



## **HAPKIDO GUP and DAN SYLLABUS**

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Contains all minimum requirements for each level of Grading Syllabus from White Belt through to 4<sup>th</sup> Dan in the HDMA Hapkido Program.





## Belt Promotion Information

The Belt Promotion is an important part of your Martial Arts Journey. This is a dedicated session where you will perform your techniques and show the results of your training over the previous few months.

### *Getting to Your Belt Promotion*

Belt Promotion Invitations are usually issued starting 4 weeks prior to Belt Promotion Week. Students will be recommended once receiving their 4<sup>th</sup> Stripe on their Belt.

All students are required to achieve the minimum classes attended and minimum training time since their previous Grading. Please note that long breaks and holidays may not contribute to your Training Time.

### *What Happens at Your Belt Promotion*

Your Belt Promotion is a special session held to celebrate your hard work and dedication in training. You will perform the techniques of your level and other regular training exercises to show your improvement and earn your next level. All exercises are required but some may not be counted towards your final result. After the session, you will receive your result.

## Reading Your Syllabus

Over your period of training, you will be working towards becoming proficient in the skills in the syllabus and perform them at your Belt Promotion. Stripes are given out over the course of your training if you have been attending regularly and have achieved the required outcome.

Your stripes will be awarded for different Hosinsool and Weaponry sets appropriate to your current rank once they can be performed with correct technique. They are also awarded in order to help set goals and keep track of progress.



The most important part of any skill is regular repetition. Each belt colour has a different Minimum Required Classes and Recommended Classes.

**Minimum** is the least amount you would need to complete to be able to qualify for your next belt level.

**Recommended** is the average amount of classes that students generally feel comfortable with their syllabus.

**Please note that these numbers are no guarantee that you will be ready for Grading, and are just a guide!**

<b>Required Training Time and Attendance</b>	
<b>White</b>	Minimum 8 weeks Training Time <i>Minimum Required Attendance</i> – 16 Classes <i>Recommended Attendance</i> – 20 Classes
<b>Yellow Belts</b>	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 20 Classes <i>Recommended Attendance</i> – 22 Classes
<b>Blue Belts</b>	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 20 Classes <i>Recommended Attendance</i> – 25 Classes, 2 Different Days per Week
<b>Red Belts</b>	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 25 Classes <i>Recommended Attendance</i> – 30 Classes, 2 Different Days per Week
<b>Cho-Dan-Bo</b>	Minimum 90 Days Training Time <i>Minimum Required Attendance</i> – 30 Classes <i>Recommended Attendance</i> – 32 Classes, 2 Different Days per Week



## Hapkido Gup Grading Syllabus

Belt Level	1 <sup>st</sup> Stripe	2 <sup>nd</sup> Stripe	3 <sup>rd</sup> Stripe	4 <sup>th</sup> Stripe
<b>White Belt</b>	Stationary Body Walk Moving Body Walk Blocking Body Walk	Outside Wrist Release (5) Double Outside Wrist Release (4)	Outside Wrist w Striking (3) Straight Punch w Striking (3) Hook Punch w Striking (3)	Counting 1-10 in Korean HDMA Club Oath
<b>8<sup>th</sup> Gup</b>	Against Ready Stance (5)	Attacking Joint Twist (10)	Dan Bong Poomsae 1	Basic Terms 1 SRS Definition
<b>7<sup>th</sup> Gup</b>	Against Grab w Release (5) Against Grab w Strikes (5)	Inside Wrist w Joint Twist (10)	Dan Bong Against Punch (10)	
<b>6<sup>th</sup> Gup</b>	Against Punch w Joint Twist (6)	Against Handshake (5)	Jang Bong Basics Jang Bong Poomsae 1	
<b>5<sup>th</sup> Gup</b>	Outside Wrist w Joint Twist (10)	Jang Bong Poomsae 1-3	Dan Bong w Joint Twist (11)	Able to Tie Belt Correctly Basic Terms 2 Basic Hapkido Terms
<b>4<sup>th</sup> Gup</b>	Outside Wrist Throws (5)	Clothing Grabs w Joint Twist (11)	Jang Bong Poomsae 1-4 Jang Bong Step Sparring (10)	



## Hapkido Gup Grading Syllabus

Belt Level	1 <sup>st</sup> Stripe	2 <sup>nd</sup> Stripe	3 <sup>rd</sup> Stripe	4 <sup>th</sup> Stripe
3 <sup>rd</sup> Gup	Lapel Grabs (10)	Caught from Behind (10)	Mok Gum Basics Mok Gum Open Hand Poomsae	
2 <sup>nd</sup> Gup	Attacking Throws (5)	Body Catch (12)	Mok Gum Poomsae 1 Mok Gum Step Sparring (6)	Tenets of HDMA Principals of Hapkido
1 <sup>st</sup> Gup	Against Punch Advanced (10)	Police Locks (10)	Mok Gum Poomsae 2 Mok Gum Step Sparring (11)	
Bo Dan	Two Hand Catch One (10)	Seated Defence (10) Ground Defence (10)	Cane Basic Techniques	Full Pre-Grading Check Black Belt Interview Run a Warm Up/Stretch Black Belt Essay



## Hapkido Beyond Black Belt Syllabus

<b>Required Training Time and Attendance</b>	
<b>1<sup>st</sup> Dan/Poom</b> <i>Grading to 2<sup>nd</sup> Bo</i>	Minimum 6 Months Training Time since 1 <sup>st</sup> Dan/Poom Grading Minimum 40 Classes since 1 <sup>st</sup> Dan/Poom Grading (Recommended 50)
<b>2<sup>nd</sup> Dan Bo</b> <i>Grading to 2<sup>nd</sup> Dan</i>	Minimum 1 Year Training Time since 1 <sup>st</sup> Dan/Poom Grading Minimum 80 Classes since 1 <sup>st</sup> Dan/Poom Grading (Recommended 100)
<b>2<sup>nd</sup> Dan/Poom</b> <i>Grading to 3<sup>rd</sup> Bo</i>	Minimum 1 Year Training Time since 2 <sup>nd</sup> Dan/Poom Grading Minimum 80 Classes since 2 <sup>nd</sup> Dan/Poom Grading (Recommended 100)
<b>3<sup>rd</sup> Bo Dan</b> <i>Grading to 3<sup>rd</sup> Dan</i>	Minimum 2 Years Training Time since 2 <sup>nd</sup> Dan/Poom Grading Minimum 160 Classes since 2 <sup>nd</sup> Dan/Poom Grading (Recommended 200)
<b>3<sup>rd</sup> Dan/Poom</b> <i>Grading to 4<sup>th</sup> Bo</i>	Minimum 1.5 Years Training Time since 3 <sup>rd</sup> Dan/Poom Grading Minimum 120 Classes since 3 <sup>rd</sup> Dan/Poom Grading (Recommended 150)
<b>4<sup>th</sup> Bo Dan</b> <i>Grading to 4<sup>th</sup> Dan</i>	Minimum 3 Years Training Time since 3 <sup>rd</sup> Dan/Poom Grading Minimum 240 Classes since 3 <sup>rd</sup> Dan/Poom Grading (Recommended 300)
<b>4<sup>th</sup> Dan</b> <i>Grading to 5<sup>th</sup> Bo</i>	Minimum 2 Years Training Time since 4 <sup>th</sup> Dan Grading Minimum 160 Classes since 4 <sup>th</sup> Dan Grading (Recommended 200)
<b>5<sup>th</sup> Bo Dan</b> <i>Grading to 5<sup>th</sup> Dan</i>	Minimum 4 Years Training Time since 4 <sup>th</sup> Dan Grading Minimum 320 Classes since 4 <sup>th</sup> Dan Grading (Recommended 400)
<b>5<sup>th</sup> Dan</b> <i>Grading to 6<sup>th</sup> Bo</i>	Minimum 2.5 Years Training Time since 5 <sup>th</sup> Dan Grading Minimum 200 Classes since 5 <sup>th</sup> Dan Grading (Recommended 250)
<b>6<sup>th</sup> Bo Dan</b> <i>Grading to 6<sup>th</sup> Dan</i>	Minimum 5 Years Training Time since 5 <sup>th</sup> Dan Grading Minimum 400 Classes since 5 <sup>th</sup> Dan Grading (Recommended 500)



## Hapkido Beyond Black Belt Syllabus

Belt Level	Hosinsool	Weaponry	Additional
<b>1<sup>st</sup> Dan</b>	Against Ready Stance w Striking (10) Against Ready Stance w Joint Twist (10)	Cane Poomsae 1 Cane Against Punch w Strikes (16)	Full Pre-Grading Check Run a Warm Up or Stretch in Class
<b>2<sup>nd</sup> Bo Dan</b>	Joint Breaks (16)	Cane Against Punch w Joint Twist (10)	Full Pre-Grading Check Run a Warm Up or Stretch in Class Sets from 1 <sup>st</sup> Dan Assist in 2 Gradings since your 1 <sup>st</sup> Dan Grading
<b>2<sup>nd</sup> Dan</b>	Flowing Techniques (4) Double Outside Wrist w Joint Twist (15)	Cane Against Punch w Hooking (10)	Full Pre-Grading Check Run a Warm Up or Stretch in Class
<b>3<sup>rd</sup> Bo Dan</b>	Against Grab w Joint Twist (7) Against Grab w Throws (7) After Grab (7)	Dan Bong Poomsae 2	Full Pre-Grading Check Run a Warm Up or Stretch in Class Sets from 2 <sup>nd</sup> Dan Assist in 3 Gradings since your 2 <sup>nd</sup> Dan Grading
<b>3<sup>rd</sup> Dan</b>	Two Opponents w Joint Twists (10) Reversals (16)	Fan Against Punch (9) Belt Defence (10)	Full Pre-Grading Check Run a Warm Up or Stretch in Class
<b>4<sup>th</sup> Bo Dan and Beyond</b>	Various Sets from Previous Levels		Full Pre-Grading Check Run a Warm Up or Stretch in Class Assist in 4 Gradings since your last Dan Grading