



Sinmoo Hapkido Curriculum

White Belt to Green Belt	
Philosophy	<ul style="list-style-type: none"> • Courtesies & Etiquette • The Nine Rules of Sinmoo Hapkido • Traditional Warm – Up
Meditation	<ul style="list-style-type: none"> • Basic Danjon Breathing – I • Concentration Meditation • Palms Pressing Meditation
Kicking	<ul style="list-style-type: none"> • 25 Basic Kicks
Strikes	<ul style="list-style-type: none"> • Hand strikes – I
Training/Conditioning	<ul style="list-style-type: none"> • Falling – I • Stances – I • Footwork – I • Contact
Hand Techniques	<ul style="list-style-type: none"> • Basic Three Wrist Escapes • Basic Eight Same Side Grab
Blocking & Defense	<ul style="list-style-type: none"> • Punch Defense – I
Grab Defense	<ul style="list-style-type: none"> • Clothing Grabs

Green Belt to Blue Belt	
Philosophy	<ul style="list-style-type: none"> • History of Sinmoo Hapkido
Meditation	<ul style="list-style-type: none"> • Basic Danjon Breathing – II • 8 Organ Meditation
Kicking	<ul style="list-style-type: none"> • Spin Kicking • 25 Basic Kicks– Stomping Style • Low Kicking
Strikes	<ul style="list-style-type: none"> • Hand strikes – II
Training/Conditioning	<ul style="list-style-type: none"> • Falling – II • Stances – II • Footwork – II
Hand Techniques	<ul style="list-style-type: none"> • Cross Hand Straight Grab
Blocking & Defense	<ul style="list-style-type: none"> • Punch Defense – II
Grab Defense	<ul style="list-style-type: none"> • Behind Grabs • Body Grabs & Holds



WASHINGTON SINMOO HAPKIDO



Bringing Mind, Body and Spirit Together

Blue Belt to Red Belt	
Philosophy	<ul style="list-style-type: none"> • Foundations of Sinmoo Hapkido
Meditation	<ul style="list-style-type: none"> • Basic Danjon Breathing Complete • Basic Power Meditation
Kicking	<ul style="list-style-type: none"> • 25 Basic Kicks – Fake Kicking • 25 Basic Kicks – Long Jumping • 25 Basic Kicks – High Jumping
Strikes	<ul style="list-style-type: none"> • Elbow Strikes
Training/Conditioning	<ul style="list-style-type: none"> • Falling – III
Hand Techniques	<ul style="list-style-type: none"> • Cross Hand Top Grab
Blocking & Defense	<ul style="list-style-type: none"> • Kick Defense
Grab Defense	<ul style="list-style-type: none"> • Sit Down Techniques • Lie Down Techniques

Red Belt to Brown Belt	
Philosophy	<ul style="list-style-type: none"> • Ki Concepts & Development
Meditation	<ul style="list-style-type: none"> • Moving Meditation
Kicking	<ul style="list-style-type: none"> • 25 Basic Kicks – Combinations • 25 Basic Kicks– Turning 180 Degrees • 25 Basic Kicks – Frog Jumping
Strikes	<ul style="list-style-type: none"> • Head Strikes
Training/Conditioning	<ul style="list-style-type: none"> • Jumping – I
Hand Techniques	<ul style="list-style-type: none"> • Thumb Down Side Grab
Blocking & Defense	<ul style="list-style-type: none"> • Knife Defense
Grab Defense	<ul style="list-style-type: none"> • Choke Defense

Brown Belt to 1st Dan Black Belt	
Philosophy	<ul style="list-style-type: none"> • Sounds
Meditation	<ul style="list-style-type: none"> • Sound Power Meditation • Advanced Danjon Breathing
Kicking	<ul style="list-style-type: none"> • 25 Basic Kicks – Jump Kick #2 • 25 Basic Kicks – Limp Style • Special Kicking
Strikes	<ul style="list-style-type: none"> • Point Strikes
Training/Conditioning	<ul style="list-style-type: none"> • Jumping – II
Hand Techniques	<ul style="list-style-type: none"> • Advanced Same Side Grab
Blocking & Defense	<ul style="list-style-type: none"> • Judo & Throw Defense
Grab Defense	<ul style="list-style-type: none"> • Direction Throws



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Bringing Mind, Body and Spirit Together

1st Dan Black Belt to 2nd Dan Black Belt	
Philosophy	• 6 & 8 Elements
Meditation	• Sleep Meditation • Bowing Meditation
Training & Conditioning	• Advanced Movement I
Hand Techniques	• Advanced Stepping Techniques
Blocking & Defense	• Hapkido Counters
Grab Defense	• Swing Power Throws • Foot Technique Escapes
Weapon I	• Short Stick Techniques
Weapon II	• Handkerchief Techniques

2nd Dan Black Belt to 3rd Dan Black Belt	
Philosophy	• 3 into 1
Meditation	• Won Hyo Meditation
Training & Conditioning	• Advanced Movement II
Hand Techniques	• Two Hand Grabs
Grab Defense	• Two Person Grab Defense
Weapon III	• Cane Techniques
Weapon IV	• Staff Techniques
Weapon V	• Sword Techniques

3rd Dan Black Belt to 4th Dan Black Belt	
Philosophy	• Healing Concepts • Color Differentiation
Meditation	• Infinity Meditation
Training & Conditioning	• Climbing Techniques
Hand Techniques	• 30 Attacking Techniques
Throwing Techniques – Weapon VI	• Knife Throwing • Chopsticks Throwing • Plate Throwing • Rock Throwing
Weapon VII	• Long Belt Techniques
Revival Techniques	• Vital Points • Revival • Bone & Joint Setting • Misc Concepts
Breaking Techniques	• Ki Breaking