

3rd Gup Red Belt Drills

Requirements for 2nd Gup Red Belt – (test)

3 - Kicks Opposite Legs (Triples) (Fighting Stance)

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|--|--|---|
| 1 - Outside-Inside Kick
Spinning Back Kick
Side Kick | 2 - Spinning Crescent Kick 360°
Front Kick
Roundhouse Kick | 3 - Diagonal Kick
Stepping Side Kick
Stepping Hook Kick |
| 4 - Spinning Back Kick
Roundhouse Kick
Front Kick | 5 - Spinning Hook Kick 360°
Roundhouse Kick
Jump Side Kick | 6 - Inside-Outside Kick
Side Kick
Spinning Hook Kick |
| 7 - Side Kick
Spinning Back Kick
Roundhouse Kick | 8 - Front Kick
Back Kick
Spinning Crescent Kick | 9 - Front Kick
Jumping Back Kick
Spinning Hook Kick |

3 - Kicks (Same Leg) (Fighting Stance)

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|--|--|
| 1 - Front Kick
Roundhouse Kick
Side Kick | 2 - Spinning Back Kick
Roundhouse Kick
Side Kick |
|--|--|

3 - Kicks (Front / Back / Front) (Fighting Stance)

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|---|---|
| 1 - Front Kick (F)
Axe Kick (B)
Side Kick (F) | 2 - Side Kick (F)
Hook Kick (B)
Roundhouse Kick (F) |
|---|---|

4 - Kicks (Front / Back / Back / Front) (Fighting Stance)

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|--|---|
| 1 - Outside-Inside Kick (F)
Inside-Outside Kick (B)
Side Kick (B)
Roundhouse Kick (F) | 2 - Spinning Back Kick (F)
Front Kick (B)
Axe Kick (B)
Hook Kick (F) |
|--|---|

Sweep Kick (Fighting Stance)

- 1 – Low Wheel Sweep Kick

3rd Gup Red Belt Drills

Requirements 2nd Gup Red Belt – (test)

Steeplechase - 3 Kicks (Ground, Air, Ground) (Fighting Stance)

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|---------------------|-------------------------|--------------------------|
| 1 - Front Kick (G) | 2 - Roundhouse Kick (G) | 3 - Front Kick (G) |
| Jump Front Kick (A) | Jump Side Kick (A) | Jump Roundhouse Kick (A) |
| Front Kick (G) | Spinning Back Kick (G) | Side Kick (G) |

Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

Hands Front Stance – Triples / Quads

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|---|---|---|
| 1 - Low Block
Middle Soo Do
Reverse Punch | 2 - Two Hand Middle Block
X Block Low
X Block High | 3 - Choong Dan Hang Jin,
Dwi Dull Ryo Kap Kwon
Choon Dan Kong Kyuck |
| 4 - Low Grab and Trap
High Soo Do
Reverse High Ridge Hand
Center Punch | 5 - Spear-hand Punch
Inside/Outside Block
Center Punch
Low Block - (Same Hand) | |

Hands Front Stance – Five

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|--|--|
| 1 - Low Block
High Block (Same Hand)
Reverse High Ridge Hand
High Soo Do
Reverse Punch | 2 - High Open Hand Block and Strike
High Soo Do
Outside/Inside Block
Center Punch,
Reverse High Ridge Hand |
|--|--|

Hands Fighting Stance – Triples / Quads / Five

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|--|---|---|
| 1 - Low Soo Do Block
Middle Soo Do Block
High Soo Do Block
Center Punch | 2 - Low Grab and Trap
High Soo Do
Reverse Ridge Hand
High Soo Do | 3 - Low Soo Do Block
High Soo Do Block
Reverse Ridge Hand
Reverse Center Punch |
|--|---|---|

3rd Gup Red Belt Drills

Requirements 2nd Gup Red Belt – (test)

Hand / Kick Combinations (Quads) Front Stance & Fighting Stance

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|---|--|
| 1- Low Grab and Trap
High Soo Do
Front Kick
Reverse High Ridge Hand | 2- Low Block
High Block – (same hand)
Round House Kick
Reverse Outside/Inside Block |
| 3 - High Open Hand Block and Strike
High Soo Do
Side Kick
Spinning Back Kick | 4 - X Block Low
X Block High
Front Kick
Inside/Outside Block |

Forms:

- | | |
|--------------------------------------|------------------------------|
| 1 – All Kee Cho Hyung (3 Forms) | 2 – All Kwan Hyung (3 Forms) |
| 3 – All Moo Duk Kwan Hyung (4 Forms) | 4 - Pyung Ahn Cho Dan |
| 5 - Pyung Ahn E Dan | 6 - Pyung Ahn Sam Dan |
| 7 - Pyung Ahn Sa Dan | 8 - Pyung Ahn O Dan |
| 9 - Bong Hyung Il Bu | 10 - Bong Hyung E Bu |
| 11 - Bong Hyung Sa Bu | |

One Steps & Self-Defense

- 1 - Hand Techniques 1 – 20
- 2 - Kick Techniques 1 – 20
- 3 - Ho Sin Sul (Self-Defense Techniques) 1 -20*
- 4 - Three Steps – 1 – 10*

Sparring – Cha Yu Dae Ryun - (3) 3 min. Rounds*

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