



## 4<sup>TH</sup> Gup, DEPUTY BLUE BELT

**Student's Name** \_\_\_\_\_

### **GENERAL REQUIREMENTS**

1. Must be a member in good standing of the European Hapkido Alliance.
2. Minimum of 25 classes prior to grading.

### **GENERAL KNOWLEDGE**

1. Knowledge of the Three Kingdoms.

### **JOK SUL**

1. Yop chagi – Dui chagi.
2. Dolyo chagi- Dui chagi.
3. Dolyo chagi- Spinning kick.
4. Low spinning kick.

### **HYUNG**

Cho Gup Hyung

### **HO SHIN SUL**

#### **Jung Gup Son Mok Soo**

1. Pressure point at wrist and kick to knee.
2. Reverse move with pivot.
3. Sandwich opponent's hand, takedown, palm strike to elbow.
4. Left cross-step, fireman's carry, pin elbow.
5. Palm technique against fingers.

#### **Ap Eui Bok Soo**

1. Cut upwards at wrist and pull sleeve under elbow, rotate into upwards elbow lock etc.
2. Opposite move of above, figure 4 armlock, apply pressure to wrist and immobilize.
3. Right cross-step, fireman's carry.
4. Elbow under armpit, drop on one knee.

