

PROMOTION REQUIREMENTS
6th Gup Senior Green Belt Testing for 5th Gup Blue Belt

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

TERMINOLOGY

1. Student	<i>Jeja</i>
2. Headquarters	<i>Bon Kwan</i>
3. Meditation	<i>Mooknyum</i>
4. Pressure Point	<i>Gup So</i>
5. Natural Stance	<i>Ja Yeun Sae</i>
6. Front Stance	<i>Chun Gul Sae</i>
7. Back Stance	<i>Hu Gul Sae</i>
8. Horse Stance	<i>Gi Ma Sae</i>
9. 50-50 Stance	<i>Chung Ja Sae</i>

ONE STEPS

(Attack begins from low block)

ATTACK	COUNTER
1. Right High Punch	High block with left hand. Grab partner's wrist with the left hand; at the same time grab the front of the uniform with your right hand. Step past partner's front foot with your left foot and do leg sweep with the right leg hitting calf to calf. When partner is on the floor, lean on his hip and right punch to face.
2. Right HighPunch	High block with the right hand. Grab partner's wrist with both hands. Turn your body to the right, going under partner's arm. Parallel your partner's stance with your feet. Pull the arm across body like you are swinging a ball bat, twisting until partner falls to ground. Keep arm locked straight and stomp ribs.
3. Right High Punch	Step with the left foot to the outside and a little forward. Knife hand block with the right hand. Slide hand up to shoulder and grab the back of the uniform. Lay right foot against back of knee and push (DO NOT KICK) knee as you pull upper body in the opposite direction until partner is on the ground. Hold arm down with right hand and left punch to the headn.
4. Right HighPunch	Block punch with left high block. Grab write with both hands. Turn your body to the right, going under partner's arm; step forward bringing your partner down, then stomp on ribs or face.
5. Right High Punch	Make one up yourself.

GENERAL KNOWLEDGE

What is the true purpose of practicing one-step sparring?

To improve self-defense through the building of reflexes, body coordination and focus.