



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

6th Gup Test Requirements

Promotional Exam from Green belt 6th gup to 5th gup Purple Belt

Written and/or Verbal:

1. Intermediate vital targets 2nd group.
2. Korean Terminology.
3. Name elements it takes to generate power.
4. The meaning of Taeguk Sah-Jang.

Physical:

1. Taeguk Sah-Jang
2. Il Bong Steps
3. Self Defense/Hon sin sool
4. Tech-reqs, Seogi, Chagi, Chigi, Makgi
5. 50 pushups - 50 crunches/sit-ups
6. Kyupka, 2 boards with foot
7. Sparring

You must meet with Mr. Blaylark every 2 weeks until testing to complete progress checks. Failure to do so may delay testing date.

When one is prepared, luck is not a factor.



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Il Bong One Step Sparring

Single stick one step sparring requirement for 6th gup Green belt.

Attack:

All attacks are the same as one step sparring techniques. All techniques are written with the Il Bong starting in the right hand unless otherwise specified.

Defenses:

1. **Ice pick grip:** Step online into left ap seogi. Left outside Momtong Sonnal makgi, grab. Using short end, straight thrust to solar plexus. Rising long end reinforced elbow strike to chin. Hook long end under lead leg and pull while pulling secured arm in opposite direction for takedown.
2. **Ice pick grip:** Step left leg straight back. Reinforced Momtong makgi left Dwi chagi to midsection. Switch grip spin IL bong strike to head; continue spinning right leg 360 degree spin hook kick.
3. **Torch grip:** Step right foot back. Left rising Sonnal eolgul makgi/grab. Long end middle thrust to armpit. Bend arm out slightly, downward strike to collarbone. Step forward slide bong behind bent arm to rest on your forearm (side arm lock), apply pressure for the take down.
4. **Torch grip:** Step offline left hand to inside palm block. Out to in bong strike to middle followed with right Dolryo Chagi. In to out bong strike to back of lead knee. Snapping out to in bong strike to head.

The weapon is a tool to be used efficiently and effectively; otherwise it will be of little value, even in the hands of a master. - Miyamoto Musashi



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Green Belt Self-Defense / Hon Sin Sul

1. Attacker: Lock arms under the elbows from behind.
2. Defense: Step out to right, left leg Yop Chagi to inside of knee. Free left arm, step out with left foot begin to establish arm bar with left hand. Drop left elbow into kidney. Leverage arm with right hand for submission.
3. Attacker: Final position from previous technique (#1)
4. Defense: Spinning with pressure of hold, bend locked elbow. Using the other arm spin elbow to opponent's head, front kick/Ahp Chagi to shin then initiate sweep.
5. Attacker: Left headlock (Open Stance)
6. Defense: Right hand upward Ridge hand to groin. Left hand pull locking arm away to loosen grip, simultaneously reach hand up and secure hold on head (thumb hooks under jaw with fingers on the face or forehead, avoiding the mouth). Knee strike to the back of the opponent's knee (thrusting). Simultaneously pulling head down for takedown.
7. Attacker: Drunk man's hold on right arm
8. Defense: Lean forward and straighten arm out straight upward. Left hand tiger mouth strike to the back of opponent's neck.
9. Attacker: Sandwich lock to right arm
10. Defense: Bend with the pressure of the lock. Upward palm strike to forward strike to inside elbow turning into an arm bar. Right leg front kick/Ahp Chagi to face area, other leg spin hook kick to head.

Combat must never be a thing of pride or stubbornness -
Miyamoto Musashi



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Green Belt Required Kick Combinations

These techniques you must develop proficiency in to be promoted from Green Belt 7th Gup to 6th Gup Purple Belt.

1. Back leg front, round kick, other leg back kick, then other leg spin hook kick.
2. 360 Degree Back Kick 2 minutes continuous.
3. Front hand Backfist, other hand Ahp Chigi. Back leg Yop Chagi other leg spin Na-ro Chagi.
4. Switch feet. Back leg Axe Kick, front hand Backfist other hand ridge hand.
5. Flying Yop Chagi.

Breath control is the key to meditation, which can be defined as the art of consciously altering the state of mind.

- Ashida Kim



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Basic vital targets and Martial Physiology

6th Gup Green Belt, Combat Anatomy 2

Eyes

Temporary to permanent loss of vision. Death.

Floating Ribs

Loss of wind. Temporary loss of trunk mobility. Broken ribs leading to internal bleeding, collapse.

Armpits

Shock. Systematic shutdown of neural information to the arm (nerve damage). Internal bleeding, momentary to serious loss of consciousness.

Jugular Notch

Simple gag reflex. Strangulation. Death.

Clavicle

If broken: complete loss of ability to use arms. Possible internal bleeding leading to death.

You must learn these targets with your body as well as your mind, so that you strike the vital target first without thinking when you defend yourself. You must also exercise **EXTREME** caution/care when training with techniques that strike to these areas.

A warrior must be proficient in all the tools of his trade.

- Miyamoto Musashi