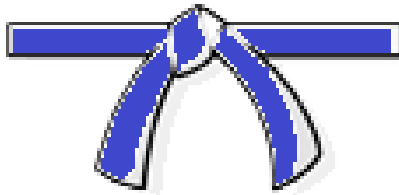




Blue Belt Workbook



Master Robert Adelman
Grand Master Jong Hak Yi

Hapkido and Taekwondo Techniques

Stances:

ALL PREVIOUS- (Improve past techniques)

Combat Drill - Fighting Stance:

ALL PREVIOUS-ADD: (Improve past techniques)

Basic Drill (Power Drill):

ALL PREVIOUS- (Improve past techniques)

Basic Walking Drill (Walking Stance):

ALL PREVIOUS- (Improve past techniques)

Kicking Drill:

ALL PREVIOUS-ADD:

Blue Belt Kicks:

Twisting Kick
Inside Half kick
Outside half Kick
Step Jumping Roundhouse
Step Jumping Side Kick
Step Jump Hook 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)

One Steps (Move, Block, Strike, Throw and Finish)

Create your own one step combinations.

Throws:

Throws from Joint Locks - *****DO NOT THROW OFF OF JOINT*****
(Fan, Cane, Vertical Pin, Etc.) Use Extreme Caution!

Falls and Rolls:

ALL PREVIOUS-ADD:

- Soft Roll Left Side
- Soft Roll Right Side

Joint Locks:

- Transition From Fan to Vertical Pin
- Transition from Vertical Pin to Cane
- Transition from Cane to Fan
- (Should be able to **transition** from one joint lock to the next at this rank)

Free Sparring:

- 2 and 2 (Kick only)
- 3 and 3 (All Strikes)
- Light Contact Sparring (1 vs 1)

Grappling:

-2 Min Drills (With Submissions) - Please use caution when appalling joint locks and submissions. **Don't forget to TAP!!!!!!!**

STUDENT NOTES:
