

TEST FOR 8 TH GUP  
YELLOW BELT

Lessons: Candidates for this rank must train a minimum of two months and complete at least 24 lessons. This is to insure that students have enough time to practice their skills before being promoted. As student's progress in their training, longer periods of time will be required between tests.

BLOCKS:

Karate Style Low Block  
Knifehand Block  
Forearm Block  
Knifehand Guarding Block  
Twin Forearm Block

PUNCHES AND STRIKES:

Back Fist  
Hammerfist Strike  
Ridgehand Strike  
Palmheel Strike

KICKS:

Stepping in Front Kick  
Stepping in Side Kick  
Stepping in Roundhouse Kick  
Stepping Behind Hook Kick

Reverse Front Kick  
Reverse Side Kick  
Reverse Roundhouse Kick  
Reverse Hook Kick

Taekwon-Do comes from Korea  
Karate comes from Japan  
Karate means Empty hand or Open Hand

Karate schools are called Dojo's  
Karate uniforms are called Gi's

Count to ten in Korean:

Hana	One	Net	Four	Ilgop	Seven	Yul	Ten
Dool	Two	Dasot	Five	Yadul	Eight		
Set	Three	Yasot	Six	Ahop	Nine		

Gups are the ranks below Black Belt. White Belt is automatically given to beginning students. All other ranks are earned. There are nine Gup ranks below Black Belt. This gives a balance to the nine degrees of Black Belt in Taekwon-Do. Not all martial arts have the same ranking system, although all generally follow some similar arrangement of ranks and testing.

9 th Gup	–	White Belt/Yellow Stripe	4 th Gup	–	Purple Belt
8 th Gup	–	Yellow Belt	3 rd Gup	–	Brown Belt
7 th Gup	–	Orange Belt	2 nd Gup	–	Red Belt
6 th Gup	–	Green Belt	1 st Gup	–	Red Belt/Black Belt
5 th Gup	–	Blue Belt			

Dan Gun was a man who in legend was the founder of Korea. This form is more complex than Chun – Ji, though still not as difficult as later forms. You will discover that forms generally increase in difficulty as your training progresses. Dan Gun has twenty moves and its diagram is a capital "I".

SPARRING: Three Step Sparring 4 - 6      Semi-sparring      Free Sparring

REQUIRED BREAKS:

Stepping in Side Kick

Hammerfist ( VERTICAL )

Stepping in Front Heel Kick