

White Belt Syllabus



WHITE BELT THEME

'A Black Belt is a White Belt who simply never gave up'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS

Jab Cross Hook Uppercut

STRIKING SKILLS

Palm Strike Elbow Strike

BLOCKING SKILLS

Upper Block Lower Block Inner Block Outer Block

SECOND TIP - KICKING

KICKING

Front Kick Turning Kick
Back Kick Side Kick to the Side

STRIKING

Knee Strike

THIRD TIP - SELF DEFENCE TECHNIQUES

DEFLECTIONS

Against a Punch
Move Back Move to the Left
Move Forward Move to the Right

SPARRING

One Step Sparring

SELF DEFENCE

Against a Same Hand Grab Against a Cross Hand Grab
Circle Release Circle Release
Slide Release Slide Release
Push Release Push Release

Against a Double Hand Grab Against a Choke
Double Circle Release Cross Hands and Circle
Circle Hands & Knee Strike Throat Push Release
Smash Release and Strike Twist and Circle Release

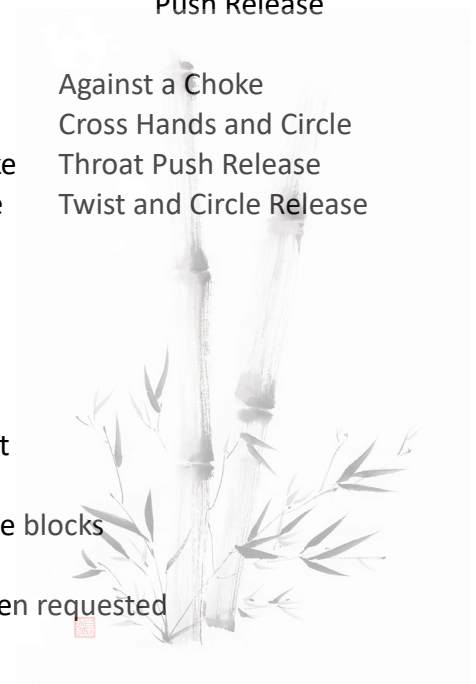
SEQUENCES

Jab, Cross, Front Kick, Knee Strike
Hook, Uppercut, Turning Kick, Back Kick

BELT EXAM

SKILLS TESTED

Perform Belt Sequences without a target
Demonstrate Step Sparring with effective blocks
Demonstrate all White Belt material when requested



Orange Belt Syllabus



ORANGE BELT THEME *'Closest Weapon, closest target'*

FIRST TIP - HAND TECHNIQUES

STRIKING SKILLS Knifehand Strike Inner Knifehand Strike

Downward Knifehand Strike

BLOCKING SKILLS Cover Block Knee Defence Block

Squeeze Block

SECOND TIP - KICKING

KICKING SKILLS Front Leg Front Kick Front Leg Turning Kick

Front Leg Side Kick Stepping Side Kick

Inner Crescent Kick Outer Crescent Kick

Jumping Front Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

DEFLECTIONS Against a Punch

Move Back and Counter	Move Forward and Counter
Move Left and Counter	Move Right and Counter

SPARRING One Step Sparring

SELF DEFENCE Release and add 3 Counter Attacks

Against a Same Hand Grab	Against a Cross Hand Grab
Circle Release	Circle Release
Slide Release	Slide Release
Push Release	Push Release

Against a Double Hand Grab	Against a Choke
Double Circle Release	Cross Hands and Circle
Circle Hands & Knee Strike	Throat Push Release
Smash Release and Strike	Twist and Circle Release

SEQUENCES Inner Crescent Kick, Stepping Side Kick, Knifehand Strike
Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

BELT EXAM

SKILLS TESTED Perform Belt Sequences without a target

Demonstrate step sparring with variety

Demonstrate all Orange Belt material when requested



Yellow Belt Syllabus



YELLOW BELT THEME *'Flexibility masters hardness'*

FIRST TIP - HAND TECHNIQUES

STRIKING SKILLS	Elbow Strike	Backward Elbow Strike
	Upward Elbow Strike	Downward Elbow Strike
	Ridgehand Strike	Inner Ridgehand Strike
BLOCKING SKILLS	Wedging Block	Block and Grab

SECOND TIP - KICKING

KICKING SKILLS	Side Kick	Turning Back Kick
	Sliding Front Kick	Double Turning Kick
	Jumping Front Kick	

