

# White Belt Syllabus



## WHITE BELT THEME

*'A Black Belt is a White Belt who simply never gave up'*

## FIRST TIP - HAND TECHNIQUES

### PUNCHING SKILLS

Jab                      Cross                      Hook                      Uppercut

### STRIKING SKILLS

Palm Strike              Elbow Strike

### BLOCKING SKILLS

Upper Block              Lower Block              Inner Block              Outer Block

## SECOND TIP - KICKING

### KICKING

Front Kick                                      Turning Kick

Back Kick                                      Side Kick to the Side

### STRIKING

Knee Strike

## THIRD TIP - SELF DEFENCE TECHNIQUES

### DEFLECTIONS

Against a Punch

Move Back

Move Forward

Move to the Left

Move to the Right

### SPARRING

One Step Sparring

### SEQUENCES

Jab, Cross, Front Kick, Knee Strike

Hook, Uppercut, Turning Kick, Back Kick

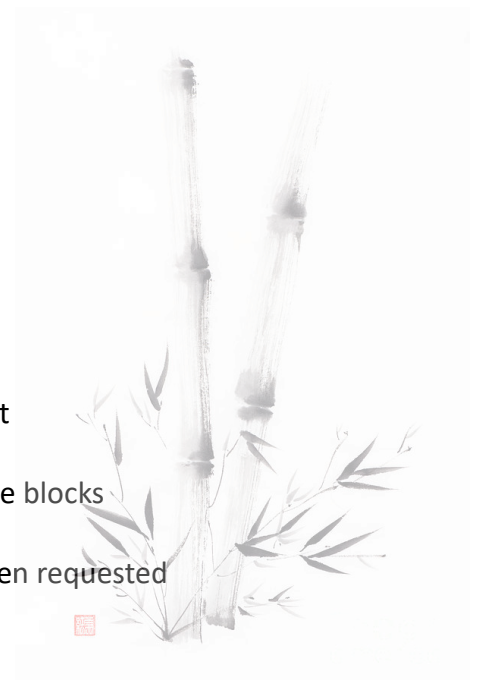
## BELT EXAM

### SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate Step Sparring with effective blocks

Demonstrate all White Belt material when requested



# Orange Belt Syllabus



## ORANGE BELT THEME

*'Closest Weapon, closest target'*

## FIRST TIP - HAND TECHNIQUES

### STRIKING SKILLS

Knifehand Strike

Inner Knifehand Strike

Downward Knifehand Strike

### BLOCKING SKILLS

Cover Block

Knee Defence Block

Squeeze Block

## SECOND TIP - KICKING

### KICKING SKILLS

Front Leg Front Kick

Front Leg Turning Kick

Front Leg Side Kick

Stepping Side Kick

Inner Crescent Kick

Outer Crescent Kick

Jumping Front Kick

## THIRD TIP - SELF DEFENCE TECHNIQUES

### DEFLECTIONS

Against a Punch

Move Back and Counter

Move Left and Counter

Move Forward and Counter

Move Right and Counter

### SPARRING

One Step Sparring

### SEQUENCES

Inner Crescent Kick, Stepping Side Kick, Knifehand Strike

Outer Crescent Kick, Jumping Front Kick, Downward Knifehand Strike

## BELT EXAM

### SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate step sparring with variety

Demonstrate all Orange Belt material when requested



# Yellow Belt Syllabus



**YELLOW BELT THEME**      *'Flexibility masters hardness'*

## FIRST TIP - HAND TECHNIQUES

STRIKING SKILLS	Elbow Strike	Backward Elbow Strike
	Upward Elbow Strike	Downward Elbow Strike
	Ridgehand Strike	Inner Ridgehand Strike
BLOCKING SKILLS	Wedging Block	Block and Grab

## SECOND TIP - KICKING

KICKING SKILLS	Side Kick	Turning Back Kick
	Sliding Front Kick	Double Turning Kick
	Jumping Front Kick	

## THIRD TIP - SELF DEFENCE TECHNIQUES

SPARRING	One Step Sparring	Three Step Sparring
BELT SEQUENCES	Sliding Front Kick, Double Turning Kick, Elbow Strike	
	Side Kick, Turning Back Kick, Elbow Strike	

