

Student Name: \_\_\_\_\_

Gup Requirements for

**11th Gup-Second White (Sip Il Gup)**

testing for promotion to  
9th Gup First Yellow (Goo Gup)

	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>100 - Basic Attacks</u></b>				
Middle Attack ( <i>Chung Dan Kong Kyok</i> )	111			
Upper Attack ( <i>Sang Dan Kong Kyok</i> )	112			
Back Fist ( <i>Kap Kwon Fu Kul</i> )	121			
(Double) Knife Hand ( <i>Soo Do Fu Kul</i> )	122			
Reverse Knife Hand ( <i>Soo Do Jun Kul</i> )	123			
<b><u>200 - Defense</u></b>				
Down Defense ( <i>Ha Dan Mak Ki Jun Kul</i> )	211			
Middle Defense ( <i>Chung Dan Mak Ki Jun Kul</i> )	221			
Upper Defense ( <i>Sang Dan Mak Ki Jun Kul</i> )	231			
Inside Middle Defense Back Stance				
(Outside) Middle Defense Back Posture ( <i>Chung Dan Mak Ki Fu Kul</i> )	223			
<b><u>300 - Kicking</u></b>				
Swing Upper Front Kick ( <i>Byo Dyo Ol Ri Gi</i> )	310			
Front Kick #1 ( <i>Ap Cha Gi Che Il</i> )	311			
Swing Side Kick ( <i>Yeop Byo Dyo Ol Ri Gi</i> )	320			
Side Kick #1 ( <i>Yeop Cha Gi Che Il</i> )	321			
Turn Kick #1 ( <i>Dollyo Cha Gi Che Il</i> )	331			
Round House Kick				
<b><u>400 - Sparring</u></b>				
4-Step Sparring #1 ( <i>Sa Po Dae Ryon Che Il</i> )	411			
Sparring Form #1 ( <i>Dae Ryon Hyong Che Il</i> )	421			
Sparring Form #2 ( <i>Dae Ryon Hyong Che Ee</i> )	422			
<b><u>500 - Throwing</u></b>				
Back Fall				
Side Fall				
Forward Roll				
Mul Chi Ki ( <i>Pushing</i> ), Section 1,	511			
	#1			
	#2			
	#3			
	#4			

Student Name: \_\_\_\_\_

	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>700 - Forms</u></b>				
Hwa Rang #1	711			<input type="checkbox"/>
<b><u>900 - Special Refine Training</u></b>				
Kicking Bag Training #1	991			<input type="checkbox"/>
<b>History</b>				
Purpose of Lessons				<input type="checkbox"/>
Rules of School				<input type="checkbox"/>
How to Promote for Black Belt				<input type="checkbox"/>
Who is Our Master				<input type="checkbox"/>
History				<input type="checkbox"/>
<u>Instructor Recommendation</u>				

**This completed sheet must be presented to the testing panel when testing. You will not be allowed to test without it.**

**Pretest Start Date:** \_\_\_\_\_

**Expires:** \_\_\_\_\_