



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult **Black/White Stripe** Requirements

1st White Tip

Self Defense: <input type="checkbox"/> #1 Shoulder Grab (Front) <input type="checkbox"/> #2 Shoulder Grab (Front) <input type="checkbox"/> #3 Shoulder Grab (Front) <input type="checkbox"/> #1 Shoulder Grab (Rear) <input type="checkbox"/> #1 Shoulder Grab (Side)	Two Hand Lapel: (ICHF) <input type="checkbox"/> #5 – Wrist Trap <input type="checkbox"/> #6 – Reach over – Throat Grab	Sparring: <input type="checkbox"/> 1 st Round Sparring - Kicking & Punching Belt Grab (palm Up): (ICHF) <input type="checkbox"/> #3 – Elbow Break - Throw <input type="checkbox"/> #4 – Wrist Twist Takedown
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Minimum of 16 classes and 2 months. **Tip date:** __ / __ / __ **By:** _____

2nd White Tip

Full Nelson: (ICHF) <input type="checkbox"/> #3 – Finger Peel <input type="checkbox"/> #4 – Head Throw <input type="checkbox"/> #5 – Step Behind Throw	Yudo Sul (Throwing) <input type="checkbox"/> 5 th Directional Throw Hostile Handshake: (ICHF) <input type="checkbox"/> #3 – Elbow Break <input type="checkbox"/> #4 – 360 Takedown	Self Defense: <input type="checkbox"/> 3 Rear Grabs Sparring: <input type="checkbox"/> 2nd Round Sparring – Standing Grappling
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Minimum of 32 classes and 4 months. **Tip date:** __ / __ / __ **By:** _____

3rd White Tip

Self Defense: <input type="checkbox"/> 5 Seated Techniques Rear Bearhug: (ICHF) <input type="checkbox"/> #1 – Finger Break <input type="checkbox"/> #2 – Full Peel <input type="checkbox"/> #3 – Fingers Entwined	Self Defense: (Kicking Defenses) <input type="checkbox"/> 3 Roundhouse Kick 1 Hand Hairpull: (ICHF) <input type="checkbox"/> #1 – Arm in Elbow Takedown <input type="checkbox"/> #2 – Step Under – Center Lock <input type="checkbox"/> #3 – Arm Bar <input type="checkbox"/> #4 – Throat Grab	Knee Striking: <input type="checkbox"/> Conventional <input type="checkbox"/> Combative Sparring: <input type="checkbox"/> 2nd Round Sparring – Ground Grappling
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Minimum of 48 classes and 6 months. **Tip date:** __ / __ / __ **By:** _____

4th White Tip

Vocabulary: (Thesis) <input type="checkbox"/> 1 Page History of Hapkido Ground grappling: <input type="checkbox"/> Go Behinds <input type="checkbox"/> Setting Hooks <input type="checkbox"/> Choke from back	Self Defense: <input type="checkbox"/> #1 Bear Hug (Side) <input type="checkbox"/> #2 Bear Hug (Side) <input type="checkbox"/> #1 Bat (Top Down) <input type="checkbox"/> #2 Bat (Top Down) <input type="checkbox"/> #1 Bat (Side)	Self Defense: <input type="checkbox"/> Create a Self Defense routine – Using 5 – 8 Throwing Techniques
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Minimum of 64 classes and 8 months. **Tip date:** __ / __ / __ **By:** _____

Red Tip

- Review & pre-test of all the above requirements
- Exam fee: \$55.00 includes belt and certificate
- Minimum of 64 classes and 8 months.



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Self Defense

Shoulder Grab Techniques

1. Front (1 hand) - Pin hand to shoulder, Pivot upper body, Break opponents wrist
2. Front (1 hand) - Inside crossing forearm block, Back knuckle strike to face
3. Front (2 hands) - Double upper break, Double knifehand to neck, Knee to face
1. Rear (1 hand) - Pin opponents hand to shoulder, Raise the other hand straight up, Pivot around, Break elbow, Knifehand to neck
1. Side (1 hand) - Grab opponents sleeve, Pull down, Step in and Body Drop

Bear Hug Techniques

1. Side (over arms) - Groin strike, Grasp opponents arm, Turn hip in, 1 arm shoulder throw
2. Side (over arms) - Strike to groin, Grab opponent, Block with leg, Pull over leg

Bat Techniques

1. Top down - Step in block, Major outer Reap
2. Top down - X block, Irish whip
1. From side - Double arm inside block, Body Drop