



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

1st Gup Test Requirements

Promotional Exam from Advanced (Second) Red belt 1st gup to 1st Dan Black Belt

General Requirements:

1. Must be a member in good standing
2. Must have demonstrated consistent class attendance
3. Must successfully pass written exam
4. Must have permission of instructor to test
5. Must be at least 16 years of age (if under 16, may test for chodan bo)
6. 6 months minimum time in grade

Written Test:

Essay questions as directed

Demonstration of Ability:

1. Basic techniques (ki ch'o sul):
 - a. Hand techniques: any previous techniques as directed, hand combinations as directed
 - b. Kicking techniques: any previous techniques as directed, kicking combinations as directed
2. All forms
3. One-steps (il soo sil dae ryeon):
4. Self-defense (ho sil sul): various unarmed attacks as directed, various weapon attacks as directed, multiple attackers as directed
5. Breaking: at least one each of the following using a combination of hand & kicking techniques: speed break, short stroke break, simultaneous break, power break (minimum of 3 boards w/ spacer, 2 boards without spacers, or 1 concrete block).
6. Other: non-contact sparring, controlled contact sparring, ground fighting (begin standing), multiple partner sparring, form applications (5 demonstrations)

When one is prepared, luck is not a factor.



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Advanced (Second) Red Belt One Step Sparring

One step sparring requirement for 1st gup Advanced (Second) Red to 1st Dan Black belt.

Attack:

All attacks are with a knife (front stance)

Defenses:

- (forearm strike/hip throw)** Step forward but offline with the attack, with the left foot into a back stance, and execute a left/low outside knife hand block to parry the opponent's attack. Then, wrap the opponent's arm, locking the elbow. Next, step in with the right foot into a horse stance, and execute a right forearm strike to the back of the opponent's jaw. Kihap. Then, turn to the left, planting both feet about shoulder's width apart in front of your opponent, while reaching around your opponent's waist with the right hand. Lean forward, pushing the opponent with your hips, and twist to the left, executing a hip throw. Maintain your grip on the opponent's right arm, and once he has fallen to the ground, place your right hand on the opponent's bicep, and grab your right wrist with your left hand. The left forearm should be behind the opponent's left elbow, locking the joint. Apply pressure by leaning back and thrusting your hips forward.
- (spear hand strike/reverse leg sweep)** Step back with the right foot into a back stance, and execute a low knife hand block with the left hand. Execute a reverse knife hand strike with the right hand to the opponent's neck area. Bring the opponent's arm down, and grab the wrist with both hands. Step underneath the opponent's arm with the right leg, twisting the wrist counterclockwise, and upward, towards the opponent's armpit, locking the wrist. Step back with the right foot, releasing the opponent's wrist, and execute a center roundhouse kick to the opponent's solar plexus. Next, bring the right leg back and turn clockwise while dropping down onto the left knee, executing a reverse leg sweep with the right leg. After your opponent falls backward, execute a kneeling roundhouse kick to the opponent's solar plexus with the right leg. Kihap.
- (wheel throw)** Step back with the right leg into a back stance, while parrying the opponent's attack with a left inside-outside knife hand block. Execute elbow strikes downward to the opponent's collarbones. Kihap. Then, grab the lapel with both hands, and pull forward, as you drop straight down. Place the right foot in the opponent's chest or hip joint, and extend the leg as you roll back, pulling in with the arms. As the opponent flips over you, continue to hold his collar, and allow his momentum to pull you over into a mounted position. Then, execute a lapel choke.



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Escape and Respond

1. One hand should grab - 2 techniques
2. Lapel grab two hands - 4 techniques
3. Defense against hostile handshake - 2 techniques
4. Full Nelson - 3 techniques
5. Defense against hair grabs - 2 techniques
6. Defense against headlocks - 2 techniques
7. Bear hugs behind (arms out) - 3 techniques
8. Bear hugs behind (arms in) - 2 techniques