

**Official Test Requirements**  
**World Hankimuye Federation**



DRAFT

# Geup grades

The school are responsible for how they shape their geup program. Our federation doesn't give exact outlines for how many grades a school should use before first dan or what colour belts to use. Since there are nine dan grades, we do recommend that schools also use nine geup grades.

The techniques the student should master before getting ready for black belt, 1st dan, are (but not limited to):

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## Basic steps

- jeonhwanbeop (circle steps)
- yeongnyubeop (flow steps)
- simhwabeop (harmony steps)
- hangeombeop (sword steps and turns)
- bobeop (basic stepping, including geunbo)
- sabang jeonhwanbeop (4 direction circle steps)
- palbang jeonhwanbeop (8 direction circle steps)

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## Falling

- hubang nakbeop (back fall)
- cheukbang nakbeop (side fall)
- cheonbang nakbeop (front fall)
- cheonbang museong nakbeop (front roll (soft))
- cheonbang hwejeon nakbeop (front roll (hard))
- ottogi nakbeop (tumbler)
- hubang ipgi nakbeop (back roll)
- cheon/hubang ipgi nakbeop (front & back roll)

The student should not only be able to do these falling techniques, but also be able to receive techniques and keep his body safe by apply the right falling techniques.

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## Gwonbeop

### Strikes

- palkkumchi (elbow)
- jumeok (punch)
- sonbadak (palm)
- sonnal (knife hand)

### Blocks

- blocks vs punch
- blocks vs kick

### Defensive strikes

Use strikes and blocks to defend against grabs and punches.

### Jeonhwan gwonbeop

- outside block, inside knife hand, outside knife hand

## **Kicks**

- stretching kicks
- basic kicks
- kick combinations with one leg

## **Defensive kicks**

Use kicks and blocks to defend against punches.

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## Self defence

The students should be able to defend himself against grabs, punches and kicks using joint locking techniques and throws.

The student should learn finger locks, wrist locks, elbow locks, shoulder locks, neck locks, leg and foot locks as well as leg sweeps, hip throws and shoulder throws.

## **Dan grades**

The requirements for dan grades have a technical part (in which the student demonstrates that he knows how to perform the required techniques) but also a part that is somewhat fuzzier, understanding of hankido's three basic principles and being able to apply them.

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## Principles

At the level of first dan the student should know that there are three underlying principles to hankido; circle, flow and harmony. The student should be able to demonstrate the use of the circle principle.

The students testing for second dan should have a better understanding of the circle principle and be able to demonstrate the use of the flow principles. For third dan the student's understanding of both the circle and flow principles must be at a level where the application comes natural, he should begin to understand what the harmony principle is about.

The fourth dan is the official instructor level. At this level the student should be able to not only demonstrate the application of the three principles, we also expect the student to write an essay about the three principles.

The dan grades five to nine are not about learning more techniques but about gaining more insight into hankido's principles and the application of the principles in your techniques.

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## Technical

### **DAN 1**

The student can demonstrate the techniques that are required at the geup levels.

The student should be able to defend himself against grabs, punches and kicks with the aid of blocks, counter strikes, counter kicks, joint locks and throws. He should be able to do this in a manner that doesn't go against hankido's principles. The importance of position, balance and control should be clearly demonstrated.

The student can demonstrate the 12 basic self defence techniques of hankido against a cross grab as well as a punch (with a block on the outside)

The student can demonstrate all twelve cheongibeop techniques with elementary hip movement and weight shifts.

## **DAN 2**

(minimum time required: 2 years)

The regular self defence should have a proper application of the hankido's circle and flow principle. The twelve hankido self defence techniques can be applied on:

- parallel grab
- double wrist grab (two hands grab both wrists)
- knife stab (technique 1-6)

The student can demonstrate all 12 jigibeop techniques (hosinbadgi)

## **DAN 3**

(minimum time required: 3 years)

The regular self defence should have a proper application of the hankido's circle and flow principle. The student should demonstrate a beginning understanding of the harmony principle.

The twelve hankido self defence techniques can be applied on:

- wrist grab with two hands
- rear double wrist grab
- against punch (inside block)
- knife stab (technique 7-12)

The student can demonstrate all hwansangdobeop (cheon- and jigibeop) both basic and with circle steps.

## **DAN 4**

(minimum time required: 4 years)

The student should show a good understanding of hankido's basic principles in his self defence techniques. The student is also required to write an essay about the three principles.

The essay should at least be 10 pages long (excluding cover pages and index). The theme of the essay should be clear from the title.

The twelve hankido self defence techniques can be applied on:

- single and double wrist grabs with variations
- apply a technique before a grab is established
- sword attack

The student can demonstrate all hwansangdobeop (cheon- and jigibeop) both basic and with circle steps.

## **DAN 5-9**

(minimum time required: at least 5 years in between each test)

The student will be asked to demonstrate his hankido skills.

For every dan another essay should be written. The essay can cover a wide range of topics, like: development of hankido, meaning of hankido, personal experience, pressure points etc. etc.