



1st Gup, RED BELT

Student's Name _____

GENERAL REQUIREMENTS

1. Must be a member in good standing of the EHA.
2. Minimum of 30 lessons prior to next Gup test.

GENERAL KNOWLEDGE

1. Assistant teaching responsibilities.
2. Name of the Founder of Hapkido.
3. Knowledge of Hwarang and Sunbi.
4. Name and rank of Chief Master Instructor of EHA.

JOK SUL

1. Jump Front Kick with front leg.
2. Jump Front Kick with rear leg.
3. Inside Crescent Kick, Jump Back Crescent Kick.
4. High Spinning kick, Low Spinning kick.
5. Low Spinning kick, High Spinning kick.

HYUNG

DAE GUP HYUNG

HO SHIN SUL

TOO KI

1. Right X-block clockwise, advance right foot, pivot anti-clockwise and shoulder throw.
2. Left X-block anti-clockwise, shoulder throw.
3. Right X-block, circle clockwise and pass into left hand, shoulder wheel style throw.
4. Right X-block, throw with arm across chest
5. Right X-block, fireman's carry.
6. Left X-block, fireman's carry.
7. Paul Kim's throw on inside.
8. Paul Kim's throw with lapel grab.
9. Right X-block, ram arm against elbow (reinforced if desired).
10. Right X-block, ridge hand to neck, headlock throw.
11. Right X-block, strike under arm and arm drag throw.

12. Monkey climb.

BANG TOO KI

JUST BEFORE HOLDING, counter with strikes:-

- 1 Step back on left into back stance and execute wedge block, slide right leg forward slightly and sudo to neck driving through.
2. Defence as above – double upset punch.
3. Defence as above – double palm strike to stomach.
4. Defence as above – elbow uppercut to jaw.
5. Defence as above – catch both arms inside elbow, windmill technique and morop chagi.

JUST BEFORE HOLDING, counter with joint manipulations:-

6. Avoid to left, side x-block with right hand on top, left hand guards and slides under elbow, basic arm Lock.
7. Avoid to left, catch wrist with left hand, right hand guards, execute a basic wrist lock with pivot and step behind opponent's leg, lock elbow with knee.
8. Side step 45 degrees with right leg and execute wedge block, circle left arm and catch and execute Diagonal throw.
9. Side step on right 45 degrees **or** step back on left, execute wedge block and cross arm throw.
10. Step back on left and execute wedge block, head twist with pivot, finish with double punch.

AT THE MOMENT OF THROWING:-

11. Collar and elbow grab, step back on left and execute right sudo to hip.
12. Step back on right and left sudo to hip.
13. Step back on right and X-strike to hip.
14. Step back on left and left sudo to hip, right mid-knuckle to solar plexus.
15. Morop chagi to solar plexus.
16. Reinforced throw, grab his elbow with your right hand and grab his wrist with your left, pivot on left and take down.
17. Finger in eye.
18. Thumb into sternal notch.
19. Right thumb into carotid artery.
20. Ridge hand to neck.

KYOK PA

DOLYO CHAGI, DUI CHAGI.

DAE RYUN

LEVEL 3 FREE SPARRING.



| General Knowledge | Jok Sul | Hyung | Too Ki | Bang Too Ki | Kyok Pa | Dae Ryun |
|-------------------|---------|-------|--------|-------------|---------|----------|
| /10 | /10 | /10 | /10 | /10 | /10 | /10 |