



**Instructor:  
Master Delafield**

1st Dan  
ONE-STEPS  
1-22

## Learn for White Belt Yellow Stripe (10th Gup):

1	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward and out with your left foot and inner block with your left hand in a wide front stance</li> </ul>
	<ul style="list-style-type: none"> <li>● Regular punch to the ribs without stepping - K'ihap</li> </ul>

2	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Hop forward into back stance, blocking the attacker's punch with a left middle knifehand and at the same time delivering a right knifehand strike to their neck</li> </ul>
	<ul style="list-style-type: none"> <li>● Then grab the attacker's right arm with your left hand and pull forward delivering a reverse knifehand to the other side of their neck - K'ihap</li> </ul>

3	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward and out with your right foot into wide front stance and inner block with your right hand</li> </ul>
	<ul style="list-style-type: none"> <li>● Without stepping, backfist with the right hand to their temple</li> </ul>
	<ul style="list-style-type: none"> <li>● Regular punch with your left hand to the solarplexus - K'ihap</li> </ul>

4	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step across the attacker's front foot with your right foot, at the same time doing a right hand inner block</li> </ul>
	<ul style="list-style-type: none"> <li>● Then slide your left foot around and do a spinning elbow to their mid-section in a motion that digs down, in, and up - K'ihap</li> </ul>

## Learn for Yellow Belt (9th Gup):

5	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward and out with your left foot and inner block with your left hand in a wide front stance</li> </ul>
	<ul style="list-style-type: none"> <li>● Then punch right then left to the attackers ribs without stepping</li> </ul>
	<ul style="list-style-type: none"> <li>● Finish with a right leg roundhouse kick (<i>preferably with the ball of your foot, but a slap roundhouse is acceptable</i>) to the their midsection - K'ihap</li> </ul>

6	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into a back stance, while blocking the attacker's punch with a right hand inner block</li> </ul>
	<ul style="list-style-type: none"> <li>● Front snap kick to the face with your front leg (right leg)</li> </ul>
	<ul style="list-style-type: none"> <li>● Skip forward into a back stance while you deliver a right hand backfist to their temple - K'ihap</li> </ul>

## Learn for Gold Belt Orange Tip (8th Gup):

7	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Hop forward into back stance, blocking the attacker's punch with a left middle knifehand and at the same time delivering an upside-down right tiger strike to their throat</li> </ul>
	<ul style="list-style-type: none"> <li>● Push their head back with your right hand while grabbing their right arm with your left hand</li> </ul>
	<ul style="list-style-type: none"> <li>● Spin under their arm going to your right</li> </ul>
	<ul style="list-style-type: none"> <li>● Take down and punch - K'ihap</li> </ul>

8	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward and out with your left foot and inner block with your left hand in a wide front stance</li> </ul>
	<ul style="list-style-type: none"> <li>● Right leg roundhouse kick to their mid-section</li> </ul>
<ul style="list-style-type: none"> <li>● Drop to right knee illustrating that the knee was broken</li> </ul>	<ul style="list-style-type: none"> <li>● Without putting your foot down, do a right side kick to break the knee (<i>as we practice we gently tap the back of the knee</i>)</li> </ul>
	<ul style="list-style-type: none"> <li>● Finish with a right reverse knifehand strike to the left side of their neck - K'ihap</li> </ul>

## Learn for Orange Belt (7th Gup):

9	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand high punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward into a front stance with your left foot and high block with your left hand</li> </ul>
	<ul style="list-style-type: none"> <li>● Right crossing punch the soft tissue under the bicept area of their right arm</li> </ul>
	<ul style="list-style-type: none"> <li>● Bend your right arm back planting your thumb into the pressure point inside of the attacker's elbow to collapse and fold their arm</li> </ul>
	<ul style="list-style-type: none"> <li>● Step in with your right foot and sweep taking them down, while still controlling their right wrist with your left hand</li> </ul>
	<ul style="list-style-type: none"> <li>● Right hand punch - K'ihap</li> </ul>

10	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step across the attackers front foot with your right foot, at the same time doing a right hand inner block</li> </ul>
<ul style="list-style-type: none"> <li>● Block their backfist with a knifehand block and grab their arm</li> </ul>	<ul style="list-style-type: none"> <li>● Spin backfist with your left hand headed for their left temple</li> </ul>
<ul style="list-style-type: none"> <li>● Go under to your right grabbing their arm with both hands and securing their arm behind their back</li> </ul>	<ul style="list-style-type: none"> <li>● Deliver a right hand ridgehand "close-line" to the neck and sweep with your right leg to take down</li> </ul>
<ul style="list-style-type: none"> <li>● Block their punch with a high block from your back, grab their punching arm while delivering an inverted roundhouse kick to their ribs</li> </ul>	<ul style="list-style-type: none"> <li>● Punch with your right hand</li> </ul>
<ul style="list-style-type: none"> <li>● Pull their right arm forward and once they begin to lose their balance reach out with your left hand and push their right leg up to complete the throw</li> </ul>	<ul style="list-style-type: none"> <li>● Roll</li> </ul>
<ul style="list-style-type: none"> <li>● Jump up into a middle double knifehand, left foot forward - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Jump up from your roll into a middle double knifehand, left foot forward - K'ihap</li> </ul>

