



*Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3<sup>rd</sup> Dan*

## 4<sup>th</sup> Gup Test Requirements

Promotional Exam from First Blue belt 4<sup>th</sup> gup to 3<sup>rd</sup> gup Second Blue belt

Written and/or verbal:

1. Korean Terminology.
2. Paper on the following: Martial arts and daily life. How the practice of the arts has affected your life. No more than 2 pages.
3. The meaning of Taeguk Yuk-Jang.

Physical:

1. Basic techniques (ki ch'o sul):
  - a. Hand techniques: knife hand, ridge hand, palm heel. Previous techniques as directed, hand combinations as directed.
  - b. Kicking techniques: tornado kick, jump back kick, kicking combinations as directed
2. Taeguk Yuk-jang, previous forms as directed
3. Kick and one-steps (il soo sil dae ryeon):
4. Self-defense (ho sil sul): various unarmed attacks as directed
5. Breaking: 2 station hand & foot technique
6. Other: controlled contact sparring, ground fighting (begin kneeling)

You must meet with the instructor a week prior to go over testing requirements and set schedule for test. Unless dictated by weather, proper uniform and sparring gear is required for testing.

*When one is prepared, luck is not a factor.*



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## **First Blue Belt One Step Sparring**

One step sparring requirement for 4<sup>th</sup> First Blue belt.

### **Attack:**

All attacks are with a high outside-inside knife hand strike (front stance)

### **Defenses:**

1. **(forearm strike/choke)** Step back with the right leg into a back stance, while executing a side inside-outside block with the left hand. Shift forward with the left leg into a front stance, while wrapping the opponent's arm, bringing the left hand under the opponent's elbow. Next, execute a high forearm strike to the opponent's jaw with the right hand. Bring the right hand all the way through, and wrap the right arm around the opponent's neck, executing a guillotine choke. While maintaining the arm wrap and choke, execute a knee strike with the right leg to the opponent's solar plexus. Kihap.
2. **(figure four takedown)** Step straight towards your opponent with the right leg into a horse stance, while executing double forearm blocks with both arms. Next, bring the opponent's arm downward and bring both hands down to the opponent's wrist. Continue the opponent's motion, twisting clockwise, and bring the left forearm up under the opponent's right elbow, bringing the arm up. Step underneath the opponent's arm with the left leg, and continue turning clockwise, locking the opponent's wrist and shoulder. Bring both hands downward, and drop down to the right knee, bringing the opponent down to the ground. Apply pressure with the left hand to the opponent's right elbow, pinning the wrist to the ground. Simultaneously, execute a reverse punch to the opponent's head. Kihap.
3. **(knife hand strike/wrist throw)** Step out to the right approximately 45<sup>0</sup> into a horse stance while simultaneously executing an inside-outside knife hand block with the left hand, and a high outside-inside knife hand strike to the opponent's temple area with the right hand. Kihap. Next, bring the opponent's right arm downward and towards the inside, while stepping back with the left foot into a back stance. Both hands should be brought to the opponent's wrist, placing the left thumb on the back of the hand, and the right hand pressing on the fingers. Twist the wrist outward and down, throwing the opponent. Use your opponent's momentum as he is taken down, pulling up and inward on his wrist, to flip him over into a face-down position. Place the right foot underneath the opponent's right shoulder, while maintaining your hold on the opponent's wrist, and apply pressure downward to pin him with a wrist lock.



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## **First Blue Belt Kick Steps**

Attacks for #1 and #2 are single rear leg Yop Chagi. Attack position is Kyorugi Seogi instead of Ahp Goobi Seogi. This is to facilitate kicking.

Defense position is still Pyongi Seogi. All Techniques are written with right leg kicking.

1. Defense: Right hand low circle out block. Reach under lead arm and move in, placing right thumb knuckle against throat. Grab your right hand with your left and cinch this Jupgi for a submission. Note: maintain pressure on carotid sheath for max effect.
2. Defense: Step straight back with left leg upward Palmok Makgi. Be sure to hook arm so opponent's instep is safely tucked behind your arm. Secure this Jupgi by placing your left hand on top of your opponent's foot. Puxh leg straight back, then pull towards you and lift leg abruptly.