



3RD GUP TO 2ND 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 2nd gup.

Tip 1

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Chilsung Il Lo, Pyung Ahn Sa Dan					
Intermediate One-Steps 1-5 w/partner					
Bong Hyung Ee Bu					
Cha Gi: Jump: spinning side, spinning round, back, round. Flying side kick					
Choke Holds 1-5					
Korean Terms: Elbow strike, Backfist, Outside to inside block					
8 Key Concepts: 1-3					

Tip 2

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Pyung Ahn Oe Dan, with help					
Advanced One-Steps, 1-3					
U-Punch, Yuk Jin					
Bong Hyung Ee Bu, with help					
Chang Gum, following					
Take Down 1-3					
8 Key Concepts: 1-6					

Tip 3

Requirement	BlkBelt1	BlkBelt2	BlckBelt3	AdvBelt1	AdvBelt2
Pyung Ahn Oe Dan					
Chang Gum, with help					
Non-required w eapon form of choice					
Advanced One-Steps 1-5					
Take Downs 1-5					
Breaking: Spinning Crescent or Jump Spinning Crescent					
Korean Terms: Low/mid/high open hand blocks, Low/high two fist X block					
8 Key Concepts					