



2ND GUP TO 1ST 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 1st gup.

Tip 1

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Pyung Ahn Sa Dan, Oe Dan					
Advanced One-Steps 1-5 w/partner					
Chang Gum, with help					
Wrist Locks, one at a time					
Take Downs 1-5					
Korean Terms: Palm Heel Strike, Cross Leg Stance					
8 Key Concepts					

Tip 2

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Bassai Dai, with help					
Cha Gi: Jump spinning crescent					
Chang Gum					
Wrist Locks, flow from 1-7					
Take Down 1-5					
Korean Terms: 6 th , 7 th , 8 th , 9 th , 10 th					

Tip 3

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Bassai Dai					
Wrist Locks, any order					
Show proficiency in three weapons					
Breaking: Spinning Hook or Jump Spinning Hook					
Korean Terms: Two fist (reinforced) middle block					
Bow in Class					