

Red Stripe Requirements



Student Development: *Self Control*

- Front shoulder roll with arms at side
- Side shoulder roll with arms at side
- Hapki double block

- Straight thumb strike
- Open back hand strike
- Elbow strikes

- Front shoulder roll to point kick
- Front shoulder roll to side kick
- Standby to side kick
- Low spin kick
- Sweeping point kick
- Kicks stepping off object

- Defense from patch grab
- Defense from shoulder grab
- Defense from cross patch grab
- Defense from cross shoulder grab

- Knowledge of the meaning of Hapkido