

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

Gup Requirements for

**9th Gup-First Yellow (Goo Gup)**

testing for promotion to  
7th Gup Second Yellow (Chil 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			
Reverse Knife Hand ( <i>Soo Do Jun Kul</i> )	123			
Spear Finger ( <i>Kwan Soo Jun Kul</i> )	124			
Ridge 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			
Inside Middle Defense Back Stance				
(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			
Swing Side Kick ( <i>Yeop Byo Dyo Ol Ri Gi</i> )	320			
Side Kick #1 ( <i>Yeop Cha Gi Che Il</i> )	321			
Turn Kick #1 ( <i>Dollyo Cha Gi Che Il</i> )	331			
Roundhouse Kick				
Turnback Kick #1				

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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			
<b><u>500 - Throwing</u></b>				
Back Fall				
Side Fall				
Forward Roll				
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			
<b><u>700 - Forms</u></b>				
Hwa Rang #1	711			
Hwa Rang #2	712			
<b><u>900 - Special Refine Training</u></b>				
Kicking Bag Training #1				
Kicking Bag Training #2				

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	<u>Code</u>	<u>Comments</u>	<u>Check</u>	<u>Test</u>
<b>History</b>				
Purpose of Lesson				
Rules of School				
How to Promote for Black Belt				
Who is Our Master				
History				
<u>Instructor Recommendation</u>				

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**This completed sheet must be presented to the testing panel when testing. You will not allowed to test without it.**

**Pretest Start Date:** \_\_\_\_\_

**Expires:** \_\_\_\_\_