THIRD TIP - SELF DEFENCE TECHNIQUES

SPARRING	One Step Sparring	Three Step Sparring
SELF DEFENCE	Arm Bar Over	Arm Bar Under

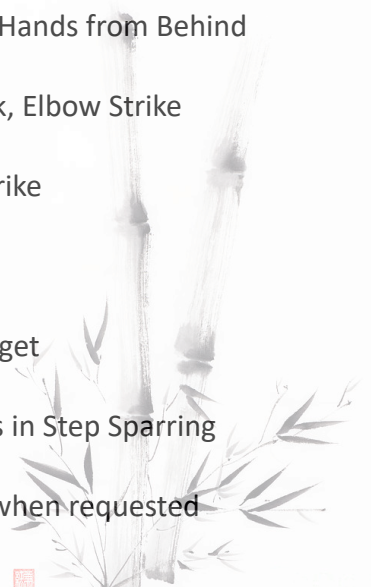
Demonstrate both techniques against;

Same Hand Grab	Cross Hand Grab
Two Hand Grab	Two Hands onto One
Choke	Double Hands from Behind

BELT SEQUENCES	Sliding Front Kick, Double Turning Kick, Elbow Strike
	Side Kick, Turning Back Kick, Elbow Strike

BELT EXAM

SKILLS TESTED	Perform Belt Sequences without a target
	Use variety of blocks, strikes and kicks in Step Sparring
	Demonstrate Yellow Belt techniques when requested



Green Belt Syllabus



GREEN BELT THEME

'Strength does not come from physical capacity, it comes from indomitable will'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS

Backfist Strike

Upward Backfist Strike

Front Backfist Strike

Spinning Backfist Strike

Spinning Knifehand Strike

Spinning Elbow Strike

BLOCKING SKILLS

Upper X Block

Lower X Block

Side X Block

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS

Double Crescent Kick

Hook Kick

Axe Kick

Jumping Turning Kick

Push Kick

Hands Down Back Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

SPARRING

One Step Sparring

Three Step Sparring

SELF DEFENCE

Shoulder Lever

Ankle Sweep

Demonstrate both techniques against;

Same Hand Grab

Cross Hand Grab

Two hand Grab

Two Hands onto One

Choke

Two Hands from Behind

BELT SEQUENCES

Double Crescent Kick, Spinning Backfist Strike

Axe Kick, Hook Kick, Spinning Elbow Strike

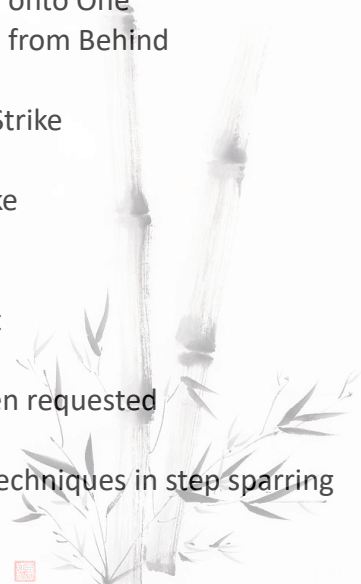
BELT EXAM

SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate Green Belt techniques when requested

Show variety of movement, blocks and techniques in step sparring



Blue Belt Syllabus



BLUE BELT THEME

'Notice that the stiffest tree is most easily cracked, while the bamboo survives by bending with the wind.'

FIRST TIP - HAND TECHNIQUES

PUNCHING SKILLS

Hammerfist Strike

Vertical Fist Punch

Centre Knuckle Punch

Panther Fist Strike

BLOCKING SKILLS

Inner Rolling Block

Outer Rolling Block

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS

Spinning Crescent Kick

Spinning Hook Kick

Jumping Turning Kick for Distance

Circular Axe Kick

Grand Circular Kick

THIRD TIP - SELF DEFENCE TECHNIQUES

SPARRING

One Step Sparring

Three Step Sparring

SELF DEFENCE

Chinese Burn

Hammer Lock

Leg Sweep

Demonstrate each technique against;

