

PROMOTION REQUIREMENTS
7th Gup Green Belt Testing for 6th Gup Senior Green Belt

Forms	<i>Shin Hyung E Dan Shin Hyung Sam Dan</i>
One Steps	<i>#1 - #4</i>
Terminology	<i>#1 - #10</i>
Breaking Technique	<i>Back Kick</i>
Sparring	
General Knowledge	

TERMINOLOGY

1. Hook Kick	<i>Nammdae Tolya Chagi</i>
2. Wheel Kick	<i>Fae Chun Chagi</i>
3. Reverse Middle Block	<i>Yuk Jung Dann Makki</i>
4. Two Hand Knife Hand Block	<i>Soo Do Makki</i>
5. Double Forearm Block	<i>Sang Soo Makki</i>
6. Breaking Technique	<i>Kyuk Pa</i>
7. Self-Defense	<i>Ho Shin Sool</i>
8. Free Sparring	<i>Ja You Dae Ryun</i>
9. One Step Sparring	<i>Dahn Bo Dae Ryun</i>
10. Three Step Sparring	<i>Sahm Bo Dae Ryun</i>

ONE STEPS

(Attack begins from low block)

ATTACK	COUNTER
1. Right Middle Punch	Step sideways with the left foot and do a ball of the foot roundhouse to the belt with the right foot. Turn body to the left and set the right foot down a little in front of the left. Do left foot side kick to belt then check the punching arm with your left hand and finish with a right punch to the head.
2. Right Middle Punch	Step sideways with the right foot and do a ball of foot roundhouse to the belt with the left foot. Set the left foot down inside partner's stance and check the punch with your left hand and finish with a right punch to the head.
3. Right Middle Punch	Step back with the left foot into a back stance and elbow block with the right arm. Turn your body to the left and slide your left foot back toward your partner. Finish with a left knife hand strike to the neck.
4. Right Middle Punch	Side step with the right foot into an immediate jump front kick with the same foot. Set foot down in front and check the punch with the left hand. Finish with a right punch to the head.
5. Right Middle Punch	Make one up yourself.

GENERAL KNOWLEDGE

What does correct discipline include?

To improve sparring through better distance, accuracy, timing and technique.