



Hankimuye
Black belt program
1-4 dan



Master Ko Baek-yong

Junior black belt

You can test for junior black belt in the year you reach your 13th birthday

Basic techniques

1. Jeonhwanbeop (circle steps)
2. Yeongnyubeop (flow steps)
3. Simhwabeop (harmony steps)
4. Bobeop (stepping methods)
 - a. Slide
 - b. Skip
 - c. Shuffle
 - d. V-steps
5. Sabang Jeonhwanbeop (4-direction circle steps)

Falling techniques

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

Strikes

Basic strikes

1. Elbow (back, side, front)
2. Jab
3. Cross
4. Hook
5. Uppercut
6. Palm heel strike
7. Knife hand strike
8. Back fist
9. Jeonhwan gwonbeop (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 (front, side, back)
10. Outside heel kick
11. Spinning heel kick

Combinations (one leg)

1. Inside kick + outside kick (front x-step)
2. Inside kick + front side kick (back x-step)
3. Instep kick + back side kick
4. Instep kick + sideward side kick
5. Instep kick + front side kick
6. Instep kick + roundhouse kick
7. Low + high side kick

Special kicks

1. Jumping front kick
2. Jumping roundhouse kick
3. Flying side kick
4. Jumping double kick forward
5. Jumping double kick wide
6. Jumping spinning heel kick
7. Jumping spinning back side kick

Hankimuye self defense

Attacks

1. Cross grab and punch

Defenses

1. Gwanjeolgibeop
2. Chigibeop
3. Sipjagibeop
4. Naeoegibeop
5. Gyeoranggibeop
6. Mokgamabeop
7. Mokkkeokkgibeop
8. Eokkaetubeop
9. Jungpaltubeop
10. Hoejeontubeop
11. Palmokgibeop
12. Palbaegibeop

Hankimuye application

Defend with joint locks (wrist, elbow, shoulder, legs) throws, strikes

1. Wrist grabs
2. Elbow grabs
3. Shoulder grabs
4. Clothing grabs
5. Punch
6. Kicks
 - a. Front kick
 - b. Side kick
 - c. Roundhouse kick

Sparring

You will spar several one minute rounds with other students. Strikes and kicks only.

1st dan black belt

You can test for first dan black belt in the year you reach your 16th birthday

Basic techniques

1. Jeonhwanbeop (circle steps)
2. Yeongnyubeop (flow steps)
3. Simhwabeop (harmony steps)
4. Bobeop (stepping methods)
 - a. Slide
 - b. Skip
 - c. Shuffle
 - d. V-steps
5. Sabang Jeonhwanbeop (4-direction circle steps)

Falling techniques

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

Strikes

Basic strikes

1. Elbow (back, side, front)
2. Jab
3. Cross
4. Hook
5. Uppercut
6. Palm heel strike
7. Knife hand strike
8. Back fist
9. Jeonhwan gwonbeop (circle step strikes)

Combination strikes

According to the style of your school. Demonstrate working on pads.

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 (front, side, back)
10. Outside heel kick
11. Spinning heel kick

Combinations (one leg)

1. Inside kick + outside kick (front x-step)
2. Inside kick + front side kick (back x-step)
3. Instep kick + back side kick
4. Instep kick + sideward side kick
5. Instep kick + front side kick
6. Instep kick + roundhouse kick
7. Low + high side kick

Special kicks

1. Jumping front kick
2. Jumping roundhouse kick
3. Flying side kick
4. Jumping double kick forward
5. Jumping double kick wide
6. Jumping spinning heel kick
7. Jumping spinning back side kick

Visualization techniques (hwansangdobeop)

1. Cheongibeop, standing
2. Jigibeop, standing

Hankimuye self defense

Attacks

1. Cross grab and punch

Defenses

You will have to explain one technique to the examiners as if you are teaching this technique.

1. Gwanjeolgibeop
2. Chigibeop
3. Sipjagibeop
4. Naeogibeop
5. Gyeoranggibeop
6. Mokgamabeop
7. Mokkaekkgibeop
8. Eokkaetubeop
9. Jungpaltubeop
10. Hoejeontubeop
11. Palmokgibeop
12. Palbaegibeop

Hankimuye application

Defend with joint locks (wrist, elbow, shoulder, legs) throws, strikes

1. Wrist grabs
2. Elbow grabs
3. Shoulder grabs
4. Clothing grabs
5. Punch
6. Kicks
 - a. Front kick
 - b. Side kick
 - c. Roundhouse kick

The examiners can ask you to demonstrate a certain technique against an attack of their choice.

