

HAPKIDO CURRICULUM

Nakbop	Falling methods
Front fall	
Back fall	
Side fall	
Front roll	
Back roll	
Hard fall	
Sogi	Stances
Junbi	Ready stance
Masogi	Fighting / L stance
Kimasogi	Horse stance
Apsogi	Front stance
Dwitsogi	Back stance
Sunsul	Attacking techniques
Sonmoksul	Same side wrist grab
Yuk sonmoksul	Cross side wrist grab
Ohtsul	Clothing grab
Sangsoo	One hand grasped with two
Yang sonmuksul	Both hands grasped
Kwonsul	Punching
Joksul	Kicking
Jok-kwonsul	Punch-kick
Kibonsul	Breakaways
Sonmoksul	
Yuk sonmoksul	
Yang sonmoksul	
Ohtsul	
Sangsoo	
Dwit ohtsul	
Yang dwit sonmoksul	
Chogupsul (1-10) (kimasogi)	
Kwonsul	Striking techniques
Montong jirugi (kimasogi)	Middle punch
Pyungsul	Palm / ki strike
Montong jirugi	Center punch
Ap jirugi	Front punch
Bandae jirugi	Reverse punch
Sudo	Knife hand strike
Phalkkumchi	Elbow strike
Makgisul	Blocking techniques
Arae makgi	Low block
Olgool makgi	High block
Pal montong makgi	Outward middle block
Anpal montong makgi	Inward middle block

Joksul	Kicking techniques
Ap Chaolligi	Front rising kick
Ap Chagi	Front kick
Bandal Chagi	Crescent kick
Dollyo Chagi	Turning kick
Yop Chagi	Side kick
Dwit Chagi	Back kick
kwanjyelsul	Locking and pinning techniques
Il (1) sul	Elbow lock
I (2) sul	Arm pin
Sam (3) sul	Wrist in turn
Sa (4) sul	Wrist twist
O (5) sul	Wrist pin
yusul	Throwing techniques
Il (1) sul	Wrist out turn
I (2) sul	Four direction throw
Sam (3) sul	Rotary throw
Sa (4) sul	Entering throw
O (5) sul	Open and turn
Yuk (6) sul	Foot throw
Chil (7) sul	Hip throw
Pal (8) sul	Shoulder throw
Ku (9) sul	Heaven-earth throw
Mukisul	
Danbong	Short staff
Jeepangesul	Cane techniques
Phobaksul	Rope or belt techniques
Gumsul	Sword techniques
Jukdo	Bamboo sword
Mokgum	Wooden sword
Waegum	Japanese sword
Additional categories	
Mokjo Leukisul	choking techniques
Jiabsul	Pressure point techniques
Kyukpasul	Breaking techniques
Zwakisul	Sitting techniques
Wakisul	Ground techniques
Tookisul	Counter techniques
Junkwanbop	Speed throws
Yunhaingsul	Carrying or arresting techniques
Musul	Combat techniques
Bangkwonsul	Striking pressure points
Bangjoksul	Kicking pressure points
Bhang Joksul	Defense against kicking techniques