

Kwon Nyom Hapkido Beginner

White Belt Syllabus For Promotion To Orange Belt

Repetition is the father of Learning- Lil Wayne

Key Principles and Skills

- **BALANCE** Keeping your balance while lowering your center
- **FEINT** Using opposite movement to generate a reaction from your opponent to help your technique
- **AWARENESS** Watching For Punches & Kicks from your opponent during a technique - ready to block if required
- **SAFETY** Always take care of your partner
- **RESPECT** following dojang etiquette in a respectful and sincere manner.

Defensive Tactics

★ FIRST STRIPE

☯ **Stances**

- ⊕ Ready Stance - *Joon Be*
- ⊕ Attention - *Charyut*
- ⊕ Bow - *Kyung nyeh*
- ⊕ Resting Stance
- ⊕ Defensive Stance (Hands Up)
- ⊕ Casual (Doorman's) Stance
- ⊕ Offensive (Fists Up)
- ⊕ Horse Riding - Fists On Belt

🦶 **Foot Work**

- ⊕ Right Step 2:00 o'clock
- ⊕ Right Step 4:00 o'clock
- ⊕ Right/Left Rear Step 6:00 o'clock
- ⊕ Left Step 8:00 o'clock
- ⊕ Left Step 10:00 o'clock
- ⊕ Left/Right Step 12:00 o'clock

👊 **Strikes (Left & Right)**

- ⊕ Double Palm ⊕ Cross
- ⊕ Cat Strikes ⊕ Hook
- ⊕ Jab ⊕ Uppercut

☯ **Kicks (Left & Right) (Front & Back Foot)**

- ⊕ Snap Front Kick ⊕ Turning Kick
- ⊕ Push Front Kick ⊕ Shin Kick

☯ **Weak Point Targets**

- ⊕ Suprasternal Notch in Neck
- ⊕ Armpit Muscle
- ⊕ Nose-Push or strike with Palm
- ⊕ Solar Plexus
- ⊕ Groin (kick, strike, grab)

★ SECOND STRIPE

☯ **Distraction Stun (Strike or Kick)**

- ⊕ If needed, begin with a distraction strike or kick to make the opponent loosen his grip.

☯ **+ 1**

✦ Adding a strike, kick, joint lock or throw after executing your first technique.

☯ **Blocking + 1 (Left & Right)**

- ⊕ Upper ⊕ Palm Block
- ⊕ Inside Middle ⊕ Lower Block
- ⊕ Outside Middle ⊕ Upper Outside

- ⊕ Pick ⊕ Soft Middle Block
- ⊕ Check ⊕ Double Block

☯ **Break Falls** Keep you from being injured when you are taken to the ground.

- ⊕ Side (left & Right)

☯ **Evasion + 1 (Left & Right)**

- ⊕ Middle Section (Straight & Hook)
- ⊕ Upper Section + 1 (Downward)
- ⊕ Lower Section (Front & Turning)
- ✦ Add + 1 strikes or kicks

★ THIRD STRIPE

☯ **Circular Releases + 1 (Left & Right)**

- ⊕ Same Side Wrist ~ Twist Release+1
- ⊕ Same Side Wrist ~ Circle In + 1
- ⊕ Cross Wrist ~ Twist Release + 1
- ⊕ Cross Wrist ~ Circle Out + 1
- ⊕ 2 Hand Front Choke ~ Windmill + 1

☯ **Striking Releases (Left & Right)**

- ⊕ Lapel Grab ~ Strike
- ⊕ Behind Collar ~ Strike
- ⊕ Same Side Wrist ~ Turn Your Palm Up then Hammerfist Strike
- ✦ Add a Follow-up strike or kick

☯ **Side Wrist Grab Releases (Left & Right)**

- ⊕ Thumb Up ~ Pull Up
- ⊕ Thumb Down ~ Pull Down
- ✦ Add Various Strikes & Kicks

✦ Add a Follow-up strike or kick If Not A Friend

☯ **Theories of Hapkido**

- ⊕ Water Theory
- ⊕ Circular Motion
- ⊕ Non-Resistance

Requirements for Promotion To your Orange Belt (1) Attend a minimum of 12 classes (2) Earn 3 Stripes (3) Register for regular classes (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Novice

