

PURPLE BELT

STRIKES

OUTSIDE KNIFEHAND STRIKE
RIDGEHAND STRIKE

BLOCKS

PALM BLOCK
DOWNWARD PRESSING BLOCK

STANCES

CROSS-LEGGED STANCE (AKA – 'X' STANCE)

KICKS

LOW-HIGH ROUNDHOUSE KICK
SPINNING HOOK KICK

FORMS

TAEGEUK OH JANG (WIND)

HAPKIDO

SHOULDER GRABS FROM THE REAR (STRAIGHT & CROSS)

Q & A

Q: WHAT IS THE MEANING OF DISCIPLINE?
A: TO DO WHAT YOU'RE TOLD.

TERMINOLOGY

UNIFORM - DOBOK
BELT - DHEE

FRONT KICK - AHP CHAGI
SIDE KICK - YEOP CHAGI
ROUNDHOUSE KICK - DOLRYO CHAGI
BACK KICK - DWIT CHAGI
AXE KICK - NARYO CHAGI
HOOK KICK - HOORYO CHAGI

BOARD BREAK

ELBOW STRIKE
AXE KICK

SPARRING

REQUIRED (MUST PURCHASE OWN GEAR)

PARTICIPATION REQUIREMENTS

MIN. # OF CLASSES – 32
WORKSHOPS ATTENDED - 1
SEMINARS COMPLETED - 0
TOURNAMENTS ATTENDED - 0
CLASS ASST. - N/A
JR. INSTRUCTOR - N/A