Same Hand Grab

Two Hand Grab

Choke

Cross Hand Grab

Two Hands onto One

Double Hands from Behind

BELT SEQUENCES

Turning Kick, Spinning Hook Kick, Hammerfist Strike

Inner Crescent Kick, Spinning Crescent Kick, Hammerfist, Spinning Hook

BELT EXAM

PREREQUISITES

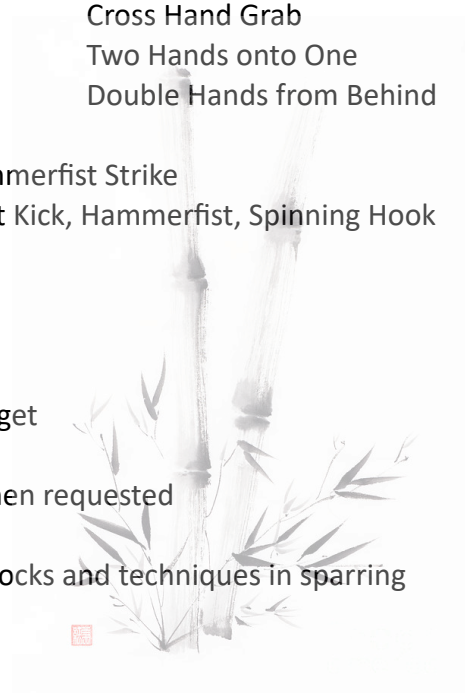
Regular Class Attendance

SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate Blue Belt Techniques when requested

Demonstrate variety of movement, blocks and techniques in sparring



Purple Belt Syllabus



PURPLE BELT THEME *'Motivation is what gets you started. Habit is what keeps you going.'*

FIRST TIP - HAND TECHNIQUES

STRIKING SKILLS Jump Spinning Backfist Jump Spinning Knifehand
 Jump Spinning Elbow Finger Strikes
 Tiger Mouth Strike Crane Strikes - Up, Down, Forward

BLOCKING SKILLS Upper Rolling Block into Uppercut Punch
 Lower Rolling Block into Vertical Fist Punch

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS Jumping Inner Crescent Kick Jumping Outer Crescent Kick
 Flying Side Kick Twisting Kick

KICKING COMBOS Inner Crescent, Spinning Crescent Kicks
 Turning Kick, Spinning Hook Kicks

THIRD TIP - SELF DEFENCE SKILLS

SPARRING SKILLS One Step Sparring Three Step Sparring

SELF DEFENCE Outer Wrist Lock Whip Throw

Demonstrate both techniques against;

Same Hand Grab	Cross Hand Grab
Two Hand Grab	Two Hands onto One
Choke	Double Hands from Behind

BELT SEQUENCES Jumping Inner Crescent, Jump Spinning Elbow, Jumping Front Kick
 Flying Side Kick, Jumping Outer Crescent Kick, Jump Spinning Backfist

BELT EXAM

PREREQUISITES Regular Class Attendance
 At least one additional month of training since 3rd Tip

BOARD BREAKING Stepping Side Kick

SKILLS TESTED Perform Belt Sequences without a target
 Incorporate Purple Belt Techniques into Step Sparring
 Demonstrate any White, Orange, Yellow, Green, Blue or Purple Belt technique when requested



Brown Belt Syllabus



BROWN BELT THEME

'It does not matter how slowly you go as long as you do not stop.'

FIRST TIP - HAND TECHNIQUES

STRIKING SKILLS

Rolling Blocks into Strikes and Self Defence

Inner Rolling Block into ; Hook Punch

Knifehand Strike

Elbow Strike

Vertical Fist Punch

Hammer Fist Strike

Jump Spinning Backfist Strike

Arm Bar Over and Arm Bar Under

Lower Rolling Block into ; Uppercut Punch

Downward Knifehand Strike

Downward Elbow Strike

Upwards Backfist Strike

Spinning Elbow Strike

Upwards Crane Strike

Shoulder Lever and Chinese Burn

Upper Rolling Block into ; Cross Punch

Inner Knifehand Strike

Upwards Elbow Strike

Spinning Knifehand Strike

Ridgehand Strike

Jump Spinning Elbow Strike

Hammer Lock and Outer Wrist Lock

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS

Sliding Axe Kick

Front Leg Axe Kick

Sliding Hook Kick

Front Leg Hook Kick

Sliding Turning Kick

Jump Turning Back Kick

Forward Illusion Kick

Spinning Heel Kick

KICKING COMBOS

Sliding Axe Kick, Front Leg Axe Kick

Front Leg Hook Kick, Sliding Hook Kick



Brown Belt Syllabus



THIRD TIP - SELF DEFENCE TECHNIQUES

SELF DEFENCE SKILLS

Goose Neck Lock

Fingers Back Wrist Lock

Circular Shoulder Throw

Hip Throw

Demonstrate all techniques against;