Orange Belt Syllabus For Promotion To Yellow Belt

"There is no substitute for attentive repetition." ~ Daniel Coyle

Key Principles and Skills

- NON-RESISTANCE Relax, don't tense when grabbed, don't be there
- CIRCLE PRINCIPAL Lead an attack into a circle
- BLENDING WITH OPPONENT'S MOVEMENT Just enough so the attacker thinks they still have control
- BREAK attackers Balance, MAKE Your Balance, TAKE attackers balance
- IGNORE the second hand in 2 Hand Grabs; handle as 1 Hand Grab

Defensive Tactics

☐ ↓ FIRST STRIPE

☉ STRIKES (Left & Right)

- ⊕ Inward Elbow
- ⊕ Upward Elbow
- ⊕ Backward Elbow
- ⊕ Dropping Elbow

☉ KICKS (Left & Right) (Front & Back)

All Previous Kicks

- ⊕ Knee ⊕ Scoop Kick
- ⊕ Side ⊕ Slap Kick

☉ BREAK FALLS Keep you from being injured when you are taken to the ground.

⊕ Backward

All Previous Breakfalls

☉ KOREAN TERMINOLOGY

- ⊕ Start ~ Si-Jak

☉ TRAPPING DRILLS + 1

- ⊕ Punch, Trap, Punch

WEAK POINT TARGETS

- ⊕ Hand (2)
- ⊕ Wrist (2)
- ⊕ Bicep (1)

☐ ↓ SECOND STRIPE

☉ ARM BAR OVER + 1

(Live Hand Press, Wing Lock)

- ⊕ Same Side Wrist Grab
- ⊕ Cross Hand Grab
- ⊕ One Hand Lapel Grab
- ⊕ Rear Collar Grab
- ⊕ Rear Same Side Wrist Grab
- ⊕ Rear 2 Hands Grabbing 2 Wrists
- ↗ Add Stuns, Strikes, Kicks or Pressure Points

☉ BRIDGE ARMBAR + 1

- ⊕ Front Shoulder Grab
- ⊕ Rear Collar Grab From Front
- ⊕ Rear Collar Grab From Rear
- ↗ Add Stuns, Strikes, Kicks or Pressure Points

☉ FINGER & THUMB LOCKS + 1

- ⊕ Same Side Wrist Grab
- ⊕ Cross Hand Wrist Grab
- ⊕ Lapel Grab
- ⊕ 1 Hand Push ~ 3 Section Angle
- ⊕ 1 Hand Push ~ Finger Lock
- ⊕ Attempted Full Nelson From Rear
- ⊕ Full Nelson From Rear
- ⊕ Rear Bear Hug - Finger
- ⊕ Rear Bear Hug - Thumb
- ⊕ Rear Bear Hug - Neither
- ↗ Add Stuns, Strikes, Kicks or Pressure Points

☉ ARRESTING TECHNIQUES

- ⊕ Armbar Over
- ⊕ Hand attacks
- ↗ Add Stuns, Strikes, Kicks or Pressure Points

Requirements for Promotion To Yellow Belt (1) Attend a minimum of 2/3 classes during 4 Months (2) Earn 3 Belt Stripes (3) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Novice

Yellow Belt Syllabus For Promotion To Green Belt

"There is no substitute for attentive repetition." ~ Daniel Coyle

Key Principles and Skills

- LEVERAGE Understand where the fulcrum, load, and lever is for all your techniques.
- KEEP TECHNIQUE CLOSE TO BODY, close to your hip, elbows in and below shoulders
- BREAK attackers Balance, MAKE Your Balance, TAKE attackers balance

Defensive Tactics

☐ ↓ FIRST STRIPE

🌀 HAMMERFIST STRIKES

- | | |
|-----------|------------|
| ✦ Inward | ✦ Downward |
| ✦ Outward | ✦ Rising |

🌀 KICKS (Left, Right, Front & Back)