## Learn for Green Belt (6th Gup):

11	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand middle punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step forward with your right foot into a front stance and palm block with your right</li> </ul>
	<ul style="list-style-type: none"> <li>● Slide your right hand around and over while grabbing the attackers punching hand with both of your hands in a Hapkido wrist lock <i>(both of your thumbs should be side-by-side and facing up on the back of their hand)</i></li> </ul>
	<ul style="list-style-type: none"> <li>● Step back with your right foot twisting their arm over and pulling it straight to extend the wrist lock into control of their full arm</li> </ul>
	<ul style="list-style-type: none"> <li>● Kick with your right leg to their mid-section and then return your foot</li> </ul>
	<ul style="list-style-type: none"> <li>● Skip forward turning them by pushing their twisted, locked arm forward</li> </ul>
	<ul style="list-style-type: none"> <li>● After they sweep you down, start up and then fall back to avoid the reverse side kick absorbing the fall with your arms extended out</li> </ul>
	<ul style="list-style-type: none"> <li>● Block their punch with a right high block from your back and then grab their punching arm with that hand</li> </ul>
	<ul style="list-style-type: none"> <li>● Sit up and spin under their arm planting your right foot up while your left knee is still on the ground</li> </ul>
	<ul style="list-style-type: none"> <li>● Throw them forward</li> </ul>
<ul style="list-style-type: none"> <li>● Tap out upon submission</li> </ul>	<ul style="list-style-type: none"> <li>● Place right knee on the ground, and then left knee on the inside of their elbow at the base of their bicept, control their right wrist with your right hand while using your middle finger, ring finger, and thumb of your left hand to clinch in on their throat to submission</li> </ul>

# 12

Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 Punches:	● 3 Middle knifehand blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your right foot into back stance and block the punch with a left middle double knifehand block
● Step forward with your right foot into front stance, right hand middle punch	● Jump switching feet to a back stance with your right foot forward blocking with a left knifehand block at the same time using an inner knifehand strike with your right hand to the attacker's neck
	● Grab the attacker's punch with your left hand and spin under their arm to your right
	● Take down and punch - K'ihap

## Learn for Purple Belt (5th Gup):

13	
Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 Kicks:	● 3 Inner blocks:
● Pivot Roundhouse kick to the torso area with your right foot	● Step back with your left foot into back stance and block the kick with a right hand inner block
● Pivot Roundhouse kick to the torso area with your left foot	● Step back with your right foot into back stance and block the kick with a left hand
● Pivot Roundhouse kick to the torso area with your right foot	● Step back on the last kick bring your left arm under and right arm comes from above - "alligator" trap with both arms
	● Deliver an elbow strike with your right elbow down on their knee still held by your left arm
● As you see the elbow coming down rotate to your right to protect the knee (so that the elbow now hits behind the knee)	● Using the leg you have throw them forward
● As they throw, tuck and roll forward jumping up to your feet at the end of the roll	● Stay ready in back stance, double knifehands, with your right foot forward
● Run back towards the defender and pivot Roundhouse kick with our right foot when in range	● As they kick skip forward slightly grabbing their kick with your left arm. Using their momentum rotate to your left placing your right foot behind their plant foot (their left foot)
	● Take down and punch - K'ihap

14	
Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 Punches:	● 3 Middle knifehand blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into back stance and block the punch with a left middle double knifehand block
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into back stance and block the punch with a left middle double knifehand block
	● As you block, turn to your right (away from the block) with a spinning standing sweep to their front leg
	● Right hand punch - K'ihap



## Learn for Blue Belt (4th Gup):

15	
Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 Punches:	● 3 Middle knifehand blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your right foot into back stance and block the punch with a left middle double knifehand block
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your left foot into back stance and block the punch with a right middle double knifehand block
	● All of this happens together: Grab the attacker's punch with your right hand folding it over as you strike the inside of their elbow with a left knifehand to collapse the elbow. Skip in, positioning your right leg behind their right leg, and "shelf" their trapped elbow on top of your right shoulder applying pressure.
	● Sweep with your right leg as you take down using the wristlock.
● Tap out upon submission	● After the takedown, apply pressure to their wrist with your right hand by lifting up against their body weight. Your left hand remains inside their elbow to position their elbow pointed up to ensure a proper angle on the wrist lock. Pull gently to submission.

