

8th Gup Orange Belt Drills

Requirements for 7th Gup Purple Belt – (test)

Stances:

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| 1 - Ready – Choon Bee JaSeh | 2 - Front – Chun Kul JaSeh |
| 3 - Fighting – Hu Kul JaSeh | 4 - Horse – Kee Ma JaSeh, |
| 5 - Side - Sa Ko Rip JaSeh* | |

Kicks: (Fighting Stance)

- 1 - Front – Ahp Cha Ki
- 2 - Side – Yup Cha Ki
- 3 - Roundhouse – Tollyo Cha Ki
- 4 - Outside/Inside – Phakeso Ahnuro Cha Ki
- 5 - Inside/Outside – Ahneso Pahkuro Cha Ki

Hands: (Front Stance)

- 1 - Low Block – Ha Dan Mahk Ki
- 2 - High Block – Sang Dan Mahk Ki
- 3 - Middle Punch – Choong Dan Kong Kyuck
- 4 - High Punch – Sang Dan Kong Kyuck
- 5 - Side Punch – Choong Dan Hang Jin*
- 6 - Outside/Inside Block - Phakeso Ahnuro Mahk Ki*
- 7 - Inside/Outside Block - Ahneso Pahkuro Mahk Ki*

Forms: (without the count) (Red are Optional Forms)

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|-------------------------------------|------------------------------------|
| 1 - Kee Cho Hyung Il Bu | 2 – Kwan Hyung Il Bu |
| 3 - Kee Cho Hyung E Bu | 4 – Kwan Hyung E Bu |
| 5 - Kee Cho Hyung Sam Bu* | 6 – Kwan Hyung Sam Bu* |
| 7 - Moo Duk Kwan Hyung Il Bu | 8 – Moo Duk Kwan Hyung E Bu |

One Steps:

- Hands 1 – 5
Kicks 1 – 5

Breaking (1 - 2 Techniques) Kick or Hand - One Board each