



## 8<sup>th</sup> Gup, DEPUTY ORANGE BELT

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

### **General Requirements**

1. *Must be a member in good standing of the I.H.F.*
2. *Minimum of 20 classes prior to grading.*

### **General Knowledge**

*The Meaning of Hapkido.*

### **Nak Bop**

1. *Hae Jun Nak Bop (Forward Roll)*

### **Hand Techniques**

1. *Mid-section punch/Low block*
2. *Knife-hand strike/High block*
3. *Side knife-hand strike/Inner block*
4. *Ridge-hand in Kima jasae/Outer block*
5. *Back elbow/Low X-block*
6. *Forward elbow/High X-block*

### **Jok Sul**

1. *Slip front kick*
2. *Dolyo chagi*
3. *Slip roundhouse kick*
4. *Yop chagi*
5. *Yop chagi to side*
6. *Slip side kick*
7. *Inside heel kick*

8. *Antari chagi*
9. *Pak Antari chagi*

## **HYUNG**

1. *Sado Hyung*



## **HO SHIN SUL**

### **Son Mok Soo**

#### **Wrist Hitting Techniques**

1. *Palm strike to wrist and knife hand strike to neck.*
2. *Lift arms and elbow to ribs.*
3. *Pull right elbow back and left palm strike or tiger mouth strike.*
4. *Knife hand strike to wrist and release, turn and back elbow to face.*
5. *Palm strike to wrist and back fist to temple.*

#### **Joint Locking and Throwing Techniques**

1. *Distract, basic elbow lock.*
2. *Reverse move of above.*
3. *Catch wrist and nerve inside elbow, armlock up back.*
4. *Cross-step and release, arm-lock over shoulder.*
5. *Windmill technique.*
6. *Cross-step and release, turn and diagonal takedown.*
7. *90 degrees wrist cut.*
8. *Distract, reverse wrist lock, step back on left and kick with left.*

*Kyok Pa*  
*Yop Chagi*

## **Examiner's Comments:**