16	
Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 Punches:	● 3 Palm blocks:
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into front stance and block the punch with a left palm block
● Step forward with your left foot into front stance, left hand middle punch	● Step back with your left foot into front stance and block the punch with a right palm block
● Step forward with your right foot into front stance, right hand middle punch	● Step back with your right foot into front stance and block the punch with a left palm block
	● Grab their right wrist with your left hand and spin backwards delivering a right elbow strike to the middle of their back
	● Reach over and deliver a right hand ridgehand "close-line" to the neck and sweep with your right leg to take down. As they fall catch their right hand with your right hand to keep control.
	● Left hand punch - K'ihap

## Learn for Red Belt (3rd Gup):

17	
Attacker	Defender
● On knees, junbi - K'ihap	● On knees, junbi - K'ihap
● Step up with your right foot, right hand high punch	● Step up with your left foot, outside of their right foot, and high block with your left hand
	● Reach down with your right hand and grab the inside of their right foot. At the same time, grab their right wrist with your left hand. Move your hands in opposite directions, sweeping with your right hand as your left hand pulls to the left.
	● Right knifehand strike to their throat - K'ihap

18	
Attacker	Defender
● On knees, junbi - K'ihap	● On knees, junbi - K'ihap
● Step up with your right foot, right hand middle punch	● Step up with your left foot, block the punch with a right palm block
	● Reach up with your left hand and grab their wrist and wrapping your right hand around to the outside of their hand you pull them to your right side using your left knee to put pressure on their elbow to submission
● Tap out upon submission	● Reach up with your left hand and grab their wrist and wrapping your right hand around to the outside of their hand you pull them to your right side using your left knee to put pressure on their elbow to submission

## Learn for Brown Belt (2nd Gup):

19	
Attacker	Defender
<ul style="list-style-type: none"><li>● On knees, junbi - K'ihap</li><li>● Step up with your right foot, right hand middle punch</li></ul>	<ul style="list-style-type: none"><li>● On knees, junbi - K'ihap</li><li>● Drop back to your left avoiding the punch, positioning your left hand about 135° (about 7-8 o'clock) as you deliver a middle (to their ribs) and high (to their face) right roundhouse kicks - K'ihap on last kick</li></ul>

20	
Attacker	Defender
<ul style="list-style-type: none"><li>● On knees, junbi - K'ihap</li><li>● Step up with your right foot, right hand middle punch</li></ul>	<ul style="list-style-type: none"><li>● On knees, junbi - K'ihap</li><li>● Drop straight back avoiding the punch, positioning your left hand behind you (at 6 o'clock) as you deliver a middle (to their abdomen) and high (to their face) right side kicks - K'ihap on last kick</li></ul>

## Learn for Brown Belt Black Stripe (1st Gup):

21	
Attacker	Defender
<ul style="list-style-type: none"> <li>● Left hand lowblock - K'ihap</li> </ul>	<ul style="list-style-type: none"> <li>● Junbi - K'ihap</li> </ul>
<ul style="list-style-type: none"> <li>● 3 High punches:</li> </ul>	<ul style="list-style-type: none"> <li>● 3 High blocks:</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand high punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your right foot into front stance and block the punch with a left high block</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your left foot into front stance, left hand high punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your left foot into front stance and block the punch with a right high block</li> </ul>
<ul style="list-style-type: none"> <li>● Step forward with your right foot into front stance, right hand high punch</li> </ul>	<ul style="list-style-type: none"> <li>● Step back with your right foot into front stance and block the punch with a left high block</li> </ul>
	<ul style="list-style-type: none"> <li>● Grabbing their right wrist with your left hand, step forward with your right foot positioning it behind their right foot and deliver a right hand ridgehand "close-line" to the neck and sweep with your right leg to take down while keeping control of their right wrist with your left hand as they fall</li> </ul>
<ul style="list-style-type: none"> <li>● Tap out upon submission</li> </ul>	<ul style="list-style-type: none"> <li>● Step over their arm with your right foot stomping their head (beside their head when we practice). Sliding your left heel into their armpit, and turning so that your heels are parallel with their body, pin their arm between your ankles. Pointing their thumb to the ground add pressure to the arm by pushing it to your left creating an armbar to submission</li> </ul>

Attacker	Defender
● Left hand lowblock - K'ihap	● Junbi - K'ihap
● 3 High punches:	● 3 High blocks:
● Step forward with your right foot into front stance, right hand high punch	● Step back with your left foot into front stance and block the punch with a right high block
● Step forward with your left foot into front stance, left hand high punch	● Step back with your right foot into front stance and block the punch with a left high block
● Step forward with your right foot into front stance, right hand high punch	● Step back with your left foot into front stance and block the punch with a right high block
	● Grabbing their right wrist with your right hand, step forward with your left foot stepping across their right foot, and grabbing under their armpit/tricept with your left hand (thumb to their front)
● As they throw, roll forward onto your back	● Position the back of your left thigh on top of their right thigh (on a real attacker the back of your knee would be over their knee), launch upward with your legs popping their right leg out while your left hand launches up and your right hand pulls to your right, throw/takedown
● Tap out upon submission	● Keep a hold of their right arm through the throw/takedown. After the take down, secure a hapkido wrist lock with both of your hands (your hands on each side of their hand, thumbs pointing up and meeting in the middle of the back of their hand). Pull back stretching the arm locking the wrist by pushing the hand up and forward, increasing pressure on the wrist lock to submission