

**PROMOTION REQUIREMENTS**  
**5<sup>th</sup> Gup Blue Belt Testing for 4<sup>th</sup> Gup Senior Blue Belt**

Forms	<i>Pyung Ahn E Dan</i> <i>Pyung Ahn Sam Dan</i>
One Steps	#1 - #4
Terminology	#1 - #9
Breaking Technique	<i>Flying Side Kick</i>
Sparring	
General Knowledge	

**TERMINOLOGY**

1. Horse Stance Punching	<i>Gi Ma Kong Kyuck</i>
2. Middle Punch	<i>Jung Dan Kong Kyuck</i>
3. High Punch	<i>Sand Dan Kong Kyuck</i>
4. Reverse Middle Punch	<i>Yuk Jung Dan Kong Kyuck</i>
5. Reverse High Punch	<i>Yuk Sand Dan Kong Kyuck</i>
6. Back Fist	<i>Kap Kwon</i>
7. One Hand Knife Block and Punch	<i>Yuk Jin</i>
8. Knife Hand Strike	<i>Soo Do Chigi</i>
9. Ridge Hand Strike	<i>Yuk Soo Do Chigi</i>

**ONE STEPS**

(Attack begins from low block)

ATTACK	COUNTER
1. Left Hand Reverse Punch	Step with the right foot to the outside and a little forward. Knife hand block with the left hand then either knife hand or ridge hand strike to the neck with the right hand. Finish by grabbing partner arm with left hand and kneeling the stomach with the left knee.
2. Left Hand Reverse Punch	Step back with the right foot into a back stance. Block the punch with the left elbow then immediately do a back fist to the face with the left hand. Finish with a right reverse punch to the middle.
3. Left Hand Reverse Punch	Step back with the left foot into a fighting stance. Crescent kick with the left foot to block the punch. Turn your body to the right and set left foot down slightly in front of the left foot. Back kick with the right foot.
4. Left Hand Reverse Punch	Step with the left foot to the outside and a little forward. Side kick to the knee with the right foot. Set the foot down next to partner's foot and do a right knife hand strike to the neck.
5. Left Hand Reverse Punch	Make one up yourself.

**GENERAL KNOWLEDGE**

What does Pyung Ahn mean?  
*Peaceful way or tranquil mind.*