



# 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 RESPONSIBILITIES 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-

#### *Back Stance (Only for Back Stance in Drill)*

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)

