

## Hapkido Gup Grading Syllabus

Grade	Self Defence	Weapon	Misc
Yellow I I	Outside wrist release (5) Outside wrist hitting (7)		
Yellow I I I	Double hand wrist hit (5) Attacking Joint twist (10)		Strike sparring (8)
Blue I	Inside wrist (10)	Short stick strikes (10)	
Blue I I	Against punch hitting (10)	Short stick against punch (10)	Strike sparring (11)
Blue I I I	Outside wrist joint (10)	Long stick basic, Pattern 1 & 2	
Red I	Front sleeve joint tech (10) Outside wrist throwing (5)	Long stick 1-4 cross pattern Long stick 1 step ( 1-5)	Break falls Rolling
Red I I	Neck band (8) Belt (11) Attack from behind (9)	Long stick 1-4 cross pattern Long stick 1 step ( 1-13)	Joint Sparring
Red I I I	Two hand catch (12) Two hand throw (5) Double hand catch (10)	Cane strikes (14)	
Cho Dan Bo	Against punch joint (10) Whole body front & back (10) Aggressive attack throw (5)	Cane basic (1-15)	

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## Hapkido Dan Grading Syllabus

Grade	Self Defence	Weapon
1 <sup>st</sup> Dan	Police lock (11) Attacking throw (5) Aggressive attack with fixing Empty hand pattern	Short stick & Long stick revision <b>Cane Advanced 1-10</b> <b>Bokken pattern 1</b>
2 <sup>nd</sup> Dan Bo	Sitting (11) Aggressive attack with fixing <b>Against front &amp; side kick (11)</b> Joint Sparring Single	<b>Bokken 1step</b> <b>Bokken pattern 1 &amp; 2</b>
2 <sup>nd</sup> Dan	Sitting (11) Aggressive attack with fixing Against kicks (19) <b>Strike Sparring with fixing</b>	Bokken 1step, pattern 1 & 2 <b>Long Stick Advanced pattern</b> <b>knife attack (12)</b>
3 <sup>rd</sup> Dan Bo	Aggressive attack with fixing Against Kicks (19) <b>Outside Wrist 11-15</b> Joint Sparring Single & Multi	Bokken 1 Step, pattern 2 Long Stick pattern Advanced <b>Short stick pattern 1</b> Cane Advanced 1-10 Knife attack (1-12, 13-24)
3 <sup>rd</sup> Dan	Aggressive attack with fixing Against Kicks (19) Joint Sparring Single & Multi Strike Sparring with fixing Outside Wrist 11-15 <b>Inside Wrist 11-15</b>	<b>Short stick pattern 1</b> Bokken 1step, pattern 2 Long Stick Advanced pattern Knife Advance (13-24) <b>Cane Advanced 11-20</b>
4 <sup>th</sup> Dan bo	Aggressive attack with fixing Against Kicks (19) Outside Wrist 11-15 Inside Wrist 11-15 <b>Double Hand catch 11-15</b> Joint Sparring Single & Multi Strike Sparring with fixing	Bokken pattern 2 Long Stick pattern advanced Knife (13-24) Cane Advanced 11 – 20 <b>Fan (7)</b> <b>Belt Basic (12)</b>
4 <sup>th</sup> Dan	Previous sets with fixing <b>4 Page Essay</b>	Bokken pattern 2 Long Stick pattern advanced Knife (13-24) Cane Advanced 11 – 20 Fan (7) <b>Belt Advanced (12)</b>
5 <sup>th</sup> Dan Bo	Previous sets with fixing <b>7 Page Essay</b>	Any Previous set
5 <sup>th</sup> Dan	Previous sets with fixing	Any Previous set

## Hapkido Basic Grading Requirement

\* All Hapkido students are required to do the following at each grading.

