

White Belt Class

<p style="text-align: center;">Blocks</p> <ol style="list-style-type: none">1. High Block2. Inside Block (Open the door)3. Outside Block (Close the door)4. Low Block	<p style="text-align: center;">Punches</p> <ol style="list-style-type: none">1. High Punch2. Middle Punch3. Low Punch4. Double Fist Punch
<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none">1. Front Kick2. Side Kick3. Back Kick4. Roundhouse Kick	<p style="text-align: center;">Stances</p> <ol style="list-style-type: none">1. Horse Stance2. Fighting Position3. Ready Stance4. Attention Stance
<p style="text-align: center;">Emergency Info</p> <ol style="list-style-type: none">1. Name2. Address3. Phone #4. Parents Name5. 9116. Saying no to strangers (malls, phone, movies, etc.)7. Secret Password	

Yellow Belt Class

Must know all of White Belt Class Techniques

<p style="text-align: center;">Blocks</p> <ol style="list-style-type: none">1. Augmented Block2. Low Double Knifehand Block3. Middle Double Knifehand Block	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none">1. Gliding
<p style="text-align: center;">Punches</p> <ol style="list-style-type: none">1. Jab Punch2. Roundhouse Punch3. Forward Punch	<p style="text-align: center;">Purchases</p> <ol style="list-style-type: none">1. Need to have a uniform2. Need Handpads*3. Need Footpads
<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none">1. Number 1 Kick	<p style="text-align: center;">Stances</p> <ol style="list-style-type: none">1. Cat Stance
<p style="text-align: center;">Strikes</p> <ol style="list-style-type: none">1. Palm Heel Strike2. Back Elbow Strike3. Front Elbow Strike4. Ridge Hand Strike5. Outside Knifehand Strike6. Inside Knifehand Strike	<p style="text-align: center;">Kata</p> <ol style="list-style-type: none">1. Kee Cho Hyung Il Bu (Basic Form 1)2. Kee Cho Hyung E Bu (Basic Form 2)3. Kee Cho Hyung Sam Bu (Basic Form 3)

*Must have Handpads to spar

Purple & Orange Belt Class

Must know all of White Belt Class Techniques

Must know all of Yellow Belt Class Techniques

<p style="text-align: center;">Blocks</p> <ol style="list-style-type: none"> 1. X-Block Low 2. X-Block High 	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none"> 1. One Step Sparring which is #1, 2, and 3 Punch Defense
<p style="text-align: center;">Punches</p> <ol style="list-style-type: none"> 1. Vertical Fist Punch (Chinese Punch) 2. Uppercut 3. 1,2 Punch 	<p style="text-align: center;">Katas</p> <ol style="list-style-type: none"> 1. Pyung Ahn Cho Dan, Kata #4 (Purple Belt) 2. Ahn E Dan, Kata #5 (Orange Belt)
<p style="text-align: center;">Strikes</p> <ol style="list-style-type: none"> 1. Back Fist Strike 2. Hammer Fist Strike 3. Front Knee Strike 4. Roundhouse Knee Strike 5. Finger Jab Strike 	<p style="text-align: center;">Jujitsu</p> <ol style="list-style-type: none"> 1. Forward Roll 2. #1, 2, 3, 4, and 5 Shirt Grab Hand Techniques
<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none"> 1. Hook Kick (Purple) 2. Jump Front Kick (Purple) 3. Side, Step Behind Side Kick 4. Spinning Back Side 5. # 2, 3, 4 Kick 	

Blue & Green Belt Class

Must know all of White Belt Class Techniques

Must know all of Yellow Belt Class Techniques

Must know all of Purple & Orange Belt Class Techniques

<p style="text-align: center;">Strikes</p> <ol style="list-style-type: none"> 1. Double Knifehand Strike 2. Spinning Back Fist Combination 3. Knifehand Chop 4. Double Uppercut 	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none"> 1. Know the complete Stretch Sequence
<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none"> 1. Closing Kick 2. Jumping Roundhouse Kick 3. Spinning Hook Kick 4. 5 Kick, Jump 5 Kick 5. Outside / Inside Crescent Kick 6. Inside / Outside Crescent Kick 7. Ax Kick 	<p style="text-align: center;">Kata</p> <ol style="list-style-type: none"> 1. Pyung Ahn Sahn Dan Kata #6 (Blue Belt) 2. Pyung Ahn Sahn Dan Kata #7 (Green Belt)
<p style="text-align: center;">Jujitsu</p> <ol style="list-style-type: none"> 1. Side Fall 2. Tapping (safety) 3. Advanced Forward Roll 4. # 5 through 13 Shirt Grab hand techniques 5. # 13 through 25 Belt Grab Techniques 6. # 1, 2, & 3 Breathing Techniques 	<p style="text-align: center;">Sparring</p> <ol style="list-style-type: none"> 1. Forward Shuffle 2. Backward Shuffle 3. #4 through 10 Punch Defenses 4. #1 through 5 Kick Defenses

Brown & Red Belt Class

Must know all of White Belt Class Techniques

Must know all of Yellow Belt Class Techniques

Must know all of Purple & Orange Belt Class Techniques

Must know all of Blue & Green Belt Class Techniques

<p style="text-align: center;">Hapkido</p> <ol style="list-style-type: none">1. Hip Throw2. Single Cross Arm Grabs hand techniques (15 total for Brown)3. Double Cross Arm Grabs hand techniques (14 total for Red)4. Bow (Beginning exercises)5. 1 through 5 Knife Defense. Must be proficient at one of them	<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none">1. #6 through #10 Kick2. Jump Double Front Kick3. Spinning Hook Low Kick
<p style="text-align: center;">Katas</p> <ol style="list-style-type: none">1. Pyung Ahn Oe Dan Kata #8 (Brown Belt)2. Passai So Kata #9 (Red Belt)3. Musical Kata	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none">1. Board Breaking (Optional) I will teach you how if you purchase the boards. Hammerfist or Knife edge is used.

Black Belt Class

Must know all of White Belt Class Techniques

Must know all of Yellow Belt Class Techniques

Must know all of Purple & Orange Belt Class Techniques

Must know all of Blue & Green Belt Class Techniques

Must know all of Brown & Red Class Techniques

<p style="text-align: center;">Hapkido</p> <ol style="list-style-type: none"> 1. Single Straight Across Arm Grabs hand techniques (16 total) 2. Double Straight Across Grabs hand techniques (14 total) 3. #1 through 5 behind the back Collar Grabs 4. Bow 5. 1 through 5 Knife Defense 6. Jump Roll (Must jump out of 1 Hand Technique lock down) 	<p style="text-align: center;">Kicks</p> <ol style="list-style-type: none"> 1. #6 Through #10 Kick 2. Jump Double Front Kick 3. Spinning Hook Low Kick
<p style="text-align: center;">Katas</p> <ol style="list-style-type: none"> 1. Passai Dae Kata #10 (Red Belt) 2. Naihanchi Chodan Kata #11 (Black Belt) 	<p style="text-align: center;">Miscellaneous</p> <ol style="list-style-type: none"> 1. Low/High Spinning Back Fist combination 2. Kick combination Roundhouse, Front Side, Back Side 3. Front Kick/Back Kick
<p style="text-align: center;">Sparring</p> <ol style="list-style-type: none"> 1. #5 through 10 Kick Defense 2. Sparring 2 opponents 	