

General Requirements

Successful completion of all requirements for 4th degree black-belt signifies master-level. All candidates for 4th degree black-belt must:

- Possess a comprehensive understanding of Hapkido's traditions, philosophy, and techniques.
- Demonstrate exceptional technical virtuosity.
- Consistently embody the highest ideals in their actions in all areas of life.
- Be highly respected by students and peers.
- Possess extensive teaching experience, under the guidance of a master-level practitioner.
- Write an article suitable for publication.
- Submit a written essay (personal).
- Successfully demonstrate all skills required for 1st–3rd Dan, within 60 days of 4th Dan test.
- Meet the minimum training-time since attaining 3rd Dan: 3 years; 2160 hours.

Techniques Using Attacker's Force (14)

- 1 Biceps Blending Throw
- 2 Head Blending Throw
- 3 Chest Blending Throw
- 4 One-Hand Head Blending Throw
- 5 One-Hand Elbow Blending Throw
- 6 Rear Blending Throw
- 7 Outside Blending Throw
- 8 360° Blending Throw
- 9 180° Outside Blending Throw
- 10 180° Inside Blending Throw
- 11 Outward Wrist Throw
- 12 Inward Wrist Throw
- 13 Passing Inward Wrist Throw
- 14 Passing Twin Wrist Throw

Defense Against Multiple Opponents (36)

Against Wrist Grabs (15)

- 1 Side Kick, Chop, Turning Elbow
- 2 Wrist-Lock Throw + Tiger Mouth
- 3 Wrist-Lock Throw + Passing Shoulder Lock
- 4 Wrist-Lock Strike + Elevated Palm Lock
- 5 Chop Throat + Outward Wrist Lock
- 6 Side Kicks + 360° Outward Wrist Lock
- 7 Twin Wrist-Lock Push Throws
- 8 Twin Wrist Nerve Throws
- 9 Twin Gooseneck Locks
- 10 Passing Entangled Arm Locks
- 11 Twin Finger Locks
- 12 Twin Scoop Wrist Locks
- 13 Knee Arm Bar + Forearm Arm Bar
- 14 Elbow Arm Bar + Scoop Wrist Lock
- 15 Inward Wrist Throw + Outside Twisting Arm Lock

Against Arm + Body Grabs (6)

- 16 Bent Wrist Lock + Scoop Shoulder Lock
- 17 Twin Elbow Hammer Locks
- 18 Rear Unbalancing Throws
- 19 Twin Scoop Shoulder Locks
- 20 Twin Inner-Elbow Arm Bars
- 21 Twin Knuckle-Fist Arm Bars

Seated Defense (3)

- 22 Side Kicks + Wrist Nerve Throws
- 23 Forearm-to-Knee, Back Fist, Kick
- 24 Passing Cross Arm Bars (front)

Attacking First (6)

- 25 Twin Finger Locks
- 26 Elevated Palm Lock + Clash
- 27 Hammer Lock + Clash
- 28 Side Kick + Outward Wrist Lock
- 29 Four Kick Combo
- 30 Strike Combo to Three Attackers

Against Strikes + Kicks (6)

- 31 Side Kick + Elbow Arm Bar
- 32 Passing Cross Arm Bars
- 33 Twin Outward Wrist Throws
- 34 Kick-Counter Throws
- 35 Three Attackers at Front + Sides
- 36 Four Attackers in Rotation

Protecting Another Person (7)

Against Punch

- 1 Push Away + Strike
- 2 Elbow Arm Bar
- 3 Rear Naked Choke

Against Kick

- 4 F: Hook Throw
- 5 F: Inside Leg-Twist Throw

Against Grab or Push

- 6 Twisting Neck Lock

Against Choke

- 7 Spear Push-Pull Throw

Free Sparring

- Using blending techniques
- Against multiple-attackers
- Protecting another person

CANE TECHNIQUES (82)**Basic Knowledge (12)***Grips (5)*

- 1 Top-Handle Grip
- 2 Side-Handle Grip
- 3 Middle Grip
- 4 Two-Hand Handle Grip
- 5 Two-Hand Shaft Grip

Stances (5)

- 1 Relaxed Stance (Top-Handle Grip)
- 2 Relaxed Stance (Side-Handle Grip)
- 3 Relaxed Stance (Middle Grip)
- 4 Fighting Stance (Side-Handle Grip, tip lead)
- 5 Fighting Stance (Middle Grip, handle lead)

Breakfalls + Tumbling (2)

- 1 basic breakfalls
- 2 basic rolls

Cane Strikes (16)

