

Hapkido & Kali 1st Degree Requirements

White 1st Midterm	Yellow 2nd Midterm	Orange 3rd Midterm
<b>Strikes</b> - 3 Primary Targets	<b>Strikes</b> - 3 Primary Targets	<b>Strikes</b> - 3 Primary Targets
Hammer Fist - Down & Horizontal	Vertical & Hook Punch - Lead & Back	Palm Heel - Lead & Back
Backfist - Lead & Spinning	Uppercut - Head & Body	Tiger Mouth & Rake - Down - Horizontal
Finger Jab - Throat Strike - Headbut		
	<b>Kicks</b>	<b>Kicks</b>
<b>Kicks</b>	Low Kick - Inside & Outside of Leg	Knees - Front & Switch Step
Front (#3 & #2)	Crescent Kick - Inner & Outer	Scoop - Front of Shin - Ankle to Foot
Side (#3 & #2)	Head and Hands	Savate Front Leg Kick
Back Kick to Stomach		
	<b>Movement</b>	<b>Movement</b>
<b>Movement</b>	Asterisk Footwork - 8 steps	Triangle 1 - Stepping one at a time
Circular	Switching Leads	Triangle 2 - With Switch Step
V Footwork		Triangle 3 - Slide almost together to shuffle
	<b>Breakfalls</b>	<b>Breakaways</b>
<b>Breakfalls</b>	Front Fall	2 Elbow Strikes
Forward (Kneeling & Standing)	Backward Roll	3 Elbow Strikes
Side (From Throw)	Rolling Escape	Tiger Mouth
Backward (Sitting & Standing)		KI - Cutting Out to Low Elbow
	<b>Stances</b>	Underarm Escape with Knife Hand Strike
<b>Stances</b>	Neutral	
Open	Fighting Stance	<b>Joint Manipulation</b>
Bladed	Defense Stance	<u>Same Side Wrist Grab</u>
NVP - Non Violent Posture (S.P.E.A.R.)	Tactical Get Up	Stretcher - Warrior Pose
		Key Lock
<b>Breakaways</b>	<b>Breakaways</b>	4 Directional Throw w/ Breakfall
<u>Same Side Wrist Grab + Distraction</u>	<u>Same Side Wrist Grab + Distraction</u>	Finger Lock & Casting (Ejection)
Cutting In	Forearm & Elbow	Cross Hand Armbar
Out and Around	Downward Ki	Gooseneck w/ Wrist Compression
Radial Strike	Cutting In & Elbow Strike	
Hand Strike	Cutting In Body Grab - Elbow Strike	<u>Defense Cross Wrist Grab</u>
	Leading Circle w/ Leg Trap	Key Lock
<b>Joint Manipulation</b>		4 Directional Throw w/ Takedown
<u>Same Side Wrist Grab</u>	<b>Joint Manipulation</b>	Z- Lock (Nikyo)
Outside Wrist Lock (Pinky Up)	<u>Same Side Wrist Grab</u>	Stretcher - Warrior Pose w/ Breakfall
Outside Wrist Lock Takedown	Outside Wrist Lock - Takedown	
Outside Wrist Lock w/ Armbar	Armbar	<b>Kali</b> - Stick & Knife
	Whipping In & Wrist Compression	Sumbrada
<b>Kali</b> - Stick		Hubud & Lubud
12 Basic Angles	<u>Defense Cross Wrist Grab</u>	
V - Footwork	Armbar	<b>Knife Disarm</b> - Basics
Reverse V - Footwork	Shoulder Armbar to Key Lock	Lock Up Grab
	Shoulder Armbar to 4 Directional Throw	Forearm Disarm
<b>Knife Defense</b> - Static	Face Strike - Inverted Armbar	*Use White & Yellow Belts material for
Throat #1 Angle		Attacks and Angles both fluid and static
Throat #2 Angle	<b>Kali</b> - Stick & Knife Basics	
Defense with Takedown	Block Check Angle 1-12	<b>Ground Fighting Basics</b>
	Knife Angles 1-8	Mount
<b>Pressure Points</b>		Side Control
L - Lung	<b>Knife Defense</b>	Guard
L5 Lung (Before Elbow)	Stomach Angle 5	* Get to a position with resistance
L1 18 (Brachial Plexus)	From Behind to Neck	
GB - Gall Bladder		<b>Pressure Points</b>
GB 31 - Common Peroneal Leg	<b>Pressure Points</b>	GB 41 - Metatarsal - Pinky Toe - Peroneos
	Spleen	TW 17 - Triple Warmer - Occipital Nerve
<b>Additional Testing Requirements</b>	SP 11- Femoral Nerve	
Tapping - ways to do it and why	GV - Governor	<b>Additional Testing Requirements</b>
Live Hand & KI Finger	GV 26 - Infraorbital or Oris Muscle	Light Resistance and Flow
Respecting Strikes - Uke Safety		Adaptation to opponent and environment
Basic Terms	<b>Additional Testing Requirements</b>	Control & Intent
Universal Theories of Hapkido	Economy of Motion - Action vs. Reaction	Universal Theories of Hapkido
Ryu Flow - Won Circle - Wha Harmony	Universal Theories of Hapkido	Shin Bub - Ahn Bub - Bo Bub
Arnis - Kali - Definition and Origin	Yea Bub - Sim Bub - Ki Bub	Kali Geography Test of the Philippines
Know the definition to present at testing	Kali Masters - Know 3 of them for testing	
<b>Green 4th Midterm</b>	<b>Requirements For 2nd Dan Testing</b>	
<b>Strikes</b> - 3 Primary Targets	<b>Form</b> - Shim Jun Form & Philosophy	
Spear or Finger Jab - Straight or Swipe	<b>White - Green In Hapkido</b>	
Adv. Knifehand - Radial Smash	The examiner will call out techniques to demonstrate	
Oxjaw & Phoenix Beak	<b>Sparring</b> - The number of rounds and specific technique or content will be given by the examiner during testing.	