## BELT EXAM

SKILLS TESTED	Perform Belt Sequences without a target
	Use variety of blocks, strikes and kicks in Step Sparring
	Demonstrate Yellow Belt techniques when requested



# Green Belt Syllabus



## GREEN BELT THEME

*'Strength does not come from physical capacity, it comes from indomitable will'*

## FIRST TIP - HAND TECHNIQUES

### PUNCHING SKILLS

Backfist Strike

Upward Backfist Strike

Front Backfist Strike

Spinning Backfist Strike

Spinning Knifehand Strike

Spinning Elbow Strike

### BLOCKING SKILLS

Upper X Block

Lower X Block

Side X Block

## SECOND TIP - KICKING TECHNIQUES

### KICKING SKILLS

Double Crescent Kick

Hook Kick

Axe Kick

Jumping Turning Kick

Push Kick

Hands Down Back Kick

## THIRD TIP - SELF DEFENCE TECHNIQUES

### SPARRING

One Step Sparring

Three Step Sparring

### BELT SEQUENCES

Double Crescent Kick, Spinning Backfist Strike

Axe Kick, Hook Kick, Spinning Elbow Strike

### BELT EXAM

### PREREQUISITES

Regular Class Attendance

### SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate Green Belt techniques when requested

Show variety of movement, blocks and techniques in step sparring



# Blue Belt Syllabus



## BLUE BELT THEME

*'Notice that the stiffest tree is most easily cracked, while the bamboo survives by bending with the wind.'*