Same Hand Grab
Two Hand Grab
Choke

Cross Hand Grab
Two Hands onto One
Double Hands from Behind

KICKING DEFENCE SKILLS

Against a Front Kick
Lower X Block
Blade Block
X Block and Pull

Against a Turning Kick
Side X Block
Push Kick
Circular Axe Kick

Against a Crescent Kick
Cover Block
Low Side Kick
Low Reverse Hook Kick

Against a Back Kick
Push Kick
Rising Side Blade Kick
Jam

SPARRING

One Step Sparring

Three Step Sparring

BELT SEQUENCES

Sliding Hook Kick, Spinning Hook Kick, Front Leg Hook Kick

Sliding Axe Kick, Jump Turning Back Kick, Front Leg Axe Kick

BELT EXAM

PREREQUISITES

Regular Class Attendance

At least one additional month of training since third Tip

BOARD BREAKING

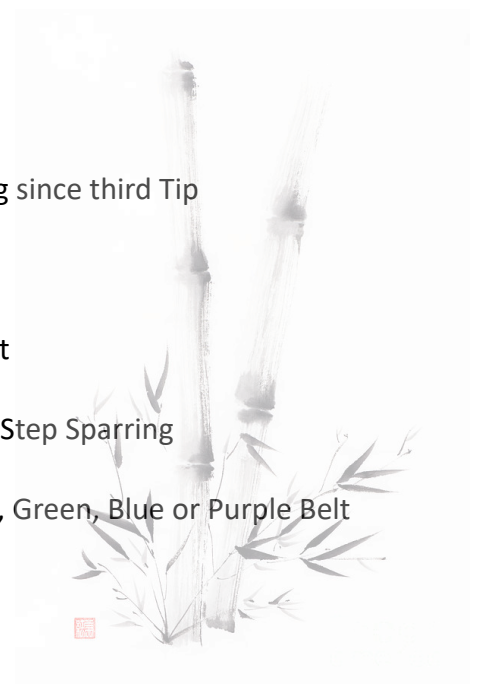
Spinning Hook Kick

SKILLS TESTED

Perform Belt Sequences without a target

Incorporate Brown Belt techniques into Step Sparring

Demonstrate any White, Orange, Yellow, Green, Blue or Purple Belt technique when requested



Red Belt Syllabus



RED BELT THEME *'Obey the principles without being bound by them'*

FIRST TIP - HAND TECHNIQUES

WEAPONRY SKILLS Basic Strikes and Blocks with Chosen Weapon

Step Sparring with Chosen Weapon

Develop a Routine with Chosen Weapon

BLOCKING

Rolling Block into;

Ankle Sweep

Leg Sweep

Whip Throw

Hip Throw

Circular Shoulder Throw

Using;

Inner Rolling Block

Outer Rolling Block

Upper Rolling Block

Lower Rolling Block

STRIKING

Random Striking Combinations
From White Belt Punches
From Orange Belt Strikes
From Yellow Belt Strikes
From Green Belt Strikes
From Blue Belt Strikes
From Purple Belt Strikes

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS

Jump Spinning Turning Kick

Reverse Spinning Turning Kick

Jumping Axe Kick

Jump Spinning Inner Crescent Kick

Advanced Jump Front Kick

Advanced Jump Turning Back Kick

KICKING COMBOS

Jump Spinning Inner Crescent Kick, Jump Spinning Turning Kick

Advanced Jump Turning Back Kick, Advanced Jump Front Kick



Red Belt Syllabus



THIRD TIP - SELF DEFENCE TECHNIQUES

SELF DEFENCE SKILLS

Sandwich Lock

Reverse Whip Lock

Stomach Throw

Circular Head Throw

Demonstrate all techniques against;

Same Hand Grab

Cross Hand Grab

Two Hand Grab

Two Hands onto One

Choke

Double Hands from Behind

WEAPON DEFENCE SKILLS

Defend against an attack with your chosen weapon

Against a Downward Strike

Against an Upward Strike

Against a Strike to the Left

Against a Strike to the Right

Against a Spinning Attack

SPARRING

One Step Sparring

Three Step Sparring

Free Sparring (One Round)