- 1 Descending Strike
- 2 Inside Strike
- 3 Outside Strike
- 4 Lateral Strike
- 5 Inside Circular Strike
- 6 Outside Circular Strike
- 7 Spin Strike
- 8 Rising Strike
- 9 Straight Tip Thrust
- 10 Two-Hand Tip Thrust
- 11 Sliding Thrust
- 12 Straight Shaft Thrust
- 13 Descending Shaft Strike
- 14 High Hook Strike
- 15 Low Hook Strike
- 16 Outer-Handle Strike

Cane Combination Strikes (8)

- 1 Rising Strike to groin
Descending Strike to forehead
- 2 Figure-8 Descending Strikes
(3 continuous strikes)
- 3 Lateral Strike to fist
Outside Circular Strike to temple
- 4 Outside Circular Strike to ribs
Straight Tip Thrust to throat
- 5 High Outside Circular Strike to temple
Low Inside Strike to knee or ankle
- 6 Low Inside Circular Strike to knee
High Outside Strike to temple
- 7 Low Outside Strike to knee
High Hook Strike to neck
- 8 Low Straight Tip thrust to groin or solar plexus
Low Inside Circular Strike to knee

Cane Blocks (10)

- 1 Rising Block
- 2 Inside Block (tip up)
- 3 Outside Block (tip up)
- 4 Inside Block (tip down)
- 5 Outside Block (tip down)
- 6 Two-Hand Inside Block (tip up)
- 7 Two-Hand Outside Block (tip up)
- 8 Two-Hand Inside Block (tip down)
- 9 Two-Hand Outside Block (tip down)
- 10 Descending Block

Cane Defense (36)*Against Strikes (20)*

- 1 Side Step + Descending Strike
- 2 Side Step + Lateral Strike
- 3 Tip Thrust + Ankle Hook
- 4 Sweeping Parry + Inside Strike
- 5 Fadeaway Spin Kick
- 6 Circular Parry + Inside Arm Bar
- 7 Belly + Passing Arm Bar
- 8 Neck + Passing Shoulder Lock
- 9 Biceps-Lumbar Lever Throw
- 10 Straight-Arm Lever Throw
- 11 Passing Arm Lever Lock
- 12 Neck-Hook Blending Throw
- 13 Scoop Shoulder Lock
- 14 Inside-Lift Shoulder Lock
- 15 Throat Shoulder Lock
- 16 Shoulder Hammer Lock
- 17 Knee-Hook Throw
- 18 Wrist-Hook Pivot + Neck Strike
- 19 Neck-Hook Hip Throw
- 20 Neck-Hook Rear Throw

Against Kicks (8)

- 21 F: Straight Tip Thrust
- 22 S: Two-Hand Block, Spear Knee
- 23 R: Block, Handle Thrust, Choke
- 24 R: Block, Outside Strike, Neck-Hook
- 25 S: Outside Hook Throw
- 26 R: Ankle-Hook Shoulder Throw
- 27 S: Outside Shin-Press Throw
- 28 R: Inside Leg-Twist Throw

Attacking First (8)

- 29 Rising Strike, Figure 8 Descending, Thrust
- 30 Stomp + Groin Push Throw
- 31 Hook Arm Bar
- 32 Passing Shaft Arm Bar
- 33 Two-Hand Arm Bar
- 34 Hammer Lock
- 35 Stomp + Leg Lever Throw
- 36 Ankle-Hook Kick Throw

Free Sparring with Cane

- Against unarmed single-attacker
- Against unarmed multiple-attackers
- Against armed single-attacker
- Against armed multiple-attackers

SWORD TECHNIQUES (53)**Basic Knowledge (9)***Grips (3)*

- 1 Two-Hand Grip
- 2 One-Hand Grip
- 3 Reverse Grip

Stances (1)

- 1 Basic Fighting Stance

Frontal Cutting Motions (3)

- 1 Descending Cut from Spine
- 2 Descending Cut from Angular-Overhead
- 3 Descending Cut from Vertical-Overhead

Breakfalls + Tumbling (2)

- 1 basic breakfalls
- 2 basic rolls

Sword Strikes (8)

- 1 Descending Cut
- 2 Straight Stab
- 3 Inside High Cut
- 4 Outside High Cut
- 5 Inside Middle Cut
- 6 Outside Middle Cut
- 7 Inside Low Cut
- 8 Outside Low Cut

Sword Blocks (16)

