

YELLOW BELT REQUIREMENTS

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

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 Escape
- 9 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 ¹
- 2 Straight-Arm Wrist Lock ²
- 3 Elbow Arm Bar ³
- 4 Forearm Arm Bar ⁴
- 5 Outward Wrist Lock ⁷
- 6 Bent-Wrist Hammer Lock ¹⁰

Cross-Wrist Grab (6)

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

Against Clothing Grab (6)

Sleeve Grab (2)

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

Collar Grab (2)

- 1 Forearm Arm Bar ⁹
- 2 Two-Hand Arm Bar ¹⁰

Lapel Grab (2)

- 1 Bent-Arm Wrist Lock (trap) ¹³
- 2 Elbow Arm Bar ¹⁵