



Orange Belt

9th Gup

Hapkido (Basic)

1. 7 actions (same side grab) = Extend first two fingers, bend wrist, touch elbow to side (fulcrum point), bring bent hand into chest, opposite leg steps back (hand stays on chest), twist motion (elbow to elbow) pulling hand towards opposite side ear, small step forward front foot, back foot follow strike. Giup
2. 7 actions (two hand grab) = Live hand down towards your center (off balance), hand strike on wrist, grab your hands in clapping position (grabbed hand thumb on top), circular twist with hands in opposite direction, step back opposite leg, pull both hands out, small step forward back foot, follow back foot hand strike. Giup
3. 8 actions (both hand grab) = Extend first two fingers, bend wrist, bring both hands into chest (wrist still bent), step back into front stance, pull hands sliding up body up and out towards ears, lift front leg and jump forward with 45 degree strike, pressure point grab on trapezius muscle, knee to groin or chest. Giup
4. 5 actions (both hand grab) = Step on 45 degree angle both palms up elbows on the side (fulcrum point), keep elbows on fulcrum point as you circle hands together (bicep curl), keep attacker's hands tight on your chest and turn your palms towards attacker, push down with thumbs and grip at the bottom of the extension, knee with the center line leg. Giup
5. 5 actions (both hand grab) = live hand push hands outward, bend one wrist in towards body and other out to expose thumb, use attacker's inward pressure to strike exposed thumb into attackers wrist and continue in a circular motion, top of circle pull attacker forward and then straight down and continue circle bringing hand to your ear, twist body and open axillary strike point, front snap kick back foot. Giup