



Metro Martial Arts and World
Hapkido Association Integrated
Color Belt Curriculum
WHA Curriculum in Blue
WHITE BELT

10th Gup Present Belt

9th Gup Desired Belt

CHAPTER 1 WHA DVD

White Belt: Beginning Stage. Purity and
Innocence. No Knowledge of Hap Ki Do

First Stripe Test

Kicks #1

Front Kick

Round Kick

Shin Kick

Inside Crescent Kick

Outside Crescent Kick

Strikes #1

Jab

Cross

Hook

Upper Cut

Break Falls #1

(Kneeling then Standing)

Backward

Side

Technical Stand Up

Breakaways

"L" Escape with Back Fist

"L" Escape with Elbow

Wrist Circle Escape

Knife Hand Assisted

Knife Hand Assisted/Elbow Strike

Second Stripe Test

Kicks #2

Pushing Kick

Twisting Heel

Inside Hook Kick

Axe Kick

Side Kick

Strikes #2

Eye Jab

Knife Hand

Back Fist

Hammer Fist

Cupped Hand Slap

Break Falls #2

(Kneeling then Standing)

Front

Forward Roll

Cross Wrist Grab Defense

Wrist Lock¹

Live Hand Press²

Arm Bar²

S Lock

Turning Break

Belt Promotion Test

Kicks #3

Sweeping Kick

Hook Kick

Twisting Kick

Stepping Back Kick

Knee Kick

Strikes #3

Head Butt

Arm Sword

Ridge Hand

Tiger Mount

Spear Hand

Break Falls #3

(Kneeling then Standing)

Backward Roll

Dive

Same Side Wrist Grab Defense

Wrist Lock³

Live Hand Press²

Arm Bar²

S Lock

Turning Break

**THERE WILL BE SPARRING DRILLS AND NO
CONTACT SPARRING SESSIONS**

THE THREE PRINCIPLES OF HAPKIDO

1. Circular Motion (Won)
2. Water Principle (Yu)
3. Harmony (Wha)

THINGS YOU NEED TO KNOW

1. The meaning of the Korean Flag and its symbols.
2. Terminology

THINGS YOU NEED TO KNOW HOW TO DO

1. How to Tie Your Belt
2. How to do **Ki Breathing**
3. How to do the **Circle Step**

TERMINOLOGY

Counting in Korean

- 1-hanah
- 2-dool
- 3-set
- 4-net
- 5-dasot
- 6-yasot
- 7-ilgop
- 8-yadol
- 9-ahop
- 10-yool

Commands

Attention: *Cha Ryuht*

Bow: *Kyung Nyeh*

Ready: *Joon Bee*

Begin: *Shee Jahk*

Training Hall: *Do Jang*

Uniform: *Doh Bok*

Stop: *Geu Mahn*

Yell: *Ki Yop*

Return to Ready Position: *Bah Roh*

Internal Life Energy: *Ki*

Thank You: *Kahm Sah Hahm Nee Dah*

You're Welcome: *Chuhn Mahn Eh Yo*

Names & Titles

Master Instructor: *Kwan Jahng Nim*

Instructor: *Sa Bum Nim*

Deputy Instructor: *Pu Sa Bum Nim*

Assistant Instructor: *Kyo Sa Nim*



The Korean Flag

Tae Kook Gi is not only the Korean flag, but also the very symbol that is associated with the philosophy of the Korean people. In the center of the flag is an equally divided circle. This is made of the upper (red) section, which represents the Yang while the lower (blue) section represents the Um or Yin theory of the eternal duality, which exists within nature. An example of this positive and negative theory would be light versus dark or hot versus cold. The four designs (Gi) at the corners of the flag are based on the principles of light and darkness and direction. Each set of three bar lines symbolizes the ideas of opposition and balance.

Kun-Gi is located in the upper left of the flag with three lines unbroken. This indicates heaven and the bright sunshine while the sun is located in the South. Across the flag in the lower right hand corner is Kon-Gi which has three lines broken. Kon-Gi symbolizes the earth and total darkness when the sun is in the North. The lower left is two unbroken lines separated by a broken line. This is Ee-Gi, and represents fire and the dawn or early sunlight as the sun comes up in the East. The last corner, the upper right, is Kam-Gi. This indicates water and the twilight as the sun moves to the West.

Together these four corners symbolize the mysteries of universe; Heaven - Earth, Fire - Water, South - North, and East - West.

Footnotes:

¹ Also works against a lapel grab, straight punch, inward knife attack and knife to side of throat.

² Also works against a rear collar grab, single hand choke to throat, straight punch, inward knife attack and reverse side knife to throat.

³ Also works again 2 hands grabbing your wrist.