- 1 Left Rising Block
- 2 Right Rising Block
- 3 Left High Block
- 4 Right High Block
- 5 Left Middle Block
- 6 Right Middle Block
- 7 Left Vertical Low Block
- 8 Right Vertical Low Block
- 9 Left Low Block
- 10 Right Low Block
- 11 Left Straight Parry
- 12 Right Straight Parry
- 13 Left Overhead Parry
- 14 Right Overhead Parry
- 15 Left Inverted Block
- 16 Right Inverted Block

Sword Defense (20)*Against Descending Cut*

- 1 Rising Block + Inside High Cut
- 2 Rising Block, Parry, One-Hand Cut
- 3 Rising Block + Descending Cut to wrist
- 4 Overhead Parry + Butt Strike
- 5 Overhead Parry + Inside High Cut
- 6 Overhead Parry + Outside High Cut
- 7 Rising Block + Front Kick

Attack as Sword Raises

- 8 Jam + Two Cuts to forearms

Against High Cut

- 9 High Block + High Cut to forearm
- 10 High Block + Sliding Cut to forearm

Against High Lateral Cut

- 11 Inverted Block + Middle Cut

Against Middle Cut

- 12 Middle Block + Middle Cut

Against Low Cut

- 13 Low Block + High Cut to neck
- 14 Vertical Low Block, Rising + High Cut
- 15 Low Block + Straight Stab
- 16 Vertical Low Block, Low + High Cut

Unarmed Defense Against Sword*Against Descending or Outside Cut*

- 17 Forearm Arm Bar
- 18 Twisting Arm Lock

Against Outside Cut

- 19 Outside-Lift Shoulder Lock

Against Inside Cut

- 20 Twin-Arm Shoulder Throw

Free Sparring with Sword

- Against armed single-attacker
- Against armed multiple-attackers
- Against Sword

ROPE TECHNIQUES (45)

(applies to rope, belt, scarf)

Basic Knowledge (10)*Grips (5)*

- 1 Overhand Grip
- 2 Over-Under Grip
- 3 One-Hand Grip
- 4 Wrapped Grip
- 5 Wrists Shackled (or tied)

Stances (3)

- 1 Relaxed Stance
- 2 Fighting Stance
- 3 Fighting Stance (rope folded)

Breakfalls + Tumbling (2)

- 1 basic breakfalls (no slap)
- 2 basic rolls

Rope Strikes (3)

- 1 Snap Strike
- 2 Circular Strike
- 3 Two-Hand Thrust

Rope Blocks (6)

- 1 Rising Block
- 2 Left Block (right hand over left)
- 3 Left Block (left hand over right)
- 4 Right Block (left hand over right)
- 5 Right Block (right hand over left)
- 6 Descending Block

Basic Wrapping Motions (6)

- 1 Rising Wrap
- 2 Left Wrap (right hand over left)
- 3 Left Wrap (left hand over right)
- 4 Right Wrap (left hand over right)
- 5 Right Wrap (right hand over left)
- 6 Descending Wrap

Rope Defense (20)*Against Strikes (10)*

- 1 Left Block, Back Fist, Elbow
- 2 Right Block, Straight Punch, Hook
- 3 Rising Block, Twin Punch, Thrust
- 4 Rising Wrap + Armpit Arm Bar
- 5 Wrap + Choke Hammer Lock
- 6 Wrap + Inside Twisting Arm Lock
- 7 Wrap + Outside Twisting Arm Lock
- 8 Wrap + Outward Wrist Lock
- 9 Wrap, Choke, Hip Throw
- 10 Wrap, Choke, Rear Hip Throw

Against Kicks (6)

- 11 F: Rising Wrap + Front Kick
- 12 S: Right Warp + Side Kick
- 13 F: Left Wrap + Inside Arm Bar
- 14 S: Right Wrap + Side Knee Throw
- 15 F: Left Wrap + Leg Shoulder Throw
- 16 S: Right Block + Rear Choke

Attacking First (4)

- 17 Snap Strike, Punch, Thrust
- 18 Twin Hammer Lock + Choke
- 19 Choke + Outer Reap
- 20 Choke + Hip Throw

Free Sparring with Rope

- Against unarmed single-attacker

ADVANCED KNIFE TECHNIQUES (37)**Basic Knowledge**

- Fluency in all techniques required for 1st Dan.
- Ability to teach Defensive Principles (22).

