

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

Gup Requirements for  
**7th Gup-Second Yellow (Chil Gup)**  
 testing for promotion to  
 6th Gup First Green (Yuk 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		<input type="checkbox"/>	<input type="checkbox"/>
Upper Attack ( <i>Sang Dan Kong Kyok</i> )	112		<input type="checkbox"/>	<input type="checkbox"/>
Back Fist ( <i>Kap Kwon Fu Kul</i> )	121		<input type="checkbox"/>	<input type="checkbox"/>
(Double) Knife Hand ( <i>Soo Do Fu Kul</i> )	122		<input type="checkbox"/>	<input type="checkbox"/>
Knife Hand ( <i>Soo Do Jun Kul</i> )	123		<input type="checkbox"/>	<input type="checkbox"/>
Finger Thrust ( <i>Kwan Soo Jun Kul</i> )	124		<input type="checkbox"/>	<input type="checkbox"/>
Head Side Hand ( <i>Yok Soo Jun Kul</i> )	125		<input type="checkbox"/>	<input type="checkbox"/>
Palm Facing ( <i>Pyon Kwon Jun Kul</i> )	126		<input type="checkbox"/>	<input type="checkbox"/>
Elbow Attack ( <i>Pal Kup Kong Kyuk</i> )	127		<input type="checkbox"/>	<input type="checkbox"/>
<b><u>200 - Defense</u></b>				
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"/>
(Outside) Middle Defense Back Posture ( <i>Chung Dan Mak Ki Fu Kul</i> )	223		<input type="checkbox"/>	<input type="checkbox"/>
Down Defense Back Posture ( <i>Ha Dan Mak Ki Fu Kul</i> )	212		<input type="checkbox"/>	<input type="checkbox"/>
Wrist Defense ( <i>Son Mok Ki Fu Kul</i> )	241		<input type="checkbox"/>	<input type="checkbox"/>
Both Fist Defense ( <i>Ssang Soo Mak Ki Jun Kul</i> )	251		<input type="checkbox"/>	<input type="checkbox"/>
<b><u>300 - Kicking</u></b>				
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"/>
Front Kick #2 ( <i>Ap Cha Gi Che Ee</i> )	312		<input type="checkbox"/>	<input type="checkbox"/>
Front Kick #3 ( <i>Ap Cha Gi Che Sam</i> )	313		<input type="checkbox"/>	<input type="checkbox"/>
Swing Side Kick ( <i>Yeop Byo Dyo Ol Ri Gi</i> )	320		<input type="checkbox"/>	<input type="checkbox"/>
Side Kick #1 ( <i>Yeop Cha Gi Che Il</i> )	321		<input type="checkbox"/>	<input type="checkbox"/>
Side Kick #2 ( <i>Yeop Cha Gi Che Ee</i> )	322		<input type="checkbox"/>	<input type="checkbox"/>
Turn Kick #1 ( <i>Dollyo Cha Gi Che Il</i> )	331		<input type="checkbox"/>	<input type="checkbox"/>
High Jump	371		<input type="checkbox"/>	<input type="checkbox"/>
Wide Jump	372		<input type="checkbox"/>	<input type="checkbox"/>
Jump Fly High Over	373		<input type="checkbox"/>	<input type="checkbox"/>

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<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			
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> )	444			
<b><u>500 - Throwing</u></b>				
Back Fall				
Side Fall				
Forward Fall				
Mul Chi Ki ( <i>Pushing</i> ), Section 1,	511			
	#1			
	#2			
	#3			
	#4			
	#5			
	#6			
<b><u>600 - Holding &amp; Grappling</u></b>				
Chap Ki ( <i>Gravity</i> ), Section 1,	611			
	#1			
	#2			
	#3			
	#4			
	#5			
Chap Ki ( <i>Gravity</i> ), Section 2,	612			
	#1			
	#2			
	#3			
	#4			
	#5			
<b><u>700 - Forms</u></b>				
Hwa Rang #1	711			
Hwa Rang #2	712			
Hwa Rang #3	713			

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b><u>700 - Forms</u></b>				
Hwa Rang #4	714			<input type="checkbox"/>
<b><u>800 - Weapons</u></b>				
Jung Jel Bong #1	811			<input type="checkbox"/>
<b><u>900 - Special Refine Training</u></b>				
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>				<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:** \_\_\_\_\_