



Sabum-nim Sven Hagedorn
Sabum-nim Anthony Funk

2. Kup – brauner Gürtel



Prüfungsordnung

Hap-Ki-Do

2.Kup – brauner Gürtel



nab-pop:

chok-sul:

Panda-dollio-chaggi
Hadan-panda-dollio-chaggi

hosin-sul:

tschi-ab-sul (3 Techniken)
ab-chaggi-makki (5 Techniken)
job-chaggi-makki (8 Techniken)
dollio-chaggi-makki (5 Techniken)
tuggi-sul (10 Techniken)
judo-makki (8 Techniken)

Taeryon:

Kyek-Pa

Falltechniken:

- vorwärts
- rückwärts
- seitwärts
- Sturz vorwärts
- Freier Fall

Fußtechniken:

- Fersendrehtritt
- Fersendrehtritt aus der Bodenlage

Selbstverteidigungstechniken:

- Kontertechniken
- Abwehrtechniken gegen ab-chaggi
- Abwehrtechniken gegen job-chaggi
- Abwehrtechniken gegen dollio-chaggi
- Kontertechniken gegen Faustangriffe
- Abwehrtechniken gegen Judoangriffe

Kampf:

- freie Selbstverteidigung (2 min.)

- yok-sudo - Handinnenkante 2 cm
- chongwon-chiruggi - Fauststoß 2 cm

tschi-ab-sul

1



2



3

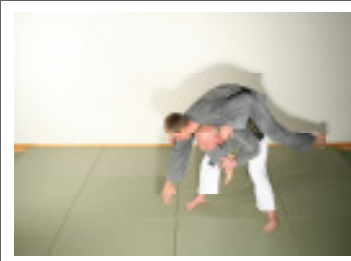


ab-chaggi-makki

1

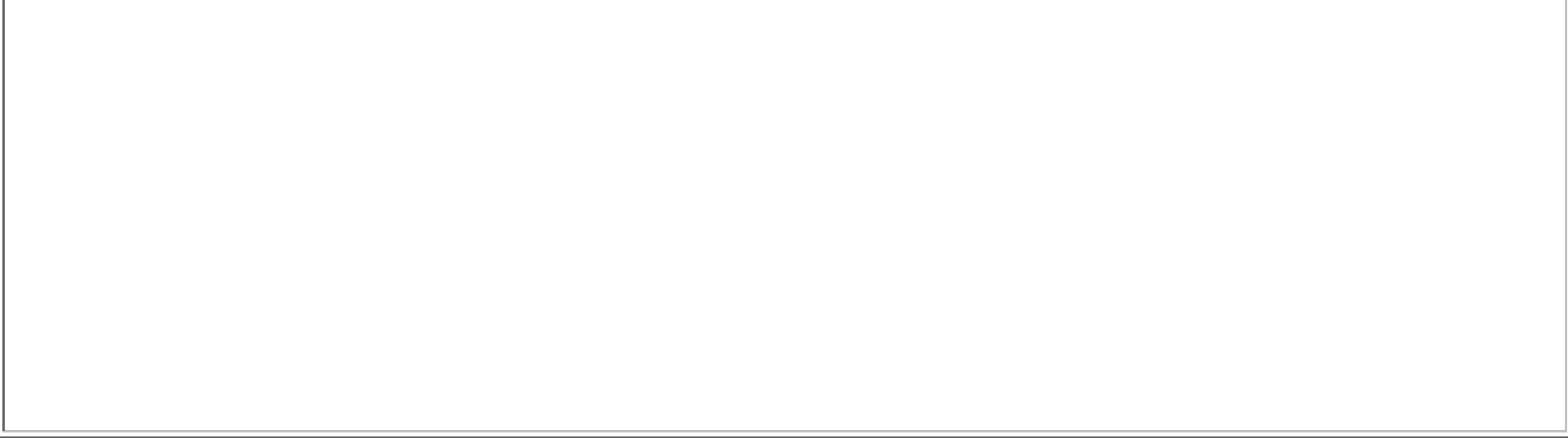
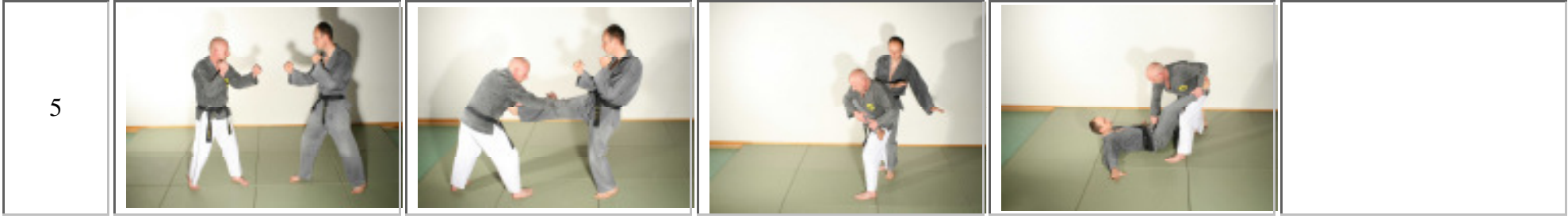