## FIRST TIP - HAND TECHNIQUES

### PUNCHING SKILLS

Hammerfist Strike

Vertical Fist Punch

Centre Knuckle Punch

Panther Fist Strike

### BLOCKING SKILLS

Inner Rolling Block

Outer Rolling Block

## SECOND TIP - KICKING TECHNIQUES

### KICKING SKILLS

Spinning Crescent Kick

Spinning Hook Kick

Jumping Turning Kick for Distance

Circular Axe Kick

Grand Circular Kick

## THIRD TIP - SELF DEFENCE TECHNIQUES

### Against a Same Hand Grab

Circle Release

Slide Release

Push Release

### Against a Cross Hand Grab

Circle Release

Slide Release

Push Release

### Against a Double Hand Grab

Double Circle Release

Clap Hands Release and Knee Strike

Smash Release and Strike

### Against a Choke

Wedging Block

Throat Push Release

Twist and Circle Release

### BELT SEQUENCES

Turning Kick, Spinning Hook Kick, Hammerfist Strike

Inner Crescent, Spinning Crescent, Hammerfist Strike, Spinning Hook Kick

### BELT EXAM

### PREREQUISITES

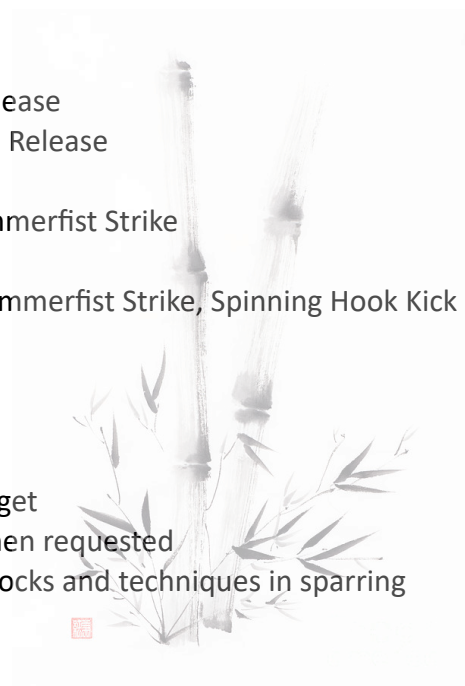
Regular Class Attendance

### SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate Blue Belt Techniques when requested

Demonstrate variety of movement, blocks and techniques in sparring



# Purple Belt Syllabus



## PURPLE BELT THEME

*'Motivation is what gets you started. Habit is what keeps you going.'*

## FIRST TIP - HAND TECHNIQUES

### STRIKING SKILLS

Jump Spinning Backfist

Jump Spinning Knifehand

Jump Spinning Elbow

Finger Strikes

Tiger Mouth Strike

Crane Strikes - Up, Down, Forward

### BLOCKING SKILLS

Upper Rolling Block into Uppercut Punch

Lower Rolling Block into Vertical Fist Punch

## SECOND TIP - KICKING TECHNIQUES

### KICKING SKILLS

Jumping Inner Crescent Kick

Jumping Outer Crescent Kick

Flying Side Kick

Twisting Kick

### KICKING COMBOS

Inner Crescent, Spinning Crescent Kicks

Turning Kick, Spinning Hook Kicks

## THIRD TIP - SELF DEFENCE SKILLS

### RELEASES

#### RELEASE AND COUNTER ATTACK

Against a Same Hand Grab

Circle Release + 3 counter attacks

Slide Release + 3 counter attacks

Push Release + 3 counter attacks

Against a Cross Hand Grab

Circle Release + 3 counter attacks

Slide Release + 3 counter attacks

Push Release + 3 counter attacks

Against a Double Hand Grab

Double Circle Release + 3 counter attacks

Clap Hands Release and Knee Strike + 3 counter attacks

Smash Release and Strike + 3 counter attacks



# Purple Belt Syllabus



## THIRD TIP

*Continued*

Against a Choke

Wedging Block + 3 counter attacks

Throat Push Release + 3 counter attacks

Twist and Circle Release + 3 counter attacks

## BELT SEQUENCES

Jumping Inner Crescent, Jump Spinning Elbow, Jumping Front Kick

Flying Side Kick, Jumping Outer Crescent Kick, Jump Spinning Backfist

## SPARRING SKILLS

One Step Sparring

Three Step Sparring

## BELT EXAM

### PREREQUISITES

Regular Class Attendance

At least one additional month of training since 3rd Tip

### BOARD BREAKING

Stepping Side Kick

### SKILLS TESTED

Perform Belt Sequences without a target

Incorporate Purple Belt Techniques into Step Sparring

Demonstrate any White, Orange, Yellow, Green, Blue or Purple Belt technique when requested



