

TEST FOR 1ST GUP
RED BELT/BLACK STRIPE

Candidates for this rank must have completed a minimum of four months of new training and 64 lessons. They must have also taught at least 24 new hours as an assistant instructor and completed 4 tournaments and one demonstration.

BLOCKS:

Twin Palmheel Blocks (upward)
X Knifehand
Scooping Block
Sweep

PUNCHES AND STRIKES:

Horizontal Punch
Middle Knuckle Punch
Double Side Elbow Strike
Palm Heel Strike to the head

KICKS :

Single Jumping Twin Front Kick
Jump Spinning 360 Degree Hook Kick
Jump Spinning 360 Degree Outside Crescent Kick

Jump Spinning 360 Degree Back Kick
Flying Side Kick Over an Obstacle
Reverse Jumping Right, Left Front Kick

CONTROL: Control in the martial arts refers to the ability to control your own thoughts and actions. In sparring this means a student can deliver a precise technique, but stop a fraction of an inch away from their sparring partner. Control is also necessary when doing forms and practicing martial arts. Students must learn to control their own thoughts and impulses. A student constantly scratching and fidgeting in class is not controlling his actions, but allowing every minor distraction to engage his mind. A student with control may notice an itch or minor distraction, but does not allow these things to control him. Instead he ignores what is trivial and focuses his thoughts on what is most essential. It is this inner control that leads to outer control.

Chung – Mu: Korea was often invaded by foreign countries or involved in internal struggles. In the 1500's Japan invaded Korea and a terrible war followed. The Korean Admiral Chung – Mu invented an armored ship to help drive the invaders from Korea. Unfortunately , he died while still relatively young before he could reach his full potential as a warrior and patriot. The form Chung – Mu ends with a left hand attack to symbolize his early death. This form is meant to honor him for his heroic life. This hyung has 30 moves and its diagram is a "I".

SPARRING: Knife Defenses (10 – 12), Semi Sparring, Free Sparring, Two-on-One Sparring

HO SIN SULS:

Defense against rear shoulder grabs (21 – 22)
Defense against middle punch (23 – 24)

REQUIRED BREAKS:

Spinning Hook Kick

Reverse Twisting Kick

Flying Side Kick over an Obstacle

Punch (Horizontally)

Elbow Strike (Horizontally)