2



3





job-chaggi-makki

1



2



3





8



dollio-chaggi-makki

1

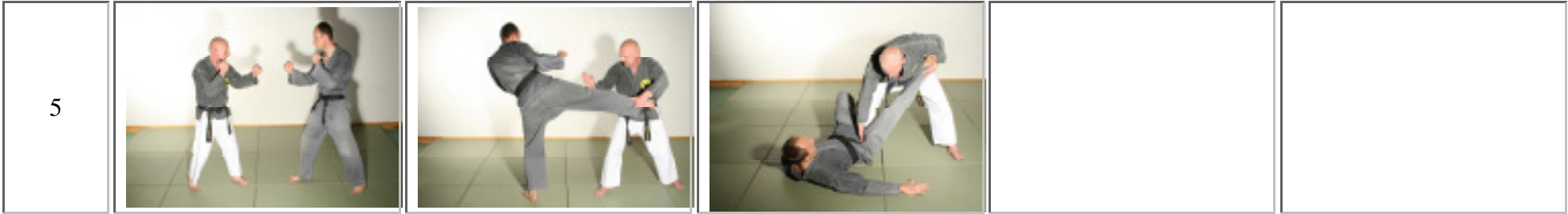
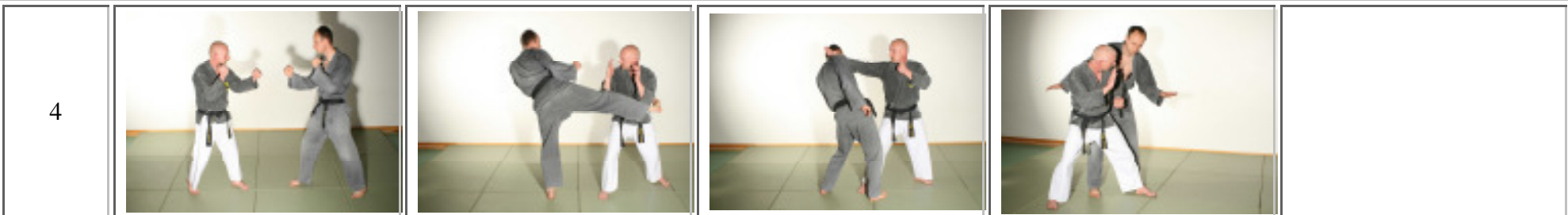


2



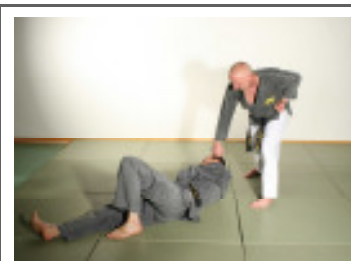
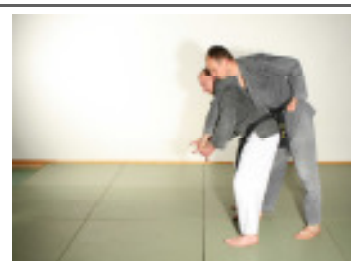
3