# Brown Belt Syllabus



## BROWN BELT THEME

*'It does not matter how slowly you go as long as you do not stop.'*

## FIRST TIP - HAND TECHNIQUES

### STRIKING SKILLS

Rolling Blocks into Strikes

Inner Rolling Block into ; Hook Punch

Knifehand Strike

Elbow Strike

Vertical Fist Punch

Hammer Fist Strike

Jump Spinning Backfist Strike

Lower Rolling Block into ; Uppercut Punch

Downward Knifehand Strike

Downward Elbow Strike

Upwards Backfist Strike

Spinning Elbow Strike

Upwards Crane Strike

Upper Rolling Block into ; Cross Punch

Inner Knifehand Strike

Upwards Elbow Strike

Spinning Knifehand Strike

Ridgehand Strike

Jump Spinning Elbow Strike

## SECOND TIP - KICKING TECHNIQUES

### KICKING SKILLS

Sliding Axe Kick

Front Leg Axe Kick

Sliding Hook Kick

Front Leg Hook Kick

Sliding Turning Kick

Jump Turning Back Kick

Forward Illusion Kick

Spinning Heel Kick

### KICKING COMBOS

Sliding Axe Kick, Front Leg Axe Kick

Front Leg Hook Kick, Sliding Hook Kick





# Brown Belt Syllabus



## THIRD TIP - SELF DEFENCE TECHNIQUES

### SELF DEFENCE SKILLS

Arm Bar Over

Against Same Hand Grab

Against Cross Hand Grab

Against a Double Hand Grab

Against a Choke

### KICKING DEFENCE SKILLS

Against a Front Kick

Against a Turning Kick

Lower X Block

Side X Block

Blade Block

Push Kick

X Block and Pull

Circular Axe Kick

Against a Crescent Kick

Against a Back Kick

Cover Block

Push Kick

Low Side Kick

Rising Side Blade Kick

Low Reverse Hook Kick

Jam

### SPARRING

One Step Sparring

Three Step Sparring

### BELT SEQUENCES

Sliding Hook Kick, Spinning Hook Kick, Front Leg Hook Kick

Sliding Axe Kick, Jump Turning Back Kick, Front Leg Axe Kick

### BELT EXAM

#### PREREQUISITES

Regular Class Attendance

At least one additional month of training since third Tip

#### BOARD BREAKING

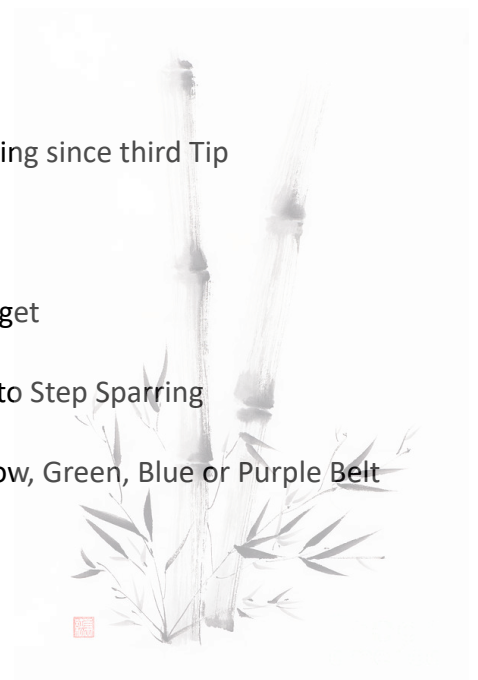
Spinning Hook Kick

#### SKILLS TESTED

Perform Belt Sequences without a target

Incorporate Brown Belt techniques into Step Sparring

Demonstrate any White, Orange, Yellow, Green, Blue or Purple Belt technique when requested



# Red Belt Syllabus



**RED BELT THEME**                      *'Obey the principles without being bound by them'*

## FIRST TIP - HAND TECHNIQUES

**WEAPONRY SKILLS**                      Basic Strikes and Blocks with Chosen Weapon  
  
Step Sparring with Chosen Weapon  
  
Develop a Routine with Chosen Weapon

**BLOCKING**                                      Rolling Block into Arm Bar Over

Inner Rolling Block

Outer Rolling Block

Upper Rolling Block

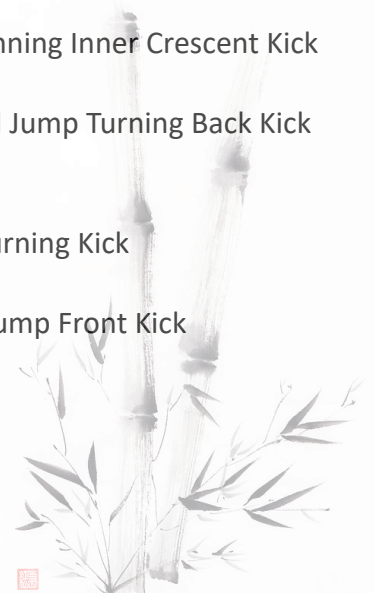
Lower Rolling Block

**STRIKING**                                      Random Striking Combinations  
From White Belt Punches  
From Orange Belt Strikes  
From Yellow Belt Strikes  
From Green Belt Strikes  
From Blue Belt Strikes  
From Purple Belt Strikes

## SECOND TIP - KICKING TECHNIQUES

**KICKING SKILLS**                              Jump Spinning Turning Kick                      Reverse Spinning Turning Kick  
  
Jumping Axe Kick                                      Jump Spinning Inner Crescent Kick  
  
Advanced Jump Front Kick                              Advanced Jump Turning Back Kick

**KICKING COMBOS**                              Jump Spinning Inner Crescent Kick, Spinning Turning Kick  
  
Advanced Jump Turning Back Kick, Advanced Jump Front Kick



# Red Belt Syllabus



## THIRD TIP - SELF DEFENCE TECHNIQUES

### SELF DEFENCE SKILLS

Arm Bar Under

Against a Same Hand Grab

Against a Cross Hand Grab

Against a Double Hand Grab

Against a Choke

### WEAPON DEFENCE SKILLS

Defend against an attack with your chosen weapon

Against a Downward Strike

Against an Upward Strike

Against a Strike to the Left

Against a Strike to the Right

Against a Spinning Attack

### SPARRING

One Step Sparring

Three Step Sparring

Free Sparring (One Round)

