

# 2<sup>nd</sup> Degree Testing Requirement For 3<sup>rd</sup> Dan Rank

## 2<sup>nd</sup> Dan Syllabus Techniques

- ☉ Weaponry: Cane
- ☉ 50 Black Belt Hours
- ☉ 30 Months Minimum + 200 Classes
- ☉ 50 Miscellaneous Techniques  
(Must include a minimum of 8 kicks, 8 strikes, 8 self-defense)
- ☉ Multiple Grabs Using Dan Bong
- ☉ Assist in Teaching Color Belts At Least Once Per Month
- ☉ Essay "Define Hapkido in your Words"



### ☉ TLC - Locking Enhancement

T (Torque). Increase torque through the opponents joint.

L (Leverage). Increase or improve leverage into the lock.

C (Compression). Compress the muscles supporting the locked joint or limb.

☉ Principle TLC	☉ Offensive Motion	☉ Destruction Blocks	☉ Kicks
S Lock - Sleeve V Lock - Palm Down A Bar O - X Change A Bar U - Police Elbow S Lock - V Lock - A Bar O - A Bar U -	Parry Punch Elbow Wave Palm Face Sternum Strike Inward Carotid	Radial Bicep Chest Floating Rib Solar Plexus	Flying Side Sliding Hook Double Crescent Jump Turning Back Jump Spinning Hook

## ☉ Black Belt Concepts

☉ Concept - Leg Locks	☉ Concept - Throwing Defence
Inside Knee Outside Knee Achilles Knee Bar Ankle Lock	Sweep - Interrupt Sweep - Sacrifice Throw Shoulder Throw - Hip Block Shoulder Throw - Clothing Shoulder Throw & Sweep - Knee

# CANE

## Blocks

Inward  
Outward  
Upward  
Downward

## Circular Blocks

Inward  
Outward  
Upward  
Downward

## Strikes

Thrust  
2 Handed Thrust  
Compression  
Cane Head Inward

## Circular Strikes

In  
Out  
Forward  
Cane Head Over

## Locks

Palm  
Compression  
Reverse Whip  
Arm Bar Under

## Chokes

Cross  
Sleeper  
Hooking  
Compression

## Balance Breaks

Shin Bar  
Leg Lever  
Ankle Trap  
Figure 4 Throw

## Punch Defense

Figure 4  
Neck Lever  
Head Throw  
Figure 4 Throw