

Gup Requirements for
1st Gup-Purple (Il Gup)
 testing for promotion to
 1st Dan-1st Degree Black (Il Dan)

Attendance: 420 Days _____

Teaching Credits: 160 _____

Service to School: 80 _____

Demonstration Experience _____

Completion of Pretesting _____

| | <u>Code</u> | <u>Comments</u> | <u>Check</u> |
|---|-------------|-----------------|--------------|
| <u>100 - Basic Attacks</u> | | | |
| 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 | | |
| Knife Hand (<i>Soo Do Jun Kul</i>) | 123 | | |
| Finger Thrust (<i>Kwan Soo Jun Kul</i>) | 124 | | |
| Head Side Hand (<i>Yok Soo Jun Kul</i>) | 125 | | |
| Palm Facing (<i>Pyon Kwon Jun Kul</i>) | 126 | | |
| Elbow Attack (<i>Pal Kup Kong Kyuk</i>) | 127 | | |
| <u>200 - Defense</u> | | | |
| 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 | | |
| (Outside) Middle Defense Back Posture (<i>Chung Dan Mak Ki Fu Kul</i>) | 223 | | |
| Down Defense Back Posture (<i>Ha Dan Mak Ki Fu Kul</i>) | 212 | | |
| Wrist Defense (<i>Son Mok Ki Fu Kul</i>) | 241 | | |
| Both Fist Defense (<i>Ssang Soo Mak Ki Jun Kul</i>) | 251 | | |
| <u>300 - Kicking</u> | | | |
| Swing Upper Front Kick (<i>Byo Dyo Ol Ri Gi</i>) | 310 | | |
| Front Kick #1 (<i>Ap Cha Gi Che Il</i>) | 311 | | |
| Front Kick #2 (<i>Ap Cha Gi Che Ee</i>) | 312 | | |
| Front Kick #3 (<i>Ap Cha Gi Che Sam</i>) | 313 | | |
| Front Kick By Heel | 314 | | |
| Front Kick Jump Fly | 315 | | |
| Swing Side Kick (<i>Yeop Byo Dyo Ol Ri Gi</i>) | 320 | | |
| Side Kick #1 (<i>Yeop Cha Gi Che Il</i>) | 321 | | |
| Side Kick #2 (<i>Yeop Cha Gi Che Ee</i>) | 322 | | |
| Side Kick #3 (<i>Yeop Cha Gi Che Sam</i>) | 323 | | |
| Side Kick Jump Fly | 325 | | |
| Turn Kick #1 (<i>Dollyo Cha Gi Che Il</i>) | 331 | | |

Student Name: _____

| | <u>Code</u> | <u>Comments</u> | <u>Check</u> |
|--|-------------|-----------------|--------------|
| <u>300 - Kicking</u> | | | |
| Turn Kick #2 (<i>Dollyo Cha Gi Che Ee</i>) | 332 | | |
| Turn Kick Jump Fly | 333 | | |
| Turn Back Kick #1 (<i>Dwi Dollyo Cha Gi Che Il</i>) | 341 | | |
| Turn Back Kick #2 (<i>Dwi Dollyo Cha Gi Che Ee</i>) | 342 | | |
| Turn Back Kick Jump Fly | 343 | | |
| Back Kick #1 (<i>Dwi Cha Gi Che Il</i>) | 351 | | |
| High Jump | 371 | | |
| Wide Jump | 372 | | |
| Jump Fly High Over | 373 | | |
| <u>400 - Sparring</u> | | | |
| 4-Step Sparring #1 (<i>Sa Po Dae Ryon Che Il</i>) | 411 | | |
| 4-Step Sparring #2 (<i>Sa Po Dae Ryon Che Ee</i>) | 412 | | |
| *4-Step Sparring #3 (<i>Sa Po Dae Ryon Che Sam</i>) | | | |
| Sparring Form #1 (<i>Dae Ryon Hyong Che Il</i>) | 421 | | |
| Sparring Form #2 (<i>Dae Ryon Hyong Che Ee</i>) | 422 | | |
| Sparring Form #3 (<i>Dae Ryon Hyong Che Sam</i>) | 423 | | |
| Sparring Pattern #1 (<i>Ki Pon Dae Ryon Che Il</i>) | 431 | | |
| Sparring Pattern #2 (<i>Ki Pon Dae Ryon Che Ee</i>) | 432 | | |
| Sparring Pattern #3 (<i>Ki Pon Dae Ryon Che Sam</i>) | 433 | | |
| Sparring Pattern #4 (<i>Ki Pon Dae Ryon Che Sah</i>) | 434 | | |
| One Step Sparring #1 by Hand/Kick | 441 | | |
| One Step Sparring #2 by Throw/Gravity | 442 | | |
| One Step Sparring #3 Jump Fly Kick | 443 | | |
| Free Sparring #1 (<i>Ja Yu Dae Ryon Che Il</i>) | 451 | | |
| Free Sparring with Body Guard | 461 | | |
| Free Sparring for Tournament | 462 | | |
| <u>500 - Throwing</u> | | | |
| Back Fall | | | |
| Side Fall | | | |
| Forward Fall | | | |
| Mul Chi Ki Section 1, (<i>Basic</i>) | 511 | | |
| | #1 | | |
| | #2 | | |
| | #3 | | |
| | #4 | | |
| | #5 | | |
| | #6 | | |
| | #7 | | |
| Mul Chi Ki Section 1, (<i>Basic</i>), | #8 | | |
| | #9 | | |
| | #10 | | |
| | #11 | | |
| | #12 | | |