Metro Martial Arts and World
Hapkido Association Integrated
Hapkido Color Belt Curriculum
New WHA Color Belt System
WHA Curriculum in Blue

Revised December 3, 2010

YELLOW BELT



8th Gup Present Belt 8th Gup Desired Belt
CHAPTER 2 WHA DVD
Yellow Belt: Energy and brightness, as
from the sun and maturation as in the
yellowing of grain

FIRST STRIPE TEST

Cross Wrist Grabs

Elbow Lock
Elbow Break on Shoulder
Arm Sword
Crossing Talon

Same Side Wrist Grab

Gooseneck Lock
Front Live Hand Press

SECOND STRIPE TEST

Same Side Wrist Grab

Hammerlock
Arm Sword Takedown

Sleeve Grabs

Low Sleeve Grab
Middle Sleeve Grab

Shoulder Grabs

Radial Drop
Wrist Lock
Wrap Around

BELT PROMOTION TEST

Lapel Grabs

Wrist Lock
Armbar
S Lock
Head Twist Takedown
Lapel Pull-Sweep
Lapel Pull-Elbow Strike

ORANGE BELT



8th Gup Present Belt 7th Gup Desired Belt
CHAPTER 2 WHA DVD
Orange Belt: Represents new growth,
which appears in Spring. Techniques
begin to take shape and form

First Stripe Test

Side Wrist Grab

Wrist Lock with Elbow

Elbow Break
Back of Neck Throw

Belt Grabs-Palm Down

Wrist Lock
Shoulder Throw

Belt Grabs-Palm Up

Lapel Throw
Thumb Lock

Second Stripe Test

2 Hands Grabbing 1 Wrist

Wrist Lock
S Lock
Armbar
Turning Break

2 Hands Grabbing 2 Wrists

Horizontal Back Hand Smash
Vertical Back Hand Smash
Complete Circle Throw

Belt Promotion Test

Back of Shoulders

Wrist Lock
Reverse Turning Break

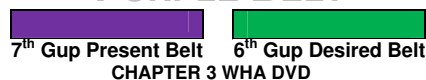
Back of Elbows

Armbar
Step Behind Trap Leg/Elbow Strike

Back of Wrists

Reverse Turning Break
Wrist Lock

PURPLE BELT



7th Gup Present Belt 6th Gup Desired Belt
CHAPTER 3 WHA DVD
Purple Belt: Accelerated development of
student's ability. Hapkido knowledge
begins to reveal itself.

First Stripe Test

Back of Neck Grab

Bridge Armbar
Sword & Hammer
Obscure Wing

Rear Bear Hugs Under Arms

Hip Throw

Rear Bear Hugs Over Arms

Hip Throw
Foot Lock

Second Stripe Test

Head Locks

Headlock Grab #1
Headlock Grab #2
Arm Lock Behind Back
Knee Strike/Pull Pant Legs

Headlock Against Wall

Leg Pull Takedown
Hook Leg/Arm Lock/Strike

Belt Promotion Test

Guard Position

Triangle Choke
Cross Arm Bar
Escape from the Guard
Gracie Escape From Guard

Kimura Lock
Choke Holds 1-4

GREEN BELT



6th Gup Present Belt 5th Gup Desired Belt
CHAPTER 3 WHA DVD
Green Belt: Growth and power soar to
higher levels; as a green plant drives
upward to greater heights.

First Stripe Test

Side Mount

Side Mount Escape #1
Side Mount Escape #2

Upper Mount

Upper Mount Escape

Back Mount

Back Mount Escape
Taking the Back Mount
Rear Naked Choke

Second Stripe Test

Top Mount

Staying in Top Mount
Top Mount Escape
Top Mount Variation
Gracie Variation #1
Gracie Variation #2
Gracie Variation #3

Belt Promotion Test

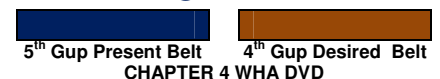
Top Mount

Americana Lock
Wrist Lock from Failed Americana
Punch/Block Series

Half Mount

Half Mount Escape #1
Half Mount Escape #2

BLUE BELT



5th Gup Present Belt 4th Gup Desired Belt
CHAPTER 4 WHA DVD
Blue Belt: Represents the sky, continued
upward attainment. The student's power
and techniques begin to rise, blossom
and ripen.

