

Sinmoo Hapkido Student Handbook

White Belt to Green Belt

1. Required understanding
 - courtesies
 - 9 rules
 - Warming - up
2. Meditation
 - Dan jun breathing
3. Kicking
 - 25 basic kicking
4. Strikes
 - Hand strikes I
5. Training/Conditioning
 - a. Nak Bup
 - Shoulder roll
 - Diving roll
 - Back roll
 - b. Footwork
6. Hand techniques
 - Basic 8
7. Blocking/defense
 - Punch blocking I-mv't
8. Grab Defense
 - Front and rear clothing grabs

Green Belt to Blue Belt

1. Required understanding
 - History of sinmoo hapkido
2. Meditation
 - Concentration med
3. Kicking
 - Spin kicking
 - 25 basic – frog jumping
 - Low kicking
4. Strikes
 - Hand strikes II
5. Training/Conditioning
 - a. Nak Bup II
 - Side break fall
 - Back break fall
 - Front break fall
 - Air roll
6. Hand techniques
 - Cross hand
7. Blocking/defense
 - Punch blocking II-blks
8. Grab Defense
 - Body Grabs and holds

Blue Belt to Red Belt

1. Required understanding
 - Ki Power and devlpm't

2. Meditation
 - Power Meditation I
3. Kicking
 - 25 basic – fake kicking
 - 25 basic – long – left
 - 25 basic – long –right
4. Strikes
 - Elbow strikes
5. Training/Conditioning
 - a. Nak Bup III
 - Twisting fall
 - Bridge fall
6. Hand Techniques
 - Cross hand top
7. Blocking/defense
 - Kick blocking
8. Grab Defense
 - Sit down techniques
 - Lie down techniques

Red Belt to Brown Belt

1. Required understanding
 - Ki yaps
2. Meditation
 - Moving meditation
3. Kicking
 - 25 basic – combinations
 - 25 basic – turning 180*
 - 25 basic – stomp
4. Strikes
 - Head strikes
5. Training/Conditioning
 - Jumping I
6. Hand Techniques
 - Thumb down
7. Blocking/defense
 - Knife defense
8. Grab Defense
 - Choke defense

Brown Belt to 1st Dan

1. Required understanding
 - Sound
2. Meditation
 - Power Meditation II
3. Kicking
 - 25 basic – Ju bal yung
 - 25 basic – limp
 - Special kicking
4. Strikes
 - Point Strikes
5. Training/Conditioning
 - Jumping II
6. Hand Techniques
 - Advanced wrist grabs
7. Blocking/defense

- Judo blocking
- 8. Grab Defense
 - 4 Direction Throws

1st Dan to 2nd Dan

1. Required understanding
2. Meditation
 - Sleep meditation
3. Training/Conditioning
 - Mov't I - Walking
4. Hand Techniques
 - Stepping techniques
5. Blocking/defense
 - Hapkido counters
6. Grab defense
 - Swing throws
7. Dan Bong
8. Handkerchief

2nd Dan to 3rd Dan

1. Required understanding
2. Meditation
 - Won Hyo Meditation
3. Training/Conditioning
 - Mov't II - Multiple
4. Hand Techniques
 - Two person grabs
5. Grab defense
 - Two person grabs
6. Bong
7. Cane
8. Sword

3rd Dan to 4th Dan

1. Required understanding
2. Meditation
 - Infinity meditation
3. Training/Conditioning
 - Climbing Techniques
4. Hand Techniques
 - 30 Attacking techniques
5. Throwing techniques
 - Knives
 - Plates
 - Rocks
 - Without sling
 - With sling
6. Long Belt
7. Revival Techniques
8. Breaking Techniques