



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

3rd Gup Test Requirements

Promotional Exam from Second Blue belt 3rd gup to 2nd gup Intermediate (First) Red Belt

Physical:

1. Basic techniques (ki ch'o sul):
 - a. Hand techniques: double punch, simultaneous block, spear hand strike, hand combinations as directed
 - b. Kicking techniques: jump spin crescent kick, jump spin roundhouse kick, kicking combinations as directed
2. Taeguk Chil-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: speed break hand or 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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Second Blue Belt One Step Sparring

One step sparring requirement for 3rd gup Second Blue belt.

Attack:

All attacks are with a center front thrust kick

Defenses:

1. **(hook kick/reverse punch/knife hand)** Step forward and to the left with the left leg into a front stance, while executing a reverse low block with the right hand. Then, execute a high hook kick to the opponent's head with the right leg. Step down with the right foot into a front stance, and execute a high reverse punch with the left hand to the opponent's head. Then, shift your stance to the left, and execute an outside knifehand strike to the opponent's midsection. Kihap.
2. **(leg sweep/knee lock)** Cross step forward and to the left with the right leg into a tripod stance, while bringing the right arm down towards the right hip, and bringing the left fist across towards the right shoulder, parrying the opponent's kick. Next, bring the right arm under the opponent's upper calf area, hooking the leg, and step out with the left foot into a horse stance. Simultaneously, execute a forearm strike with the left hand to the side of the opponent's jaw. Kihap. Then, grab the opponent's collar with the left hand. Pull the opponent backward towards the ground, while sweeping the opponent's left leg with your right leg. After your opponent falls backward, step inside with your left leg between your opponent's legs. Fall backward, squeezing your knees together to trap your opponent's right leg between your legs, and wrap your left arm over the back of the opponent's heel, locking the knee.
3. **(leg wrap/ankle lock)** Twist to the left, evading the opponent's kick, and performing double forearm blocks with both arms. Execute an inside-outside knife hand strike with the right hand to the right side of the opponent's neck. Kihap. Wrap the left arm over the opponent's foot, bringing the foot into the armpit. Squeeze the elbow inward, trapping the foot, and bring the left forearm underneath the Achilles' tendon of the opponent. Next, step behind the opponent's left leg with your right leg, sweeping the leg. As the opponent falls backward, maintain a balanced stance, and thrust your hips forward while leaning your upper body back to lock the ankle.



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Second Blue Belt Kick Combinations

1. Jump spin crescent kick (both sides of body)
2. Jump spin roundhouse kick (both sides of body)
3. Jump thrust knee
4. Front, side, spin hook – alternating feet
5. Inside crescent kick, spin hook kick, back kick – alternating feet