



# American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

## Adult **Yellow Belt** Requirements

<p><b>4 basic positions:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Joon Be - ready</li> <li><input type="checkbox"/> At ease</li> <li><input type="checkbox"/> Attention</li> <li><input type="checkbox"/> Bow</li> </ul> <p><b>Break Aways/Wrist Releases:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> #1 – Circle out Release</li> <li><input type="checkbox"/> #2 – Circle Hand Push Away</li> <li><input type="checkbox"/> #3 – Radial Nerve Strike</li> <li><input type="checkbox"/> #4 – Back of Hand Strike</li> </ul>	<p><b>Stances:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fighting stance</li> <li><input type="checkbox"/> Non-Threatening Fighting stance</li> </ul> <p><b>Kicking:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Front kick – Ap Cha Gi</li> <li><input type="checkbox"/> Sidekick – Yup Cha Gi</li> <li><input type="checkbox"/> Back kick</li> </ul>	<p><b>Striking:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jab</li> <li><input type="checkbox"/> Reverse/Cross punch</li> <li><input type="checkbox"/> Hammer Fist (Vertical/Horizontal)</li> <li><input type="checkbox"/> Backfist Punch</li> </ul>
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Minimum of 8 classes and 1 month

<p><b>Punching from Guarding Stance:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jab</li> <li><input type="checkbox"/> Cross/reverse punch</li> </ul> <p><b>Defenses against same side wrist grab</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> #1 – Inside wrist twist – Circle Takedown</li> <li><input type="checkbox"/> #2 – Inside wrist twist – Linear Takedown</li> </ul>	<p><b>Concepts:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Live Hand/Carte</li> <li><input type="checkbox"/> Drop your base/Center of Gravity</li> <li><input type="checkbox"/> Distraction techniques</li> </ul>	<p><b>Breakfalls from Kneeling position:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Front fall</li> <li><input type="checkbox"/> Back fall</li> <li><input type="checkbox"/> Right side fall</li> <li><input type="checkbox"/> Left side fall</li> </ul> <p><b>Self Defense:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> #1 Front Hair Pull (1 hand)</li> </ul>
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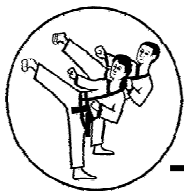
Minimum of 16 classes and 2 months

<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Korean Counting</li> <li>1 – Hanna</li> <li>2 – Dool</li> <li>3 – Set</li> <li>4 – Net</li> <li>5 – Da Sot</li> </ul>	<ul style="list-style-type: none"> <li>6 – Yeo Sot</li> <li>7 – El Gop</li> <li>8 – Yeo Dool</li> <li>9 – Ah Hap</li> <li>10 – Yeol</li> </ul>	<p><b>Joint Locking – Arm Bars (offensive):</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Inside to outside wrist lock</li> </ul> <p><b>Joint Locking – Arm Bars(defensive):</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cross Hand Grab</li> </ul> <p><b>Self Defense:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> #1 Side Headlock</li> </ul>
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Minimum of 24 classes and 3 months

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Sponsorship form.
- Exam fee: \$30.00 includes belt and certificate
- Minimum of 24 classes and 2 months.

*\* Information found on the following pages*



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**4 Basic positions:** (1) Joon Be – Ready Stance (2) At ease (3) Attention stance (4) Bow

## Breakaways – Escapes

Technique #1 – Circle out Release

1. Live hand
2. Drop your base
3. Bend elbow and push towards opponent
4. Pull out with hand and step out with leg at same time moving away from your opponent

Technique #2 - Circle Hand Push Away

1. Live Hand
2. Drop base (Center of gravity)
3. Circle wrist around outside – be sure thumb is up
4. Turn hand palm out and push on opponents wrist breaking away

Technique #3 – Assisted Breakaway – Radial Nerve Strike

1. Live Hand
2. Drop base (Center of gravity)
3. Turn wrist up to expose radial nerve
4. Strike radial nerve with knifehand strike
5. While pulling out hand – (pretend elbow striking someone behind you)

Technique #4 – Back of Hand Strike

1. Live Hand
2. Drop Base (Center of gravity)
3. Turn hand so opponents back of hand is facing up
4. Strike back of opponents hand with hammerfist strike
5. While pulling out hand – (elbow striking person behind)

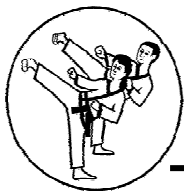
## Defenses against same side wrist grab

Technique #1 – Inside Wrist Twist – Circular Takedown

1. Live Hand
2. Drop center of gravity
3. Distraction strike (Strike to face or Low line Kick)
4. Turn your Palm up – Keeping elbow close to body
5. With other hand grab thumb side of opponent hand with your fingers and place thumb on the back of the hand
6. Twist the opponents hand
7. Bring other hand up and grab other side of opponent's hand.
8. Twist wrist and step back and around to take opponent to the ground
9. Stretch out opponents arm placing your knee on elbow
10. Finish strike.

Technique #2 – Inside Wrist Twist – Linear Takedown

1. Live Hand
2. Drop Center of Gravity
3. Distraction Strike (Strike to face or Low line Kick)
4. Turn your palm up – Keeping elbow close to body
5. With other hand shuto strike to back of opponents hand
6. Step forward taking opponent to the ground
7. Place foot under shoulder blade and knee below the elbow
8. Continue to twist the wrist while putting pressure on the elbow



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## Self Defense

### Hair Pull Techniques

Front (1 – Hand) – Pin Hand on head, Front Kick to Groin, Step to rear and drop

### Headlock Techniques

Side Headlock – Nerve Attack – Back of leg

## Combat Hap-Ki-Do:

**Hap** = Coordination      **Ki** = Power      **Do** = The way

**Meaning:** The way of coordinated power

**Founder:** Young Sul Choi      **Country:** Korea

**Our Grandmaster:** Grandmaster In Sun Seo

## “Chon-Tu Kwan Hapkido”

### Combat Hapkido

**Founder:** Grandmaster John Pellegrini      **Country:** USA