

# Requirements for 7<sup>th</sup> Gup Purple Belt – (test)

## 8<sup>th</sup> Gup Orange Belt Drills

### Stances:

- |                             |                            |
|-----------------------------|----------------------------|
| 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 Ahnuero 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 Ahnuero Mahk Ki\*
- 7 - Inside/Outside Block - Ahneso Pahkuro Mahk Ki\*

### Forms: (without the count)

- |                               |                             |
|-------------------------------|-----------------------------|
| 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 |
| 9 – Moo Duk Kwan Hyung Sam Bu |                             |

### One Steps:

- Hands 1 – 5  
Kicks 1 – 5

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