Sparring

You will spar several one minute rounds with other students. Strikes and kicks only.

2nd dan black belt

You can test for second dan black belt in the year you reach your 18th birthday and if at least two years have passed since you graduated for first dan.

Basic techniques

1. Jeonhwanbeop (circle steps)
2. Yeongnyubeop (flow steps)
3. Simhwabeop (harmony steps)
4. Bobeop (stepping methods)
 - a. Slide
 - b. Skip
 - c. Shuffle
 - d. V-steps
5. Sabang Jeonhwanbeop (4-direction circle steps)
6. **Palbang Jeonhwangbeop (8-direction circle steps)**
7. **Circle steps vs. straight punch on the outside**
8. **Flow steps vs. parallel wrist grab.**

Falling techniques

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

Strikes

Basic strikes

1. Elbow (back, side, front)
2. Jab
3. Cross
4. Hook
5. Uppercut
6. Palm heel strike
7. Knife hand strike
8. Back fist
9. Jeonhwan gwonbeop (circle step strikes)
10. **Pressure points**
 - a. **Hand**
 - b. **Arm**
 - c. **Shoulder**
 - d. **Neck**

Combination strikes

According to the style of your school. Demonstrate working on pads

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 (front, side, back)
10. Outside heel kick
11. Spinning heel kick

Combinations (one leg)

1. Inside kick + outside kick (front x-step)
2. Inside kick + front side kick (back x-step)
3. Instep kick + back side kick
4. Instep kick + sideward side kick
5. Instep kick + front side kick
6. Instep kick + roundhouse kick
7. Sweep kick + back side kick
8. Sweep kick + sideward side kick
9. Sweep kick + front side kick
10. Sweep kick + roundhouse kick
11. Low + high side kick
- 12. Middle + low spinning heel kick**
- 13. Low + middle spinning heel kick**

Combinations (both legs)

- 1. Instep kick + back side kick**
- 2. Instep kick + sideward side kick**
- 3. Instep kick + front side kick**
- 4. Instep kick + roundhouse kick**
- 5. Roundhouse kick + spinning heel kick**
- 6. Front side kick + turning back side kick**

Special kicks

1. Jumping front kick
2. Jumping roundhouse kick
3. Flying side kick
4. Jumping double kick forward
5. Jumping double kick wide
6. Jumping spinning heel kick
7. Jumping spinning back side kick
- 8. 360 degrees wheel kick**

Visualization techniques (hwansangdobeop)

1. Cheongibeop, standing **and with circle steps**
2. Jigibeop, standing **and with circle steps**

Hankimuye self defense

Attacks

1. Cross grab and punch
2. **Straight grab and wrist grab with two hands**

Defenses

You will have to explain one technique to the examiners as if you are teaching this technique.

1. Gwanjeolgibeop
2. Chigibeop
3. Sipjagibeop
4. Naeoegibeop
5. Gyeoranggibeop
6. Mokgamabeop
7. Mokkkeokkgibeop
8. Eokkaetubeop
9. Jungpaltubeop
10. Hoejeontubeop
11. Palmokgibeop
12. Palbaegibeop

Hankimuye application

Defend with joint locks (wrist, elbow, shoulder, legs) throws, strikes

1. Wrist grabs
2. Elbow grabs
3. Shoulder grabs
4. Clothing grabs
5. Punch
6. Kicks
 - a. Front kick
 - b. Side kick
 - c. Roundhouse kick
7. **Both wrists being grabbed**
8. **Both shoulders being grabbed**
9. **Clothes being grabbed with both hands**

The examiners can ask you to demonstrate a certain technique against an attack of their choice.

Sparring

You will spar several one minute rounds with other students.

Take downs are allowed during sparring.

3rd dan black belt

You can test for third dan black belt three years after you passed your test for second dan black belt.

Basic techniques

1. Jeonhwanbeop (circle steps)
2. Yeongnyubeop (flow steps)
3. Simhwabeop (harmony steps)
4. Bobeop (stepping methods)
 - a. Slide
 - b. Skip
 - c. Shuffle
 - d. V-steps
5. Sabang Jeonhwanbeop (4-direction circle steps)
6. Palbang Jeonhwangbeop (8-direction circle steps)
7. Circle steps vs. straight punch on the outside (**against two attackers**)
8. Flow steps vs. parallel wrist grab.
9. **Circle steps vs. straight punch on the inside**
10. **Harmony steps vs. double wrist grab with follow up throw**

Falling techniques

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

Strikes

Basic strikes

1. Elbow (back, side, front)
2. Jab
3. Cross
4. Hook
5. Uppercut
6. Palm heel strike
7. Knife hand strike
8. Back fist
9. Jeonhwan gwonbeop (circle step strikes)
10. Pressure points
 - a. Hand
 - b. Arm
 - c. Shoulder
 - d. Neck

Combination strikes

According to the style of your school. Demonstrate working on pads.