All Previous Kicks

- ✦ Back Kick
- ✦ Step behind Side

🌀 TRAPPING DRILLS + 1

All Previous Trapping Drills

- ✦ High/Low Trapping Drill

🌀 TERMINOLOGY

All Previous Terminology

- ✦ Spirit Shout ~ Ki-yap

🌀 BREAK FALLS

All Previous Break Falls

- ✦ Forward Roll
- ✦ Forward Roll From Live Hand Press

Z LOCKS

🌀 FRONT BODY GRABS + 1

- ✦ Front Same Hand
 - ✦ Front Shoulder Grab
 - ✦ Front Lapel Grab
 - ✦ Front Hair Grab
 - ✦ Front Cross Hand
 - ✦ Arresting Technique
- ✦ Add Stuns, Strikes, Kicks or Pressure Points

☐ ↓ SECOND STRIPE

Z LOCKS

🌀 REAR BODY GRABS + 1

- ✦ Rear Bear Hug
 - ✦ Same Side Wrist Grab
 - ✦ 2 Hands Same Side Wrist Grab
- ✦ Add Stuns, Strikes, Kicks or Pressure Points

ARMBAR UNDER

🌀 ELBOW LOCK + 1

(Step Across & Throw After Basics)

- ✦ Same Hand Grab
 - ✦ Cross Hand Grab
 - ✦ Lapel Grab
 - ✦ Same Hand Grab From Rear
 - ✦ Push Intercept
- ✦ Add Stuns, Strikes, Kicks or Pressure Points

🌀 ELBOW/SHOULDER LEVER + 1

(Can Take to Ground After Basics)

- ✦ Same Hand Grab
 - ✦ Front Lapel Grab
 - ✦ Same Hand Grab From Rear
 - ✦ Push Intercept
 - ✦ Cross Hand Grab
 - ✦ Belt Grab-Palm UP
 - ✦ Arresting Technique
- ✦ Add Stuns, Strikes, Kicks or Pressure Points

🌀 MULTIPLE ATTACKS

Requirements for Promotion To Green Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Novice

Green Belt Syllabus For Promotion To Purple Belt

Practice Makes Perfect!

DO NOT begin a new section of the curriculum until you have stripe tested.

Key Principles and Skills

- Blending From One Technique to Another Technique Smoothly
- Continuously unbalancing the opponent during the entire technique.
- Continuous application of pain through the entire technique
- Maintaining your own posture during the technique
- Follow the technique momentum

Defensive Tactics

☐ ↓ FIRST STRIPE

☯ STRIKES

All Previous Strikes

- ☯ Palm Heel
- ☯ Palm Jab
- ☯ Back Fist
- ☯ Back Fist Down

☯ KICKS (Left, Right, Front & Back)

All Previous Kicks

- ☯ Skip Front
- ☯ Inside Crescent
- ☯ Outside Crescent

☯ BREAK FALLS

All previous BreakFalls

- ☯ Backward Roll

☯ TERMINOLOGY

All Previous Terminology

- ☯ Training Hall ~ Dojang

☯ TRAPPING DRILLS + 1

All Previous Trapping Drills

- ☯ Brush, Trap, Strike
- ☯ Brush, Trap, Nose Press

☯ WEAK POINTS

- ☯ Forearm near elbow
- ☯ Both side of the arm above the elbow
- ☯ Collar Bone at shoulder

☐ ↓ SECOND STRIPE

☯ ADVANCED BLOCKING

- ☯ Right Cover Block
- ☯ Left Cover Block
- ☯ Double Cover Block

V LOCKS

☯ GOOSENECK + 1

- ☯ From Same Hand Grab
- ☯ Arresting Technique
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ WRIST LOCK + 1

- (Take Down After Basics)
- ☯ Same Side Grab
- ☯ Cross Grab
- ☯ Front Lapel Grab
- ☯ Rear Single/Double Shoulder
- ☯ Arresting Technique (Attack)
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ POLICE LOCK + 1

- (Take Down After Basics)
- ☯ Same Side Wrist Grab
- ☯ Cross Wrist Grab
- ☯ Head Lock
- ☯ Arresting Technique (Attack)
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ WRAP AROUND + 1

- (Take Down After Basics)
- ☯ Middle Sleeve Grab
- ☯ Shoulder Grab
- ☯ Arresting Technique (Attack)
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☐ ↓ THIRD STRIPE

