

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

8th Gup Test Requirements

Promotional Exam from Yellow belt 8th gup to 7th gup Orange Belt

Written and / or verbal:

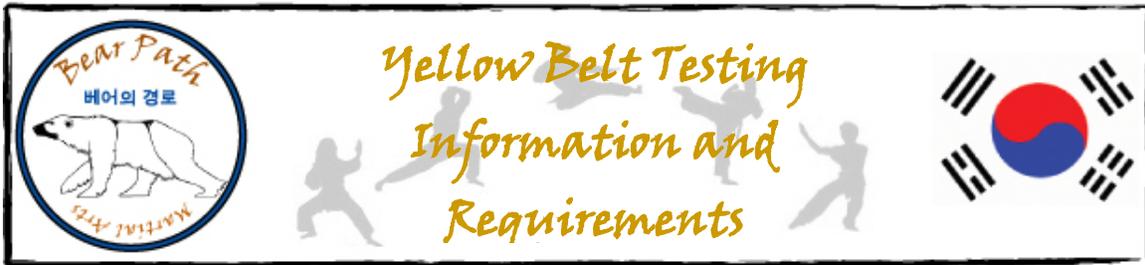
1. Basic vital target areas of the body.
2. Korean terminology
3. The meaning of Taeguk Yi-jang

Physical:

1. Taeguk Yi-jang
2. One Steps
3. Hon Sin Sul
4. Stances, kicks, blocks and hand techniques
5. Sit-ups: 30 Women / 50 Men
6. Kyupka 1 board – Side Kick (Yop Chagi)
7. Sweeps / Take-downs

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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Yellow Belt One Step Sparring

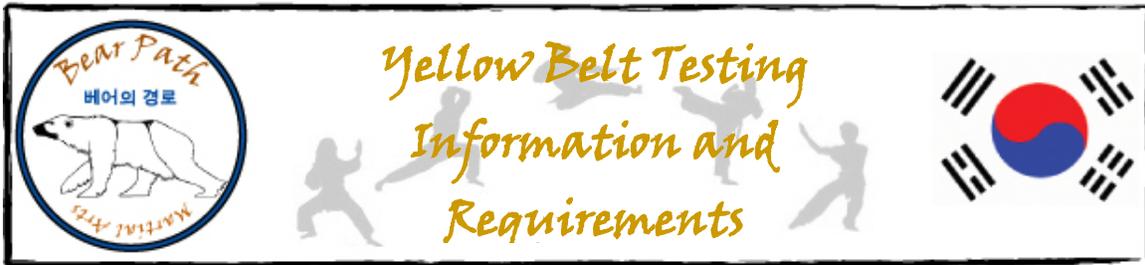
Attacks:

All attacks start with attacker back into Ahp Goobi Seogi with right leg. Left hand Ahre Magki. Attacker will then step forward into Ap-Goobi Seogi and execute a right-handed Ap-Chigi Momtong Churugi.

Defenses:

All defenses start in Pyongi-Seogi.

1. Step right leg forward online to Juchoom Seogi (Horse Stance). Simultaneous left outside knife hand block (Son-nal Magki), right inside knife hand strike (Son-nal Chigi) to neck. Right low outside knifehand strike to groin.
2. Step left straight out offline, right outside knifehand block (Son-nal Magki). Right side kick (Yop Chagi) to lead knee, reverse snap punch to ribs. Axe kick to head, clavicle or base of neck (which ever is most accessible). Or high knee strike to ear or face.
3. Step left foot straight back while executing simultaneous momtong magki. Left leg middle section back kick (Dwi Chagi), Son-nal Chigi to neck.
4. Step left foot forward online to walking stance (Ahp Seogi). Simultaneous outside momtong makgi, ahp chigi eogul churugi. Double (Doban) Dolleyo Chagi.



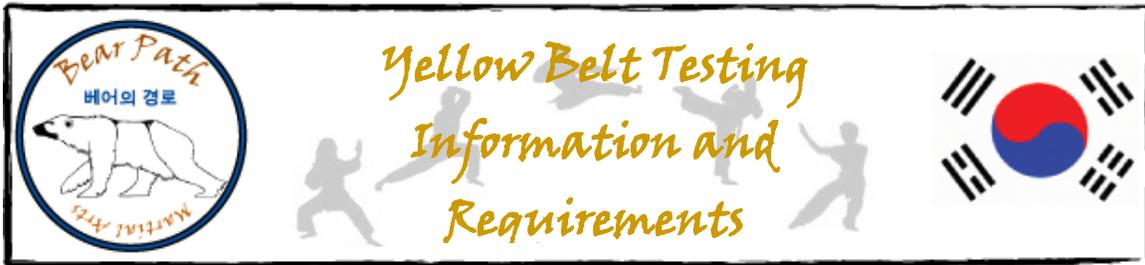
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Yellow Belt Self-Defense / Hon Sin Sul

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 choke from the front
Suggested targets: Elbow, Wrist, Throat, Eyes and Knees
2. Attacker: Closed stance single hand shoulder/ garment grab
Suggested targets: Elbow, Wrist, Ear and Knees
Take down required
3. Attacker: One arm hammer locked while in rear choke
Suggested targets: Knees, Shins and Face
4. Attacker: Two hand lapel grab
Suggested targets: Eyes and Elbows
5. Attacker: Two hand choke from the front
Suggested targets: Fingers, Eyes, Throat and Knees



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An Artist with no technique or control is a poor artist. A martial artist with no technique or control is an oxymoron. It takes far more skill to hit someone soft at full speed than it does to pummel him or her at any speed.

Control is the Brass Ring!

The principle of strategy is having one thing, to know ten thousand things... You must train day and night to make quick decisions. In strategy it is necessary to treat training as a part of normal everyday life with your spirit unchanging.

- Miyamoto Musashi