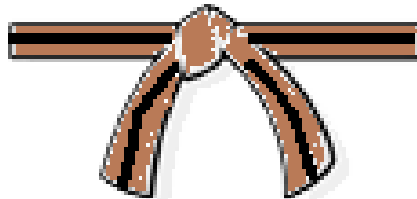




## II Brown Belt Workbook



Master Robert Adelman  
Grand Master Jong Hak Yi

# **Hapkido and Taekwondo Techniques**

## **Stances:**

ALL PREVIOUS- (Improve past techniques)

## **Combat Drill - Fighting Stance:**

ALL PREVIOUS- (Improve past techniques)

## **Power Drill (Basic Drill):**

ALL PREVIOUS- (Improve past techniques)

## **Basic Walking Drill (Walking Stance):**

ALL PREVIOUS- (Improve past techniques)

## **Kicking Drill**

ALL PREVIOUS-ADD:

Flying Outside Kick  
Flying Back Side Kick  
Flying Backswing Kick  
Backswing Sweep Kick

## **Forms:**

Kibon IL Jang	(Basic 1)	(6 Steps)
Kebon YI-Jang	(Basic 2)	(8 Steps)
Palgwe IL-Jang	(Palgwe 1)	(20 Steps)
Palgwe YI-Jang	(Palgwe 2)	(20 Steps)
Palgwe SOM- Jang	(Palgwe 3)	(22 Steps)
Palgwe SA-Jang	(Palgwe 4)	(24 Steps)
Palgwe Oh-Jang	(Palgwe 5)	(35 Steps)
Palgwe Uke-Jang	(Palgwe 6)	(19 Steps)
Palgwe Chil-Jand	(Palgwe 7)	(23 Steps)

## **One Steps:**

-Continue to train One-Steps. You should be experimenting various Blocks, Strikes, Throws, and Submissions.

**Throws:** - ALL PREVIOUS-ADD:

Double Leg Takedown  
Inside leg wrap takedown

**Kick Defense:** – ALL PREVIOUS-ADD:

ALL Single Leg Kicks

**Falls and Rolls:**- ALL PREVIOUS-ADD:

Jackknife Roll  
Flipping Side Fall (Right & Left Side)  
Superman Roll  
Bridge Fall (With Hands)  
Tree Fall

**Joint Locks:**       \*\*\*Use extreme Caution\*\*\*

Arm Triangle Choke  
Scissor Choke  
Lapel Choke  
Single Arm Rear Choke

**Free Sparring:** (Improve past Workbook)

**Grappling:** (Improve past techniques)

**Mixed Sparring:** - A Mix between Grappling and Free-Sparring

**Student Notes:**

\*Winner's take notes, Champions Study their notes\*

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