☯ CENTER LOCK + 1

- (Possible Whip Throw After Basics)
- ☯ Cross Hand Grab
- ☯ Front Lapel Grab
- ☯ Arresting Technique (Attack)
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ OUTSIDE WRIST LOCK + 1

- ☯ From Same Hand Grab
- ☯ Arresting Technique
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ GOOSE HEAD + 1

- ☯ From Police Lock
- ☯ From Outside Wrist Lock
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ HAMMER-LOCK + 1

- (Take Down After Basics)
- ☯ Same Side Wrist Lock
- ☯ Cross Wrist Grab
- ☯ Middle Sleeve Grab
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ TORNADO THROW + 1

- ☯ From one hand push or punch
- ☯ Add Stuns, Strikes, Kicks or Pressure Point

☯ Figure 4 + 1

- (Take Down After Basics)
- ☯ One Hand Choke
- ☯ Add Stuns, Strikes, Kicks or Pressure Points

☯ MULTIPLE ATTACKS

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

Requirements for Promotion To Purple Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Intermediate

Purple Belt Syllabus For Promotion To Blue Belt

"Repetition is the key to real learning." ~ Jack Canfield

DO NOT begin a new section of the curriculum until you have stripe tested.

Key Principles and Skills

- Control the opponent's center
- Third leg - imagine your opponent is a tripod - where would the third leg be? That is his point of balance
- BREAK attackers Balance, MAKE Your Balance, TAKE attackers balance

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

↓ FIRST STRIPE

☯ STRIKES

All Previous Strikes

- ☯ Elbow Over
- ☯ Rising Elbow
- ☯ Outward Elbow

☯ KICKS

All Previous Kicks

- ☯ Heel Kick To His Shin (Left & Right)
- ☯ Hook Kick (Left, Right, Front & Back)
- ☯ Turning Back Kick (Left & Right)

☯ BREAK FALLS

All Previous BreakFalls

- ☯ Front Break Fall

☯ TERMINOLOGY

All Previous Terminology

- ☯ Uniform ~ Dobok

☯ TRAPPING DRILLS + 1

All Previous Trapping Drills

- ☯ Pass Over

☯ ATTACK THE TEMPLE

- ☯ From Seated Position ~ Get him up & escort Out

☯ ATTACK THE NOSE + 1

- ☯ Lapel Grab
- ☯ Bear Hug ~ Arms Free
- ☯ From Seated Position ~ Get Him Up & Escort Out
- ☯ Head Lock

☯ 2 HANDS GRABBING 1 WRIST ESCAPE

- ☯ Reach in with your free hand & grab your fist & pull back to escape
 - ☯ Clap your hands then roll your hands over his fist
 - ☯ Add Stuns, Strikes, Kicks or Pressure Points
- All Previous Kicks

↓ SECOND STRIPE

☯ STATIONERY THROWS + 1

REAP THROW

- ☯ From the Clench
- ☯ From Shoulder Grab
- ☯ From Front Hair Grab
- ☯ From Front Bear Hug
- ☯ From 2 Hand Front Choke

BASIC HIP THROW

- ☯ From Cross Wrist Grab

HIP THROW

- ☯ From 2 Hand Side Choke
- ☯ From Same Side Grab

SHOULDER THROW

- ☯ From Cross Wrist Grab
- ☯ Rear Bear Hug - Arms Trapped
- ☯ 2 Hand Grab 2 Hands From Front

HEAD CONTROL THROW

- ☯ Same Side Wrist Grab
- ☯ Rear Shoulder-Sword & Hammer
- ☯ Rear Shoulder - Obscure Wing

KNEE SWEEP

- ☯ 2 Hand Grab From Front-White Crane
- ☯ 2 Hand Grab From Rear-Knee Sweep

WHIP THROW

- ☯ Same Side Wrist Grab
- ☯ Cross Hand Wrist Grab
- ☯ From Center Lock

Arresting Technique

- ☯ Half Nelson with a takedown
- ☯ Half Nelson with restraint

☯ MULTIPLE ATTACKS

Requirements for Promotion To Blue Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Intermediate

Blue Belt Syllabus For Promotion To Brown Belt

"Repetition is the mother of skill." ~ Tony Robbins

Key Principles and Skills

- Use the power from your legs, hips, shoulder & arms
- In transferring power, a tight core makes a huge difference
- BREAK attackers Balance, MAKE Your Balance, TAKE attackers balance

