



**Metro Martial Arts and World
Hapkido Association Integrated
Color Belt Curriculum**
Revised February 15, 2010

YELLOW BELT 9th Gup

(15) Minimum Time in Rank 3 Months

Breakaways

Back Step Escape
Turning Escape
Wrist Circle Escape
Knifehand Assisted
Knifehand Assisted Cross Hand

Cross Wrist Grab Defense

Wrist Lock
S-Lock
Live Hand Press
Armbar
Turning Break

Same Side Wrist Grab Defense

Wrist Lock
S-Lock
Live Hand Press
Armbar
Turning Break

ORANGE BELT 8th Gup

(15) Minimum Time in Rank 3 Months

Cross Hand Wrist Grab

Upward Armbar
Destructive Cross

Front of Body Grab Defense

Sleeve Grabs

Lower Sleeve Grab
Middle Sleeve Grab

Shoulder Grabs

S Lock
Wrap Around

1 Hand Lapel Grabs

Lapel Grab-Wrist Lock Take Down
Lapel Grab-Arm Bar
Lapel Pull-Sweep
Lapel Pull-Elbow Strike

2 Hand Lapel Grab

Head Twist
Belt Grab/Spear Hand

Front Bear Hugs

Over the Arms-Hip Throw
Under the Arms-Kidney Strike
Under the Arms-Palm to Chin

GREEN BELT 7th Gup

(14) Minimum Time in Rank 3 Months

Same Side Wrist Grab

Cobra Lock
Hammer Lock
Reverse Turning Break

Rear Body Grab Defense

Back of Collar-Bridge Arm Bar
Back of Shoulders-Wrist Lock
Back of Elbows #1-Live Hand
Back of Elbows #2-Armbar
Back of Wrists #1-Center Lock
Back of Wrists #2-Back Kick
Bear Hug Under Arms-Hip Throw
Bear Hug Over Arms #1-Throw
Bear Hug Over Arms #2-Foot Lock

Belt Grabs

Downward Belt Grab
Upward Belt Grab

PURPLE BELT 6th Gup

(15) Minimum Time in Rank 3 Months

Defense From Seated Position

Bridge Arm Bar
Ankle Lock
Arm Bar
Fireman's Throw
Scissors Kick Takedown
Kick to the Knee
Overhead Throw

Side Wrist Grabs

Wrist Lock with Elbow
Elbow Break

Head Locks

Backward Takedown
Hip Throw
Arm Lock Behind Back

2 Hand Front Choke

Windmill
Back of Neck Grab/Elbow Release
Arm Bar

BLUE BELT 5th Gup

(16) Minimum Time in Rank 3 Months

Punch Defense-Counter Strikes

Back Fist Strike
Elbow Strike #1
Elbow Strike #2
Elbow Strike #3
Forearm Strike
Destructive Knee Kick
Circle Step Elbow Strike
Circle Step Forearm Strike
Double Hook Defense

**2 Hands Grabbing 1 Wrist
(Front)**

Fist Pull
Crescent Escape

**2 Hands Grabbing 2 Wrists
(Front)**

Horizontal Back of Hands Smash
Vertical Back of Hand Smash
Step & Sweep
Complete Circle Throw
Pull Hands to Side/Knee Strike

BROWN BELT 4th Gup

(16) Minimum Time in Rank 4 Months

**Defense Against Punches--Joint
Locks**

Circle Step Wrist Lock
Live Hand Press
Arm Bar
Goose Neck Lock
Reverse Turning Break

**Defense Against Punches--
Throws**

Hip throw
Front leg sweep
Back leg sweep
Cross Leg Sweep
Fireman's Throw

Guillotine Chokes

Groin Strike Take Down
Counter Guillotine/Sit/Roll
Backward Roll

Wresters Head Lock

Sit and Roll

Back Collar Grabs (Front)

Bridge Arm Bar
Live Hand Press

RED BELT 3rd Gup

(16) Minimum Time in Rank 4 Months

**Defense Against Kicks--Front
Kick Defense**

Cross Arm Bar
Sweep Kick

Round Kick Defense

Spinning Elbow Strike
Back Leg Sweep
Circle Step Takedown
Hook Kick Takedown
Low Sweep Kick
Low Spinning Heel