Unarmed Defense Against Knife (8)

(techniques not covered in 1st Dan)

Low Straight Stab (4)

- 1 Inside Low Block, 360° Passing Shoulder Lock ¹¹
- 2 Low Grab Block, Outside Shoulder Throw ¹²
- 3 Low Grab Block, Outside Shoulder Wheel ¹⁵
- 4 Inside Low Block, Outside Wrapping Throw ¹⁶

Descending Stab or Slash (4)

- 5 Two-Hand Shoulder Throw ²⁵
- 6 Elbow Strike + Outer Reap Throw ²⁷
- 7 Arm Trap Choke + Rear Hip Throw ²⁹
- 8 Blade-Lever Outward Lock ³²

No-Cut Strikes (16)*Natural or Hammer Grip (8)*

- 1 Descending Strike with end of handle
- 2 Inside Strike with end of handle
- 3 Outside Strike with end of handle
- 4 Inside Strike with flat-side of blade
- 5 Outside Strike with flat-side of blade
- 6 Inside Strike with top dull-edge
- 7 Outside Strike with top dull-edge (like outside block)
- 8 Rising Strike with top dull-edge (to groin)

Reverse or Ice Pick Grip (8)

- 9 Inside Strike with end of handle
- 10 Outside Strike with end of handle (like outside block)
- 11 Rising Strike with end of handle
- 12 Inside Strike with flat-side of blade (palm inward)
- 13 Outside Strike with flat-side of blade (palm inward)
- 14 Descending Strike with flat-side of blade (to nose)
- 15 Fore Fist Punch (Reverse Grip)
- 16 Back Fist Strike (Reverse Grip)

Cutting Counters (13)*Against Wrist Grab*

- 1 Inside Cutting Escape
- 2 Outside Cutting Escape
- 3 Inside Cutting + Outward Wrist Lock
- 4 Outside Cutting + Bent-Arm Wrist Lock

Against Cross-Wrist Grab

- 5 Biceps Cutting Escape

Against Double Grab to 1 Wrist

- 6 Cutting Escape with Palm Press

Against X Block (Ice-Pick Grip)

- 7 Trap + Cut Wrists

Against Strikes (Natural Grip)

- 8 Low Cutting Block to kick
- 9 Rising Cutting Block to wrist
- 10 Cutting Block to hand (to dislodge weapon)

Against Strikes (Reverse Grip)

- 11 Low Cutting Block to kick
- 12 Rising Cutting Block to wrist
- 13 Hooking Block (trapping wrist or ankle between dull-edge and your arm)

Knife Defense

Wield a knife using Short-Stick techniques and demonstrate self-defense skills:

- Against strikes
- Against holds
- Against kicks
- Against knife-wielding attacker

Knife Throwing

- Basic concepts
- Basic grips

Free Sparring with Knife

- Unarmed against knife
- Knife against knife

DEFENSE AGAINST HANDGUN (16)**Basic Knowledge**

- Familiarity with basic handgun types
- Competency in loading, unloading, and firing
- Safe-Handling Procedures
- Defensive Principles (5)

Knowledge of Mechanical Arrests (9)

- 1 Trigger Arrest (index finger behind)
- 2 Trigger Arrest (thumb behind)
- 3 Trigger Arrest (hold trigger after discharge)
- 4 Hammer Arrest (thumb behind)
- 5 Hammer Arrest (index finger behind)
- 6 Hammer Arrest (web of thumb behind)
- 7 Cocked Hammer Arrest (index finger in front)
- 8 Cocked Hammer Arrest (thumb in front)
- 9 Cylinder Arrest

Unarmed Defense Against Handgun (7)

- 1 Belly: Chop + Front Wrist Lock
- 2 Belly: Front Wrist Lock, Knee, Arm Bar
- 3 Face: Chop + Outward Wrist Lever
- 4 Chest: Outward Wrist Lock
- 5 Face: Palm Lock + Knee Strike
- 6 Face: Elevated Palm Lock + Throw
- 7 Back: Inside-Chop Shoulder Lock

COMMON OBJECTS AS WEAPONS (52)

Demonstrate self-defense techniques using a variety of common objects, encompassing the eight categories listed below. Candidates are expected to create and improvise their own techniques, based on existing Hapkido skill-sets. Upon instructor approval, other common objects may be substituted for those listed in the first two categories (Miscellaneous Held Objects, Miscellaneous Thrown Objects). Stone and plate throwing is demonstrated using various sizes.

