

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

Gup Requirements for

**3rd Gup - First Red (Sam Gup)**

testing for promotion to  
2nd Gup Second Red (Ee 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			
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			
<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			
(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			
<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			
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			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>300 - Kicking</u></b>				
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			
<b><u>400 - Sparring</u></b>				
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			
<b><u>500 - Throwing</u></b>				
Back Fall				
Side Fall				
Forward Fall				
Mul Chi Ki Section 1, ( <i>Basic</i> )	511			
	#1			
	#2			
	#3			
	#4			
	#5			
	#6			
	#7			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>500 - Throwing</u></b>				
Mul Chi Ki Section 1, (Basic),	#8			
	#9			
	#10			
	#11			
	#12			
Mul Chi Ki Section 2, (Dynamic),	512			
	#1			
	#2			
	#3			
	#4			
Mul Chi Ki Section 3, (Combination),	513			
	#1			
	#2			
	#3			
	#4			
<b><u>600 - Holding &amp; Grappling</u></b>				
Chap Ki (Gravity) , Section 1,	611			
	#1			
	#2			
	#3			
	#4			
	#5			
	#6			
	#7			
Chap Ki (Gravity) , Section 2,	612			
	#1			
	#2			
	#3			
	#4			
	#5			
	#6			
	#7			
	#8			
	#9			
	#10			
	#11			
<b><u>700 - Forms</u></b>				
Hwa Rang #1	711			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>700 - Forms</u></b>				
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			
<b><u>800 - Weapon</u></b>				
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			
<b><u>900 - Special Refine Training</u></b>				
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:** \_\_\_\_\_