



- 3<sup>rd</sup> KUP -  
Blue Belt with Black Stripe

**RANK ADVANCEMENT REQUIREMENTS**

**PHYSICAL**

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

**HAND (Blocks, Strikes, and Stances):**

- 1) Back Foot Front Snap Kick, Cat Stance, Reverse Palm Pressing Block (Start Right)
- 2) Front Stance, Double Palm Pressing Block (Isometric) (Start Left)
- 3) Cat Stance, Reverse Back Fist (Start Left)
- 4) Review of ALL Basic Stances (Korean Front, “L”, Straight “L”, Korean Horse, Korean Cat, “X”, Okinawan Front, Okinawan Horse, Okinawan Cat, Zangochie)

**KICK COMBINATIONS:**

- 1) Front Leg Middle Snap Crescent, Back Turning Hook Kick
- 2) Step Behind Front Leg Hook Kick, Sliding Front Leg Low/High Roundhouse (Without the Foot Touching)

**SPORT COMBINATIONS:**

**OFFENSE:**

- 1) Front Hand Jab, Ducking Reverse Hook Punch, Rear Leg Axe Kick, Jump Back Kick
- 2) Front Leg Middle Snap Crescent, Reverse Punch, Rear Leg Push Kick, Step Behind Side Kick

**DEFENSE:**

- 1) Step Away, Foot-to-Foot, Back Swing Kick

**HAND:**

- 1) Double Jab, Ducking Angle Reverse Punch
- 2)

**SELF DEFENSE:**

**REQUIRED FOR TEST:**

- 1) “A” (Eleven), “B” (Eight), “C” (Six)
- 2) One Step & Two Step Sparring (Required Techniques), (Be Prepared with 1 Original)
- 3) Kneeling One Step Sparring (Four Against Punch or Grab – No KIOP)
- 3) Escrima “Stick” Self Defense: Block/Strike Forms, Sinwali (Inside & Outside), Heavenly 6
- 4) Knife Self Defense (One Underneath Attack):
  - a. Underneath #1 - Step Back w/ Left Foot, “X” Block Down (Left Hand on Top), Swing Arm Out – Then Inward, Step Under w/ Left Foot, Break Elbow, Step Through w/ Right Foot, to Joint Lock Throw (Counter with kick to head & disarm)
- 5) Attack With Intent (Against Two Attackers)

**JUDO:**

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

- 1) Hip Roll, and Outside Reap

**FORMS:**

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

**SPARRING:**

- 1) Free Sparring (At Least an Intermediate Level)
- 2) Sparring Against 2 (Light Contact)
- 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 BOARDS** (Choice of techniques): Student’s Choice  
If Hand or Forearm Break (Permission Required)

**\*\*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 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 3<sup>rd</sup> 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 3<sup>rd</sup> 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: "The History of Martial Arts"
  - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least One Page).
- 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:** Student must be able to point out and name 5 striking areas on the hand and on the foot.
- 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 teach or be an assistant teacher in at least one class per week (Record in notebook log).
  - c. Time required at rank: 3 Months
- 9) **STUDENT IS ABLE TO STRETCH AND WARM UP CLASS.**
- 10) **OTHER REQUIREMENTS:**
  - a. Student must be current on all monthly tuition fees.