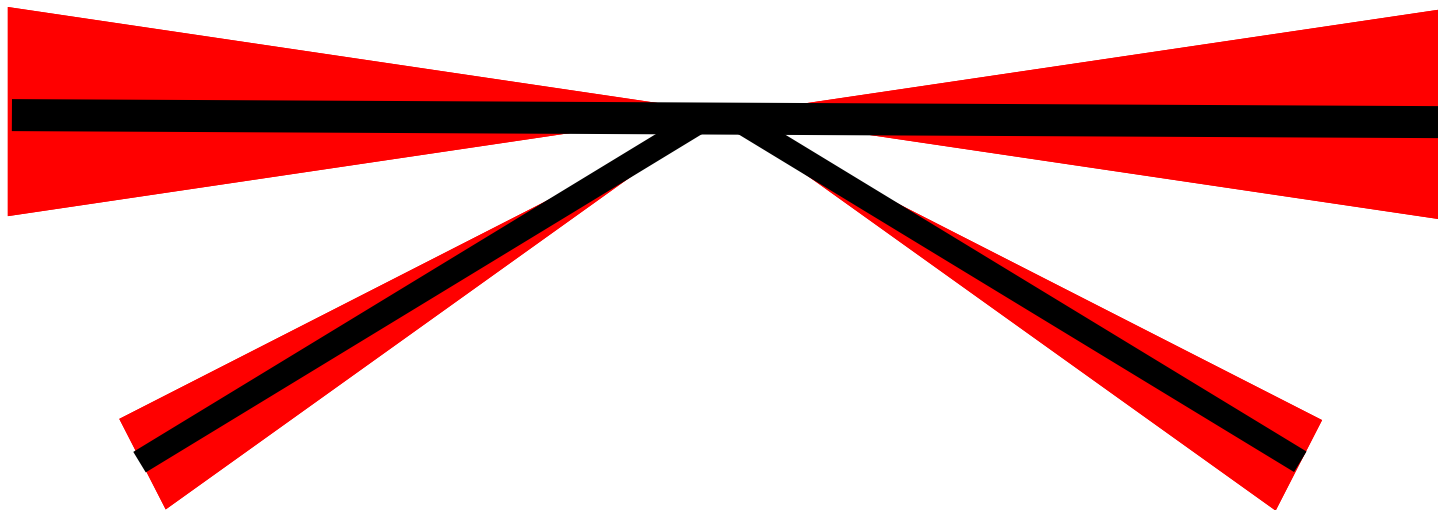


# **TEST #15 for 1st Gup Red/Black**



Tae Geuk 1, 2, 3, 4, 5, 6, and 7

Defense Against a Top Mount, Arms Pinned (Snow Angel)  
Striking, Swimming, and Disengaging from Top Mount  
Controlling Someone in Your Guard (with legs)

Pushups, Squats, and Step Lunges  
Referee Terms and Hand Signals (Declaring Winner & Time-outs)  
Moo Duk Kwan Principles 1-11

Minimum Classes: 310      Usual Time In Dec. 2nd Gup: Four Months  
Papers Due: Individual Black Belt Plan (from Red Belt Book)

**Graduation Board Break:**  
**Spin Hook Kick or**  
**Challenging Downward Move of your Choice**  
**(boards or bricks held on cinderblocks)**