☐ ↓ FIRST STRIPE

☯ STRIKES

- ☞ All Previous Strikes
- ☞ Knife Hand
- ☞ Ox Jaw

☯ KICKS

- ☞ All Previous Kicks
- ☞ Axe Kick - Inside
- ☞ Axe Kick - Outside
- ☞ Turning Back Kick

☯ TRAPPING DRILLS

- ☞ All Previous Trapping Drills
- ☞ Pass Under/Trap Stripe

☯ TERMINOLOGY

- ☞ All Previous Terminology
- ☞ Belt.....Dee

☯ BREAK FALLS

- ☞ All Previous BreakFalls 1 - 6

☯ Pressure Point/Nerve Releases

Front Bear Hug Arms Free

- ☞ Press thumbs into neck nerve at the shoulder to escape, kick or strike if necessary
- ☞ Press up behind his ear lobes to escape, kick or strike if necessary
- ☞ Press thumbs into upper cheekbone to escape, kick or strike if necessary

Front Bear Hug Arms Trapped

- ☞ Hug the attacker and keep him close, then knee to the groin to escape. Bring your hands around his neck and pull his head down and knee to the attacker's face.

Defensive Tactics

☐ ↓ SECOND STRIPE

- ☞ Add Stuns, Strikes, Kicks & Pressure Points

☯ CHOKE ESCAPES + 1

- ☞ Auger
- ☞ Guillotine To Police Lock
- ☞ Guillotine-Pull Knees
- ☞ Guillotine To A Forward Roll
- ☞ Sleeper-Pull Wrist, Push Elbow
- ☞ Sleeper-Throw
- ☞ Sleeper To Police Lock
- ☞ Sleeper To Shoulder Takedown

- ☞ Clothing Across Choke ~ Pressure points at ears, nose, collarbone, etc.

These attacks are only a few choke attacks that can be defended with the above techniques. Experiment with finding other choke attacks you can defend using other techniques.

Requirements for Promotion To Brown Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Pass a pre-test with proficiency at street speed. (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

☐ ↓ THIRD STRIPE

- ☞ Add Stuns, Strikes, Kicks & Pressure Points

☯ CHOKE ESCAPES + 1

- ☞ Headlock-Backward Sweep
- ☞ Headlock To Police Lock
- ☞ 2 Hand Front Choke- Windmill
- ☞ 2 Hand Front Choke-Shoulder Shrug
- ☞ 2 Hand Front Choke-4 Palms
- ☞ Rear Garrott Choke + 1

☐ ↓ FOURTH STRIPE

- ☞ Add Stuns, Strikes, Kicks & Pressure Points

☯ MOTION THROWS + 1

- ☞ Reap Throw From Haymaker Punch
- ☞ Hip Throw From Haymaker Punch
- ☞ Shoulder Throw From Haymaker
- ☞ Whip Throw From Haymaker Punch
- ☞ Tornado Throw From 1 Hand Push
- ☞ Dropping Shoulder From Haymaker Punch
- ☞ Basic Hip Throw From 1 Hand Push

☯ MULTIPLE ATTACKS

Kwon Nyom Hapkido Intermediate

Brown Belt Syllabus For Promotion To Senior Brown Belt

"Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex." ~ Norman Vincent Peale

Key Principles and Skills

- Continuously unbalancing the opponent during the entire technique.
- Maintaining your own posture during the technique
- Follow the technique momentum

☐ ↓ FIRST STRIPE

☯ STRIKES

- ☞ All Previous Strikes
- ★ Tiger Mouth
- ★ Rolling Puch
- ★ Rolling Backfist

☯ KICKS

- ☞ All Previous Kicks

☯ BREAK FALLS

- ☞ All Previous 1 - 6

☯ TRAPPING DRILLS

- ☞ All Previous Trapping Drills
- ★ Elbow Strike, Block, Strike

☯ TERMINOLOGY

- ☞ All Previous Terminology
- ★ Instructor ~ SaBumNim

☯ Releases

2 Hands Grabbed by 2 hands From Rear

- ★ Inside counter-grab one hand, step forward with the opposite foot then side or back kick the attacker.
- ★ Inside counter-grab one hand, step forward with the opposite foot then side or back kick the attacker, release your hand then turn around to the back of the attacker's arm you had in an inside counter grab then Live Hand Press above his elbow.
- ★ Attacker brings your hands together, use one hand to grab his wrist then turn around and perform a wrist lock

