



World Hankimuye Federation

Hankido Black Belt Curriculum

Junior black belt

A candidate can test for junior black belt in the year he or she reaches his/her 13th birthday.

Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps

Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)

Strikes

Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

Kicks

Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick

Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Jumping Spinning kick

Hankido self defense

1. 12-gibeop (cross grab, punch)

Hankido application

Defend with joint locks (wrist, elbow, shoulder, legs), throws, strikes (according to the style of the school)

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)

The candidates should prepare a short demonstration in which the showcase 15 different techniques against a wide range of attacks.

Hankido 1st dan

A candidate can test for 1st dan in the year he or she reaches his/her 16th birthday.

Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps

Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)

Strikes

Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

Kicks

Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick

Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Jumping Spinning kick

Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing)
2. Jigibeop (standing)

Hankido self defense

1. 12-gibeop (cross grab, punch)
2. 12-gibeop (choose one technique, explain to the examiners)

Hankido application

Defend with joint locks, throws, strikes (according to the style of the school)

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)

The examiners can ask to see a certain kind of defense against an attack of their choice.

Hankido 2nd dan

At least two years in grade between 1st dan and 2nd dan.

Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
- 6. 8-direction circle steps**
- 7. Circle steps vs. punch (outside)**
- 8. Flow steps vs. wrist grab**

Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
- 4. Thrown (roll, flip fall, basic execution, working with frame)**

Strikes

Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

Counter strikes

- 1. Basic strikes**
- 2. Combinations**

Kicks

Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. **Middle + low spinning kick**

Combinations kick (both legs)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. **Roundhouse kick + spinning heel kick**
6. **Front side kick + turning back kick**
7. **Step jumping spinning kick**

Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. **Spinning kick (standing, jumping, sitting)**
4. **360 wheel kick**

Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing, **with circle steps**)
2. Jigibeop (standing, **with circle steps**)

Hankido self defense

1. 12-gibeop (cross grab, punch, **straight grab, both wrists being grabbed**)
2. 12-gibeop (choose two techniques, explain to the examiners)

Hankido application

Defend with joint locks, throws, strikes, **chokes** (according to the style of the school) against two attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. **both wrists being grabbed**
8. **both shoulders being grabbed**
9. **both revers being grabbed**

The examiners can ask to see a certain kind of defense against an attack of their choice.

Hankido 3rd dan

At least three years in grade between 2nd dan and 3rd dan.

Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
6. 8-direction circle steps
7. Circle steps vs. punch (**two attackers**)
8. Flow steps vs. wrist grab
9. **Circle steps vs. punch (inside)**
10. **Harmony steps vs double wrist grab**

Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
4. Thrown (roll, flip fall, basic execution working with frame)
5. **Thrown (roll, flip fall, applied execution working with frame)**

Strikes

Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

Counter strikes

1. Basic strikes
2. Combinations

Kicks

Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. Middle + low spinning kick

Combinations kick (both legs)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back kick
7. Step jumping spinning kick

Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Spinning kick (standing, jumping, sitting)
4. 360 wheel kick
5. X-kick

Counter kicks

1. Basic kicks
2. Combination kicks

Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing, with circle steps)
2. Jigibeop (standing, with circle steps)

Hankido self defense

1. 12-gibeop (cross grab, punch, straight grab, both wrists being grabbed, **double wrist grab, rear double wrist grab, rear wrist and shoulder grab**)
2. 12-gibeop (choose three techniques, explain to the examiners)

Hankido application

Defend with joint locks, throws, strikes, chokes (according to the style of the school) against three attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. both wrists being grabbed
8. both shoulders being grabbed
9. both revers being grabbed
- 10. double wrist grab**
- 11. rear double wrist grab**
- 12. rear double shoulder grab**
- 13. rear wrist and shoulder grab**
- 14. rear choke**

The examiners can ask to see a certain kind of defense against an attack of their choice.

Hankido 4th dan

At least four years in grade between 3rd dan and 4th dan.

Basic techniques

1. Circle steps
2. Flow steps
3. Harmony steps
4. Stepping methods
5. 4-direction circle steps
6. 8-direction circle steps
7. Circle steps vs. punch (two attackers)
8. Flow steps vs. wrist grab
9. Circle steps vs. punch (inside)
10. Harmony steps vs double wrist grab

Candidate should be able to explain the basic principles of hankido and how they function in self-defense, demonstrating a natural flow..

Falling techniques

1. Basic falling (back, side, front, tumbler, soft front)
2. Rolling (left/right, front/back, circle steps, jumping)
3. Flip fall (left/right, soft+hard, circle steps)
4. Thrown (roll, flip fall, basic execution)
5. Thrown (roll, flip fall, applied execution)

Candidate can explain the principles behind the falling techniques. Demonstrating their application and function.

Strikes

Basic strikes

1. Elbow strike (back, side, front, inside)
2. Punch (jab, cross)
3. Palm heel strike
4. Knife hand strike
5. Back fist
6. Circle step strikes

Counter strikes

1. Basic strikes
2. Combinations

Candidate can explain proper striking methods both offensively and defensively. See the section about Q&A.