BELT SEQUENCES

Spinning Turning Kick, Spinning Hook Kick, Advanced Jumping Front Kick
Jumping Axe Kick, Jump Spinning Inner Crescent Kick, Spinning Knifehand

BELT EXAM

PREREQUISITES

Regular Class Attendance

Hapkido Class

Weaponry Class

Sparring Class

At least one month of additional training since the last Tip

BOARD BREAKING

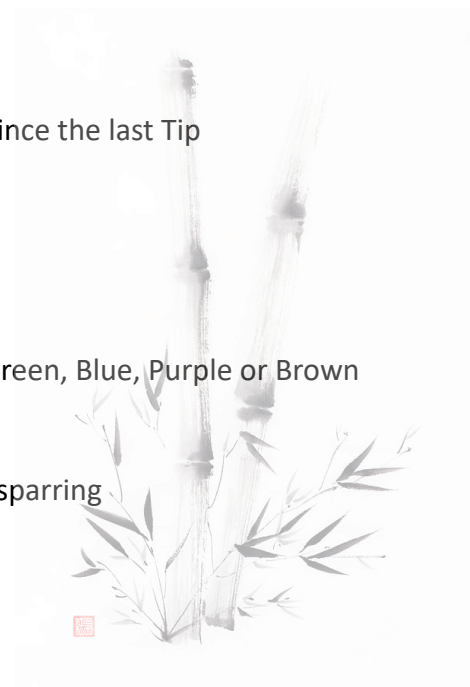
Jump Turning Back Kick

SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate any White, Orange, Yellow, Green, Blue, Purple or Brown Belt technique when asked

Incorporate Red Belt techniques into step sparring



Provisional Black Belt Syllabus



PROVISIONAL BLACK BELT THEME *'When you aim for perfection you discover it is a moving target'*

FIRST TIP - HAND TECHNIQUES

WEAPONRY SKILLS Basic Strikes and Blocks with a second, different, Chosen Weapon

Step Sparring with Chosen Weapon

Develop a Routine with Chosen Weapon

STRIKING REVIEW

White Belt Striking Combination

Orange Belt Striking Combination

Yellow Belt Striking Combination

Green Belt Striking Combination

Blue Belt Striking Combination

Purple Belt Striking Combination

BLOCKING

Inner Rolling Block

Lower Rolling Block

Outer Rolling Block

Upper Rolling Block

All Blocks into Each of these Techniques;

Stomach Throw

Circular Head Throw

Sandwich Lock

Reverse Whip Lock

SECOND TIP - KICKING TECHNIQUES

KICKING SKILLS

Cartwheel **or** Ninja Roll into Axe Kick

Jump Spinning Outer Crescent Kick

Drop Down Turning Kick

One personal choice kick to Advanced Black Belt Standard

KICKING REVIEW

White Belt Kicking Combination

Orange Belt Kicking Combination

Yellow Belt Kicking Combination

Green Belt Kicking Combination

Blue Belt Kicking Combination

Purple Belt Kicking Combination

Brown Belt Kicking Combination

Red Belt Kicking Combination



Provisional Black Belt Syllabus



THIRD TIP - SELF DEFENCE TECHNIQUES

SELF DEFENCE SKILLS	Develop 10 personal choice self defence combinations Choose to respond to; Any Punch Cross Hand Grab Choke Grab from Behind Same Hand Grab Double Hand Grab Any Kick
WEAPON DEFENCE SKILLS	Defend against an attack with your chosen weapon Against a Downward Strike Against a Strike to the Left Against a Spinning Attack Against an Upward Strike Against a Strike to the Right
SPARRING	One Step Sparring Free Sparring Three Step Sparring
BELT EXAM	
PREREQUISITES	Regular Class Attendance Hapkido Class Weaponry Class Sparring Class At least one month of additional training since the last Tip
FITNESS TEST	A Special pre-qualifying test will be conducted around 2 weeks before the Black Belt Exam * Run Through all Belt Sequences White-Red Belt * At least 40 Push Ups * At least 40 Sit Ups * At least one round of free sparring
BOARD BREAKING	Three Random Board Breaks, one personal choice
SKILLS TESTED	Perform Belt Sequences without a target Demonstrate any White, Orange, Yellow, Green, Blue, Purple or Brown or Red Belt technique when asked Incorporate Red Belt techniques into step sparring Perform both of your previous Weaponry routines Falling and Rolling Skills

