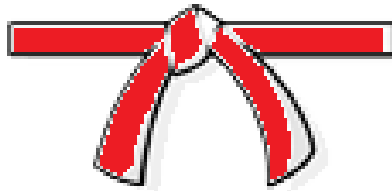




# Red Belt Workbook



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Grand Master Jong Hak Yi

# **Hapkido and Taekwondo Techniques:**

## **Stances:**

Cat Stance  
Forward Bow Stance  
Short Stance  
Diamond Stance

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

ALL PREVIOUS- (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:

Jumping Inside Axe Kick  
Jumping Outside Axe Kick  
Front Kick to Back Kick to Front Kick  
Roundhouse to Side Kick to Roundhouse

## **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-Jang	(Palgwe 7)	(23 Steps)
Palgwe Pal-Jang	(Palgwe 8)	(35 Steps)

## **One Steps, Kick Defense, Choke Defense** -ALL PREVIOUS- ADD:

Realistic One Steps. - Unknown Hand, Foot or Choke Defense. \* Use Caution!\*

**Throws:**

ALL PREVIOUS-ADD:

- Inside kick Sweep
- Outside kick Sweep
- Crucifix Outside Short
- Scissor Sweep
- Rolling Scissor Sweep
- Leg Trap Takedown ( From your Back)

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

Bridge Fall (Without Hands)

**Joint Locks:**

- Guillotine Crank
- Crucifix Crank ( From Crucifix Throw)
- Rear Face Crank ( Jaw, Eyes and Nose )

**Free Sparring:**

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

**Grappling:**

3 Min Drills - Please use caution when applying submissions.

**Mixed Sparring:**

Mix between Grappling and Free-Sparring. Strikes are also allowed on the ground

**Student Notes:**

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