Kicks

Basic kicks

1. Heel high kick (also down)
2. Knife edge foot kick (also down)
3. Inside kick
4. Outside kick
5. Heel push kick
6. Front kick
7. Instep kick
8. Sweep kick
9. Side kick (high, front, side, back)
10. Roundhouse kick (inside, outside)
11. Outside heel kick
12. Spinning heel kick

Combinations kick (one leg)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Inside + Outside kick
6. Inside kick + side kick (front)
7. Low + high side kick
8. Middle + low spinning kick

Combinations kick (both legs)

1. Instep kick + side kick (front, side, back)
2. Instep kick + roundhouse kick (inside, outside)
3. Sweep kick + side kick (front, side, back)
4. Sweep kick + roundhouse kick (inside, outside)
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back kick
7. Step jumping spinning kick

Special kicks

1. Jumping kicks (front, side, roundhouse kick)
2. Double kicks (closed, wide)
3. Spinning kick (standing, jumping, sitting)
4. 360 wheel kick
5. X-kick

Counter kicks

1. Basic kicks
2. Combination kicks

Candidate can explain the kicks technically as well as how to apply them in a self-defense situation. See the section about Q&A.

Visualizations techniques (hwansangdobeop)

1. Cheongibeop (standing, with circle steps)
2. Jigibeop (standing, with circle steps)

Candidate can explain the function of hwansangdobeop in the hankido curriculum. How does practicing hwansangdobeop contribute to your understanding of hankido? See the section about Q&A.

Hankido self defense

1. 12-gibeop (cross grab, punch, straight grab, both wrists being grabbed, double wrist grab, rear double wrist grab, rear wrist and shoulder grab, **punch inside block, sword strike**)
2. 12-gibeop (**the examiners will ask the candidate to explain several hankido techniques**)

Candidate can explain hankido techniques and the principles that form the foundation of these techniques. See the section about Q&A.

Hankido application

Defend with joint locks, throws, strikes, chokes (according to the style of the school) against three attackers.

1. wrist grabs
2. elbow grabs
3. shoulder grabs
4. revers grab
5. punch
6. kicks (front, side, roundhouse kick)
7. both wrists being grabbed
8. both shoulders being grabbed
9. both revers being grabbed
10. double wrist grab
11. rear double wrist grab
12. rear double shoulder grab
13. rear wrist and shoulder grab
14. rear choke
15. **knife**

Candidate can explain the working of the techniques demonstrated and how the principles of hankido were applied in these technique. See the section about Q&A.

Essay and Q&A

Candidate should write a 10 page essay about hankido. At the end of the exam a Q&A session with the examiners will take place. The essay should be handed in at least one month prior to the test.

Korean terminology

Basics

Basics	기본
Circle steps	전환법
Flow steps	역류법
Harmony steps	심화법
Stepping method	보법
4 direction	사방
8 direction	팔방

Falling

Falling	낙법
Back fall	후방낙법
Front fall	전방낙법
Side fall	측방낙법
Tumbler	오뚜기낙법
Soft front fall	복근낙법
Roll	무성낙법
Flip fall	공중회전낙법

Strikes

Striking method	권법
Strikes	치기
Punch	주먹치기
Elbow strike	팔꿈치 치기
Palm heel strike	손바닥 치기
Knife hand strike	손날 치기
Back fist	등주먹 치기
Circle step strikes	전환권법

Kicks

Kicks	발차기
Basic kicks	단식 발차기
Combination	복식 발차기
Special kicks	특수 발차기

Heel high kick	뒤꿈치 차올리기
Heel high kick (down)	뒤꿈치 차내리기
Knife edge foot kick	족도 차올리기
Inside kick	안다리 차기
Outside kick	바깥다리 차기
Heel push kick	뒤꿈치로 앞차지르기
Front kick	앞차기
Instep kick	족기지르기
Sweep kick	성문차기
Side kick	옆차기
Roundhouse kick	발끝돌려찍기
Heel outside kick	뒤꿈치 돌려차기
Spinning heel kick	돌려차기
360 wheel kick	외발턴
Double kick	두발 모아차기
Split kick	두발 벌려차기
X-kick	가위차기

Visualizations techniques

Visualizations techniques	환상도법
Jigibeop	지기법
Cheongibeop	천기법

Hankido techniques

Gwanjeolgibeop	관절기법
Chigibeop	치기법
Sipjagibeop	십자기법
Naewegibeop	내외기법
Gyeonggibeop	겨랑기법
Mokgamabeop	목감아법
Mokkkeokgibeop	목꺼기법
Eokkaetubeop	어깨투법
Jungpaltubeop	중팔투법
Hwejeontubeop	회전투법
Palmokgibeop	팔목기법
Palbaegibeop	팔배기법

Self-defense techniques

Joint locks	관절기
Throws	던지기
Chokes	조르기

Directions and movement

Left	좌
Right	우
Front	앞/전
Back	뒤/후
Inside	내
Outside	외
Low	하단
Middle	중단
High	상단
Standing	서서
Sitting	앉아
Walking	걸어
Jumping	뛰서

Used in class

Sit down	앉아
Attention	차렷
Bow	경례
Return	바로
Salute to flag	국기에 대하여 경례
Bow to instructor	사범/관장님께 경례
Turn around	뒤로 도라
Straighten dobok	도복정리
Face each other	마주 봐/보고
Turn forward	앞으로
Well done!	수고하셨습니다
Thank you!	감사합니다
Uniform	도복
Belt	띠

Titles

Student	제자/학생
Assistant	조교
Trainer	부사범(님)
Instructor	사범(님)
School owner	관장(님)
National	국내
International	국제

Counting

Korean

One	하나
Two	둘
Three	셋
Four	넷
Five	다섯
Six	여섯
Seven	일곱
Eight	여덟
Nine	아홉
Ten	열

Sino-Korean

One	일
Two	이
Three	삼
Four	사
Five	오
Six	육
Seven	칠
Eight	팔
Nine	구
Ten	십



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