



**Kingsland
Martial Arts**

Junior Hapkido

Yellow Belt

Stripe tests for yellow belt:

- Pattern & Break falls
 - See notes over page for pattern
 - Front breakfall
 - Back breakfall
 - Side breakfall
 - Rolling breakfall
- Sparring
 - Sideways movement
 - Three strike combinations
 - Turning back kicks
- Self defence & breakaways
 - Same side wrist grab breakaway
 - Cross hand wrist grab breakaway
 - Double wrist grab on one wrist breakaway

 - Single shoulder grab - hip throw
 - Double grab from behind - chest drop
 - Double grab from behind - finger twist
 - Double wrist grab from behind - turn & kick
- Fitness & attitude
 - Pushups x 10
 - Situps x 10
 - Burpees x 5
 - Plank 20 sec
 - Attitude and engagement with group exercises

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

The Yellow Belt Pattern

1. Turn left into right foot back stance, left hand high block
2. Right front kick landing forward, right hand punch, left hand punch
3. Pick up right foot and turn 180 degrees over shoulder

4. Left foot back stance, right hand high block
5. Left front kick landing forward, left hand punch, right hand punch
6. Pick up left foot and turn 90 degrees over shoulder to face front, right foot back stance

7. Left hand middle block, left hand high block,
8. Right foot front kick landing forward,
9. Right hand punch, left hand punch (**Ki-Hap!**)

10. Turn left into left foot back stance, right high block
11. Left front kick landing forward, left hand punch, right hand punch
12. Pick up left foot and turn 180 degrees over shoulder

13. Right foot back stance, left hand high block
14. Right front kick landing forward, right hand punch, left hand punch
15. Pick up right foot and turn 90 degrees over shoulder to face back, left foot back stance

16. Right hand middle block, right hand high block,
17. Left foot front kick landing forward,
18. Left hand punch, right hand punch (**Ki-Hap!**)

19. Turn over your shoulder to face front, right hand knife hand strike to right side, right hand back fist to same.
20. Step right leg behind left, left hand knife hand strike to left side, left hand back fist to same.
21. End in traditional guarding block.

What will Your teacher be looking for?

All blocks with closed fist, high blocks should be clear and strong.
Start and Finish points should be the same.
Balance and control - instead of rushing.