Student Name: _____

| | <u>Code</u> | <u>Comments</u> | <u>Check</u> |
|--|-------------|-----------------|--------------|
| <u>500 - Throwing</u> | | | |
| Mul Chi Ki Section 2, <i>(Dynamic)</i> , | 512 | | |
| | #1 | | |
| | #2 | | |
| | #3 | | |
| | #4 | | |
| Mul Chi Ki Section 3, <i>(Combination)</i> , | 513 | | |
| | #1 | | |
| | #2 | | |
| | #3 | | |
| | #4 | | |
| <u>600 - Holding & Grappling</u> | | | |
| Chap Ki <i>(Gravity)</i> , Section 1, | 611 | | |
| | #1 | | |
| | #2 | | |
| | #3 | | |
| | #4 | | |
| | #5 | | |
| | #6 | | |
| | #7 | | |
| Chap Ki <i>(Gravity)</i> , Section 2, | 612 | | |
| | #1 | | |
| | #2 | | |
| | #3 | | |
| | #4 | | |
| | #5 | | |
| | #6 | | |
| | #7 | | |
| | #8 | | |
| | #9 | | |
| | #10 | | |
| | #11 | | |
| <u>700 - Forms</u> | | | |
| Hwa Rang #1 | 711 | | |
| Hwa Rang #2 | 712 | | |
| Hwa Rang #3 | 713 | | |
| Hwa Rang #4 | 714 | | |
| *Hwa Rang #5 | 715 | | |
| Choong Moo #1 | 721 | | |
| Choong Moo #2 | 722 | | |
| Choong Moo #3 | 723 | | |
| Ho Bo | 731 | | |

Student Name: _____

| | <u>Code</u> | <u>Comments</u> | <u>Check</u> |
|---|-------------|-----------------|--------------|
| <u>800 - Weapon</u> | | | |
| Jung Jel Bong #1 | 811 | | |
| Jung Jel Bong to Hand #1 | 814 | | |
| Jung Jel Bong by Jung Jel Bong | 817 | | |
| Dan Bong #1 | 821 | | |
| Chang Bong #1 | 831 | | |
| <u>900 - Special Refine Training</u> | | | |
| Dal Ryon Dae #1 | 911 | | |
| Fist Chun Kun Training | 921 | | |
| Knife Hand Training (<i>Soo Do</i>) | 931 | | |
| Elbow Training (<i>Pal Kup</i>) | 961 | | |
| Kicking Bag Training #1 | 991 | | |
| Fist Back Head Training (<i>Kap Kwon</i>) | 941 | | |
| Head Side Hand Training (<i>Yok Soo</i>) | 951 | | |
| Palm Facing Training (<i>Pyon Kwon</i>) | 971 | | |
| Finger Thrust Training (<i>Kwan Soo</i>) | 981 | | |
| Purpose of Lessons | | | |
| Rules of School | | | |
| How to Promote for Black Belt | | | |
| Who is Our Master | | | |
| History | | | |
| <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: _____

Student Name: _____

Test

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |

| |
|--|
| |
|--|

| |
|--|
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Student Name: _____

Test

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Student Name: _____

Test

| |
|--|
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