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 (front, side, back)
10. Outside heel kick
11. Spinning heel kick

Combinations (one leg)

7. Inside kick + outside kick (front x-step)
8. Inside kick + front side kick (back x-step)
9. Instep kick + back side kick
10. Instep kick + sideward side kick
11. Instep kick + front side kick
12. Instep kick + roundhouse kick
13. Low + high side kick
- 14. Middle + low spinning heel kick**
- 15. Low + middle spinning heel kick**

Combinations (both legs)

1. Instep kick + back side kick
2. Instep kick + sideward side kick
3. Instep kick + front side kick
4. Instep kick + roundhouse kick
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back side kick
- 7. Step jumping spinning heel kick**
- 8. Step jumping turning back side kick**

Special kicks

1. Jumping front kick
2. Jumping roundhouse kick
3. Flying side kick
4. Jumping double kick forward
5. Jumping double kick wide
6. Jumping spinning heel kick
7. Jumping spinning back side kick
8. 360 degrees wheel kick
- 9. X-kick**

Visualization techniques (hwansangdobeop)

1. Cheongibeop, standing and with circle steps
2. Jigibeop, standing and with circle steps

Hankimuye self defense

Attacks

1. Cross grab and punch
2. Straight grab and wrist grab with two hands
3. **Double wrist grab, rear double wrist grab, rear wrist and shoulder grab**

Defenses

You will have to explain three techniques to the examiners as if you are teaching this technique.

1. Gwanjeolgibeop
2. Chigibeop
3. Sipjagibeop
4. Naeoegibeop
5. Gyeoranggibeop
6. Mokgamabeop
7. Mokkaekkgibeop
8. Eokkaetubeop
9. Jungpaltubeop
10. Hoejeontubeop
11. Palmokgibeop
12. Palbaegibeop

Hankimuye application

Defend with joint locks (wrist, elbow, shoulder, legs) throws, strikes

1. Wrist grabs
2. Elbow grabs
3. Shoulder grabs
4. Clothing grabs
5. Punch
6. Kicks
 - a. Front kick
 - b. Side kick
 - c. Roundhouse kick
7. Double wrist being grabbed
8. Double shoulder being grabbed
9. Clothes being grabbed with both hands
- 10. Wrist being grabbed with two hands**
- 11. Rear double wrist grab**
- 12. Rear double shoulder grab**
- 13. Rear wrist and shoulder grab**
- 14. Rear choke**

The examiners can ask you to demonstrate a certain technique against an attack of their choice.

Sparring

You will spar several one minute rounds with other students.

Take downs are allowed during sparring.

Your choice

For the third dan exam a student has to delve deeper into a subject of choice and demonstrate their knowledge on the subject. There are two options. One is about demonstrating practical skills. The other option is about your knowledge of application of hankimuye principles.

Practical

1. Hankumdo
2. Sangmu forms

You will have to demonstrate your skills.

Educational

1. Application of principles in strikes
2. Application of principles in self defense
3. Application of principles in hwansangdobeop

You will be asked to demonstrate and lecture about the topic of your choice for approximately 10 minutes.

4th dan black belt

You can test for fourth dan black belt four years after you passed your test for third dan black belt.

Fourth dan is the official instructor grade. How to teach the hankimuye curriculum plays an important role in this exam.

Basic techniques

1. Jeonhwanbeop (circle steps)
2. Yeongnyubeop (flow steps)
3. Simhwabeop (harmony steps)
4. Bobeop (stepping methods)
 - a. Slide
 - b. Skip
 - c. Shuffle
 - d. V-steps
5. Sabang Jeonhwanbeop (4-direction circle steps)
6. Palbang Jeonhwangbeop (8-direction circle steps)
7. Circle steps vs. straight punch on the outside (against two attackers)
8. Flow steps vs. parallel wrist grab.
9. Circle steps vs. straight punch on the inside
10. Harmony steps vs. double wrist grab with follow up throw

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Falling techniques

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

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Strikes

Basic strikes

1. Elbow (back, side, front)
2. Jab
3. Cross
4. Hook
5. Uppercut
6. Palm heel strike
7. Knife hand strike
8. Back fist
9. Jeonhwan gwonbeop (circle step strikes)
10. Pressure points
 - a. Hand
 - b. Arm
 - c. Shoulder
 - d. Neck

