

**PROMOTION REQUIREMENTS**  
**3<sup>rd</sup> Gup Brown Belt Testing for 2<sup>nd</sup> Gup Senior Brown Belt**

|                    |  |
|--------------------|--|
| Forms              | <i>Pyung Ahn Sah Dan</i><br><i>Pyung Ahn O Dan</i> |
| One Steps          | #1 - #6  |
| Terminology        | #1 - #10   |
| Breaking Technique | <i>Wheel Kick</i>                                  |
| Sparring           |  |
| General Knowledge  |  |

**TERMINOLOGY**

|                       |                      |
|-----------------------|----------------------|
| 1. Chest              | <i>Gasum</i>         |
| 2. Stomach            | <i>Beh</i>           |
| 3. Flag               | <i>Gook gi</i>       |
| 4. Turn Around        | <i>Dui Ro Do La</i>  |
| 5. Fighting           | <i>Dae Ryun</i>      |
| 6. Bottom Fist        | <i>Yu Kwon</i>       |
| 7. Knife Hand         | <i>Soo Do</i>        |
| 8. Ridge Hand         | <i>Yuk Soo Do</i>    |
| 9. Spear Hand         | <i>Kwan Soo</i>      |
| 10. Two-Step Fighting | <i>E Bo Dae Ryun</i> |

**ONE STEPS**

(Attacks are all hand grabs)

| ATTACK             | COUNTER   |
|--------------------|---|
| 1. Same Side Grab  | Grab captured hand with free hand. Step back with foot on free side and pull hand from grasp going through the thumb. Step in and back fist the head then reverse punch the middle.   |
| 2. Cross Hand Grab | Grab opponent's hand with captured hand then with left hand grab opponent's wrist reinforcing grip. Do a 360-degree turn to the inside of the body going under the arm. Taking opponent down to the floor, lean on hip to control. Punch to face.   |
| 3. Two Hand Grab   | Turn hands inside of opponents; twist hands up and over opponent's wrists and grab. Pull in and kick or knee to groin.  |
| 4. Same Side Grab  | Grab top of opponent's hand with free hand (thumb to thumb). Twist out and over to free side of body. Reinforce with captured hand using leverage on elbow to lock out the arm, then front kick the stomach.  |
| 5. Cross Hand Grab | Press free hand across back of opponent's hand. Twist captured hand up and over the outside of opponent's arm. Grab and press down on arm as you step back with captured side foot. Make sure the free hand keeps steady pressure on back of hand. When opponent is down on knees, step in and knee the face. |

|                          |   |
|--------------------------|---|
| 6. Choke From Behind     | Turn head to the side and tuck chin down. Swing the right arm up and over opponent's arms as you twist to the left. Trap opponent's arms with the left hand against your chest, then right elbow to the face. |
| 7. Make One Up Yourself. |   |