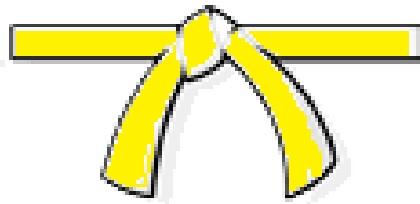




Yellow Belt Workbook



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Hapkido and Taekwondo Techniques

Stances:

Sitting Stance
Walking Stance
Back Stance
Fighting Stance

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 strike palm up
Knife Hand strike Palm down
Palm press block to the side
Palm press block down
Soft block
Punch (High Section, Middle Section, Low Section)

Basic Walking Drill (Walking Stance and Back Stance)

Walking Stance: Use Reverse Punch after Block

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

Back Stance: Use Twisting Punch after Block

Guarding Block (Knife hand or Fist)
Low Section Guarding Block (Knife hand or Fist)
Inner Block W/ Twisting Punch
Inside Forearm Block W/ Twisting Punch
Palm Press Block to the side W/ Twisting Punch
Palm Press Down Block W/ Twisting Punch
Low Section Block W/ Twisting Punch
Soft Block W/ Twisting Punch

Kicking Drill:

All Previous Kick- ADD:

Yellow Belt Kicks

Front Kick Walking
Outside Kick Walking
Inside kick Walking
Roundhouse Kick Walking (Turning Kick Walking)
Side Kick Walking
Hook Kick Walking (Reverse Kick Walking)
Stepping Round house kick
Stepping Side Kick
Stepping Hook Kick

Forms:

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

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

Examples

#1 Step outside of opponent / Inner Block / Roundhouse kick to stomach
#2 Step Inside of opponent / Inner Block Front Snap Kick
#3 Step Inside of opponent / High Section with knife hand Block / Inside and outside elbow strike to face.

Falls and Rolls:

ALL PREVIOUS FALLS - ADD:

Left Side Roll
Right Side Roll

Throws:

Hip Throw

Joint Locks:

Fan
Vertical Pin
Cane
Thumb Lock