Combination strikes

According to the style of your school. Demonstrate working on pads

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

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 (front, side, back)
10. Outside heel kick
11. Spinning heel kick

Combinations (one leg)

1. Inside kick + outside kick (front x-step)
2. Inside kick + front side kick (back x-step)
3. Instep kick + back side kick
4. Instep kick + sideward side kick
5. Instep kick + front side kick
6. Instep kick + roundhouse kick
7. Low + high side kick
8. Middle + low spinning heel kick
9. Low + middle spinning heel kick

Combinations (both legs)

1. Instep kick + back side kick
2. Instep kick + sideward side kick
3. Instep kick + front side kick
4. Instep kick + roundhouse kick
5. Roundhouse kick + spinning heel kick
6. Front side kick + turning back side kick
7. Step jumping spinning heel kick
8. Step jumping turning back side kick

Special kicks

1. Jumping front kick
2. Jumping roundhouse kick
3. Flying side kick
4. Jumping double kick forward
5. Jumping double kick wide
6. Jumping spinning heel kick
7. Jumping spinning back side kick
8. 360 degrees wheel kick
9. X-kick

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Visualization techniques (hwansangdobeop)

1. Cheongibeop, standing and with circle steps
2. Jigibeop, standing and with circle steps

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Hankimuye self defense

Attacks

1. Cross grab and punch
2. Straight grab and wrist grab with two hands
3. Double wrist grab, rear double wrist grab, rear wrist and shoulder grab
4. **Punch (inside block), sword strike, knife attack**

Defenses

You will have to explain three techniques to the examiners as if you are teaching this technique.

1. Gwanjeolgibeop
2. Chigibeop
3. Sipjagibeop
4. Naeoegibeop
5. Gyeoranggibeop
6. Mokgamabeop
7. Mokkeokkgibeop
8. Eokkaetubeop
9. Jungpaltubeop
10. Hoejeontubeop
11. Palmokgibeop
12. Palbaegibeop

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Hankimuye application

Defend with joint locks (wrist, elbow, shoulder, legs) throws, strikes

1. Wrist grabs
2. Elbow grabs
3. Shoulder grabs
4. Clothing grabs
5. Punch
6. Kicks
 - a. Front kick
 - b. Side kick
 - c. Roundhouse kick
7. Double wrist being grabbed
8. Double shoulder being grabbed
9. Clothes being grabbed with both hands
10. Wrist being grabbed with two hands
11. Rear double wrist grab
12. Rear double shoulder grab
13. Rear wrist and shoulder grab
14. Rear choke
- 15. Knife**

The examiners can ask you to demonstrate a certain technique against an attack of their choice.

You should be able to explain the basic hankimuye principles and how to apply them on this subject.

Sparring

You will spar several one minute rounds with other students.

Take downs are allowed during sparring.

Essay and Q&A

You have to write a 10 page essay for this exam. Devote about five pages to tell what hankimuye means to you. Explain the three main principles of hankimuye on the remaining five pages.

Hankumdo

The basic techniques of hankumdo.

Drawing and re-sheathing the sword

Baldo (un-sheathing)

Offensive and defensive. One and three step techniques

1. Supyeong – horizontal
2. Sujik – straight
3. Daegak (ollyeo) – straight up
4. Yeoksu – reverse grip

Napdo (re-sheathing)

Right foot front, left foot front

1. Supyeong – horizontal
2. Sujik – straight
3. Yeoksu – reverse grip

Strikes

Basic strikes

Offensive and defensive. One and three step techniques. 90 and 180 degree turns

1. Naeryeo begi – vertical strike down
2. Bitgyeo begi – diagonal strike down
3. Supyeong begi – horizontal strike
 - a. Sangdan – high
 - b. Hadan – low
4. (Bitgyeo) ollyeo begi – diagonal strike up
5. Jjireugi (jeon- and hubang) – stab (front and back)

Forms

1. Yesang geombeop 1

Hankumbeop: jejari

1. Ja-eum geombeop: consonants
2. Mo-eum geombeop: vowels

Sangmu forms

Five sangmu forms slow and fast

1. Sangmu 1-hyeong (nahangwon)
2. Sangmu 2-hyeong (yonggwon)
3. Sangmu 3-hyeong
4. Sangmu 4-hyeong
5. Sangmu 5-hyeong

Hankimuye principles

The three hankimuye principles are

1. Won – circle
2. Yu – flow
3. Hwa – harmony