Headlocks Against Wall

Leg Pull Take Down
Hooked Leg/Arm Lock/Strike

Hair Grabs

Live Hand Press
Leg Sweep

Side Body Grabs

Trap Wrist/Side Kick
Trap Wrist/Take Down

2 Hand Choke From Rear

Rotation/Windmill
Rotation/Knee to Groin

RED BELT/BLACK STRIPE

2nd Gup

(16) Minimum Time in Rank 4 Months

Defense Against Kicks—Side Kick Defense

Elbow Strike
Ankle Strike
Sweeping Back Leg
Cross Leg Sweep
Knee Kick Takedown
Circle Step Takedown

Full Nelsons

Front Finger Lock Take Down
Backward Strike/Take Down
Finger Lock

Hand Gun Disarms

Drawing Gun #1
Drawing Gun #2
Front of Head #1
Front of Head #2

1 Hand Push

Step Back then Knife Hand

Club Attack

Over Head Strike
Front Side Strike

BLACK BELT/WHITE STRIPE

1st Gup

(16) Minimum Time in Rank 4 Months

Inward Knife Attack Defense

Reverse Turning Break
Reverse Wrist Lock
Turning Break
Circle Step Wrist Lock

2 Hand Choke From Side

Elbow Strike
Head Twist

Hand Gun Defense

Front of Body
Side of Body-In Front of Arm
Side of Body-Behind Arm
Back of Body High
Back of Body Low

Side Knife Attack

Choke Hold Takedown
Back Leg Sweep

Rear Naked Choke

Overhead Throw
Turn & Sweep
Elbow Pressure Point Escape

BLACK BELT 1st Dan

(16) Minimum Time in Rank 6 Months

Downward Knife Attack Defense

Shoulder Lock
Outside Wristlock
Passing Attack/Wrist Lock

Long Gun Attack

Front of Body #1

Front of Body #2

Side of Body

Back of Body #1

Back of Body #2

Club Attack

Back Side Strike
Front Thrust
2 Hand Side Strike

Rear Body Grabs

Hair Grab/Pull From Behind

Against The Wall

2 Hand Lapel Grab
2 Hand Choke
Choke Hold and Punch

Arms Trapped Behind

Wings of Silk

BLACK BELT 1st Dan Test

Review entire Color Belt Curriculum plus the non-belt specific curriculum to prepare for your World Hapkido Black Belt Test.

There will be a Black Belt Prep Class one day per week in addition to your regular Hapkido classes.

You need to be prepared to demonstrate the entire curriculum contained on the World Hapkido Association Curriculum DVD.

Practice Makes Perfect!

Practice your techniques as often as you can in the time allotted in class

Remember Hapkido Self-Defense techniques are never to be misused and should only be used in a self-defense situation when there is absolutely no other means of escape.

GROUND GRAPPLING

Basic (Yellow, Orange, Green)

Staying in Top Mount

Top Mount Escapes

Passing the Guard

Headlocks

Arm Locks & Chokes

Intermediate (Purple, Blue, Brown)

Attacks From Top Mount

Attacks & Reversal from the Guard

Side Mount Offense & Defense

Advanced (Red, Red/Black Stripe, Black/White Stripe)

Defense Against Mount Attacks

Foot Locks

Standing Finishing Moves

Combat Strategies

NON-BELT SPECIFIC CURRICULUM

There is a non-belt specific curriculum that applies to Kicking

and Punching, and Ground Grappling, etc.

Break Falls

Backward Break Fall

Forward Roll

Side Break Fall

Forward Break Fall

Kicks

Front Kick

Shin Kick

Round Kick

Inside Crescent

Outside

Crescent

Upward Knee

Straight Knee

Roundhouse

Knee

Strikes

Jab

Cross

Hook

Upper Cut

Ridge Hand

Knife Hand

Tiger Mouth

Kickboxing

Footwork

Punching

Kicking

Punching & Kicking Combinations

Techniques in Clutch Range

Shadow Boxing

Sensitivity Drills

Limited Sparring

Pressure Points of the Body

Hands

Head

Arms

Torso

Shoulder

Legs

Neck

Feet

Other Non-Belt Specific Curriculum

There may be other techniques in the non-belt specific curriculum that are not described here.

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