



FULL DRAGON TO 9TH GUP

TIP TEST REQUIREMENTS

Name: _____

Do the activities on the list each month. Get an instructor to sign off on it. When the chart is done, *and you have enough training hours (24)*, you are ready to receive your 9th Gup Orange Belt.

Full Dragon to 9th Gup Orange Belt Requirements

Requirement	Month 1	Month 2	Month 3
Choong Be Challenge (120 sec)			
Kee Ma Ja Seh Challenge (60 sec)			
Ki Cho Hyung Il Bu, min errors.			
Basic 1-steps, 1-3			
Jumping Jacks (Lead 20 jumping jacks)			
Bean Bag Challenge (20 each leg)			
Front, Round, Side kick, any order, up and downs			
Count to 29 in Korean, no errors			
Korean term: Inside to Outside block			
Korean term: Outside to Inside Block			

NOTES: Should attend Youth classes occasionally.