

Orange Belt Workbook



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Mid Rank Responsibilities

Orange through Blue Belt

- **BECOMING A LEADER-** Be prepared to lead warm-ups! Now it's time to help your instructors, fellow students and yourself by becoming a leader. During certain classes, the Head Instructor will choose a student to lead warm-ups. If the student doesn't know what exercise to do, the instructor will gladly show the student and make sure he/she understands the next exercise. Be Confident!
- UNIFORMS- At Orange Belt, students may now wear Hapkido uniforms. (All black with White Stitch or All White with Black Stitch) Please ensure all uniform are clean and well maintained. If your uniform is getting to old, dirty or too small, it will need to be replaced immediately.
- **WEAPONS-** At Orange Belt, students are allowed to attend Weapons Class. Please make sure to follow your instructors' rules and guidelines before handling ANY weapon. Weapon purchases can be made with parents approval only or being 18 years of age or older.

TAKE THESE NEW RESPONSIBILITYS SERIOUS AND ALWAYS TRY YOUR BEST!

Hapkido and Taekwondo Techniques

Stances

ALL PREVIOUS-

Combat Drill - Fighting Stance:

Jab
Reverse Punch
Cross (Front / Back Hand)
Hook (Front / Back Hand)
Uppercut (Front/ Back Hand)
Head Shoulder Block (Front / Back)
Leg Block (Front / Back Leg)
Double Blade Block (Both Hands)

Power Drill (Basic Drill)

ALL PREVIOUS-ADD:

Rising Elbow Strike
Inside Elbow Strike
Outside Elbow Strike
Back Elbow Strike
Dropping Elbow Strike
Rising Palm Strike
High Section Palm Strike
Middle Section Palm Strike
Low Section Palm Strike

Basic Walking Drill (Walking Stance)

ALL PREVIOUS-

<u>Back Stance (Only for Back Stance in Drill)</u> ALL PREVIOUS-ADD:

Sitting Stance (Only for Sitting Stance in Drill) ALL PREVIOUS-ADD:

Kicks can and will be added between blocks. Back Fist Spinning Back Fist

Kicking Drill:

ALL PREVIOUS-ADD:

Orange Belt Kicks

Double Front Kick Inside Inside Kick Outside Outside Kick Double Turning/ Roundhouse Kick Double Side Kick Hook / Roundhouse Kick

Forms:

Kibon EL 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)

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

Examples:

- #1 Step outside of opponent / Inner Block / Round house kick to chest/ Outside Short Throw/ Finish
- #2 Step Inside of opponent / High Section Palm Strike / Hip Throw / Finish
- #3 Step Inside of opponent / Inside Elbow Strike to Face/ Inside Short Throw / Finish

Throws

Inside Short Throw Single Arm Hip Throw / Shoulder drag Head and Arm Hip Throw

Falls and Rolls:

ALL PREVIOUS-ADD:

Jumping Roll (Feet together)

Joint Locks:

Sternum Lock Hip lock arm bar Triangle wrist lock Behind the back pass (Fan)

Free Sparring:

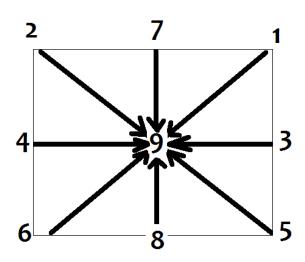
2 and 2 (Kick only) 3 and 3 (All Strikes) Light Contact Sparring (1 vs 1)

Grappling

-2 Min Drills (With Submissions) - Please use caution when applying joint locks and submissions. <u>Don't forget to TAP!!</u>

Weapon Chart of Strikes:

8 Basic angles of attacks #9 is Jab or Stab



STUDENT NOTES: