









	FORMS	TECHNIQUES	SELF DEFENSE	PRACTICALS	FORMALS	HAPKIDO	BREAKING
<b>WHITE</b> <i>testing for Orange</i> 	Basic Form 1 Basic Form 2 Basic Form 3  <i>choose any two</i>	Front Kick Running Front Kick Skip Center Punch Skip Upper Punch Skip Knife-Hand Neck Strike Skip Knife-Hand Kidney Strike	Side Throw Back Bear Hug Front Choke Back Choke	Techniques 1, 2, 3 <i>with knife</i>			Knife Hand Strike <i>1-Board</i>
<b>ORANGE</b> <i>testing for Yellow</i> 	Basic Form 4 Basic Form 5 Palgue 1 Bong Hyung 1	Double Forearm Block	Block, Punch, Throw  Full Nelson Hair Pull	Techniques 1 - 5 <i>with knife</i>			Running Front Kick <i>1-Board</i>
<b>YELLOW</b> <i>testing for Green</i> 	Pyung Ahn 1 Pyung Ahn 2 Bong Hyung 2	Jumping Front Kick <i>with back foot</i>	Knife & Gun <i>Front &amp; Back</i>	Techniques 1 - 5 <i>with club</i>	Formal <i>1-Step</i> 1 - 3		Skip Side Kick <i>2-Boards</i>
<b>GREEN</b> <i>testing for Blue</i> 	Pyung Ahn 3 Pyung Ahn 4 Palgue 3 Palgue 4	Scissors Block		Techniques 1 - 7 <i>with knife</i>	Formal 1-Step 1-5	Hapkido 1 - 3 <i>with knife</i>	Flying Side Kick <i>1-Board</i>
<b>BLUE</b> <i>testing for 4th Purple</i> 	Pyung Ahn 5 Palgue 5	Center Rising Block		Techniques 1 - 7 <i>with knife</i>	Formal 3-Step 1-7	Hapkido 1 - 5 <i>with knife</i>	Flying Side Kick <i>1-Board</i>
<b>4th PURPLE</b> <i>testing for 3rd Purple</i> 	Palgue 6 Koryo Sypsoo Dan Kwon Bong Hyung 3	Tightening Ways 1 - 5	Chung Bong 1 - 6	Techniques 5 - 10 <i>with knife</i>	Formal 3-Step 1-7	Hapkido 1 - 7 <i>with knife</i>	Taekwon Back Spinning Kick Hapkido Back Spinning Kick
<b>3rd PURPLE</b> <i>testing for 2nd Brown</i> 	Tae Bek Doju San <i>Palgue 6</i> <i>Koryo</i> <i>Sypsoo</i> <i>Dan Kwon</i> <i>Bong Hyung 3</i>	Tightening Ways 1 - 5	Chung Bong 1 - 6	Techniques 5 - 10 <i>with knife</i>	Formal 3-Step 1-7	Hapkido 1 - 7 <i>with knife</i>	Taekwon Back Spinning Kick Hapkido Back Spinning Kick
<b>2nd BROWN</b> <i>testing for 1st Brown</i> 	Palgue 7 Batsai Tae <i>Doju San</i> <i>Bong Hyung 3</i>	Tightening Ways 3 - 7  Hanson Daeryon	Chung Bong 1 - 6	Techniques 5 - 10 <i>with knife</i>	Formal 3-Step 1-7	Hapkido 1 - 7 <i>with knife</i>	Taekwon Back Spinning Kick Hapkido Back Spinning Kick