### BELT SEQUENCES

Spinning Turning Kick, Spinning Hook Kick, Advanced Jumping Front Kick  
Jumping Axe Kick, Jump Spinning Inner Crescent Kick, Spinning Knifehand

### BELT EXAM

#### PREREQUISITES

Regular Class Attendance  
Hapkido Class  
Weaponry Class  
Sparring Class

At least one month of additional training since the last Tip

#### BOARD BREAKING

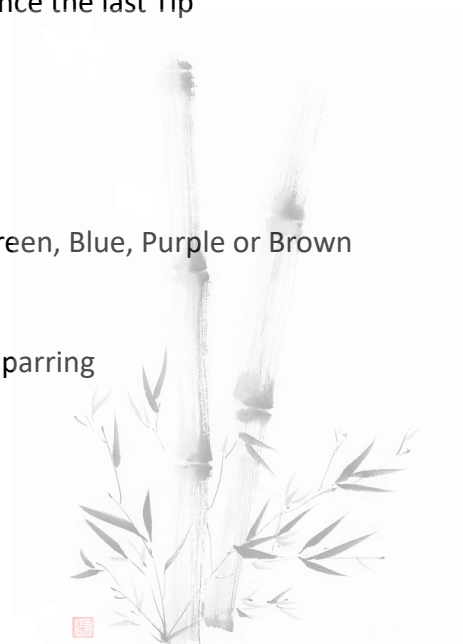
Jump Turning Back Kick

#### SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate any White, Orange, Yellow, Green, Blue, Purple or Brown Belt technique when asked

Incorporate Red Belt techniques into step sparring



# Provisional Black Belt Syllabus



**PROVISIONAL BLACK BELT THEME** *'When you aim for perfection you discover it is a moving target'*

## FIRST TIP - HAND TECHNIQUES

**WEAPONRY SKILLS** Basic Strikes and Blocks with a second, different, Chosen Weapon

Step Sparring with Chosen Weapon

Develop a Routine with Chosen Weapon

**STRIKING REVIEW**

- White Belt Striking Combination
- Orange Belt Striking Combination
- Yellow Belt Striking Combination
- Green Belt Striking Combination
- Blue Belt Striking Combination
- Purple Belt Striking Combination

## SECOND TIP - KICKING TECHNIQUES

**KICKING SKILLS** Cartwheel *or* Ninja Roll into Axe Kick

Jump Spinning Outer Crescent Kick

Drop Down Turning Kick

One personal choice kick to Advanced Black Belt Standard

**KICKING REVIEW**

- White Belt Kicking Combination
- Orange Belt Kicking Combination
- Yellow Belt Kicking Combination
- Green Belt Kicking Combination
- Blue Belt Kicking Combination
- Purple Belt Kicking Combination
- Brown Belt Kicking Combination
- Red Belt Kicking Combination

## THIRD TIP - SELF DEFENCE TECHNIQUES

**SELF DEFENCE SKILLS** Develop 10 personal choice self defence combinations

Choose to respond to;

- Any Punch
- Cross Hand Grab
- Choke
- Grab from Behind

- Same Hand Grab
- Double Hand Grab
- Any Kick



# Provisional Black Belt Syllabus



## THIRD TIP

*continued*

WEAPON DEFENCE SKILLS    Defend against an attack with your chosen weapon

Against a Downward Strike

Against an Upward Strike

Against a Strike to the Left

Against a Strike to the Right

Against a Spinning Attack

SPARRING

One Step Sparring

Three Step Sparring

Free Sparring

## BELT EXAM

PREREQUISITES

Regular Class Attendance  
Hapkido Class  
Weaponry Class  
Sparring Class

At least one month of additional training since the last Tip

FITNESS TEST

A Special pre-qualifying test will be conducted around 2 weeks before the Black Belt Exam

- \* Run Through all Belt Sequences White-Red Belt
- \* At least 40 Push Ups
- \* At least 40 Sit Ups
- \* At least one round of free sparring

BOARD BREAKING

Three Random Board Breaks, one personal choice

SKILLS TESTED

Perform Belt Sequences without a target

Demonstrate any White, Orange, Yellow, Green, Blue, Purple or Brown or Red Belt technique when asked

Incorporate Red Belt techniques into step sparring

Perform both of your previous Weaponry routines

Falling and Rolling Skills

