

ORANGE BELT

STRIKES

BACKFIST
ARCH HAND (AKA V-STRIKE)

BLOCKS

SINGLE KNIFEHAND BLOCK

STANCES

BACK STANCE

KICKS

BACK KICK
JUMP ROUNDHOUSE KICK
360 ROUNDHOUSE KICK

FORMS

TAEGEUK SAM JANG (FIRE)

HAPKIDO

BEAR HUG FROM BEHIND (OVER THE ARMS)
BEAR HUG FROM BEHIND (UNDER THE ARMS)

Q & A

THE FIVE TENANTS OF SUCCESS:

- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF-CONTROL
- INDOMITABLE SPIRIT

TERMINOLOGY

TEACHER - SEON SANG NIM
HELLO (FORMAL) - AN NYUNG HA SHIM NI KA
GOODBYE (FORMAL) - AN NYUNG HI GE SHIP SHO

BOARD BREAK

DOWNWARD KNIFEHAND STRIKE
FLYING SIDE KICK

SPARRING

ENCOURAGED TO BEGIN PARTICIPATING

MIN. # OF CLASSES – 22
WORKSHOPS ATTENDED - 1
SEMINARS COMPLETED - 0
TOURNAMENTS ATTENDED - 0
CLASS ASST. - N/A
JR. INSTRUCTOR - N/A

