

Student Name: _____

Gup Requirements for

4th Gup - Third Green (Sah Gup)

testing for promotion to
3rd Gup First Red (Sam 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			
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 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			
Turn Kick #2 (<i>Dollyo Cha Gi Che Ee</i>)	332			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<u>300 - Kicking</u>				
Turn Kick Jump Fly	333			
Turn Back Kick #1 (<i>Dwi Dollyo Cha Gi Che Il</i>)	341			
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 (<i>Pushing</i>), Section 1,	511			
	#1			
	#2			
	#3			
	#4			
	#5			
	#6			
	#7			
	#8			
	#9			
	#10			
	#11			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<u>500 - Throwing</u>				
Mul Chi Ki (<i>Pushing</i>) , Section 1,	#12			
Mul Chi Ki (<i>Pushing</i>) , Section 2,	512			
	#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			

Student Name: _____

	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<u>800 - Weapons</u>				
Jung Jel Bong #1	811			<input type="checkbox"/>
Jung Jel Bong to Hand #1	814			<input type="checkbox"/>
<u>900 - Special Refine Training</u>				
Dal Ryon Dae #1	911			<input type="checkbox"/>
Fist Chun Kun Training	921			<input type="checkbox"/>
Knife Hand Training (<i>Soo Do</i>)	931			<input type="checkbox"/>
Elbow Training (<i>Pal Kup</i>)	961			<input type="checkbox"/>
Kicking Bag Training #1	991			<input type="checkbox"/>
Fist Back Head Training (<i>Kap Kwon</i>)	941			<input type="checkbox"/>
Palm Facing Training (<i>Pyon Kwon</i>)	971			<input type="checkbox"/>
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: _____