	Detail	Notes
Basics	<ol style="list-style-type: none"> <li>1. Tan Jeong Breathing</li> <li>2. 4 directional Stepping</li> </ol>	
Walking	<ol style="list-style-type: none"> <li>1. Upright punch</li> <li>2. 45o twist punch</li> <li>3. Double elbow</li> <li>4. Hook thumb strike</li> <li>5. Palm hand block</li> <li>6. Lower cross block</li> <li>7. Upper cross block</li> <li>8. Side scissor block</li> </ol>	<p>Forward in Front Stance</p> <p>Backward in Backstance</p>
Kicking	<ol style="list-style-type: none"> <li>1. Front kick</li> <li>2. Side Kick</li> <li>3. Roundhouse kick</li> <li>4. 45o Twist kick</li> <li>5. Lower cross kick</li> <li>6. Lower outer kick</li> <li>7. Thigh heel kick</li> <li>8. Knee kick &amp; elbow strike</li> <li>9. Knife foot thrust kick</li> </ol>	<p>On the stop 3 on each leg</p>
Rolls	<p><b>* Red belt and above</b></p> <ol style="list-style-type: none"> <li>1. Break Fall</li> <li>2. Rolling</li> </ol>	<p>Forward, Backward &amp; Side</p>
Sparring	<ol style="list-style-type: none"> <li>1. Eye Exercise</li> <li>2. Hapkido Sparring (Red Belt &amp; Above)</li> </ol>	

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## Hapkido Terminology

<b>Sunsul</b> Sonmoksul Yuk Sonmoksul Ohtsul / Euiboksul Sangsoo Yang Sonmuksul	<b>Attacking techniques</b> Same side wrist grab techniques Cross side wrist grab techniques Clothing grab techniques One hand grasped with two Both hands grasped techniques
kwanjyelsul yusul Kwonsul Joksul	Locking and pinning techniques Throwing techniques Striking techniques Kicking techniques
<b>Mukisul</b> Boochaisul Bongsul Dangum Danbong Gumsul Jeepangesul Mokgum Phobaksul Waegum	<b>Weapon techniques</b> Fan techniques Staff techniques Wooden practice knife Short staff Sword techniques Cane techniques Wooden sword belt techniques Japanese sword
<b>Makgisul</b> Arae Makgi Olgool Makgi Pal Montong Makgi Anpal Montong Makgi Sangsu Makgi Nuluh Makgi	<b>Blocking techniques</b> Low block High block Outward middle block Inward middle block X block Downward palm block
<b>Technique Terminology</b> Attacking Techniques Basic Techniques Carrying Techniques Clothing Grabs Counter Techniques Defense Against Kicks Defense Using Throws Joint Twisting Kicking Pressure Points Pressure Point Throws Reclining Self-Defense Seated Self-Defense Speed Throws Striking Pressure points	Sun Sool Kee Bon Sool Yun Raing Sool Oht Sool / Eui Bok Sool Dwee Cree Kee Sool Bhang Jok Sool Too Kee Kwan Jul Kee Bhang Kwon Jok Sool Jee Ab Sool Wa Kee Zwa Kee Jun Kwan Bub Bhang Kwon Sool

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**HAPKIDO MOOHAKKWAN**

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 17 Clifton Place, Cherrybrook, NSW 2126, Australia  
 Tel : 02 9634-7595, Fax 02 9634-2595

**GRADING APPLICATION**

\_\_\_\_\_ DAN

NAME:

PRESENT GRADE:

DATE OF BIRTH:

DATE JOINED:

PHONE:

LAST GRADING:

NATIONALITY:

BELT SIZE:

Taking this opportunity, I do again solemnly pledge that I will observe the rule and discipline of Hapkido Moohakkwan, will respect instructor and all seniors, will be courteous and obedient and will be loyal for promoting Hapkido Moohakkwan. If I violate this pledge, I will return the Dan certificate.

DATE:

Application Sign \_\_\_\_\_

	Comments	Score
Basic form	-----	
Kicking		
S Defence 1	-----	
S.Defence 2	-----	
Weapons		
Sparring		
Breaking		
Total		

Result:	Total	Grade:	<b>TANS TAEKWONDO</b> Po Box 307, Ashgrove, Q 4060 Ph 3311-1991, Ph (0404) 052-609
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