



- 4th KUP -
Blue Belt

RANK ADVANCEMENT REQUIREMENTS

PHYSICAL

WHITE STRIPE REQUIREMENTS: *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

BASICS & SPORT COMBOS: All 10th & 9th KUP Basics
SELF DEFENSE: Self Defense Required on 9th KUP Sheet
FORMS: Basic Form 1, Pyong Form 1
WEAPONS: Bo Staff, Block Form & Strike Form, Figure 8's
WRITTEN PAPER: At Least ½ Page Paper on "History of the Bo Staff"

YELLOW STRIPE REQUIREMENTS: *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

BASICS & SPORT COMBOS: All 8th & 7th KUP Basics
SELF DEFENSE: Self Defense Required on 7th KUP Sheet
FORMS: Pyong Form 2 & 3
WEAPONS: Nunchaku, Block Form & Strike Form, Figure 8's
WRITTEN PAPER: At Least ½ Page Paper on "History of the Nunchaku"

GREEN STRIPE REQUIREMENTS: *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

BASICS & SPORT COMBOS: All 6th & 5th KUP Basics
SELF DEFENSE: Self Defense Required on 5th KUP Sheet
FORMS: Pyong Form 4 & 5
WEAPONS: Sais, Block & Strike Forms
WRITTEN PAPER: At Least ½ Page Paper on "History of the Sais"

PURPLE STRIPE REQUIREMENTS: *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

BASICS & SPORT COMBOS: All 4.5 Kup Basics
SELF DEFENSE: Self Defense Required on 4.5 KUP Sheet
FORMS: Taeguk 5
WEAPONS: Tonfas, Block & Strike Form
WRITTEN PAPER: At least ½ Page Paper on "History of Tonfas"

BLUE BELT TEST REQUIREMENTS:

STUDENT MUST KNOW ALL THE ABOVE TECHNIQUES

SELF DEFENSE:

- 1) "A" (Eleven), "B" (Eight), "C" (Six)
Explanation: Three "C's" From 4.5th KUP + The Following:
 - a. Lapel Grab (Elbow Strike, Grab to Wrist Joint Lock)
 - b. Under the Arm Bear Hug (Finger Grab to Rear Choke Hold)
 - c. Bear Hug ("Chicken", Throw to the Ground, Arm Bar)
- 2) One Step & Two Step Sparring (Required Techniques), (Be Prepared with 1 Original)
- 3) Kneeling One-Step Sparring (Four Punches to the Face, w/ KIOP)
- 4) Escrima "Stick" Self Defense: Block/Strike Forms, Sinwali (Inside & Outside), Heavenly 6
- 5) Knife Self Defense (Poke Attack – **Lead hand Attack**): "Superman" & Double Hand Slap
- 6) Attack with Intent (Against One Attacker)

JUDO:

Eight Judo Grabs (With Partner) (*Must Pretest On All Previously Required Judo Techniques*)

FORMS:

Basic Form 1
Pyong Forms 1, 2, 3, 4, & 5
Taeguk 5
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): Two Directional Break (Any Techniques)
If Hand or Forearm Break (Permission Required)

****See Other Side for Mental and Testing Requirements**



- 4th KUP -
Blue Belt

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 4th 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 4th KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. TOPIC: "Your Responsibilities With Weapons"
 - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least ½ 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:** The High Belt Dilemma – Why is it that so many students tend to drop out of martial arts at Blue Belt? Why do you think the Blue Belt test is so comprehensive?
- 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.