

Red Belt Requirements



Student Development: *Jung Shin*

- High front shoulder roll
- High side shoulder roll
- High stand-by

- Jump front break fall
- Jump side break fall
- Jump back break fall
- Kip-up

- Thumb knuckle cross strike
- Index finger knuckle strike
- Middle finger knuckle strike
- Cats paw strike

- Inside-outside crescent kick
- Outside-inside crescent kick
- Inside thigh to point kick
- Outside crescent to point kick
- Inside thigh to front kick
- Spear to rear side kick
- Side kick to both sides

- Defense from a side wrist grab
- Defense from bouncer throw
- Defense in sitting position
- Defense from hair grab

- Linage of Hapkido