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

☐ ↓ SECOND STRIPE

☯ **Front Kick ~ Inside Defense**

Pick 5 From List For Test

- ★ Sweep
- ★ Thigh Strike
- ★ Turning Kick
- ★ Knee Kick
- ★ Balance Break
- ★ Head Control
- ★ Spinning Strikes
- ☞ Add Stuns, Strikes, Kicks & Pressure Points

☐ ↓ THIRD STRIPE

☯ **Front Kick ~ Outside Defense**

Pick 5 From List For Test

- ★ Choke
- ★ Low Side Kick
- ★ Straight Arm
- ★ Shoulder Take Down
- ★ Head Control
- ★ Spinning Strikes
- ☞ Add Stuns, Strikes, Kicks & Pressure Points

☐ ↓ FOURTH STRIPE

☯ **Turning Kick ~ Inside Defense**

Pick 5 From List For Test

- ★ Sweep
- ★ Thigh Strike
- ★ Low Spin Hook
- ★ Knee
- ★ Balance Break
- ★ Dropping Hip Throw
- ★ Hip & Sweep
- ★ Turning Kick
- ★ Spinning Strikes
- ☞ Add Stuns, Strikes, Kicks & Pressure Points

Requirements for Promotion To Senior Brown Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 4 Belt Stripes (3) Pass a pre-test with proficiency at street speed. (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwan Nyom Hapkido Advanced

Senior Brown Belt Syllabus For Promotion To Red Belt

"Constant repetition carries conviction." ~ Robert Collier

DO NOT begin a new section of the curriculum until you have stripe tested.

Key Principles and Skills

- Blending From One Technique to Another Technique Smoothly
- Continuously unbalancing the opponent during the entire technique.
- Continuous application of pain through the entire technique
- Maintaining your own posture during the technique
- Follow the technique momentum

☐ ↓ FIRST STRIPE

☹ **Strikes**

- ★ Tiger Mouth
- ★ Outer Forearm
- ★ Rolling Punch

☹ **Ground Kicks**

- ★ Defensive Position
- ★ Round kick
- ★ Hook Kick
- ★ Sidekick

☹ **Trapping Drills**

☹ **Break Falls**

👉 All Previous

☹ **Terminology**

7-Thank You ~ Kum sa ma dah

☹ **Releases**

Rear Bear Hug Arms Trapped

★ Take a small step to the side so you can reach down and grab the attacker's leg then pull it up and sit on his knee.

★ **Side Body Grab**

Wrap the attacker's arm (Box Lock), lean back then sidekick his thigh

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

☹ **GROUND DEFENSES**

☐ ↓ SECOND STRIPE

☹ **FROM KNEES + 1**

- ★ S Lock
- ★ Ankle Lock
- ★ Wing Lock
- ★ Bridge Arm Bar
- ★ Palm Press Elbow
- ★ Fireman's Throw

👉 Add Stuns, Strikes, Kicks & Pressure Points

☐ ↓ THIRD STRIPE

☹ **FROM CROSSED LEG + 1**

- ★ Scissors Kick
- ★ Kick To Knee
- ★ Overhead Throw
- ★ Knees To Shins
- ★ Technical Stand Up

👉 Add Stuns, Strikes, Kicks & Pressure Points

☐ ↓ FOURTH STRIPE

☹ **GROUND GRAPPLING**

- ★ Top Mount Escape 1
- ★ Top Mount Escape 2
- ★ Top Mount Escape 3
- ★ Guard Escape 1
- ★ Guard Escape 2
- ★ Americana Lock
- ★ Kimura Lock
- ★ Triangle Choke

👉 Add Stuns, Strikes, Kicks & Pressure Points

The Martial Arts of Jiu-Jitsu and Brazilian Jiu-Jitsu focuses on ground fighting. In Hapkido we focus on getting up off the ground to fight. The ground (asphalt, concrete, gravel, etc.) is not our friend. While on the ground you are not in a good position to defend against others who may attack you.

