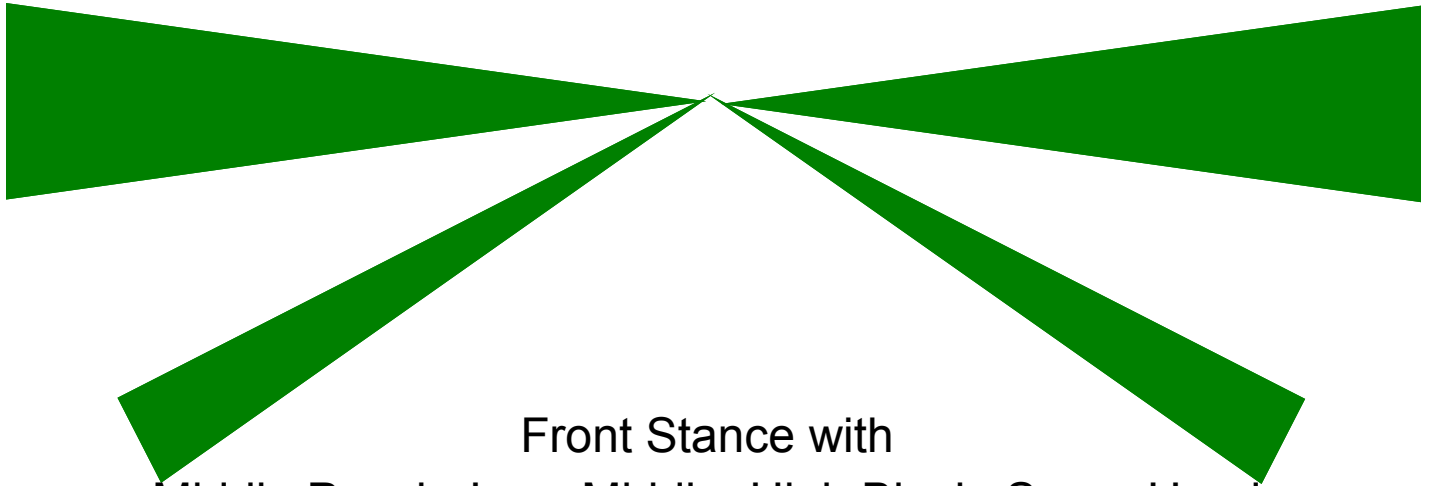


TEST #5 For 6th Gup Green Belt



Front Stance with
Middle Punch, Low, Middle, High Block, Spear Hand
Knife Hand Hand Position

Back Stance Double Chop Block

Tae Geuk 1 & 2 (Tae Geuk 3 is Extra Credit)

Kicks: Back (right leg), Step-in-Back (left leg hits), Axe, Flying Side

Sparring: Four Single Kick Offensive Strategies of
Punch & Kick, Switch & Kick, Slide & Kick, and Step & Kick

Punch Defense: Block Hold Hammerfist, and Clear and Cross
Rear Wrist Grab Escape: *Shoot, Groin, Head, Head, Palm, Knee*
Side Fall

7th Gup Terminology

Gold Medal Attitudes 1 through 4

Minimum Classes: 100

Usual Time In 7th Gup: Four Months

Papers Due: Written Test on Yellow Belt Book and GMA 3 & 4

Graduation Board Break:
Axe Kick or Downward Elbow