tuggi-sul

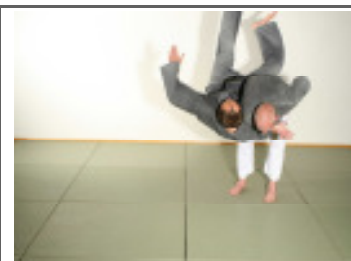
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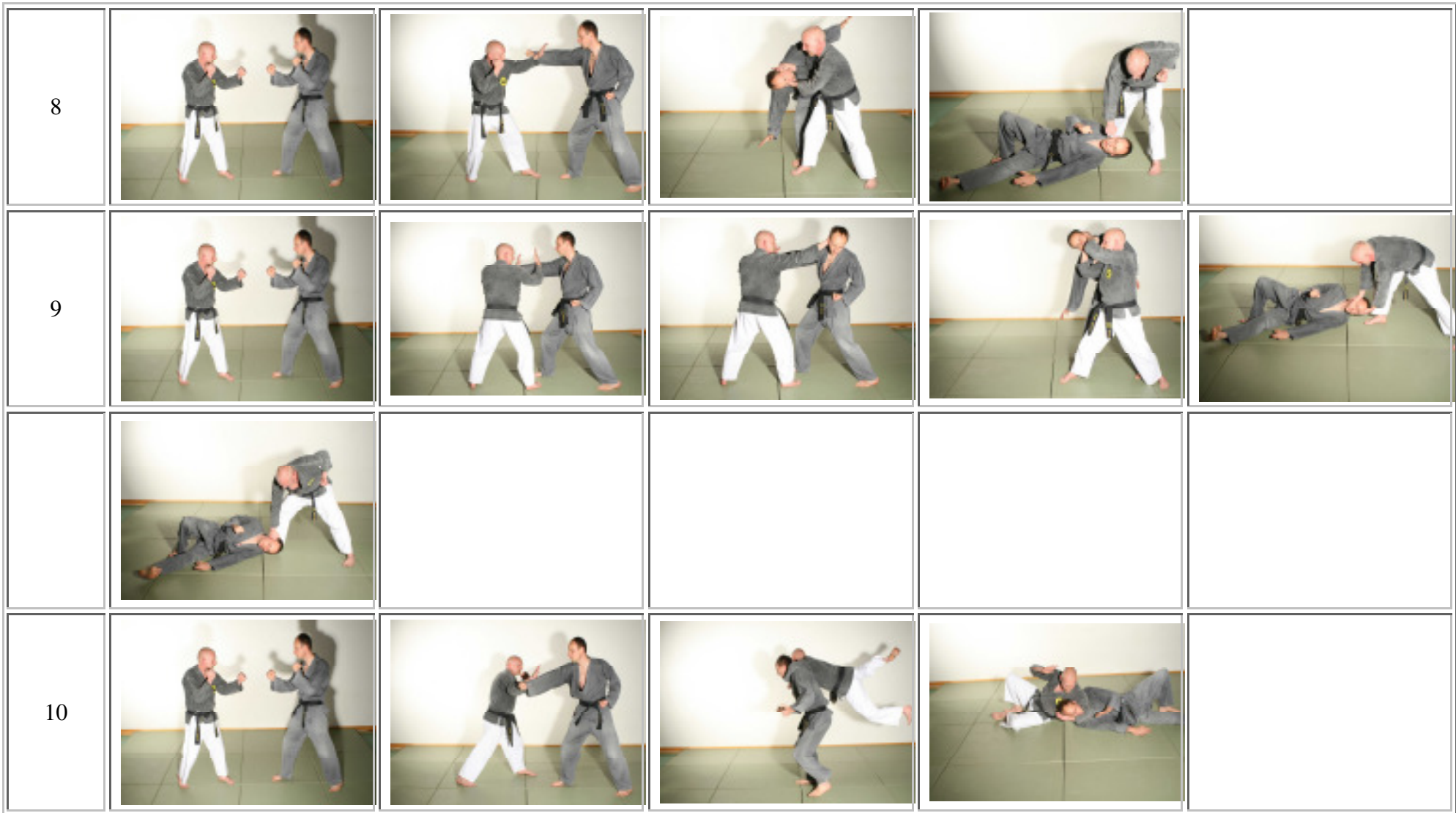
2



3







judo-makki

1



2



3



| | | | | | |
|---|---|---|---|--|--|
| 4 |  |  |  | | |
| 5 |  |  |  | | |
| 6 |  |  | | | |
| 7 |  |  |  | | |

8

