Hapkido 7th Kup - Orange Belt

| Belt Size | Class Day | Class Time | Today's Date |
| :---: | :---: | :---: | :---: |
| Name |  | Instructor | E-mail |
| Address |  | Starting Date | Birth Date |
| City | State | Zip Code | Phone |



I recognize that belts are awarded only when specific standards of performance can be met by the student during testing. If I do not achieve the desired rank, I may test again, at no cost, for that rank at the next testing session. I recognize that promotion standards are uniform and that each belt reflects a specific level of competence.

Student Signature $\qquad$

Pass $\qquad$ Fail $\qquad$ Judge Signature $\qquad$

| BODY MOVEMENT with Blocks and Strikes |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
| Movement | Block | Strike |  |  |
| Front and Back | High | Palm Heel |  |  |
| Side to Side | Outside Middle | Reverse Punch |  |  |
| Slide Back 45 | Outside Middle | Elbows (rear) |  |  |
| Inside Pivot | 45 Degree, Inside | Knifehand |  |  |
| Back Pivot | Low Inside | Ridgehand |  |  |
| Cross-Step and Turn | Inside | Upper Cut |  |  |
| Back Spin | Outside Middle | Back Fist |  |  |
| Back Step | Low Inside | Hammer Fist |  |  |

## SELF DEFENSE

Punch Defenses -Footwork \& Blocks Only (5)

## ATTACKS FROM THE REAR

| Arms Pinned |  |  |
| :--- | :--- | :--- |
| Arms Free |  |  |
| One Free/One Pinned |  |  |
| Arm Choke |  |  |
| Arms Locked |  |  |

## ATTACKS FROM THE FRONT

| Arms Pinned |  |  |
| :--- | :--- | :--- |
| Arms Free |  |  |
| Hand Choke |  |  |
| Lapel Grab |  |  |
| Grab and Punch |  |  |

HAND TECHNIQUES

| MilGi (Pushing) (5) |  |  |
| :--- | :--- | :--- |
| JobGi (Regrabs) (5) |  |  |

