

Hapkido 1st Dan

Belt Size _____ Name _____
 Class Day _____ Address _____
 Class Time _____ _____

Today's Date _____ E-Mail _____
 Starting Date _____ Birth Date _____
 Last Promotion Date _____ Age _____

	ATTACKS FROM THE REAR		ATTACKS FROM THE FRONT			
Arms Pinned						
Arms Free						
One Free/One Pinned						
Hand Choke						
Hair Pull						
Cross Shoulder Grab						
Double Shoulder Grab						
Cross Elbow Grab						
Double Elbow Grab						
Wrist Grab						
Cross Wrist Grab						
Double Wrist Grab						
Sleeve Grab						
Cross Sleeve Grab						
Double Sleeve Grab						
Arms Locked						
Arm Choke						
Full Nelson						
Lapel Grab						
Cross Lapel Grab						
Double Lapel Grab						
Grab and Punch						
Head Lock (front)						
Head Lock (side)						
Waist Tackle						
PUNCH DEFENSES		KICK DEFENSES			WEAPON DEFENSE	
Random (15)			Random (15)			Club (10)
Reaction Time			Reaction Time			Knife (10)
Blocks			Blocks			Gun (10)
Counter Attacks			Counter Attacks			Pass _____ Fail _____

I recognize that belts are awarded only when specific standards of performance can be met by the student during testing. If I do not achieve the desired rank, I may test again, at no cost, for that rank at the next testing session. I recognize that promotion standards are uniform and that each belt reflects a specific level of competence.

Student Signature _____

Judge Signature _____

FALLING			BODY MOVEMENT			
Back Fall			Front & Back			
Side Fall			Side to Side			
Front Fall			Slide Back 45			
over obstacle			Inside Pivot			
Roll Out			Back Pivot			
over obstacle			Cross-Step & Turn			
Side Roll			Back Spin			
8 Directional Roll			Back Step			
HAND TECHNIQUES						
<i>Mil Gi</i>			<i>Dungee Gi</i>			
Random (20)			Random (20)			
Body Movement			Body Movement			
Reaction Time			Reaction Time			
Counter Attack			Counter Attack			
<i>Job Gi</i>			Grab and Throw (15)			
Random (20)			Leg Throws (8)			
Body Movement			GROUND DEFENSE			
Reaction Time			Knocked Down (5)			
Counter Attack			Arms Free (5)			
<i>Keuk Gi</i>			Choked (5)			
Random (20)			WEAPON DEMONSTRATION			
Body Movement			Movement			
Reaction Time			Flow			
Counter Attack			Pressure Points (8)			
Grab and Lock (12)			PAPER RECEIVED			
Come-a-longs (10)			Teaching			
Passive Restraint (3)						
Joint Lock Defense (5)						
BLOCKS & STRIKES			Back Crescent			Double Front (apart)
Blocks			Drop Back Side			Double Front (together)
Strikes			Drop Back Spin			Thunder Kick
KICKS			Jump Front (front)			Jump Back Side
Front			Jump Front (back)			Jump Back Crescent
Front Twist			Jump Front 45			Jump Back Spin
Half Moon			Jump Roundhouse (front)			Kick/Sliding Kick
Roundhouse			Jump Roundhouse (back)			Inside/Outside Crescent
Side			Jump Roundhouse 45			Roundhouse/Back Spin
Back Side			Jump Side (front)			Side/Back Side
Back Spin			Jump Side (back)			Drop Spin/Back Spin
Back Spin-hook			Jump Side 45			Own Combinations