

**Hapkido 1st Kup - Temp. Black**

Belt Size \_\_\_\_\_ Name \_\_\_\_\_ Today's Date \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Class Day \_\_\_\_\_ Address \_\_\_\_\_ Starting Date \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Class Time \_\_\_\_\_ Last Promotion Date \_\_\_\_\_ Age \_\_\_\_\_

		ATTACKS FROM THE REAR		ATTACKS FROM THE FRONT	
Arms Pinned					
Arms Free					
Hand Choke					
Hair Pull					
Cross Shoulder Grab					
Double Shoulder Grab					
Cross Elbow Grab					
Double Elbow Grab					
Cross Wrist Grab					
Double Wrist Grab					
Sleeve Grab					
Cross Sleeve Grab					
Double Sleeve Grab					
One Free/One Pinned					
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 Strikes (10)		Random (10)		Club (8)	
Reaction Time		Reaction Time		Knife (8)	
Blocks		Blocks		Gun (8)	
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.

Judge Signature \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Student Signature \_\_\_\_\_

FALLING			BODY MOVEMENT			
Back Fall			Front & Back			
Side Fall			Side to Side			
Front Fall			Slide Back 45			
with short dive			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>			Come-a-longs (10)			
Random (10)			<i>Dungee Gi</i>			
2 Specialized (5 each)			Random (10)			
Body Movement			2 Specialized (5 each)			
Reaction Time			Body Movement			
Counter Attack			Reaction Time			
<i>Job Gi</i>			Counter Attack			
Random (10)			Grab and Throw (12)			
2 Specialized (5 each)			Joint Lock Defense (5)			
Body Movement			<b>Pressure Points (5)</b>			
Reaction Time			GROUND DEFENSE			
Counter Attack			Knocked Down (2)			
<i>Keuk Gi</i>			Arms Free (2)			
Random (10)			Choked (2)			
2 Specialized (5 each)			WEAPON DEMONSTRATION			
Body Movement			Movement			
Reaction Time			Flow			
Counter Attack			KUNJA OUTLINE			
Grab and Lock (12)			Teaching			
Strikes			Drop Back Side			Jump Back Side
KICKS			Drop Back Spin			Jump Back Crescent
Front			Jump Front (front)			Jump Back Spin
Front Twist			Jump Front (back)			Double Front (apart)
Half Moon			Jump Front 45			Double Front (together)
Roundhouse			Jump Roundhouse (front)			Kick/Sliding Kick
Side			Jump Roundhouse (back)			Inside/Outside Crescent
Back Side			Jump Roundhouse 45			Roundhouse/Back Spin
Back Spin			Jump Side (front)			Side/Back Side
Back Spin-hook			Jump Side (back)			Drop Spin/Back Spin
Back Crescent			Jump Side 45			Other Combinations
Thunder Kick			Flying Side			Own Combinations