAKGI CROSSED WRIST BLOCK

Kicks

APCHA OLRIGI..... LEG UP
GODUP CHAGI..... CONTINUOUS KICK

Self Defence Tech

ZWA KEE SEATED SELF-DEFENCE
TOO KEE DEFENSE USING THROWS
DWEE CREE KEE SUL COUNTER TECHNIQUES

Questions

- What is the minimum time limit between dans.
- What KWAN does our club originate from.
- Explain the meaning behind the Korean Flag
- Difference between Hapkido and Taekwondo
- Name Hapkido instructors and branch.



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

