



# II Red Belt Workbook

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# Jr. Black Belt

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# **Hapkido and Taekwondo Techniques:**

## **Stances:**

ALL PREVIOUS- (Improve past techniques)

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

ALL PREVIOUS- (Improve past techniques)

## **Basic Drill ( Power Drill):**

ALL PREVIOUS- (Improve past techniques)

## **Basic Walking Drill:**

ALL PREVIOUS- (Improve past techniques)

## **Kicking Drill:**

ALL PREVIOUS- (Improve past techniques)

## **\*None Testing Kicks\***

Scoop Kick

Split Kick

Butterfly Kick

Touch Kick- Front Kick to Roundhouse Kick

Touch Kick- Side Kick to Back Side Kick

## **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-Jand	(Palgwe 7)	(23 Steps)
Palgwe Pal-Jang	(Palgwe 8)	(35 Steps)
Koryo	(1 <sup>st</sup> Dan)	(30 Steps)

**One Steps, Kick Defense, Choke Defense:**

– ALL PREVIOUS- (Improve past techniques)

**Falls and Rolls:**

– ALL PREVIOUS- (Improve past techniques)

**Joint Locks :**\*\*\*Use extreme Caution\*\*\*

- Achilles Lock
- Heel Hook
- Ankle Key Lock / Toe lock (Inside and outside)
- Knee Bar

**Gun Defense:** Defending from the following positions:

- Pointed at forehead
- Pointed at side of head (Both Sides)

**Free Sparring:**

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

**Grappling:**

-5 Min Drills (With Submissions) - Please use caution when appalling joint locks and submissions.

**Mixed Sparring:**

- A Mix between Grappling and Free-Sparring
- 1 vs 2 – Light control

**Student Notes:**

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