



**Kingsland
Martial Arts**

Junior Hapkido

White Belt

Stripe tests for white belt:

- Pattern & Break falls
 - See notes over page for pattern
 - Front breakfall
 - Back breakfall
 - Side breakfall
- Sparring
 - What is free sparring
 - Rules: respect, bowing and commands
 - Fighting stance
 - Basic strikes and simple combinations
- Self defence
 - Bully grab
 - Single wrist grab
 - Double shoulder grab - sweep
 - Double grab from behind - leg lift
 - Single grab from front - take down
- Fitness & attitude
 - Pushups
 - Situps
 - Attitude and engagement with group exercises
 - Understanding of principle of respect

When students have earned these four stripes, they can complete their first grading to become **Yellow Belts**. The yellow belt test will cover all of these elements.

The White Belt Pattern

1. Step right foot back into back stance, Left hand low block, Left hand middle block
2. Right hand punch (**Ki Hap!**), right step forward, right hand high block.
3. Left hand punch, right hand grab, pull back into cat stance

4. Turn 90 degrees to left.
5. Step right foot back into back stance, Left hand low block, Left hand middle block
6. Right hand punch, right step forward, right hand high block.
7. Left hand punch, right hand grab, pull back into cat stance

8. Turn 90 degrees to left.
9. Step right foot back into back stance, Left hand low block, Left hand middle block
10. Right hand punch, right step forward, right hand high block.
11. Left hand punch, right hand grab, pull back into cat stance

12. Turn 90 degrees to left.
13. Step right foot back into back stance, Left hand low block, Left hand middle block
14. Right hand punch, right step forward, right hand high block.
15. Left hand punch, right hand grab, pull back into cat stance

16. Right foot back and double low block, right leg front kick (**Ki Hap!**), right leg back kick.
17. Left foot back and double low block, left leg front kick, left leg back kick.
18. Finish in traditional guarding block.

What will Your teacher be looking for?

All blocks with closed fist.

Start and Finish points should be the same.

Balance and control - instead of rushing.