Requirements for Promotion To Red Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 4 Belt Stripes (3) Pass a pre-test with proficiency at street speed. (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Advanced

Red Belt Syllabus For Promotion To Senior Red Belt

"Repetition is the key to real learning." ~ Jack Canfield

DO NOT begin a new section of the curriculum until you have stripe tested.

Key Principles and Skills

- Blending From One Technique to Another Technique Smoothly
- Continuously unbalancing the opponent during the entire technique.
- Continuous application of pain through the entire technique
- Maintaining your own posture during the technique
- Always Disarm Weapon

☯ Striking Releases

Two Hands Grabbing Two Wrists From Front

- ☯ Inside counter-grab both of the attacker's hands then smash the back of the attacker's hand together, use one hand to press the attacker's hands down and the other to strike the attacker's face.
- ☯ Bring the attacker's hands in front of you, turn your left-hand palm up and place it above your grabbed right hand. Slightly turn the attacker's bottom hand inside then smash his hands together. Push his hand down with your left hand and strike with your right hand.
- ☯ Spread the attacker's arms out to give you a good shot to the groin with a snap front kick.

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

☐ ↓ FIRST STRIPE

☯ STRIKES

☞ All Previous

☯ DOUBLE KICKS

- ☯ Snap Front -Roundhouse
- ☯ Snap Front-Side Kick
- ☯ Scoop Kick-Side Kick
- ☯ Inside-Outside Axe Kick

☞ All Previous Kicks

☯ TRAPPING

☞ All Previous 1 - 7

☯ TERMINOLOGY

- ☯ You're Welcome ~ Chew Monty Oh

☯ BREAK FALLS

☞ All Previous 1 - 6

☐ ↓ SECOND STRIPE

☯ HANDGUN DISARMS

(Always Disarm Weapon)

- ☯ Front draw
- ☯ Gun To Forehead
- ☯ Gun To Midsection
- ☯ Gun To Side of Head
- ☯ Rear Draw
- ☯ Gun to Mid-Back
- ☯ Gun to Back of Head
- ☯ Hostage-Gun to the side of the head

- ☯ Execution Style From Front

☞ Add Stuns, Strikes, Kicks & Pressure Points

☐ ↓ THIRD STRIPE

☯ LONG GUN DISARMS

(Always Disarm Weapon)

- ☯ Gun to Midsection
- ☯ Gun To Forehead
- ☯ Gun To Side of Head
- ☯ Gun to Mid-Back
- ☯ Gun to Back of Head

☞ Add Stuns, Strikes, Kicks & Pressure Points

☯ PINNED AGAINST THE WALL

- ☯ Matador Escape 1
- ☯ Matador Escape 2
- ☯ Spearhand to Suprasternal Notch then Snap Front Kick

Requirements for Promotion To Senior Red Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Pass a pre-test with proficiency at street speed. (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

Kwon Nyom Hapkido Advanced

Senior Red Belt Syllabus For Promotion to Provisional Black Belt

"For a true disciple, the repetition of the mantra is like food." ~ Mata Amritanandamayi

Key Principles and Skills

- Steel beats flesh - ALWAYS
- Protect Primary Targets First. Primary targets are mostly contained in the neck and torso.
- Minimize the damage inflicted on you, turn your palms inward and protect your neck and heart with a shield hand.
- Maximize the damage you inflict-in real situation don't be nice-you are fighting for your life.
- Use the environment as possible-use a handful of dirt, a jacket, belt, shoes, anything that will even the odds.
- Always Disarm Weapon

☯ Striking Releases

☯ Same Side Wrist Grab ~ Escape From A Friend-Once you are behind the attacker, pull his shoulders & use your inside foot to kick the back of his knee to take him down.

☯ One Hand Same Side Shoulder Grab ~ As the attacker pulls you back step back with the same side foot then step back with the other foot and elbow strike the attacker's face.

