

PROMOTION REQUIREMENTS

8th Gup Senior Yellow Belt Testing for 7th Gup Green Belt

Forms	<i>Shin Hyung E Dan</i> <i>Pyung Ahn Cho Dan</i>
One Steps	#1 - #4
Terminology	#1 - #10
Breaking Technique	<i>Short Roundhouse Kick</i>
Sparring	
General Knowledge	

TERMINOLOGY

1. Front Kick	<i>Ap Chagi</i>
2. Side Kick	<i>Yup Chagi</i>
3. Roundhouse Kick	<i>Tolya Chagi</i>
4. Back Kick	<i>Dui Chagi</i>
5. Jump Front Kick	<i>E Dann Ap Chagi</i>
6. Jump Side Kick	<i>E Dann Yup Chagi</i>
7. Jump Roundhouse Kick	<i>E Dann Tolya Chagi</i>
8. Low Block	<i>Ha Dann Makki</i>
9. Middle Block	<i>Jung Dann Makki</i>
10. High Block	<i>Sang Dann Makki</i>

ONE STEPS

(Attack begins from low block)

ATTACK	COUNTER
1. Right Middle Punch	Step sideways with the left foot and block with the open palm of the right hand. Grab and hold arm and do ball of foot roundhouse kick to the belt with right leg followed by right leg side kick into armpit followed by knife hand strike to side or back of partner's neck.
2. Right Middle Punch	Step back with left foot into a back stance. Reverse middle block with the right hand to the inside of partner's arm. Turn your body to the left and slide your left foot back toward partner. Elbow partner's middle with left elbow. The head may also be a target.
3. Right Middle Punch	Step with the left foot to the outside and a little forward. Knife hand block with the right hand to the outside of partner's arm. Grab the arm with the right hand and do right leg side kick to partner's armpit followed by left reverse punch to head while still holding partner's arm.
4. Right Middle Punch	Step back with the left foot into a back stance. Downward knife hand block with the right hand. Place thumb of right hand in the middle of partner's hand. Twist hand until the fingers are pointing straight up then reinforce with the left hand locking partner's wrist and elbow. Front kick with right foot to face.

GENERAL KNOWLEDGE

What does correct discipline include?

- a. Bowing at the proper time*
- b. Answering with sir or ma'am*
- c. Standing straight or sitting straight with legs crossed*
- d. Showing self-control*