

# Han Mu Do - Rank Requirements

## Adult Curriculum



삼각주 무술 아카데미

**114 North St.  
Cleveland, MS**

# Delta Martial Arts Academy

White Belt

## 1<sup>st</sup> Stripe: Hand Techniques

Bhang Kwon Sul - Son #1-12

Attacker	Defender
Kick punch	Front hand punch
Kick punch	Front hand tiger mouth strike
Kick punch	Front hand ridge hand
Kick punch	Front hand knife hand
Kick punch	Front hand backfist
Kick punch	Front hand spear hand
Kick punch	Front hand elbow strike
Kick punch	Front hand palm strike
Kick punch	Front hand ox jaw
Kick punch	Front hand hammer fist
Kick punch	Front hand reverse palm
Kick punch	Front hand hook punch w/forearm or fist

## 3<sup>rd</sup> Stripe: Hyungs

Hyung: Bhang Kwon Il Hyung

Hyung : Bhang Kwon E Hyung

## 2<sup>nd</sup> Stripe: Leg Techniques

Bhang Kwon Sul - Bal #1-12

Attacker	Defender
Kick punch	Left leg low front kick
Kick punch	Left leg stomp kick
Kick punch	Left leg reverse low front kick - "S" kick
Kick punch	Left leg roundhouse kick w/ heel - target is knee
Kick punch	Left leg front kick to groin
Kick punch	Right leg front kick
Kick punch	Right leg side kick
Kick punch	Right leg roundhouse kick
Kick punch	Right leg spinning back kick
Kick punch	Right leg drop spinning heel kick
Kick punch	Right leg hook kick
Kick punch	Right leg descending heel kick

<b>Yellow Belt</b>
--------------------

### 1<sup>st</sup> Stripe: Same Side Wrist Grabs

#### Son Mok Sul #1-12

Attacker	Defender
Left hand grabs right wrist	Arm bar - armpit to elbow takedown
Left hand grabs right wrist	Step behind should lock - steering wheel takedown
Left hand grabs right wrist	Wrist takedown - the "dishrag"
Left hand grabs right wrist	Elbow high - the "Steven Seagal"
Left hand grabs right wrist	Palm up wrist throw - hello palm technique
Left hand grabs right wrist	Arm bar, open hand takedown - fan technique
Left hand grabs right wrist	Bent arm takedown - elbow-to-elbow takedown
Left hand grabs right wrist	Elbow low - the "waiter" technique
Left hand grabs right wrist	Forearm control and takedown - skin burn / baseball swing takedown
Left hand grabs right wrist	Palm down step under throw - opposite direction of forearm control takedown
Left hand grabs right wrist	Bent elbow takedown - snake around open fan takedown
Left hand grabs right wrist	Straight arm bar lock and takedown

### 3<sup>rd</sup> Stripe: Hyungs

Bhang Kwon Sahm  
Hyung  
Bhang Kwon Sa  
Hyung

### 2<sup>nd</sup> Stripe: Cross

### Side Wrist Grabs

#### Yuk Son Mok Sul #1-12

Attacker	Defender
Right hand grabs right wrist	Arm bar - armpit to elbow takedown
Right hand grabs right wrist	Step behind shoulder lock - steering wheel takedown
Right hand grabs right wrist	Wrist takedown - the "dishrag"
Right hand grabs right wrist	Elbow high - the "Steven Seagal"
Right hand grabs right wrist	Palm up wrist throw - hello palm technique
Right hand grabs right wrist	Arm bar, open hand takedown - fan technique
Right hand grabs right wrist	Bent arm takedown - elbow-to-elbow takedown
Right hand grabs right wrist	Elbow low - the "waiter" technique
Right hand grabs right wrist	Forearm control and takedown - skin burn / baseball swing takedown
Right hand grabs right wrist	Palm down step under throw - opposite direction of forearm control takedown
Right hand grabs right wrist	Bent elbow takedown - snake around open fan takedown
Right hand grabs right wrist	Straight arm bar lock and takedown

<b>Orange Belt</b>
--------------------

### 1<sup>st</sup> Stripe: Defense Against Clothing Grabs

Oht Sul #1-12

Attacker	Defender
Left hand grab right lower sleeve	Control arm, outside leg sweep
Left hand grab right elbow sleeve	Control elbow, prevent step, circle throw
Left hand grab right shoulder high	Control elbow, inside leg sweep - "cha, cha, cha"
Left hand grab lapel area	Control elbow, left arm around back, hip throw
Left hand grab belt area	Control elbow, shoulder throw
Left hand grab right lower sleeve	Sweep to break grip, double leg takedown
Left hand grab right elbow sleeve	Sweep to break grip, step behind, double leg takedown
Left hand grab right shoulder high	Control elbow, step through to reverse hip throw
Left hand grab lapel area	Control elbow, step through hip throw w/ neck control
Left hand grab belt area	Control elbow, step inside, inside sweep
Left hand grab pocket area	Control elbow, place attacker on shoulders and throw - the "fireman's carry and throw"
Left hand grab right armpit area	Control elbow, step to outside, hook kick to back of knee

### 2<sup>nd</sup> Stripe: Intermediate Level Kicking Techniques

Dan Jok Sul #1-9

Attacker	Defender
Kick punch	Block, left leg hook kick to right thigh of attacker
Kick punch	Block, right leg front kick with heel of foot
Kick punch	Block punch with front kick w/ blade of foot
Kick punch	Block, left leg in to out crescent kick w/ toes
Kick punch	Block, right leg out to in crescent kick w/ heel
Kick punch	Block, right leg in to out crescent kick w/ heel
Kick punch	Block, left leg kick to left side of attacker's face w/ instep
Kick punch	Block, right knee strike
Kick punch	Block, step to outside w/ right leg, left out to in crescent kick to rear of attacker's head
Kick punch	Right leg drop spinning heel kick
Kick punch	Right leg hook kick
Kick punch	Right leg descending heel kick

