

Hapkido 4th Kup - Blue Belt

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				
Hair Pull				
Shoulder Grab				
Cross Shoulder Grab				
Elbow Grab				
Cross Elbow Grab				
Wrist Grab				
Cross Wrist Grab				
One Free/One Pinned				
Arms Locked				
Arm Choke				
Full Nelson				
Hand Choke				
Lapel Grab				
Cross Lapel Grab				
Grab and Punch				
Head Lock (Front)				
Waist Tackle				

PUNCH DEFENSES		KICK DEFENSES			WEAPON DEFENSE		
Reverse Punch (5)		Defenses (8)		Club (3)			
Jab (5)		Reaction Time					
Counter-Attacks		Counter Attacks					

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.

Pass _____ Fail _____

Student Signature _____

Judge Signature _____

HAND TECHNIQUES			BODY MOVEMENT		
<i>Mil Gi</i>			Front & Back	box and swing	
Double Hand (5)			Side to Side	outside box and swing	
2 on 1 (5)			Slide Back 45	outside middle	
Body Movement			Inside Pivot	side-box, hook, strike	
Reaction Time			Back Pivot	strike, hook	
Counter Attack			Cross-Step & Turn	strike	
<i>Job Gi</i>			Back Spin	neck strike, neck hook	
Double Hand (5)			Back Step	low strike, groin hook	
2 on 1 (5)					
Body Movement			FALLING		
Reaction Time			Back Fall		
Counter Attack			Side Fall		
<i>Keuk Gi</i>			Front Fall (stand)		
Cross Grip (5)			Roll Out		
Double Hand (3)			over obstacle		
2 on 1 (3)			pushed		
Body Movement			Back Roll		
Reaction Time			pushed		
Counter Attack					
Grab and Lock (6)			Ground Fighting		
Come-a-longs (3)					
<i>Dungee Gi</i>			WEAPON DEMONSTRATION		
Cross Grip (5)			Movement		
Double Hand (3)			Flow		
2 on 1 (3)					
Body Movement			BLOCKS & STRIKES		
Reaction Time					
Counter Attack					
Grab and Throw (6)					

KICKS					
Front			Drop Back Side		Thunder Kick
Front Twist			Drop Back Spin		Jump Side (back)
Half Moon			Jump Front (front)		Jump Side 45
Roundhouse			Jump Front (back)		
Side			Jump Front 45		Kick/Sliding Kick
Back Side			Jump Roundhouse (front)		Inside/Outside Crescent
Back Spin			Jump Roundhouse (back)		Roundhouse/Back Spin
Back Spin-hook			Jump Roundhouse 45		Side/Back Side
Back Crescent			Jump Side (front)		Own Combinations