

AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

Belt Requirements (Juniors)

There are minimum measurements based on 70% of your attendance. **This is not a contract to test.** Your test date will be determined between you and your instructor or mentor and will occur when he/she believes you are ready. Sometimes for any reason, it may take a little longer, please keep your instructor informed of any prolonged absence(s).

*Private lessons can be used to make up missed lessons and help you stay on track.

Yellow Belt

10 lessons (6 weeks)

Warmups
Animals: 5
Wrist Escapes: 10
Phase 1
Yellow Belt Philosophy
Fee: \$35

Orange Belt

20 lessons (3 months)

Warmups & Kicks
Animals: 10
Wrist Escapes: All
Hapkido Basics: 3
Phase 2
Orange Belt Philosophy
Fee: \$40

Blue Belt

40 lessons (6 months)

Warmups & Kicks
Animals: 20
Forms: 1
Wrist Escapes: All
Hapkido Basics: All
Phase 3
Blue Belt Philosophy
Fee: \$45

Green Belt

60 lessons (9 Months)

Warmups, Kicks & Angles
Animals: 35
Forms: 1
Wrist Escapes: All
7 Hapkido Basics: All
Hapkido Takedowns: 2
Phase 4
Green Belt Philosophy
Fee: \$60

Brown Belt

80 lessons (1 year)

Warmups, Kicks & Angles
Animals: 45
Forms: 2
Wrist Escapes: All
Hapkido Basics: All
Hapkido Escapes: All
Hapkido Takedowns: 5
Phase 5
Brown Belt Philosophy
Fee: \$75

Brown Belt (Stripe)

125 lessons (18 months)

Warmups, Kicks & Angles
Animals: 60
Forms: 3
Wrist Escapes: All
Hapkido Basics: All
Hapkido Escapes: All
Hapkido Takedowns: 10
Phase: 6
Brown Belt Stripe Philosophy
Fee: \$75

Red Belt

160 lessons (2 years)

Warmups, Kicks & Angles
Animals: All
Forms: 5
Wrist Escapes: All
Hapkido Basics: All
Hapkido Escapes: All
Hapkido Takedowns: 15
One-Hand Set
Red Belt Philosophy
Fee: \$100

Junior Red/Black Belt

250 lessons (3 years)

Warmups, Kicks & Angles
Animals: All (both sides)
Forms: 9
Wrist Escapes: All
Hapkido Basics: All
Hapkido Escapes: All
Hapkido Takedowns: 20
One Hand Set
7 Step Hand Set
All lower belt philosophy
Fee: \$125

Black Belt

330 lessons (4 years)

Warmups, Kicks & Angles
Animals: All (both sides)
Forms: 12
Wrist Escapes: All
Hapkido Basics: All
Hapkido Escapes: All
Hapkido Takedowns: 30
One Hand Set
7 Step Hand Set
Foundation Philosophy
Fee: \$125

And any other concept, technique, and philosophy that may be requested on a test.

Questions and subjects may vary according to whom they are directed

**AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE
TESTING PACKET**

Martial Artist Name: _____

Please circle and list total months/years trained

Yellow _____ Orange _____

Blue _____ Green _____

Brown _____ Brown (Stripe) _____

Red _____ Mentor: _____

Junior Red/Black Belt _____ Mentor: _____

Junior Black Belt (1st Degree) _____ Mentor: _____

Requirements:

- Circle/Checkmark what you know on the following sheets.
- Wear your complete uniform to the test.
- You must register & pay your test fee before testing begins (cash or check preferred).
- Any questions regarding the test should be addressed prior to the test date.
- Make checks payable to ASMA – West Palmdale

Basics

Warm-ups

Shoulder height knife hands
Over the knee knife hands
High/low knife hands

Downward backfists
Rising backfists

Reverse punch
Diagonal punch

Slow motion front kicks
Two-part front kicks
Continuous front kicks

Slow motion side kicks
Two-part side kicks
Continuous side kicks

Kicks

Wall kicks
Kicks in the air including low/high
Roundhouse and hook

Series Kicks

Front/front
Side/side
Front/side/back
Front/front/side/back

Series 8 Kicks

Front, front, round
Back, hook, side
Inside crescent
Outside crescent

Angles

Each angle is applied to 6 locations

Front foot
Back foot
Scooting
One knee down
Crane
Crossover
Two Step

AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

Designated Techniques

Set 1

- Monkey
- Dragon
- Swallow
- Stork
- Snake

Set 2

- Tiger Tail
- Deflecting Hand
- Golden Pheasant
- Crane
- Turtle
- Bow & Arrow Shoot Tiger

Set 3

- Dragon Tail
- Repulse Monkey
- Dove
- Cobra
- Bear

Set 4

- Retreating Hammer
- Scissors
- Separate Right Foot
- Hawk
- Deflect Punch Under Elbow
- Falcon

Set 5

- Cut
- Cross (Palm)
- Palm Deflect
- Cross Hands & Push
- Shuttle
- Three Step Retreat
- Squat 1
- Trapping Knife Hand
- Binding
- Wiping Hand

Set 6

- Riding Tiger
- Hop, Shift, Scoop
- Diagonal Flying
- Play the Guitar
- Weave Under Tiger
- Gorilla
- Retreating Deception
- Sparrow Tail
- Diagonal Front Kick
- Diagonal Punch

