



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult Red W/ Black Stripe Belt Requirements

1st White Tip

Two Hand Lapel: (ICHF) <input type="checkbox"/> #3 – Finger to Throat <input type="checkbox"/> #4 – Wrist Twist	Self Defense: (Trad) <input type="checkbox"/> One Steps (6 – 10)	Two Hand Shoulder (Back): (ICHF) <input type="checkbox"/> #1 - Arm Bar
<input type="checkbox"/> Minimum of 8 classes and 1 month		
Tip date: __ / __ / __ By: _____		

2nd White Tip

Self Defense: (Trad) <input type="checkbox"/> 3 Sleeve Grabs Shoulder Grab: (ICHF) <input type="checkbox"/> #7 – Wrist Bar <input type="checkbox"/> #8 – Elbow Break	Self Defense: (Kicking Defenses) <input type="checkbox"/> 3 Side Kick Belt Grab (Palm Down): (ICHF) <input type="checkbox"/> #1 – Arm Bar <input type="checkbox"/> #2 – Strike, Strike, Takedown	Yudo Sul (Throwing): (Trad) <input type="checkbox"/> 4 th Directional Throw Hostile Hand Shakes): (ICHF) <input type="checkbox"/> #1 – Break Away <input type="checkbox"/> #2 – Elbow Break
<input type="checkbox"/> Minimum of 16 classes and 2 months		
Tip date: __ / __ / __ By: _____		

3rd White Tip

Ground grappling: <input type="checkbox"/> Low side mount <input type="checkbox"/> High side mount <input type="checkbox"/> Side Choking <input type="checkbox"/> Leg Locks	Yudo Sul (Throwing): (Trad) <input type="checkbox"/> Elbow Break – 1 arm shoulder Throw <input type="checkbox"/> Wrist and Elbow Throw using – Using 2 nd Directional Throw	Two Middle Sleeve (back): (ICHF) <input type="checkbox"/> #1 – Step Behind – Leg Lift
<input type="checkbox"/> Minimum of 24 classes and 3 months		
Tip date: __ / __ / __ By: _____		

4th White Tip

Vocabulary: <input type="checkbox"/> Korean Vocabulary Yong Sool Choi – Father of Hapkido Dan Jon Ho Hop – Breathing Techniques Koryo – 3 Kingdom Dynasty Yea Euye - Courtesy Jong Euye - Righteous Ien Nae - Patience	Self Defense: (Trad) <input type="checkbox"/> 5 Defenses – Instant before the Throw Self Defense: <input type="checkbox"/> Multiple Attackers – Instructor Choice	Self Defense: (Trad) <input type="checkbox"/> Create a Self Defense routine – Using 5 – 8 Joint locking and/or Controlling Techniques Full Nelson: (ICHF) <input type="checkbox"/> #1 – Trap – Reach Opp, Takedown <input type="checkbox"/> #2 – Trap – Fingers – Takedown
<input type="checkbox"/> Minimum of 32 classes and 4 months		
Tip date: __ / __ / __ By: _____		

Red Tip

- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$40.00 includes belt and certificate
- Minimum of 32 classes and 4 months

Tip date: __ / __ / __ **By:** _____ **Exam date:** __ / __ / __