



- 7th KUP -
Yellow 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) Front Stance, “9” Shape Block (Start Left)
- 2) Front Stance, Spear Hand Thrust (Start Right)
- 3) Front Stance, Spread Block, Knee Strike, Step Back, Double Natural Block (Start Left)
- 4) “X” Stance (Start Right w/ Hands Open on Waist)

KICK COMBINATIONS:

- 1) Back Leg Low-High Roundhouse, Step Behind, Front Leg Hook Kick
- 2) Butterfly Kick (“Tornado Kick”)

SPORT COMBINATIONS:

OFFENSE:

- 1) Shuffle Roundhouse, Front Hand Jab, Step Forward, Front Hand Jab, Back-Turning Hook Kick
- 2) Reverse Punch, Front Hand Jab (No Step), Front Leg Roundhouse, Turn Back Kick, Reverse Punch

DEFENSE:

- 1) Reverse Block, Front Hand Hook Punch (No Step), Front Leg Side Kick, Skip Behind, Front Leg Side Kick

HAND:

- 1) Front Hand Ridge Hand, Front Hand Back Fist, Reverse Punch, Circle Step, Front Hand Hook Punch

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) “A” Self Defense (Eleven)
- 2) “B” Self Defense (Four) (Concept: Action/Reaction, Create 2-3 Seconds of Resistance)

Explanation: First Four Required:

- a. Same Hand Wrist Grab (1. Ridge-Hand Thigh 2. Bend @ Waist, Salute)
 - b. Same Hand Upward Wrist Grab (Grab @ Face, Football Throw)
 - c. Opposite Hand Upward Wrist Grab (Elbow Chin, Twist Out)
 - d. Double Wrist Grab From Behind (Spin Under & Knee 3 Times)
- 3) One Step Sparring (2 Right & 2 Left Attacks)
 - a. #3 – Step to the Side, Round House
 - b. #4 – Step w/ Left Foot, Block / Swallow Neck Strike
 - 4) Street Style One Step (2 Wild Hook Punches, Step Away Side Kicks)

FORMS:

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

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): Back Kick, Hook Kick, or Jump Front Snap 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 7th 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 7th KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. Choose one or more of the "Advantages of Tae Kwon Do" to write about:
 - i. Coordination, Self-Defense, Physical Strength, Self Control, Mental Strength, Self-Awareness, Flexibility, Weight Control, Discipline, or Determination
 - 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: Know Dangers of Strangers
 - b. Questions for Adults: Know the Importance of Changing your Daily Patterns
- 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.