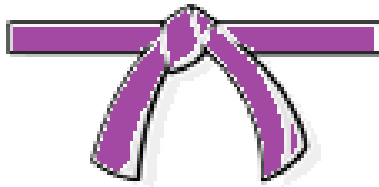




Purple Belt Workbook



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Hapkido and Taekwondo Techniques

Stances:

Walking Stance
Sitting Stance
Back Stance
Fighting Stance

Power Drill (Basic Drill):

Spear hand attack to the throat
High section block (fist or knife hand)
Outside forearm block (fist or knife hand)
Inside forearm block
Inner block
Low section block
Knife hand attack to the throat palm up
Palm press block to the side
Palm press block down
Soft block
Punch (High Section, Middle Section, Low Section)
High/Middle/Low

Basic Walking Drill (Walking, Back and Sitting Stance)

ALL PREVIOUS-ADD:

Samsumaki Block (Reinforced inner block- two handed block)
High Section X Block (Reinforced High Section Block – Fist or Knife hand)
Low Section X Block (Reinforced Low Section Block – Fist or Knife hand)
High Section Spread Block (Knife hand or Fist) - Can be a block or attack
Low Section Spread Block (Knife hand or Fist) - Can be a block or attack
Guan-Su-Chirigi - finger attack to the groin. - Walking stance only!
U Shape attack to the throat

Back Stance (Only for Back stance in Drill)

Guarding Block (Knife hand or Fist)
Low Section Guarding Block (Knife hand or Fist)
Subacan / Soo-Bak-Hand (attack to the groin)
U Shape Block (Fist or Knife hand)

Sitting Stance (Only for Sitting Stance in Drill)

Knife hand strike palm down
Knife Hand Strike Palm up
Low Section Spread Block (Knife hand / Fist) + Add sidekick
Full Mountain Block (fist or knife hand)
Half Mountain Block (Fist or knife hand)

Kicking Drill:

ALL PREVIOUS- ADD:

Purple Belt Kicks:

Push Kick
Inside Axe Kick
Outside Axe Kick
Full Roundhouse Kick
Back Side Kick
Back Swing Kick

Forms:

Kibon IL Jang (Basic 1)	(6 Steps)
Kebon EE-Jang (Basic 2)	(8 Steps)
Palgwe IL-Jang (Palgwe 1)	(20 Steps)
Palgwe EE-Jang (Palgwe 2)	(20 Steps)

One Steps (Move, Block, Strike and KIHOP!!!)

Examples:

#1 Step outside of opponent / High Section Block / Side kick / Roundhouse kick
#2 Step Inside of opponent / High Section Block / U Shape attack to the throat
#3 Step Inside of opponent / Samsumaki Block / High Section Spread Block Fist / Low Section Spread block knife hand.

Throws:

ALL PREVIOUS - ADD:

Back Knee Pull Down
Inside Pivot Throw
Outside Pivot Throw

Falls and Rolls:

ALL PREVIOUS-ADD:

Reverse Rolls (Right and Left sides)

