



# 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

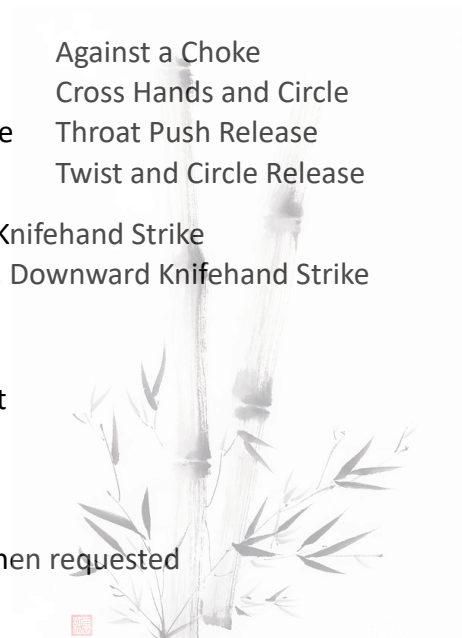
SEQUENCES      Inner Crescent Kick, Stepping Side Kick, Knifehand Strike  
Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

## 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	

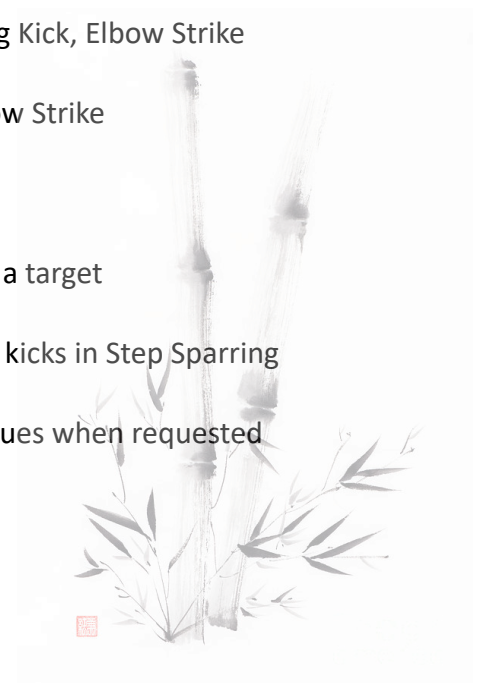
## THIRD TIP - SELF DEFENCE TECHNIQUES

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

Arm Bar Under

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

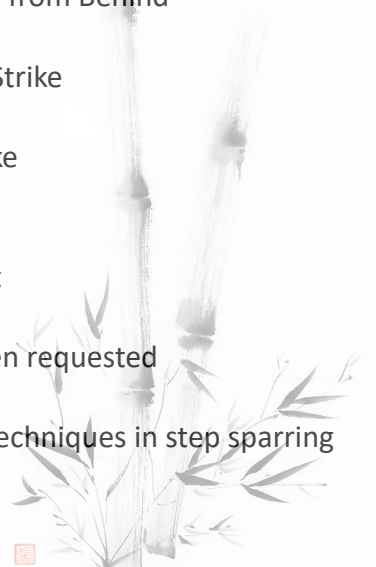
### BELT EXAM

### 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

Shoulder Lever

Ankle Sweep

Demonstrate both techniques against;

Same Hand Grab

Cross Hand Grab

Two Hand Grab

Two Hands onto One

Choke

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

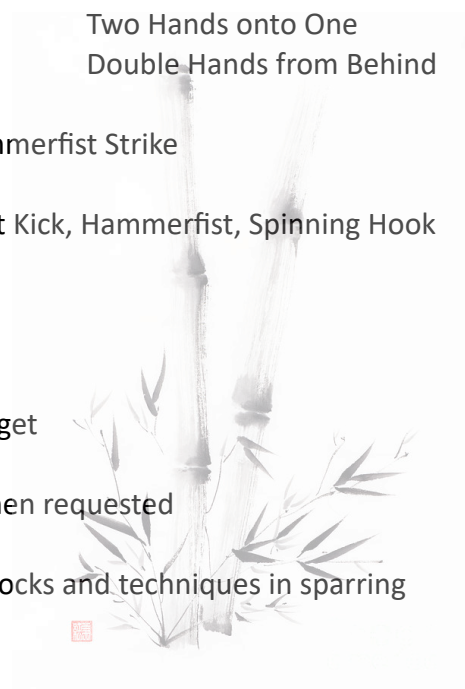
Regular Class Attendance

### 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

Hammer Lock

Leg Sweep

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

Upper Rolling Block into ; Cross Punch

Inner Knifehand Strike

Upwards Elbow Strike

Spinning Knifehand Strike

Ridgehand Strike

Jump Spinning Elbow Strike

Hammer 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

Leg Lift Hip Throw

Whip Throw

Circular Shoulder 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

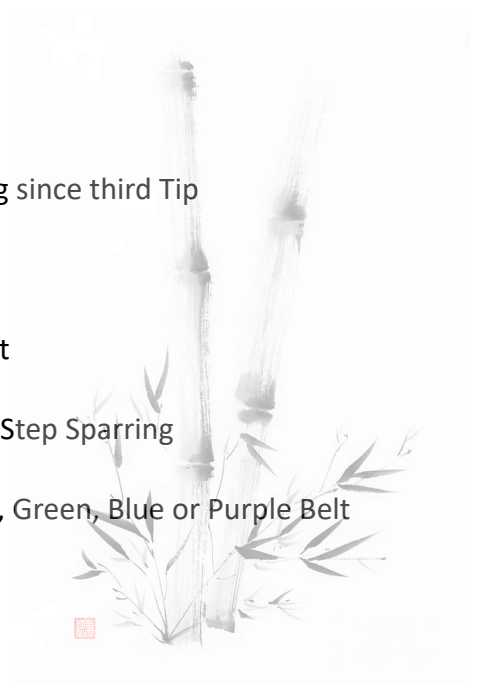
Spinning Hook Kick

#### 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;

Arm Bar Under  
Shoulder Lever

Arm Bar Over  
Hammer Lock

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

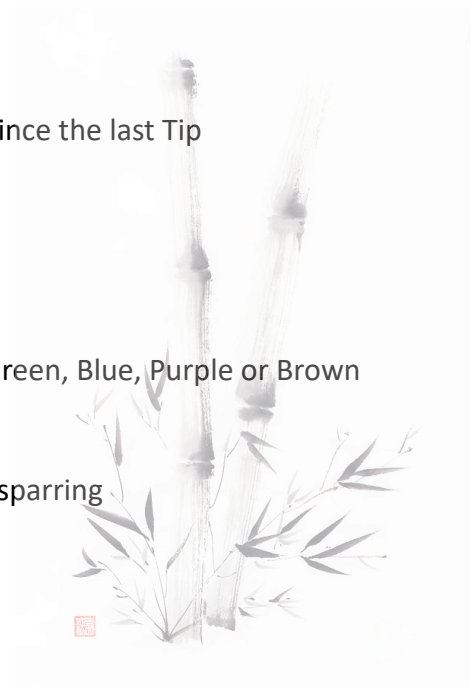


# Red Belt Syllabus



## THIRD TIP - SELF DEFENCE TECHNIQUES

SELF DEFENCE SKILLS	Reverse Whip Lock	Circular Shoulder Throw
	Demonstrate both 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	
<b>BELT EXAM</b>		
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 Takedowns;  
Ankle Sweep  
Leg Sweep  
Leg Lift Hip Throw  
Circular Shoulder Throw  
Circular Head Throw

## 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
<b>BELT EXAM</b>	
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

