



**Kingsland  
Martial Arts**

Junior Hapkido

# Red Tip



Stripe tests for blue belt:

- Pattern
  - See notes over page for pattern
- Sparring
  - Deceptive footwork, switch step/switch kick
  - Counter-kicking, counter punching
  - Further combination work
- Breakaways & Self defence
  - Side head lock, leg lift/head push
  - Front head lock, wrist escape
  - Arm grab from chair - side fall, leg scissor
  - Bully grab from chair - as per white belt
  - Sacrifice throw - stomach throw
  
- Fitness & attitude
  - 2 consecutive 2 minute rounds of sparring
  - Flexibility - specific stretches as needed for each child
  - Strength - focus on good form for pushups, plank etc.

When students have earned these four stripes, they can complete their next grading to become **Blue Belts with Red Tip**. The blue belt test will cover all of these elements.

## The Red Tip Pattern

1. Turn left into right foot back stance, left hand grab
2. Right **instep** kick landing forward, right hook kick, low punch
3. Pick up right foot and turn 180 degrees over shoulder
  
4. Left foot back stance, right hand grab
5. Left **instep** kick landing forward, left hook kick, low punch
6. Pick up left foot and turn 90 degrees over shoulder to face front, right foot back stance
  
7. Two hand high cross block, grab and right knee attack, land forward.
8. Right punch, left punch (**Ki-Hap!**)
  
9. Turn left into left foot back stance, right hand grab
10. Left instep kick landing forward, left hook kick, low punch
11. Pick up left foot and turn 180 degrees over shoulder
  
12. Right foot back stance, left hand grab
13. Right instep kick landing forward, right hook kick, low punch
14. Pick up right foot and turn 90 degrees over shoulder to face back, left foot back stance
  
15. Two hand high cross block, grab and left knee attack, land forward.
16. Left punch, right punch (**Ki-Hap!**)
  
17. Pivot right around until facing the front, but 45% to right of center,
18. Left foot back stance
19. High cross block, twist wrists to 'escape' a grab.
20. Right two finger eye-strike, left two finger eye strike.
  
21. Cross step behind to face 45% to left of center,
22. Right foot back stance
23. High cross block, twist wrists to 'escape' a grab.
24. Left two finger eye-strike, right two finger eye strike.
  
25. End in traditional guarding block.

### What will Your teacher be looking for?

All blocks with closed fist

Start and Finish points should be the same.

Reverse elbow strikes with off hand when doing punches and blocks.