Set 7

- Sweep Lotus
- Eagle 1
- Escape
- Tiger Springs from Den
- Crossing the Tigers Path

Set 8

- Squat 2
- Parting the Mane
- Jade Girl
- Flowering Hands
- Ox Jaw Switch

Set 9

- Chicken
- Bird
- Horse
- Star
- Snake Wraps Opponent

Set 10

- Overhead Hammer Fist
- Inside Tiger Tail
- Chicken Spinning Fist
- Squat Side Kick
- Offense Knee

Set 11

- Golden Stork
- Gorilla Wraps Inward
- Chicken Hawk
- Eagle 2
- Jamming

Set 12

- Ward Opponent
- Press
- Rein Horse
- Rooster Sheds Feathers
- Seek Needle

Set 13

- Uplifting Hand
- Restraining Hand

AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

Temple Forms

- | | | |
|--|--------------------------------------|--|
| <input type="checkbox"/> I Sip Sa Bo | <input type="checkbox"/> Chang Jin | <input type="checkbox"/> Pan Wol |
| <input type="checkbox"/> O Sip Sa Bo | | |
| | <input type="checkbox"/> Jin Soo | <input type="checkbox"/> Wang Su |
| <input type="checkbox"/> Kong Sang Kun So | <input type="checkbox"/> No Pae | <input type="checkbox"/> Unsoo |
| <input type="checkbox"/> Kong Sang Kun Dae | | |
| | <input type="checkbox"/> Chong | <input type="checkbox"/> Sip Soo |
| <input type="checkbox"/> Bassai | <input type="checkbox"/> Koryo | <input type="checkbox"/> Tang Kwon |
| <input type="checkbox"/> Bassai Dae | | <input type="checkbox"/> Tang Kwon (Kim Soo) |
| <input type="checkbox"/> Chul Ki Cho Dan | <input type="checkbox"/> Toju San | |
| <input type="checkbox"/> Chul Ki Sam Dan | | <input type="checkbox"/> Wan Kan |
| <input type="checkbox"/> Chul Ki E Dan | <input type="checkbox"/> Ji'in | <input type="checkbox"/> Wan Kan (PGMB) |
| | | |
| <input type="checkbox"/> Chang Kwon | <input type="checkbox"/> Dal Ma | <input type="checkbox"/> Am Hak |
| | <input type="checkbox"/> Wu Tang Tao | |
| <input type="checkbox"/> Pal Gi Kwon | | <input type="checkbox"/> Baji Basic |

Basic Forms

- | | | | | |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Form 1 | <input type="checkbox"/> Form 2 | <input type="checkbox"/> Form 3 | <input type="checkbox"/> Form 4 | <input type="checkbox"/> Form 5 |
| <input type="checkbox"/> Form 6 | <input type="checkbox"/> Form 7 | <input type="checkbox"/> Form 8 | <input type="checkbox"/> Form 9 | <input type="checkbox"/> Form 10 |

Additional Forms

Weapon Forms

- Bak San Staff
- Peom San Staff
- Tai Chi Sword

T'ai Chi Ch'uan Forms

- Yang Long Form
- Floating Hands

Two Person Forms

- 1 Hand Set
- 2 Hand Set

Hapkido

7 Basics

- Head Wrap
- Head Press
- Chin Strike
- Shoulder Wrap
- Elbow Break
- Wrist Shoulder Hold
- Diagonal Sweep to Knee

Set 1

- Star
- Shoulder Star
- Wrap & Slap
- Head Wrap Chin Pull
- Snake Wrap
- Chin Strike & Sweep
- Walk Around Take Down
- Wrist Throw
- Shoulder Throw

Set 2

- Knee Sweep
- Elbow Break Throw
- Dragon Tail Hands
- Crossover Path
- Throw Against Knife Hand
- Figure Four
- Backstroke Throw
- Pull Belt, Push Head
- Handshake
- Elbow Manipulation

Set 3

- Elbow Pressure & Throw
- Wrist Lock
- Oblique Head Wrap Throw
- Roll the Kick
- Tackle the Knee
- Parry & Sweep
- Slip, Bind & Tackle Roundhouse

Set 4 (Wrist Escapes)

- Inside Lift
- Outside Circle
- Inside Circle (cross grab)
- Pull Out
- Strike & Swing
- Butterfly
- Elbow Break
- Extended Elbow Break
- Inside Wrist Press (cross grab)
- Bump & Lift (behind)
- Roll Out to Block
- Handshake (thumb)

Set 5

- Freestyle Shoulder Throw
- Pinky Lock
- Waist Wrist Twist
- Elbow, Duck & Sweep
- Small Circle Elbow Break
- Cross Path Head Wrap Throw
- Weaving Wrist Bind
- Pin Hand, Roll Shoulder
- Cross Path Head Wrap Reversal

AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

Phase System

Phase 1 – Flash the Eyes

Phase 2 – Block Everything

Phase 3 – Angel and Push

Phase 4 - Designated Technique

Phase 5 – Designated Technique & Take Down

Phase 6 – Defender Designated: Opponent is “Free Bull”

Phase 7 – Clarity in Chaos

Phase 8 – Sudden Death

Phase 9 – Mutual Sudden Death