YELLOW BELT 1/1

## Basic Knowledge

#### **Basics**

- Ability to Define Hapkido
- Hapkido History + Philosophy
- Etiquette

## Breathing + Meditation

- Basic Meditation Methods
- Tanjon Breathing (pushing forward)
- Tanjon Breathing (pushing upward)
- Tanjon Breathing (pushing inward)
- Tanjon Breathing (pushing down)

## Single Kicks (8)

- Front Ball Kick <sup>1</sup>
- Roundhouse Kick <sup>11</sup>
- Low Side Thrust Kick <sup>17</sup>
- Back Kick (backward or turning) <sup>21</sup>
- Shin Kick <sup>30</sup>
- Inside Crescent Kick 34
- Outside Crescent Kick <sup>35</sup>
- Rising Knee Strike <sup>46</sup>

#### **DEFENSE AGAINST HOLDS (32)**

Knowledge of "Leading" Principles

## Basic Escapes (14)

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

# Against Wrist Grab (12)

## Opposite Wrist Grab (6)

- 1 Bent-Arm Wrist Lock <sup>1</sup>
- 2 Straight-Arm Wrist Lock <sup>2</sup>
- 3 Elbow Arm Bar <sup>3</sup>
- 4 Forearm Arm Bar <sup>4</sup>
- 5 Outward Wrist Lock <sup>7</sup>
- 6 Bent-Wrist Hammer Lock <sup>10</sup>

# Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock <sup>1</sup>
- 2 Forearm Arm Bar <sup>2</sup>
- 3 Passing Forearm Arm Bar <sup>3</sup>
- 4 Inner-Elbow Arm Bar <sup>4</sup>
- 5 Outward Wrist Lock <sup>5</sup>
- 6 Elevated Wrist Lock <sup>6</sup>

# Against Clothing Grab (6)

## Sleeve Grab (2)

- 1 Chin Strike + Outer Reap Throw 1
- 2 Bent-Arm Wrist Lock (clamp) <sup>3</sup>

# Collar Grab (2)

- 1 Forearm Arm Bar <sup>9</sup>
- 2 Two-Hand Arm Bar <sup>10</sup>

## Lapel Grab (2)

- 1 Bent-Arm Wrist Lock (trap) <sup>13</sup>
- 2 Elbow Arm Bar <sup>15</sup>