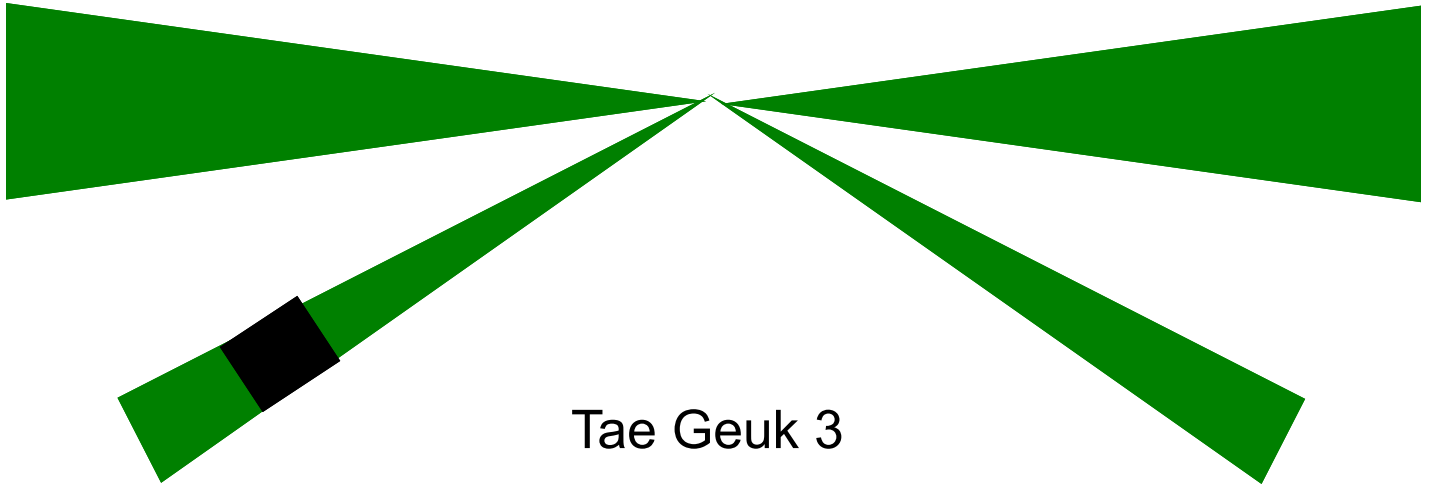


TEST #6 for “Decisive” 6th Gup



Tae Geuk 3

Correct form on Chalyut, Cyong Net, and Chum Bi
Basic Positions Pledge with 3-Move Combo
10 Move Demo Combo (Name Stances)

Evade and Return Counters

Double Kick

Punch Defenses:

A-shape, Block Hold Hammerfist, & Clear Cross and Slam, Stay Knee
Knee Knee

Outer Reap Throw: *Turn, Slam, Sweep*

Standing Headlock Defense: *Tuck, Pluck, Duck, Control, Strike*

Pushups, Squats, and Step Lunges

Recite & Explain Gold Medal Attitudes 5 & 6

Minimum Classes: 110

Usual Time in Rec. 6th Gup: 2 months

Papers Due: Gold Medal Attitudes 5 & 6 Coloring or Essay

Graduation Board Break:

Cross-Body Knife Hand or Turn Side Kick