First Stripe Test

Punch Defense-Counter Strikes

Back Fist Strike

Elbow Strike #1

Elbow Strike #2

Elbow Strike #3

Forearm Strike

Knee Kick

Five Swords

Second Stripe Test

Circle Step Elbow Strike

Circle Step Forearm Strike

Seated Position Defense

Bridge Arm Bar

Ankle Lock

Arm Bar

Fireman's Throw

Scissors Kick Takedown

Belt Promotion Test

Seated Position Defense

Kick to the Knee

Overhead Throw

Full Nelson (Attempted)

Finger Lock

Elbow to Head then Guillotine Choke

Hip Throw

Full Nelson (Attained)

Finger Lock (Interlaced Fingers)

Elbow Strike Takedown

BROWN BELT



First Stripe Test

Punch Defense-Joint Locks

Circle Step Wrist Lock

Live Hand Press

Gooseneck Lock

Reverse Turning Break

2 Hand Side Choke

Elbow Strike

Hip Throw

Second Stripe Test

Punch Defense-Throws

Hip Throw

Front Leg Sweep

Back Leg Sweep

Cross Leg Sweep

Firemen's Throw

Hostile Handshake Defense

Thumb Lock

Belt Promotion Test

Front Bear Hug (Arms Trapped)

Hip Throw

Front Bear Hugs (Arms Free)

Kidney Strike

Palm to Chin/Knee Strike to Groin

1 Hand Push

Vertical Finger Lock

Horizontal Finger Lock

Hair Grabs

Tiger Mouth Throat then Sweep

Reverse Turning Break

Ki Strike Ribs then Life Hand Press

SENIOR BROWN BELT



First Stripe Test

Front Kick Defense

Cross Arm Block

Sweep Kick

Buckling Branch

Thrusting Salute

Round House Kick Defense

Spinning Elbow Strike

Back Leg Sweep

Circle Step Takedown

Second Stripe Test

Blunt Weapon Attack

Overhead-Arm Sword with Sweep

Side Attack-Elbow Lock

Side Attack-Elbow Break on Shoulder

Baseball Bat Swing

Block, Trap, Circle Disarm

Block, Trap, Figure 4 Disarm

Block, Trap, Armpit Trap

Belt Promotion Test

2 Hand Front Choke Defense

Duck & Roll/Live Hand Press

Step Back/Arm Sword

Belt Grab/Spear Hand

Groin Kick/Double Thumb Grab

2 Hand Front Choke Against Wall

Dropping the Ram

RED BELT



First Stripe Test

Side Kick Attack

Elbow Strike

Ankle Strike

Sweeping Back Leg

Cross Leg Sweep

Knee Kick Takedown

Overhead Throw

Circle Step Takedown

Second Stripe Test

Hand Gun Defense

Hand Gun to Back of Head

Hand Gun to Front Side of Neck

Hand Gun to Cross Side of Neck

Guillotine Choke Escape

Groin Strike Takedown

Backward Roll

Guillotine Counter Grab & Roll

Belt Promotion Test

Long Gun Defense

Long Gun to Front of Body

Long Gun to Front of Head

Long Gun to Side of Head

Long Gun to Middle Back of Body

Long Gun to Back of Head

SENIOR RED BELT



First Stripe Test

Front Knife Attack

Reverse Turning Break

Reverse Wrist Lock

Turning Break

Circle Step Wristlock

Side Knife Attack

Choke Hold Takedown

Back Leg Sweep

Second Stripe Test

Downward Knife Attack

Shoulder Lock

Overhead Throw

Scissors Takedown

Other Knife Attack

Knife Held to Same Side Neck

Knife Held to Cross Side Neck

Rear Hostage Hold Knife to Neck

Belt Promotion Test

Hand Gun Defense

Hand Gun Draw From Front

Hand Gun Draw From Back

Hand Gun to Front of Head

Hand Gun to Side of Head

Hand Gun to Front of Body

Hand Gun to Side of Body

Hand Gun to Middle Back of Body

Hapkido Creed: Courtesy, Integrity, Wisdom, Perseverance, Self Control, Indomitable Spirit, Perfection of Character

Tenets of Hapkido

1: Do not think you can learn Hap Ki Do in a day. It will take your entire lifetime to learn

2: In Hapkido, start with a bow and end with a bow

3: Be ready to release your mind

4: Spirit first, technique second

5: No Initiative Attack in Hapkido

6: Move according to your opponent

7: Do not think that you have to win, think rather that you do not have to lose

8: Know yourself first and then others. To know one self is to study ones self in action with another person.

9: Accidents come out of idleness.

10: Devise at all times. This means inventing, contriving and forming new combinations and ideas, new applications of principles, new arrangements of techniques. Always plan. Always devise.

11: To meditate means to realize the imperturbability of one's original nature, that one cannot be disconcerted, disturbed or agitated. It is a state of complete awareness.

12: Awareness is without choice, without demand, without anxiety. In that state of mind there is perception.

Hapkido techniques are designed to injure, maim or kill.

You should never use Hapkido unless there is absolutely no other means of escape