



# 5<sup>TH</sup> GUP TO 4<sup>TH</sup> GUP

## TIP TEST REQUIREMENTS

Name: \_\_\_\_\_

For each tip, you must perform the tasks for at least three people listed (2 black belts) and get them to initial that it has been completed. (NOTE: AdvBelt is any adult student, red belt or higher.) If they have critique, they will not initial but tell you what needs to be improved. One row may also be incomplete. When the chart is done, **and you have enough training hours (24)**, you are ready to test for 4<sup>th</sup> gup.

### Tip 1

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Pyung Ahn Cho Dan and Ee Dan					
Cha Gi: Back, Axe, Hook, Jump Front					
Mahk Ki: Low-X, High-X, L/H Combo					
Int. One-Steps 1-5 (no partner)					
Cha Gi: Reverse Round					
Korean Terms: Reverse Round Kick, Crescent Kick, Stomp Kick					
Pyung Ahn Sam Dan, following					

### Tip 2

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Pyung Ahn Sam Dan, with help					
Chilsung Il Lo, following					
Bong Hyung Il Bu, with help					
Intermediate One-Steps 1-3 w/partner					
Hands: Ridge Hand, Plier Grip					
Cha Gi: Spinning-Hook, Side, Round					
Korean Terms: Stances-Side, Fighting					
Choke Holds 1-3, with help					

### Tip 3

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Chilsung Il Lo, with help					
Intermediate One-Steps 1-5 w/partner					
Cha Gi Combinations: O/I Crescent-Side, Front/Side/Back					
Bong Hyung Il Bu					
Basic Bo Technique – behind back					
Breaking: Spinning Side Kick					
Korean Terms: 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup>					
Bow in Class					
Choke Holds 1-3					

