

# TANG SOO DO—Brown BELT—2nd GUP TEST

## Technique:

**Example:** Cat Stance

**Basics:** Ha Dan Mahk Kee (*Low Block*)

**Basics:** Sang Dan Mahk Kee (*High Block*)

**Basics:** Ahneso Pahkuro Mahk Kee  
(*Inside/Outside Block*)

**Basics:** Pahkeso Ahnuro Mahk Kee  
(*Outside/Inside Block*)

**Basics:** Choong Dan Kong Kyuk  
(*Middle Punch*)

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

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

**Basics:** Ssang Soo Mahk Kee Hul Gul Jaseh  
(*Reinforced Block in cat stance*)

**Basics:** Ssang Soo Mahk Kee Chun Gul Jaseh  
(*Reinforced Block in front stance*)

**Basics:** Ahp Cha Nut Gi (*Front Snap Kick*)

**Basics:** Yup Cha Gi (*Front Side Kick*)

**Basics:** Ahneso Pahkuro Cha Gi  
(*Inside/Outside Kick*)

**Basics:** Pahkeso Ahnuro Cha Gi  
(*Outside/Inside Kick*)

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

**Basics:** Hu Ri Gi Cha Gi (*Hook Kick*)

**Basics:** Combo 1: Rev. High Block in Cat  
Stance, Horse Stance Punch

**Basics:** Combo 2: Rev. High Block in Cat  
Stance, Rev. Low Block in Front Stance

**Basics:** Combo 3: Inside/Outside Kick,  
(same leg) Round Kick

# TANG SOO DO—Brown BELT—2nd GUP TEST

*Matt Work:* Front Fall (from Standing push)

*Matt Work:* Back Fall (from Standing push)

*Matt Work:* Side Fall (from Standing push)

*Matt Work:* Front Roll (from standing push)

*Matt Work:* Back Roll (from Standing push)

*Matt Work:* Escape from Top Mount

*Matt Work:* Escape from Bottom Mount

*Matt Work:* Pass the Guard

*Matt Work:* Drop Shoulder Throw

*Matt Work:* Spinner Throw

*Matt Work:* Outer Reaping Throw

*Matt Work:* Outer Wrist Lock Throw

*Self-Defense:* Natural Grab

*Self-Defense:* Unnatural Grab

*Self-Defense:* Behind Grab Short

*Self-Defense:* Behind Grab Long

*Self-Defense:* Immediate Action Drill #1

*Stick Strike #1 OR #3*

*Self-Defense:* Immediate Action Drill #2

*Stick Strike #2 OR #4*

*Self-Defense:* Immediate Action Drill #3

*Round Kick*

*Self-Defense:* Immediate Action Drill #4

*Tackle*

*Self-Defense:* Immediate Action Drill #5

*Front Kick*

*Kata:* Naihanchi Shodan

*Kata:* Pinan ChilSung Ee Dan

*Kata:* Pinan Yon Dan

*Kata:* Pinan Go Dan

*Kata:* Pinan Sandan

*Kata:* Pinan Shodan

*Kata:* Pinan Nidan

*Kata:* Tai Kyo Ku Shodan

*Kata:* Tai Kyo Ku Nidan

*Kata:* Kata Scramble

# TANG SOO DO—Brown BELT—2nd GUP TEST

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*Weapons:* Bo Staff Set #1

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*Weapons:* Bo Staff Set #2

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*Weapons:* Bo Staff Set #3

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*Weapons:* Bo Low Defense (from thrust)

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*Weapons:* Bo Middle Defense (from thrust)

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## **Vocabulary & Knowledge:**

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Da Ri (Leg)

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Jok (Foot)

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Dan Jun (Abdomen)

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Moo Roop (Knee)

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Pal Koop (Elbow)

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Emma (Forehead)

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Soo (Hand)

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Pahl (Arm)

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Written Paper on “How Tang Soo Do has Helped Me”

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