



- 5th KUP -
Green 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) Slide, “X” Stance, Double Upset Punch, Step Back Front Stance, Down Block (Start Right)
- 2) Cat Stance, Down Block (Start Left)
- 3) Back Leg Roundhouse, Front Stance, Swallow Neck Strike (Start Right)
- 4) Zangochie Stance (Used with a Bo Staff) (Start Right)

KICK COMBINATIONS:

- 1) Roundhouse, Jump Butterfly Roundhouse, Turn, Back Swing Kick
- 2) Shuffle Axe Kick, Jump Rear Leg Roundhouse

SPORT COMBINATIONS:

OFFENSE:

- 1) Front Hand Back Fist, Back Turning Back Fist, 180 Inside to Outside Crescent Kick, Set Down Behind, Front Leg Side Kick
- 2) Front Hand Low-High Hook Punch, 180 Hook Kick, Set Down Behind, Front Leg Roundhouse

DEFENSE:

- 1) Sliding, Jam With the Hip (Knee Up), Front Hand Back Fist

HAND:

- 1) Ducking, Reverse Punch, Step Up With The Back Foot (Feet Together), Upper-Cut, Step Out to a Fighting Stance

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) “A” (Eleven), “B” (Eight)
- 2) One Step Sparring (2 Right & 2 Left + 1 Original)
- 3) Two Step Sparring (2 Required + 1 Original)
- 4) Street Style Self Defense: Against Two Attackers (1 Pre-Arranged)

WEAPONS:

Bo Staff Basics (Basic Bo Info, Bo Staff Block Form & Bo Staff Strike Form)

JUDO:

FALLING:

- 1) Front, Side, & Back Falls (From Kneeling Position)

FORMS:

Basic Form 1 (Kihon)
Pyong Forms 1, 2, 3, 4, & 5

SPARRING:

- 1) Free Sparring (At Least an Intermediate Level)
- 2) Must Attend At Least Two Sparring Classes per Month and Participate in at Least One Tournament per Year (May participate in Forms only at this rank)
- 3) Must Have Own Full Set of Sparring Gear (Bring to Testing)

BREAKING:

ONE BOARD (Choice of techniques): Any Jump Kick (Face High)

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

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE 5th 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 5th KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. TOPIC: "How Do You Effectively Develop the Mental/Spiritual Side of Your Martial Arts?"
 - 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. Questions for Children: How to act at parties, on dates, a friend's house, on the phone, etc.
 - b. Questions for Adults: Explain Possible "Test" & "Threat" Situation
- 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 begin 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 on notebook log).
 - c. Time required at rank: 3 Months
- 9) **STUDENT IS ABLE TO STRETCH OUT CLASS (Left up to Instructor's Discretion).**
- 10) **OTHER REQUIREMENTS:**
 - a. Student must be current on all monthly tuition fees.