



Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3rd Dan

2nd Gup Test Requirements

Promotional Exam from Intermediate (First) Red belt 2nd gup to 1st gup Advanced (Second) Red Belt

General Requirements:

1. Must be a member in good standing
2. Must have demonstrated consistent class attendance

Demonstration of Ability:

1. Basic techniques (ki ch'o sul):
 - a. Hand techniques: previous techniques as directed, hand combinations as directed
 - b. Kicking techniques: double jump front kick, jump spin hook kick, reverse leg sweep, kicking combinations as directed
2. Taeguk Pal-jang, previous forms as directed
3. One-steps (il soo sil dae ryeon):
4. Self-defense (ho sil sul): various unarmed attacks as directed, various weapon attacks as directed.
5. Breaking: 3 station hand and foot technique
6. Other: controlled contact sparring, ground fighting (begin standing), multiple partner sparring

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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Intermediate (First) Red Belt One Step Sparring

One step sparring requirement for 2nd gup Intermediate (First) Red to 1st Gup Advanced (Second) Red belt.

Attack:

All attacks are with a high round kick

Defenses:

1. **(sweep/heel hook)** Cross step with the left foot in front of the right foot, while turning to the left. Bring the left arm downward, towards the left hip, and the right arm across towards the left shoulder to parry the opponent's kick. Next, bring the left arm up underneath the opponent's right leg, and step out with the right leg. Next, execute a right ridgehand strike to the side of the opponent's neck. Kihap. Grab the opponent's uniform near the right shoulder with your right hand, and lift the opponent's leg pushing him backwards, while sweeping the left leg with your right leg. After the opponent has fallen to the ground, step over his right leg with your left leg, and squeeze your knees together, trapping the leg. Hook the heel of the right foot, and twist clockwise, locking the ankle and knee.
2. **(takedown/knee lock)** Step forward with the right foot into a back stance, while bringing the left arm down towards the left hip, and bringing the right fist across towards the left shoulder, parrying the opponent's kick. Wrap the left arm underneath the opponent's leg, and step down with the right foot into a horse stance, executing an elbow strike to the opponent's right knee. Kihap. Then, place the right forearm on the opponent's right thigh, just above the knee. Twist to the left into a left foot forward front stance, while pushing forward with the right forearm, and pulling the left hand towards your body, forcing the opponent to the ground. As the opponent falls backwards, drop onto your right knee, and bring his right foot up onto your left shoulder, and pin it between your head and shoulder. Bring the right hand around to the top of the opponent's leg, and grab your right fist with your left hand. Place the inner forearm bone of the right arm just above your opponent's kneecap, and apply pressure upward and inward, locking the knee.
3. **(scissors takedown/toe hold)** As the opponent kicks, immediately drop down onto your right side, avoiding the kick, and execute a roundhouse kick with the left leg to the opponent's solar plexus. Kihap. Next, bend the left knee, sweeping it behind the opponent's left leg. The right leg should be placed in front of the opponent's left leg. Execute a scissors takedown, sweeping the left leg through the opponent's leg just above the calf, while simultaneously sweeping the right shin bone through the opponent's leg at ankle level. Once the opponent falls forward, pin the opponent's left leg down with your left thigh, and push against his right leg with your right foot to check the leg. Next, grab the toes of his left foot with your left hand, and bring your right hand under his Achilles tendon, grabbing your left wrist with your right hand. Twist the opponent's foot inward, while applying the figure four toe hold.



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Intermediate (First) Red Belt Kick Combinations

1. Double jump front kick
2. Jump spin hook kick
3. Reverse leg sweep
4. Standing foot sweeps
5. Moving foot sweeps
6. Jumping backwards front kick
7. Jumping backwards side kick



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Escape and Respond

1. Two hands grab one wrist - 3 techniques
2. One hand shoulder grab - 3 techniques
3. Back collar grab - 3 techniques
4. Two hands grab two arms (front, above elbow) - 2 techniques
5. Two hands grab two arms (behind, above elbow) - 1 technique
6. Two hands grab two shoulders (behind) - 1 technique
7. Lapel grab one hand - 3 techniques
8. Middle sleeve grab (one hand) - 2 techniques
9. Lapel grab one hand

Distraction kick or strike, trap uke's hand with your cross hand and grab his wrist with your same side hand, apply two-way torque (step back into a horse stance) and take uke down (one guiding finger points to the ground, the other to uke's face).

10. Defense against hostile hand shake:

Example: Step into uke and strike the radial bone in his wrist, follow up with knife hand strike (palm down) to the neck.