

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

7th Gup Test Requirements

Promotional Exam from Orange belt 7th gup to 6th gup Green Belt

Written and/or Verbal:

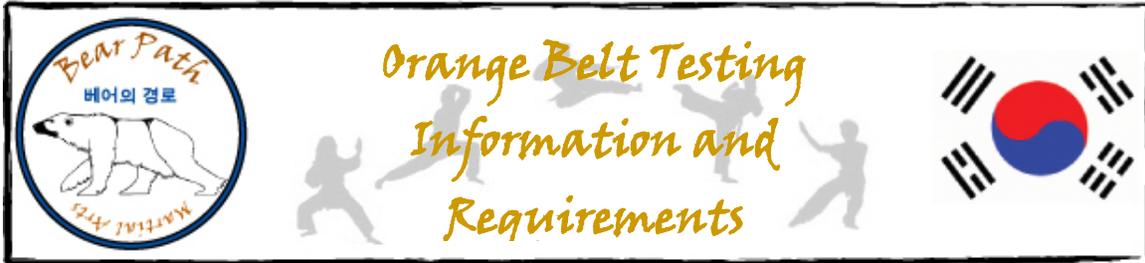
1. Intermediate vital targets.
2. Korean Terminology
3. Definition of Focus Point
4. The meaning of Taeguk Sam-Jang

Physical:

1. Taeguk Sam-Jang
2. One Steps
3. Self Defense – Hon Sin Sool
4. Seogi, Chagi, Chigi and Makgi
5. Kyupka. 1 board Naeryo Chagi – Axe Kick
6. Hip throws / shoulder throw
7. Sparring

You must train the week prior to your test or you NOT be allowed to test.

When one is prepared, luck is not a factor.



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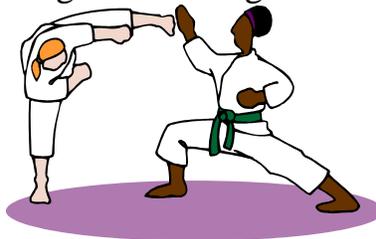
Orange Belt One Step Sparring

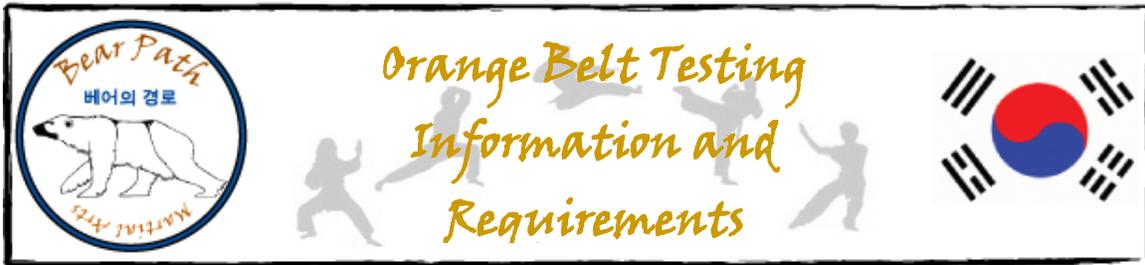
Attack:

All attacks start with attacker in Ap goobi seogi, Ahre Makgi stepping into Ap seogi, Ap Chigi Mom tong Churugi.

Defenses:

1. Shift weight to left foot. Execute a simultaneous right arm Palkup Makgi and right leg Dolryo Chagi to the knee. Left Sonnal dung Chigi to throat, right outside Bandul Chagi to head.
2. Crossing step offline. Right Sonnal Makgi, left Gullgi Chigi to kidney. Left wheel kick to midsection.
3. Step left leg back, right hand inside Palmok Mom tong Makgi, Twi-o Dwi Chagi.
4. Cross step right leg behind opponent's right leg offline. Left leg ball of the foot Dolryo Chagi to back of lead knee. Right leg Yap Chagi to inside of rear leg. Reach right hand under opponent's right arm and place on right shoulder. Step left leg back 45 degrees and twist hips to throw.





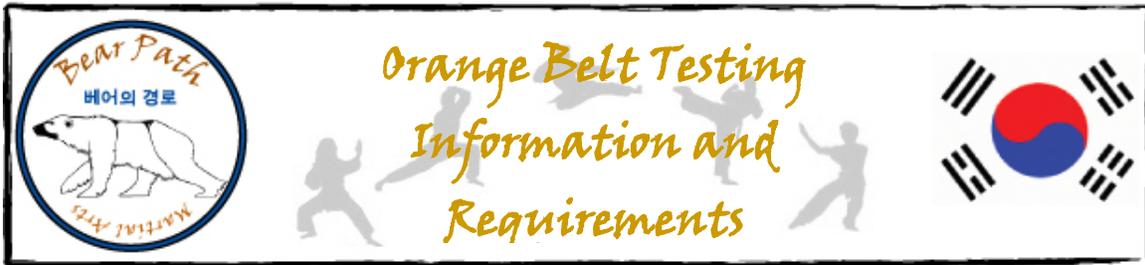
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Orange Belt Self-Defense / Hon Sin Sul

The goal will be to respond to the attack using your current level of skill and knowledge of anatomy. Attacks will be predetermined but your response is unlimited.

Waste no time! Waste no movement! Waste no Energy!

1. Attacker: Single hand lapels grab.
Suggested targets: Fingers, Eyes, Throat and Knees
2. Attacker: Bear hug from behind over arms.
Suggested targets: Sternum, Nose, Groin, Fingers and Feet
3. Attack: Same side wrist grabs.
Suggested targets: Wrist, Fingers, Knees, Eyes and Elbows
4. Attacker: Lapels grab and hook punch.
Suggested targets: Ribs, Knees, Groin and Eyes
5. Attacker: One arm chokes from behind, other hand holding arm behind the back.
Suggested targets: Feet, Knees, Groin, Nose



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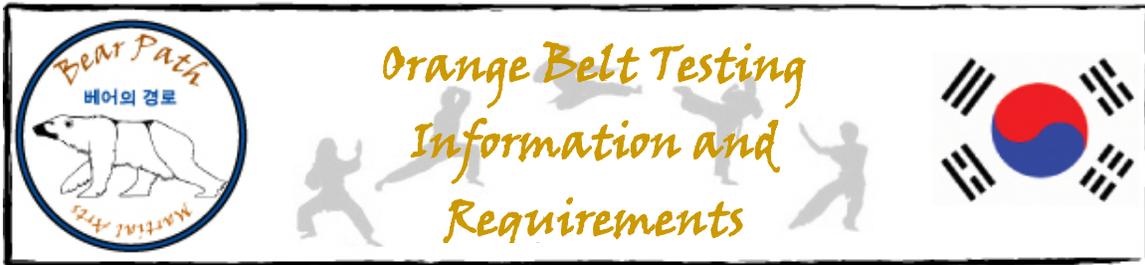
Orange Belt Required Kick Combinations

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

1. Front hand low block, front leg double round kick, other leg spin crescent.
2. Front hand jab, looping backfist, 360 degree front kick.
3. Front leg outside crescent kick, back leg inside crescent kick, jump spin outside crescent kick.
4. Front leg double round kick, side kick. 4 directions without putting the leg down.



All power comes from relaxation. – Bruce Lee



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In the Animal Kingdom, every situation is life or death. Only man can differentiate between good and evil, discriminating whether he must use all his powers to survive or whether what is transpiring is merely the blustering of an ego; either his own or another's.

- Ashida Kim, Sifu, Lin Kuei Ninjitsu