



5th Gup, GREEN BELT

Student's Name _____

GENERAL REQUIREMENTS

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

GENERAL KNOWLEDGE

1. Hapkido Ranking System

JOK SUL

1. Spinning kick
2. Back crescent kick

HYUNG

Choson Hyung

HO SHIN SUL

JOO MOK KIBON SOO

1. Right hand block, redirect and basic throw.
2. Right hand block, chicken wing.
3. Right hand block, diagonal takedown.
4. Right hand block, basic wrist lock.
5. Right hand block, arm lock at shoulder.
6. Right hand block, head twist.
7. Right hand block, strike to sternal notch.
8. Right hand block, hip throw.
9. Right hand block, yop chagi.
10. High right hand block and rotate into reverse elbow lock.
11. Left hand block, basic elbow lock.
12. Left hand block, wrist twist and elbow strike to face.
13. Left palm block, low spin kick.

KYOK PAH

DUI CHAGI



Jok Sul	Hyung	Joo Mok Kibon Soo	Kyok Pa
/10	/10	/10	/10