	<b>Board Breaks</b> - A different break each test	
<b>Kicks</b>	1. Knifehand Jump Side K. over 1 Obstacle      3. Upset Knifehand, Jump Rev. Side Kick	
Forward Knee - Round & Muay Thai Knees	2. Punch, Round Kick High, Side K. Body      4. Front K., Side Kick, Round Kick (1 With Opposite Leg)	
Foot Sweep #2 and Reverse		
Catch & Sweep - Takedown and Discharge		
	<b>History or Hapkido &amp; Arnis - Kali</b>	
<b>Movement</b>	A two page typed and printed report on on informations decided upon by examiners at least 30 days before testing.	
Hour Glass Footwork	<b>2 Weapons Forms</b> - Student will create both forms from previous material with one being done with music of their choice. using both hands, minimum of 32 moves and no longer than 2 minutes each.	
Lu Tong - Floating Foot		
	<b>Other Info:</b>	
<b>Breakaways</b>	** History and the report will be done twice before the final test. Weapons will need to be demonstrated at each testing showing improvement. You may practice other weapons to help your creativity, use Youtube or social media for ideas.	
<u>2 Hands Grabbing 1 + Distraction</u>	*** You will not have to memorize all the material for testing. Most of it you will have practiced many times in class and at home. We will be looking for intensity from both both the attacker & Uke, realism, guard up, safety of attacker and Uke, exit strategy & a general improvement and progression. At this level maturity in rank is important. Your examiner will not remind of kicking or striking properly it will be revealed in your grade.	
2 Elbow Strikes		
Out and Around		
3 Elbow Strikes		
Elbow to Ribs		
	<b>Testing Points</b> - You need a minimum of 400 points and at least 4 midterms. You will also have a 5th test a final for 2nd Dan. The final is for the parents and family to celebrate. Testing will be done on set dates	
<b>Joint Manipulation</b>	<b>5 Areas of Testing</b>	
<u>Same Side Wrist Grab</u>	* <i>All midterms are averaged for points</i> *	
Z-Lock - Nikyo	<b>Form</b> - Shim Jun & philosophy	
Hammer Lock	<b>Hapkido &amp; Kali Arnis - History and Flow</b>	
Elbow Strike Hammer Lock	Students should respond to a scenario from the examiner with a previous material or techniques done with fluidity, intensity and safety.	
Center Lock - Sankyo	<b>Sparring</b> - Improved sparring strategy. Better use of hand and foot combinations.	
	<b>Weapons Forms</b>	
<u>Defense From Cross Wrist Grab</u>	<b>Board Breaks</b>	
Z- Lock - Nikyo	70 Points - Intensity & Precision	
Underarm Grab	90 Points - Movement- Application - and Control of Uke and Technique - Safety.	
<u>Defense From A Punch</u>		
Armbar		
Stretcher - Warrior Throw		
<b>Kali</b> - Stick		
H - Pattern		
Stick Combination #1 - 4		
Stick Combination #2 - 4 with Sunlit		
Stick Combination #3 - Reverse 4		
<b>Knife Defense</b> - Dynamic from SPEAR		
Low to Ribs		
High To Neck		
Defense with Takedown		
<b>Ground Fighting Basics</b>		
Back Control		
Hip Throw		
Osoto Gari		
Escape From Mount		
Escape From Side Control		
<b>Additional Testing Requirements</b>		
Introduction to Lock Flow		
Meditation & Relaxing and Breathe Work		
Respecting Strikes - Uke Safety		
Know and speak about 5 Kali Masters		
Universal Theories of Hapkido		
Soo Bub - Jok Sool - You Sool		
You Sool - Yun Hang Sool - Po Bak Sool		
Dan Jang Sool - Nak Bub - Mom Pul Gi		