

Black Stripe Requirements



Student Development: *Jung Shin*

- High front shoulder roll
- High side shoulder roll
- High stand-by
- Stand-by with half twist

- 2-finger strike
- 1-finger strike
- Spinning back fist

- Inside crescent to spin kick
- Inside crescent to side kick
- Spear kick to point kick
- Opposite point to point kick
- Side kick to turning back side kick
- Spin to tailbone kick
- Spinning opposite point kick

- Defense from single collar grab from behind
- Defense from double shoulder grab from behind
- Defense from double patch grab from behind
- Defense from double wrist grab from behind
- Defense from double wrist grab from behind, hands together

- History and evolution of Hapkido