☯ Rear Collar Grab ~ Turn into the attacker, strike groin as you duck under his arm

Defensive Tactics

☐ ↓ FIRST STRIPE

☯ STRIKES

☞ All Previous

☯ DOUBLE KICKS

☯ Inside Crescent -front Side Kick

☯ Roundhouse -Spin Hook

☯ Double Roundhouse

☞ All Previous

☯ TRAPPING DRILLS

☞ All Previous 1 -7

☯ BREAK FALLS

☞ All Previous 1 - 6

☐ ↓ SECOND STRIPE

KNIFE DEFENSE

(Always Disarm Weapon)

Knife Stab Inward

☯ Turning Break

☯ Center lock

☯ Elbow Lock

☯ Arm Break

☯ Armbar Over

Knife To Neck Front

☯ Wrist Lock

Knife Slash

☯ Choke

☯ Sweep

☯ Hip Throw

☯ Dropping Shoulder

Knife To Neck-Back

☯ Police Lock

Knife Backslash

☯ Wing Lock Take Down

☯ 2 Forearm Block

☯ 2 Forearm Block/Sweep

☐ ↓ THIRD STRIPE

Knife Downward

☯ Hip Throw

☯ Armbar Over

☯ Shoulder Throw

☯ Outside Wrist Lock/Goose Head

☯ BLUNT WEAPON DEFENSE

(Always Disarm Weapon)

Blunt Weapon Inward

☯ Choke

☯ Sweep

☯ Hip Throw

☯ Dropping Shoulder

☯ Figure 4

Blunt Weapon Backswing

☯ Wing Lock Takedown

☯ 2 Forearm Block, Goose Head

☯ 2 Forearm Block, Sweep

Blunt Weapon Downward

☯ Hip Throw

☯ Armbar Over

☯ Shoulder Throw

☯ Outside Wrist Lock/goose head

Requirements for Promotion To Provision Black Belt (1) Attend a minimum of 2/3 classes in 4 months (2) Earn Your 3 Belt Stripes (3) Pass a pre-test with proficiency at street speed. (4) Be invited to test and pay your \$40.00 testing fee at least a week prior to your test so we can order and receive your belt. (4) Be able to demonstrate your techniques with proficiency at street speed.

2nd Degree Testing Requirement For 3rd Dan Rank

2nd Dan Syllabus Techniques

- ☯ Weaponry: Cane
- ☯ 50 Black Belt Hours
- ☯ 30 Months Minimum + 200 Classes
- ☯ 50 Miscellaneous Techniques
(Must include a minimum of 8 kicks, 8 strikes, 8 self-defense)
- ☯ Multiple Grabs Using Dan Bong
- ☯ Assist in Teaching Color Belts At Least Once Per Month
- ☯ Essay "Define Hapkido in your Words"



☯ TLC - Locking Enhancement

T (Torque). Increase torque through the opponents joint.

L (Leverage). Increase or improve leverage into the lock.

C (Compression). Compress the muscles supporting the locked joint or limb.

☯ Principle TLC	☯ Offensive Motion	☯ Destruction Blocks	☯ Kicks
S Lock - Sleeve V Lock - Palm Down A Bar O - X Change A Bar U - Police Elbow S Lock - V Lock - A Bar O - A Bar U -	Parry Punch Elbow Wave Palm Face Sternum Strike Inward Carotid	Radial Bicep Chest Floating Rib Solar Plexus	Flying Side Sliding Hook Double Crescent Jump Turning Back Jump Spinning Hook

☯ Black Belt Concepts

☯ Concept - Leg Locks	☯ Concept - Throwing Defence
Inside Knee Outside Knee Achilles Knee Bar Ankle Lock	Sweep - Interrupt Sweep - Sacrifice Throw Shoulder Throw - Hip Block Shoulder Throw - Clothing Shoulder Throw & Sweep - Knee

CANE

Blocks

Inward
Outward
Upward
Downward

Circular Blocks

Inward
Outward
Upward
Downward

Strikes

Thrust
2 Handed Thrust
Compression
Cane Head Inward

Circular Strikes

In
Out
Forward
Cane Head Over

Locks

Palm
Compression
Reverse Whip
Arm Bar Under

Chokes

Cross
Sleeper
Hooking
Compression

Balance Breaks

Shin Bar
Leg Lever
Ankle Trap
Figure 4 Throw

Punch Defense

Figure 4
Neck Lever
Head Throw
Figure 4 Throw