



- 1st KUP -
Red Belt with White Stripe

RANK ADVANCEMENT REQUIREMENTS

PHYSICAL

BASICS: (Blocks: start w/ left foot – Strikes: start w/ right foot)

HAND (Blocks, Strikes, and Stances):

- 1) **Koryo #1** – Knife Hand Strike, Reverse Punch to Palm Strike, Step in Front, Side Kick, Turn Back to Front Stance, Reverse Hand Groin Strike, Pull Away to Straight “L” Stance (Back Hand at Waste)
- 2) **Koryo #2** – Front Stance, Low Knife Hand Block, Reverse Hand Throat Strike, Back Leg Front Snap Kick, Reverse Hand Knee Break, Turn Forward, Forearm Blocks (Both Arms)
- 3) **Koryo #3** – Straight Leg “L” Stance, Down Block, Step Forward, Horse Stance, Circle Down Palm Block, Step Forward, Horse Stance, Side Elbow Strike

KICK COMBINATIONS:

- 1) 180 Jump Kicks (Front Kick, Roundhouse, Side Kick, Axe Kick (Outside & Inside), Hook Kick, Back Kick, Push Kick, Back Swing Kick, Crescent (Outside & Inside)
- 2) Arc Kick (45 Degree Roundhouse)

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) Responsible for ALL Self Defense Up to Current Rank
- 2) Knife Self Defense (Two Slashes):
 - a. **Slash #1** - (Attacker Slashes with an Outside “Hidden Blade” Slash) Avoid First Slash (Superman), As the Knife Comes Back, Double Forearm Block; Wrist Grab (Koga Hold), Left Circle (Hapkido Take Down), *Stomp Fact and Dis-arm (Non-Lethal)*
 - b. **Slash #2** – (Attack is to Throat – Slash Follows Jaw Line) Lunge Away to avoid Attack Step in & Jam Attacker’s Forearm, Grab Knife Wrist (Koga Hold) with Right Hand, Left Elbow into Back of Knife-hand Shoulder with Forearm Extended along Attacker’s Tricep (to keep arm extended)...
-Your Left Foot on inside of Attacker’s Right Foot...then Circle Step with Right Foot...as Shove Attacker to Ground (“Face Plant” with extended Arm with Tricep & Palm Up)
- Your Left Knee on Attacker’s Tricep (pressure applied to loosen hand)... Switch Wrist Grip to Left Hand & Disarm with Right Hand (Non-lethal)
- 3) Attack With Intent (Against Two Attackers – Eyes Closed)

JUDO:

THROWING (*Must Pretest On All Previously Required Judo Techniques*)

- 1) Shoulder Throw, Outside Reap Variation (Football Kick)

MUSICAL:

PURPOSE: To create an original form put to music. A musical should be a physical expression of the student’s emotional martial art journey thus far.
Student’s music must be pre-approved by the head instructor.

FORMS:

Basic Form 1 (Kihon)
Pyong Forms 1, 2, 3, 4, & 5
Taeguek Forms 5, 6, 7, & 8 (Meaning of Taeguek 8: Earth)
Tokumine Bo Form

SPARRING:

- 1) Free Sparring (At Least an Advanced Level)
- 2) Sparring Against 2 (Light), Floor Sparring, Flow Fighting, & Teaching Style Sparring
- 3) Must Attend At Least Two Sparring Classes per Month and Participate in at Least One Tournament per Year (Must Compete in at Least Forms & Sparring)
- 4) Must Have Own Full Set of Sparring Gear (Bring to Testing)

BREAKING:

TWO BREAKS:

- 1) Student’s Choice of Techniques
- 2) Instructor’s Choice of Techniques



**See Other Side for Mental and Testing Requirements

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MENTAL & TESTING REQUIREMENTS

Each student must complete each of the following requirements in order to be eligible for rank advancement.
Student MUST be invited to test by Head Instructor (If under 18, must have parent's recommendation)
Student must test for rank advancement in a formal test.
Student is required to test in a white uniform.

****STUDENT MUST BE KEEPING A TEACHING NOTEBOOK (With Teaching Notes on Techniques). THE STUDENT MUST ALSO BE KEEPING AN ATTENDANCE & TEACHING LOG****

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE 1st KUP SHEET.**
 - a. Student must have all needed stripes on his/her belt.
- 2) **STUDENT MUST PASS A PRE-TEST BEFORE BEING ALLOWED TO TEST.**
 - a. Student must be able to perform ALL FORMS up to and including high form.
 - b. Student must present to an instructor, prior to test, ALL TECHNIQUES required on 1st KUP sheet.
 - c. Student must pretest only on all weapons (Bo Staff, Nunchaku, & Sai) Review of Block/Strike Forms, Figure 8.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. TOPIC: "What are the Characteristics of a Great Teacher; How Do You Measure Up?"
 - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least 1-2 Pages).
- 4) **STUDENT MUST TURN IN REQUIRED TEST FEE BY THE STUDIO'S REQUIRED DEADLINE.**
- 5) **IF UNDER 18, STUDENT MUST TURN IN A COPY OF CURRENT GRADES IN SCHOOL (Student Cannot Have Any Failing Grades (F's) in Order to be Eligible to Test).**
 - a. If student is home schooled, student must have written verification from parents.
- 6) **STUDENT MUST BE PREPARED TO PASS AN ORAL EXAM AT THE TIME OF TESTING.**
 - a. Student MUST present to the Black Belt Board his/her Teaching Notebook during the oral part of testing.
 - b. Questions from the table: What is the Genealogy & History of Omega Martial Arts?
- 7) **STUDENT MUST HAVE A GOOD ATTITUDE INSIDE & OUT OF CLASS.**
(If under 18, parental recommendation required)
 - a. Student is "willing" to learn, has an open mind, and shows respect to all.
 - b. Student shows respect toward instructors, fellow students, parents, siblings, and peers.
 - c. Student needs to show qualities of an effective teacher (confident, focused, articulate, and open to constructive correction).
- 8) **STUDENT MUST SHOW CONSISTENT, WEEKLY CLASS ATTENDANCE.**
 - a. Student must attend at least one High Belt class per week (Record in notebook log).
 - b. Student must attend at least on Black Belt class per month (Record in notebook log).
 - c. Student must teach in at least one class per week (Record in notebook log).
 - d. Time required at rank: 4 - 6 Months
- 9) **STUDENT IS ABLE TO STRETCH & WARM UP CLASS.**
- 10) **OTHER REQUIREMENTS:**
 - a. Student must be current on all monthly tuition fees & NATO Fees.

