



- 6<sup>th</sup> KUP -  
Green Belt

**RANK ADVANCEMENT REQUIREMENTS**

**PHYSICAL**

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

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

- 1) “X” Stance, Step Back Fist (Start Right)
- 2) “X” Stance, Jump Double Down “X” Block (Start Left)
- 3) Front Stance, Low Hammer-fist Strike, Reverse Spear Hand, “L” Stance, Pull Away (Start Right)
- 4) Korean Cat Stance (Start Left)

**KICK COMBINATIONS:**

- 1) Outside to Inside Crescent Kick (Block), Turn, Inside to Outside Crescent Kick (Attack)
- 2) Outside to Inside Crescent Kick (Block), Turn, Back Swing Kick

**SPORT COMBINATIONS:**

**OFFENSE:**

- 1) Sliding, Knee Up, Fake Roundhouse Kick, Reverse Punch, Circle Step, Front Hand **High** Hook Punch, Front Leg Side Kick
- 2) Sliding, Front Leg Low-High Roundhouse Kicks, Shuffle Axe-Kick, Back-Turning Hook Kick

**DEFENSE:**

- 1) Tuck , Turn Back Fist (No Step), Step-Out, Back Leg Roundhouse Kick

**HAND:**

- 1) **Ducking**, Rear Hand Low Hook Punch, Back Leg Step Up, High Hook Punch, **THEN** Circle Out

**SELF DEFENSE:**

**REQUIRED FOR TEST:**

- 1) “A” Self Defense (Eleven)
- 2) “B” Self Defense (Eight)  
**Explanation:** Four From 7<sup>th</sup> KUP + The Following:
  - a. Double Wrist Grab From Behind #2 (To Arm Bar, w/ “Koga” Wrist Hold)
  - b. Shoulder/Arm Grab From Behind (Break Elbow & Knee)
  - c. **Bear Hug From Behind (Step Behind to deep horse stance, “Airplane” Throw)**
  - d. Throat Choke (Block/Block, To a Reverse Punch)
- 3) One Step Sparring (2 Right & 2 Left + 1 Original)
- 4) Two Step Sparring (2 Required)
  - a. #1 – Front Kick, Round House – “X” Block, Double Forearm Block, Elbow Strike
  - b. #2 – Round House, Side Kick – Double Forearm Block, Skip Down Block, Elbow Strike
- 5) Street Style One Step (“Chimney Smoke”, Against Punch or Grab)

**FORMS:**

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

**SPARRING:**

Free Sparring (Intermediate Level)  
Must Attend At Least **One** Sparring Class per Month  
Must Bring Sparring Gear to Testing (If Available)

**BREAKING:**

**ONE BOARD (Choice of techniques):** Roundhouse, Axe Kick, Jump Hook Kick, or Jump Back Kick

**\*\*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.**

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE 6<sup>th</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 6<sup>th</sup> KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
  - a. TOPIC: "How Martial Arts Has Helped Me"
  - 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 from the table:  
What does it mean to be a high belt?  
What are some high belt responsibilities?  
Why do you want to be a high belt?
- 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.
- 8) **STUDENT MUST SHOW CONSISTENT, WEEKLY CLASS ATTENDANCE.**
  - a. Time required at rank: 3 Months
- 9) **OTHER REQUIREMENTS:**
  - a. Student must be current on all monthly tuition fees.