



3rd Gup, BLUE BELT

Student's Name _____

GENERAL REQUIREMENTS

1. Must be a member in good standing of the E.H.A.
2. Minimum of 30 classes prior to grading

GENERAL KNOWLEDGE

1. The Three Principles of Hapkido

JOK SUL

1. Front kick, slip front kick
2. Roundhouse kick, slip roundhouse kick
3. Side kick, slip side kick
4. Roundhouse kick, slip hook kick
5. Side kick, slip hook kick
6. Inside crescent kick, slip outside crescent kick
7. Front kick, slip side kick
8. Front kick, slip roundhouse kick

HYUNG

Jung Gup Hyung

HO SHIN SUL

Dui Eui Bok Soo

1. Wrists grabbed, kick leg away
2. Wrists grabbed, cut hand down towards face
3. Wrists grabbed, step back on left, elbow strike, shoulder/hip throw
4. Wrists grabbed, throw onto knee, elbow strike
5. Wrist grabbed, cross-arm throw
6. Lower sleeves grabbed, lock wrist and elbow without holding
7. Mid-sleeves grab, wrist lock reinforced with elbow
8. Mid-sleeves grab, left foot steps back, step behind and pull legs out and hit back of his legs with your knees
9. Both shoulders grabbed, wrist lock reinforced with shoulder
10. Both shoulders grabbed, open hand control, take forward **or** throw
11. Rear collar hold with left hand, backstroke and takedown (reinforce if necessary)
12. Rear collar hold with right hand, turn left foot half step anti-clockwise, Place right foot between his legs, left hand pulls at back and right hand pushes chin
13. Belt hold with left, sudo inside and out, turn anti-clockwise,

- Pressure point inside elbow with right hand, take down with pressure point to face
14. Belt hold, ram arm technique
 15. Rear bear hug fingers interlocked, knuckle strike, peel fingers, reverse wrist lock, kick and push to floor.
 16. Rear bear hug fingers interlocked, push down between knees, reverse wrist lock and kick etc.
 17. Rear bear hug, wrist lock release, side fall drop and immobilize on ground
 18. Arms pinned, punch out, elbow strike and throw
 19. Side headlock

KYOK PA

Hook kick (front or rear leg or slipping)

DAE RYUN – Level 2 Free Sparring

General Knowledge	Jok Sul	Hyung	Dui Eui Bok Soo	Kyok Pa	Dae Ryun
/10	/10	/10	/10	/10	/10