

Student Name: _____

Gup Requirements for
13th Gup-First White (Sip Sam Gup)
 testing for promotion to
 11th Gup Second White (Sip Il Gup)

	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<u>100 - Basic Attacks</u>				
Middle Attack (<i>Chung Dan Kong Kyok</i>)	111		<input type="checkbox"/>	<input type="checkbox"/>
Upper Attack (<i>Sang Dan Kong Kyok</i>)	112		<input type="checkbox"/>	<input type="checkbox"/>
<u>200 - Defense</u>				
Down Defense (<i>Ha Dan Mak Ki Jun Kul</i>)	211		<input type="checkbox"/>	<input type="checkbox"/>
Middle Defense (<i>Chung Dan Mak Ki Jun Kul</i>)	221		<input type="checkbox"/>	<input type="checkbox"/>
Upper Defense (<i>Sang Dan Mak Ki Jun Kul</i>)	231		<input type="checkbox"/>	<input type="checkbox"/>
Inside Middle Defense Back Stance			<input type="checkbox"/>	<input type="checkbox"/>
<u>300 - Kicking</u>				
Swing Upper Front Kick (<i>Byo Dyo Ol Ri Gi</i>)	310		<input type="checkbox"/>	<input type="checkbox"/>
Front Kick #1 (<i>Ap Cha Gi Che Il</i>)	311		<input type="checkbox"/>	<input type="checkbox"/>
Round House Kick			<input type="checkbox"/>	<input type="checkbox"/>
<u>400 - Sparring</u>				
4-Step Sparring #1 (<i>Sa Po Dae Ryon Che Il</i>)	411		<input type="checkbox"/>	<input type="checkbox"/>
Sparring Form #1 (<i>Dae Ryon Hyong Che Il</i>)	421		<input type="checkbox"/>	<input type="checkbox"/>
<u>700 - Forms</u>				
Hwarang #1	711		<input type="checkbox"/>	<input type="checkbox"/>
<u>500 - Throwing</u>				
Back Fall			<input type="checkbox"/>	<input type="checkbox"/>
Side Fall			<input type="checkbox"/>	<input type="checkbox"/>
Forward Roll			<input type="checkbox"/>	<input type="checkbox"/>
	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
History				
Purpose of Lessons			<input type="checkbox"/>	<input type="checkbox"/>
Rules of School			<input type="checkbox"/>	<input type="checkbox"/>
How to Promote for Black Belt			<input type="checkbox"/>	<input type="checkbox"/>
Who is Our Master			<input type="checkbox"/>	<input type="checkbox"/>
History			<input type="checkbox"/>	<input type="checkbox"/>
<u>Instructor Recommendation</u>			<input type="checkbox"/>	<input type="checkbox"/>

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: _____