Miscellaneous Held Objects (16)

- 1 Scissors
- 2 Screwdriver
- 3 Fork
- 4 Rolled-up magazine 1
- 5 Rolled-up magazine 2
- 6 Bottle
- 7 Credit card
- 8 Attacker's spectacles or jewelry
- 9 Sports equipment
- 10 Hand-held device
- 11 Flat rigid envelope
- 12 Book or media-case
- 13 Broom or rake
- 14 Household object or furniture
- 15 Office object or furniture
- 16 Electrical cord

Miscellaneous Thrown Objects (4)

- 1 Spraying liquid from device
- 2 Throwing liquid from vessel
- 3 Throwing household objects
- 4 Throwing office objects

Mini-Stick (4)

- 1 Nerve hold against grabs
- 2 Nerve hold against chokes
- 3 Defense against strikes
- 4 Defense against multiple opponents

Sand Throwing (4)

- 1 Sand thrown from jacket or pants pocket
- 2 Sand picked up and thrown while standing
- 3 Sand kicked up into the eyes with your feet
- 4 Sand picked up and thrown from ground position

Coin Throwing (2)

- 1 Throwing single coin
- 2 Throwing multiple coins

Stone (10)

- 1 Held-stone against grabs
- 2 Held-stone against strikes
- 3 Throwing stone, overhand
- 4 Throwing stone, underhand
- 5 Throwing stone, sidearm
- 6 Throwing marble or steel ball
- 7 Throwing multiple stones (small)
- 8 Throwing stone from ground position
- 9 Throwing stones in rapid sequence
- 10 Throwing two stones simultaneously

Plate (10)

- 1 Held-plate against grabs
- 2 Held-plate against strikes
- 3 Held-plate against knife
- 4 Held-plate, defense while seated at table
- 5 Held-plate, attack first while seated at table
- 6 Throwing plate, backhand
- 7 Throwing plate, forehand
- 8 Throwing plate from ground position
- 9 Throwing plates in rapid sequence
- 10 Throwing two plates simultaneously

Needle or Dart Throwing (2)

- 1 Throwing needle
- 2 Throwing dart

Free Sparring with Common Objects

- Against unarmed single-attacker
- Against unarmed multiple-attackers
- Against armed single-attacker
- Against armed multiple-attackers

PRESSURE-POINT FIGHTING

Comprehensive knowledge of the following, as evidenced by teaching, demonstration, and passing a written exam:

- Anatomical Targets (80)
- Pressure-Point Targets (106)
- Attack Principles (8)

HEALING TECHNIQUES (8)**General Requirements**

- Knowledge of basic massage procedures.
- Knowledge of basic self-massage techniques.
- Knowledge of basic nutritional concepts.
- Knowledge of basic first aid procedures.
- Knowledge of how to splint fractures and reset dislocations (on oneself and others).
- Successful completion of a seminar or course in emergency medicine, sports medicine, or mountaineering medicine.

Anatomical Knowledge

- Ability to define Eastern concepts of the human body.
- Ability to identify the 14 Major meridians and the 361 Meridian acupoints.
- Ability to define basic Western concepts of the human body and its major systems.
- Testing by written exam.

Revival Techniques (8)

- 1 Knee-to-Spine Revival
- 2 Spine-Slap Revival
- 3 Acupoint Revival (GV-26)
- 4 Acupoint Revival (LI-4)
- 5 Acupoint Revival (KI-1)
- 6 Testicle Revival (lift and drop)
- 7 Testicle Revival (kick sacrum)
- 8 Western CPR

MEDITATION + BREATHING (19)**General Requirements**

- Successful completion of a seminar or course in any system of meditation or Qi-Gong (or previous training in a recognized art).
- Ability to teach and demonstrate basic meditation postures and procedures.

Meditation Postures (6)

- 1 Half Lotus (3 fingertips touching)
- 2 Half Lotus (thumbs touch, L fingers over R)
- 3 Half Lotus (L palm over R palm)
- 4 Cross-Leg (wrists or palms on knees)
- 5 Half Lotus (palms touch, fingertips point up)
- 6 Standing (feet parallel, legs apart)

Breathing Methods (5)

- 1 Natural Breathing
- 2 Chest Breathing
- 3 Abdominal Breathing
- 4 Reverse Abdominal Breathing
- 5 Breath-Hold Breathing

Kihap-Shouts (8)

- 1 Attacking Shout (ate)
- 2 Reacting Shout (yat)
- 3 Low-to-High Striking Shout (medeet)
- 4 High-to-Low Striking Shout (peh)
- 5 Sideward Striking Shout (sheh)
- 6 Downward Striking Shout (ahup)
- 7 Weapons Shout (la-dough)
- 8 Silent Shout