



White Belt ~ Beginner

Repetition is the father of Learning- Lil Wayne

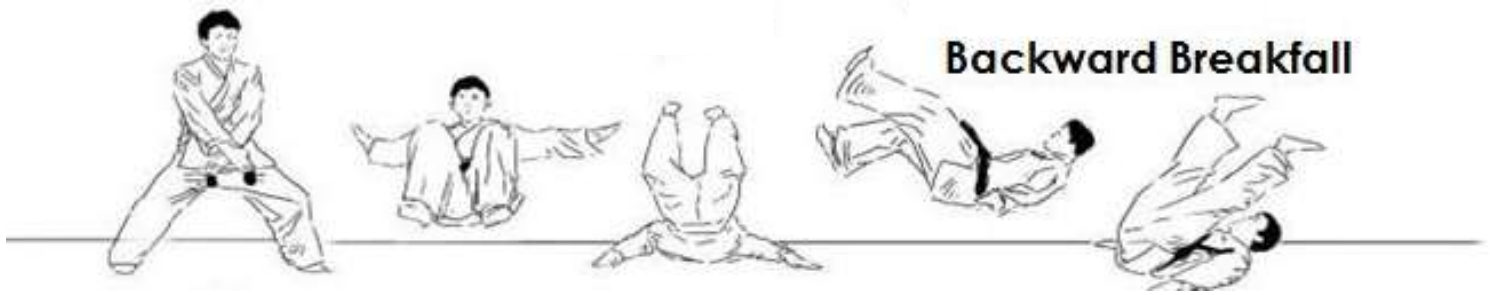
DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far, repeat the "5 times" practice for each technique start over.

✦ FIRST STRIPE	✦ SECOND STRIPE
<p>☉ Stances</p> <p>1-Ready Stance - <i>Joon Be</i> 2-Attention - <i>Charyut</i> 3-Bow - <i>Kyung nyeh</i> 4- Resting Stance 5- Defensive Stance (Hands Up) 6- Casual (Doorman's) Stance 7- Offensive (Fists Up) 8- Horse Riding - Fists On Belt 9-Tying Your Belt (see Back of Page)</p>	<p>☉ Blocking</p> <p>1- Upper 5- Check 2- Middle 6- Soft Middle Block 3- Lower 7- 2 Hands Double Block 4- Pick 8- Double Arm Head Protector</p>
<p>☉ Foot Work</p> <p>1- Right Step 2:00 o'clock 2- Right Step 4:00 o'clock 3- Right/Left Rear Step 6:00 o'clock 4- Left Step 8:00 o'clock 5- Left Step 10:00 o'clock 6- Left/Right Step 12:00 o'clock</p>	<p>☉ Evasion</p> <p>1- Middle Section: Footwork + Strike 2- Upper Section + Footwork + Strike 3- Lower Section + Footwork + Strike</p>
<p>☉ Strikes</p> <p>1- Double Palm 4-Cross 2- Cat Strikes 5- Hook 3- Jab 6- Uppercut</p>	<p>☉ Circular Releases</p> <p>1- Same Hand ~ Twist Release 2- Same Hand ~ Circle In 3- Same Hand ~ Circle Out 4- Cross Hand ~Twist Release 5- Cross hand ~ Circle Out 6- 2 Hand Front Choke ~ Windmill + Add Various Strikes & Kicks</p>
<p>☉ Kicks</p> <p>1- Snap (Groin) Front Kick 3- Roundhouse Kick 2- Push Front Kick 4- Shin Kick</p>	<p>☉ Escape From A Friend</p> <p>1- Same Hand ~ Friend Escape 2- Cross Hand ~ Friend Escape 3- Rear Collar Grab From Front</p>
<p>☉ Break Falls</p> <p>1- Backward (see Back of Page)</p>	<p>☉ Striking Releases</p> <p>1- Lapel Grab ~ Strike 2- Behind Collar ~ Strike 3- Same Hand Wrist Grab ~Turn Your Palm Up then Hammer Fist Strike the Attacker's wrist 4-Same Side Wrist Grab- Knife Hand strike radial nerve. 5-Same Side Wrist Grab-Twist Release then an immediate elbow to solar plexus & back fist to the nose. +Add Stuns, Strikes & Kicks</p>
<p>☉ Theories of Hapkido</p> <p>1- Water Theory 2- Circular Motion 3- Non-Resistance</p>	<p>☉ Side Wrist Grab</p> <p>1- Thumb Up ~ Pull Up 2- Thumb Down ~ Pull Down + Add Various Strikes & Kicks</p>

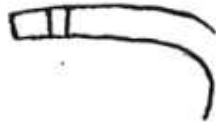
Requirements for Promotion To your Orange Belt (1) Attend a minimum of 11 classes (2) Register for regular classes (3) Be able to demonstrate your techniques at street speed (4) DO NOT begin a new section of the curriculum until you have stripe tested on your current curriculum (4) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.

A Hapkido technique is a finely tuned instrument. It is repetition, more repetition, then more repetition after that.

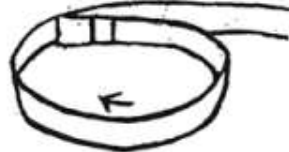


Backward Breakfall

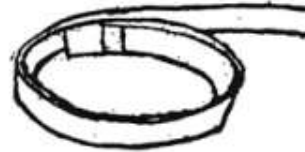
Tying Your Belt (Dee)



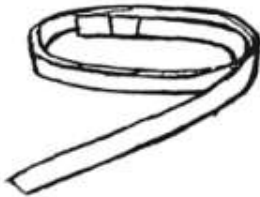
Place belt in the center of your back



Wrap your belt around your waist



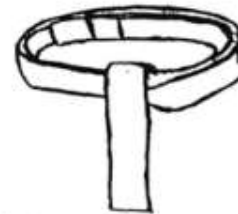
Wrap belt around your waist a second time



Bring end of belt around to the front



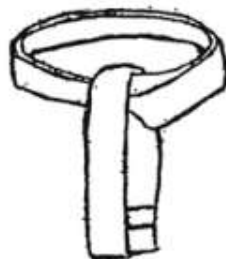
Tuck the end under belt



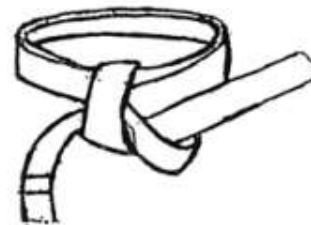
Hold belt in a downward position



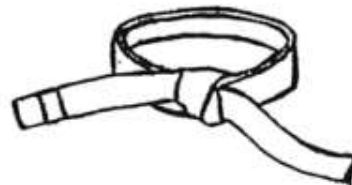
Pull other end out from UNDERNEATH



Make sure both ends are even



Take top end over the bottom end



Pull ends to form a square knot

Stripes

The stripes on your belt are used to measure your progress. On the White Belt, yellow stripes are used and are worn on the left side. On the colored belts, black strips are worn on the right and white stripes on the left.