

# TEST #9 for 4th Gup Blue Belt



Assisted Forms Elbow

Forms Target Elbow

Tae Geuk 3 and 4 (5 for extra credit)

Kicks: Spin Hook and Cross Over Round Kick

Sparring: Offensive Side-Step and Kick

Defensive Side Step and Kick (Both Sides)

Defense Against Front Bear Hugs:

*Hip Bones, Knee, Knee, Reposition, Knee, Knee*

Review of all Lower Rank Self Defense Including

Wrist, Neck, Headlocks, Rear Bearhugs

Gold Medal Attitudes 1 through 10

5th Gup Terminology

Minimum Classes: 180

Usual Time In Dec. 5th Gup: Four Months

Papers Due: Take Home Test on Green Belt Book

**Graduation Board Break:**

**Slide In Side Kick or Cross Over Round Kick**