### 3<sup>rd</sup> Stripe: Hyung and Muk Ki Sul

Son Mok Il Hyung

Son Mok E Hyung

#### Muk Ki Sul:

Bong Sul #1-6

Il Sul - Strike to head

E Sul - Strike to wrist

Sahm Sul - 45 degree angle strike to right side of head

Sa Sul - 45 degree angle strike to left side of head

Oh Sul - Strike to right side of body

Yuk Sul - Strike to left side of body

<b>Green Belt</b>
-------------------

## 1<sup>st</sup> Stripe: Defense Against Kicking Techniques

### Bhang Jok Sul #1-12

Attacker	Defender
Right leg front kick	Left leg down block, right hand punch
Right leg side kick	Right hand down block, right hand ridge hand to attacker's head
Right leg roundhouse kick	Double arm block, trap kicking leg, right hand backfist
Right leg front kick	Trap kicking leg, left leg front kick to attacker's groin
Right leg side kick	Trap kicking leg, left leg side kick to attacker's supporting leg
Right leg roundhouse kick	Double arm block, trap kicking leg, right leg roundhouse kick to attacker's head
Right leg front kick	Trap kicking leg, right leg over attackers knee, take down
Right leg side kick	Trap kicking leg, left knee to back of attacker's knee of kicking leg, takedown
Right leg roundhouse kick	Double arm block, trap kicking leg, rotate attacker over, left leg over attacker's leg, takedown
Right leg front kick	Right hand down block, step inside, outside leg sweep
Right leg side kick	Right hand down block, step behind attacker, take down by shoulders
Right leg roundhouse kick	Double arm block, trap kicking leg, step inside leg sweep takedown

## 2<sup>nd</sup> Stripe: Double Kick Techniques

### Bok Shik Jok Sul #1-9

Attacker	Defender
Kick punch	Right leg front kick low, high
Kick punch	Right leg side kick low, high
Kick punch	Right leg roundhouse kick low, high
Kick punch	Right leg front kick, spinning back kick
Kick punch	Right leg front kick low, side kick high
Kick punch	Right leg front kick low, roundhouse high
Kick punch	Out to in crescent kick, side kick
Kick punch	Out to in crescent kick, In to out crescent kick
Kick punch	Right leg roundhouse kick low, hook kick high

## 3<sup>rd</sup> Stripe: Hyung and Muk Ki Sul

Oht Hyung

Han Mu Bong Hyung

**Muk Ki Sul:**

Bong Sul #7-12

Chil Sul - Strike to right leg

Phal Sul - Strike to left leg

Koo Sul - Upward strike to groin

Ship Sul - Reverse upward strike to going

Ship Il Sul - Thrust to chest

Ship E Sul - Thrust to head

<b>Blue Belt</b>
------------------

### 1<sup>st</sup> Stripe: Intermediate Escape from Wrist Grab

Joong Keub Son Mok Sul #1-12

Attacker	Defender
Left hand grabs right wrist	Step under, elbow strike - arm bar
Left hand grabs right wrist	Step across - elbow over top arm bar takedown
Left hand grabs right wrist	Bent wrist control - "Wedding Lock"
Left hand grabs right wrist	Wrist lock, finger to pressure point - "Teacup"
Left hand grabs right wrist	Small circle, large circle open hand to pressure point
Left hand grabs right wrist	Step under, elbow bar, throw
Left hand grabs right wrist	Control elbow up, reverse arm bar takedown
Left hand grabs right wrist	Control wrist lock, grab opponent and pull into wrist lock
Left hand grabs right wrist	Control wrist lock, take opponent down with pressure to forearm
Left hand grabs right wrist	Small circle, large circle closed hand to pressure point
Left hand grabs right wrist	Small circle, small circle to wristlock takedown
Left hand grabs right wrist	Small circle, twist takedown - "Sandwich Technique"

**2<sup>nd</sup> Stripe:**

### Bong Twirling Techniques

Bong Dol Ri Ki #1-12

Technique Number	Technique
Il Sul	
E Sul	
Sahm Sul	
Sa Sul	
Oh Sul	
Yuk Sul	
Chil Sul	
Phal Sul	
Koo Sul	
Ship Sul	
Ship Il Sul	
Ship E Sul	

### 3<sup>rd</sup> Stripe: Hyung

Bhang Jok Hyung

All Previous Forms with Increased Proficiency<sup>1</sup>

<sup>1</sup> NOTE: At this level this level the student will begin training in Freestyle Ho Shin Sul. Here students will be attacked by a partner who has not prearranged the techniques. The student should be able to demonstrate control of his attacker from attack to finishing technique.

### ***Red Belt***

1<sup>st</sup> Colored Stripe:

*Empty Hand Techniques:  
Ab Oht Sul*

2<sup>nd</sup> Colored Stripe:

*Empty Hand Techniques:  
Ab Bhang Shin Sul*

*Hyung: Bhang Jok Hyung*

3<sup>rd</sup> Colored Stripe:

*Grappling Techniques:  
To Be Determined*

*Empty Hand Techniques:  
Free-Style Self Defense*

1<sup>st</sup> Colored Stripe:

*Empty Hand Techniques:  
Dwi Oht Sul*

### ***Red Belt with Black Stripe***

2<sup>nd</sup> Colored Stripe:

*Empty Hand Techniques:  
Dwi Bhang Shin Sul*

*Hyung:  
To Be Determined*

3<sup>rd</sup> Colored Stripe:

*Grappling Techniques:  
To Be Determined*

*Empty Hand Techniques:  
Free-Style Self Defense*

### ***Brown Belt***

***To Be Determined***