

2009

Chung Yong Hapkido

Kup Grade Syllabus

This document outlines the basic requirements for students to progress from white belt to red belt. An exam to prove a student's proficiency should be undertaken at each belt.



White belt to Yellow Belt (16 Lessons & 4 Months)

Kicks

- Low Side Kick
- Outer Low Side Kick
- Knee Strike

The above kicks should be performed from relaxed ready stance, guard stance, moving forwards, moving forwards in combination and with partner.

Strikes

- Front Punch
- Arc Hand

The above strikes should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards, moving forwards in combination and with partner.

Blocks

- Outer Middle Block

The above block should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards and with partner.

Grab to Grab

- Down to up
- In to out
- Out to in

The above changes of control should be performed with a partner. Left and right arms individually and at the same time. (All grabs are same side to same side)

Break Falls

- Side Break fall from laying
- Side Break fall from kneeling
- Side Break fall from standing

The above falls are to be performed as listed as well as in combination with a front roll.

Rolls

- Front Roll from kneeling
- Front Roll from standing

The above rolls are to be performed with guard. For kneeling – roll, turn on knees and roll. For standing – roll, stand, turn and roll.

Locks

- Vertical S – intervention, drop to one knee and put opponent on their back.
- Straight arm sword – intervention, walk opponent on to front, knee on to shoulder.

Yellow belt to Green belt (20 Lessons & 5 Months)

Kicks

- Front Kick
- Side Kick
- Back Kick

The above kicks should be performed from relaxed ready stance, guard stance and in combination (Front to front, side to side and back to back).

Strikes

- Palm Heel
- Forearm Strike

The above strikes should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards, moving forwards in combination and with partner.

Blocks

- Outer Low Block
- Inner Middle Block

The above blocks should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards and with partner.

Grab to Grab

- Down to up
- In to out
- Out to in

The above changes of control should be performed with a partner. Left and right arms individually. (All grabs are opposite side to opposite side.)

Releases

- Low turn in
- Raise to parallel, turn elbow to elbow

The above releases are to be performed with a partner. Left and right arms individually. (All grabs are same side to same side.)

Break Falls

- Front Break fall from kneeling
- Front Break fall from Squatting
- Front Break fall from Standing

The above falls are to be performed as listed as well as in combination with a side roll (Fall first.).

Rolls

- Side Roll from all fours
- Side Roll from standing

The above rolls are to be performed as listed. Individual and double rolls.

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Locks

- Reverse Fingers – intervention, bring on to front.
- Inner wrist bend, straight take down – intervention, bring on to front.

Combinations

- Same to same grab. Low turn in release with grab. Take arm into straight arm Sword.
- Same to same grab. Down to come up. Bend arm at elbow and turn in for vertical S
- Walking intervention to vertical S
- Walking intervention to straight arm sword

Green belt to Blue belt (25 Lessons & 6 Months)

Kicks

- Shin turning kick
- Front Twisting Kick to Groin V
- High Heel Kick
- Turning Kick

The above kicks should be performed from relaxed ready stance, guard stance, moving forwards, moving forwards in combination and with partner (for turning kick, side step and kick to front of body).

Strikes

- Elbow
- Full Cut

The above strikes should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards, moving forwards in combination and with partner.

Blocks

- Inner low Block
- High Block

The above blocks should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards and with partner.

Releases

- Bend up and push
- Turn under arm sword

The above releases are to be performed with a partner. Left and right arms individually. (All grabs are same side to same side.)

Break Falls

- Back Break fall from kneeling
- Back Break fall from Squatting
- Back Break fall from Standing

The above falls are to be performed as listed as well as in combination with back roll. (roll, stand and fall)

Rolls

- Back Roll from sitting
- Back Roll from Squatting
- Back Roll from Standing

The above rolls are to be performed as listed and in combination with front roll.

Locks

- Inner wrist bend, turn out – intervention, take down on to back.
- Inner wrist bend, wind under – intervention to side throw.

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Combinations

- Same to same grab. Bend up. Add other hand for inner wrist straight take down.
- Same to same grab. In to come out. Turn arm over (wrist up). Add other hand for support. Slide grip to fingers for upside down reverse fingers lock. Step under arm and front axe throw. (opponent lands in front roll + side break fall.)
- Same to same grab. Out to come in. Turn arm for straight arm sword from front.
- Walking intervention, push arm through to upside down reverse fingers lock
- Walking intervention to inner wrist bend straight take down.

Blue belt to Red belt (30 Lessons & 7 Months)

Kicks

- High reverse turning kick
- Low reverse turning kick
- Low Hook

The above kicks should be performed from relaxed ready stance, guard stance, moving forwards, moving forwards in combination and with partner.

Strikes

- One knuckle Punch
- All 7 strikes in combination

The above strikes should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards, moving forwards in combination and with partner.

Blocks

- Low cross block
- High Cross Block

The above blocks should be performed from relaxed ready stance, relaxed ready stance with step, guard stance, moving forwards and with partner.

Releases

- Turn under arm sword + throw
- All 4 in combination

The above releases are to be performed with a partner. Left and right arms individually. (All grabs are same side to same side.)

Break Falls

- All 3 in combination

Rolls

- All 3 in combination

Locks

- Horizontal S- Intervention, take down on to back, step over and turn opponent on to front.

Pressure Points

- Finger
- Hand
- Inner wrist
- Forearm mound
- Inside elbow bend
- Inner arm above elbow

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Takedowns

- Hold shoulder, heel to heel sweep. (side fall)
- Outer side kick, hook kick to other leg. (back fall)
- Hold shoulders from behind, outer side kick to back of leg. (back fall)
- Grab both shins, push shoulder in to take down to front. (Front fall)

The above combinations are to teach basic takedowns and demonstrate falls.

Combinations

- Grab lapel. Turn hand up. Bend to inner wrist bend. Turn wrist out (keep hand against body, use body to add strength)
- Grab lapel. Turn hand up and bend for release. Wind under and throw
- Grab lapel. Turn hand up. Use inner elbow pressure point to bend arm and pull in to horizontal S.

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Note. From Red Belt to Black Belt : 40 Lessons & 10 Months