Hapkido 7th Kup - Orange Belt

Belt Size	Cla	ss Day	Class Time		Today's Date		
Name			Instructor		E-mail		
Address			Starting Date		Birth Date		
City		State	Zip Code _		Phone		
PUNCHING				STRIKES			
Reverse Punch				Palm Heel			
Vertical Punch				Tiger Mouth			
Hammer Fist				Tiger Claw			
Upper Cut				Knife Hand			
Back Fist				Ridge Hand			
Moving Punch				Side Knife			
Elbows *				*Horizontal, Verti	cal, Diagonal Down, Diagonal Up		
KICKS							
Crescents				Side Kick			
Knee Kick				Shin Kicks			
Front Kick				Back Side Kick			
Half Moon				Sliding Front*			
Roundhouse				Sliding Round*			
Back Kick				Sliding Side*			
Moving Kicks				*Advancing, Retr	reating, Pendulum (In Place)		
FALLING							
Back Fall (moving))						
Side Fall							
Forward Roll (turn	ing)						
Front Fall (short & long)							
Ground Fighting							
I recognize that be	elts are av	warded on	lly when specific sta	andards of perforr	mance can be met by the student		
during testing. If I	do not ac	chieve the	desired rank, I ma	y test again, at no	cost, for that rank at the next		
testing session. I	recognize	e that pron	notion standards a	re uniform and tha	at each belt reflects a specific		
level of competend	ce.						
		Stu	dent Signature				
Pass	Fail	Jud	lge Signature				

BODY MOVEMENT wite Movement	Block	Strike	
Front and Back	High	Palm Heel	
Side to Side	Outside Middle	Reverse Punch	
Slide to Side Slide Back 45	Outside Middle Outside Middle	Elbows (rear)	
Inside Pivot	45 Degree, Inside		
Back Pivot	Low Inside	Ridgehand	
Cross-Step and Turn	Inside	Upper Cut	
Back Spin	Outside Middle	Back Fist	
Back Step	Low Inside	Hammer Fist	
OF E DEFENSE			
SELF DEFENSE	1.0.01 / 0.1 /-	<u> </u>	
Punch Defenses -Footw	ork & Blocks Only (5)	
ATT A OLYO ED OLA TUT	DE 4 D		
ATTACKS FROM THE	REAR		
Arms Pinned	+ +		
Arms Free			
One Free/One Pinned			
Arm Choke	1 1		
Arms Locked			
ATTACKS FROM THE	FRONT		
Arms Pinned			
Arms Free			
Hand Choke			
Lapel Grab			
Grab and Punch			
HAND TECHNIQUES			
MilGi (Pushing) (5)			