

PROMOTION REQUIREMENTS
4th Gup Senior Blue Belt Testing for 3rd Gup Brown Belt

Forms	<i>Pyung Ahn Sam Dan</i> <i>Pyung Ahn Sah Dan</i>
One Steps	#1 - #6
Terminology	#1 - #10
Breaking Technique	<i>Axe Kick</i>
Sparring	
General Knowledge	

TERMINOLOGY

1. Head	<i>Mawli</i>
2. Eye	<i>Noon</i>
3. Neck	<i>Moke</i>
4. Arm	<i>Pahl</i>
5. Elbow	<i>Pahl Kum Chi</i>
6. Hand	<i>Soun</i>
7. Fist	<i>Chung Kwan</i>
8. Knee	<i>Moo Roop</i>
9. Foot	<i>Bal</i>
10. Leg	<i>Dari</i>

ONE STEPS

(Attack begins from fighting stance; 4 out of 6 required)

ATTACK	COUNTER
1. Right Leg Front Kick	Start from fighting stance with the right foot forward. Step back with right foot and block the kick with the left hand, from the outside to the inside, pushing the leg out of the way. Turn and do right leg jumping or standing wheel kick.
2. Left Leg Front Kick	Start from fighting stance with right foot forward. Block kick with the left hand to the inside of the leg, pushing it to the outside. Do left leg axe kick.
3. Right Leg Side Kick	Start from the fighting stance with the left foot forward. Skip back at a 45-degree angle to the right. Do left leg skip sidekick.
4. Right Leg Back Kick	Step with the left foot forward. Starting with the left leg, do a three step 180-degree turn ending up behind opponent. Do left leg ball of foot roundhouse.
5. Right Leg Roundhouse Kick	Start from fighting stance with the left foot forward. Block with right hand up by the left side of the face and the left arm straight down with both hands open and palms out. Hook the foot with the right hand and the knee with the left. Push in on the foot until opponent is on the floor. Front or roundhouse kick to stomach.

6. Left Leg Roundhouse Kick	Start from fighting stance with right leg forward. Step back with the right leg forward. Step back with the right foot and block the kick with left knife hand block pushing the leg to the outside. Do jump back kick with the right leg.
7. Make One Up Yourself.	

TAKE DOWNS

ATTACK	COUNTER
1. High Right Hand Punch	Standard sweeping (reaping) take down.
2. Middle Right Hand Punch	Block with left elbow, spin and strike with right hand to back of neck. Reach across and sweep the right leg.
3. High Right Hand Punch	Block left high block: grab the arm at the wrist. Circle left hand counter-clockwise until belt level. Then also grab with right hand, continuing to circle counter-clockwise. Right hand moves behind you to your left 90 degrees. Step forward and throw the person.
4. Middle Right Hand Punch	Step back with right foot, block with left hand, slap and wrap. Front kick right leg and back step through (slap back of hand while stepping through).
5. Middle Right Hand Punch	Block with soo doo makki left hand to the inside, grabbing arm. Pull the person in while your right hand slides behind their waist. Bend your knees; pull the person up on your right hip. Straighten your legs and pull their right hand across your body (hip throw).

GENERAL KNOWLEDGE

What physical aspect or area of practice is the most difficult for you, and how do you plan to overcome this?

What are the advantages and disadvantages of competing in tournaments?