WOLVES MARTIAL ARTS

HAPKIDO COLOURED BELT GRADING SYLLABUS

Effective as from February 2023

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White	Yellow 2	Yellow 3	Blue 1	Blue 2	Blue 3	Red 1	Red 2	Red 3	Provisional Black belt
	8th	7 th	6 th	5 th	4 th	3rd	2 nd	1 st	BO DAN
Body Walk	Attacking	Inside Wrist	Défense	Outside	Clothing	Lapel Grab	Body Catch	Against Punch	Double wrist Throws
	Joint Twist	Joint twist	against	Wrist Joint	grabs			Joint Twist	
Stationary			Punch	Twist					
Body Walk									
	Dan Bong	Dan Bong	Jang Bong	Jang Bong	Outside	Belt Grade	Attacking	Police Locks	Seated defence
Dan Jeon	Against punch	Partner	Basics	Poomsae 2	Wrist throws		throws		
Breathing									
					Jang Bong				
Basic Pattern	Basic kicks		Jang Bong	Jang Bong	Poomsae 4	Caught from	Cane Basics	Cane against	Ground Techniques
	• Low		Poomsae 1	Poomsae 3		behind		punch – Strike /	
Wrist Release	cross				Jang Bong			Hook	
	kick				Poomsae				
Double Wrist	 Outer 				Sparring				Cane Against Punch
Release	knee								Twist Joint twist
	kick								
Single wrist	 Round 								Two Hand
hitting	kick								Catch one
	 Side kick 								
Double wrist	 Front 								
Hitting	groin								
	kick								
Basic hand	 Twisting 								
techniques:	kick								
Punch, Hammer	 Sweep 								
fist, Elbow	kick								
strike, knife									
hand, back fist									