

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 (13)

- 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° Blending Throw
- 10 Outward Wrist Throw
- 11 Inward Wrist Throw
- 12 Passing Inward Wrist Throw
- 13 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 Clothing 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 Decending 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 (42)

(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 (3)

- 1 Rising Wrap
- 2 Left Wrap
- 3 Right 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

Demonstrate self-defense techniques using a variety of common objects, encompassing:

- Miscellaneous Held Objects
- Miscellaneous Thrown Objects
- Small-Stick
- Sand Throwing
- Coin Throwing
- Stone (held or thrown)
- Plate (held or thrown)
- Needle or Dart Throwing

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.

Pressure-Point Fighting

Comprehensive knowledge of:

- Anatomical Targets (80)
- Acupoint Targets (83)
- Acupoint-Fighting Principles (8)

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