

TANG SOO DO—Brown BELT—1st GUP TEST

STUDENT: _____ Date: _____ Board Member: _____

BASICS:

HAND TECHNIQUES:

Ha Dan Mahk Kee (*Low Block*) _____

Sang Dan Mahk Kee (*High Block*) _____

Ahneso Pahkuro Mahk Kee (*Inside/Outside Block*) _____

Pahkeso Ahnuro Mahk Kee (*Outside/Inside Block*) _____

Choong Dan Kong Kyuk (*Middle Punch*) _____

Hu Gul Ha Dan Soo Do Mahk Kee (*Low knife hand block, back stance*) _____

Hu Gul Choong Dan Soo Do Mahk Kee (*Middle knife hand block, back stance*) _____

Ssang Soo Mahkee Hul Gul Jaseh (*Reinforced Block in cat stance*) _____

Ssang Soo Mahkee Chun Gul Jaseh (*Reinforced Block in front stance*) _____

Ssang Soo Ha Dan Mahk Kee (*Low X Block*) _____

Ssang Soo Sang Dan Mahk Kee (*High X Block*) _____

Wheng Jin Kong Kyuk (*Side punch, Horse Stance*) _____

Kwan Soo Kong Kyuk (*Spear Hand Attack*) _____

FOOT TECHNIQUES:

Dull Ryo Cha Gi (*Roundhouse Kick*) _____

Ahneso Pahkuro Cha Gi (*Inside/Outside Kick*) _____

Pahkeso Ahnuro Cha Gi (*Outside/Inside Kick*) _____

Dwi Dollyo Hu Ri Gi Cha Gi (*Spin Hook Kick*) _____

Hu Ri Gi Cha Gi (*Hook Kick*) _____

Yup Cha Gi (*Front Side Kick*) _____

Dwi Podo Cha Gi (*Back Kick*) _____

Ahp Cha Nut Gi (*Front Snap Kick*) _____

Dwi Dull Ryo Ahneso Pahkuro Cha Gi (*Spinning Inside/outside kick*) _____

MATT WORK:

FALLS:

Front Fall (from Standing push) _____

Back Fall (from Standing push) _____

Side Fall (from Standing push) _____

Front Roll (from standing push) _____

Back Roll (from Standing push) _____

GRAPPLING:

Escape from Top Mount _____

Escape from Bottom Mount _____

Pass the Guard _____

THROWS:

Drop Shoulder Throw _____

Spinner Throw _____

Outer Reaping Throw _____

Outer Wrist Lock Throw _____

Inner Wrist Lock Throw _____

Arm Bar Throw _____

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STUDENT: _____ Date: _____ Board Member: _____

SELF-DEFENSE:

CROSS HAND GRABS:

#1 _____
#2 _____
#3 _____
#4 _____

2 on 1 GRABS:

#1 _____
#2 _____
#3 _____

SAME SIDE GRABS:

#1 _____
#2 _____
#3 _____
#4 _____

1 on 1 GRABS:

#1 _____
#2 _____
#3 _____
#4 _____

Natural Grab _____
Unnatural Grab _____
Behind Short Grab _____
Behind Long Grab _____

WEAPONS:

BO STAFF:

Set #1 _____
Set #2 _____
Set #3 _____
Low Defense (from thrust) _____
Middle Defense (from thrust) _____

NUNCHAKU:

Basic Takeover (45 in 1 min) _____
Over Takeover _____
Under Takeover _____
Strikes with Recoil _____

SPARRING:

TECHNIQUES:

Clean, clear techniques _____
Clean, clear combinations _____

REFEREE SKILLS:

Running the Ring _____
Corner Judge _____
Center Judge _____

KATA:

Bassai Shodan _____
Naihanchi Shodan _____
All Kata Continuous Drill _____

Vocabulary:

Da Ri (*Leg*) _____ Moo Roop (*Knee*) _____ Soo (*Hand*) _____
Jok (*Foot*) _____ Pal Koop (*Elbow*) _____ Pahl (*Arm*) _____
Dan Jun (*Abdomen*) _____ Emma (*Forehead*) _____

WRITING ASSIGNMENTS:

____ 500 Word Count Report on “How can you apply Yong Gi, In Neh, and Chung Jik outside of the dojo/dojang?”
____ 400 Word Count Report on “How do Shim Gung, Neh Gung and Weh Gung apply to the martial arts?”