



- 8<sup>th</sup> KUP -  
Yellow Belt

**RANK ADVANCEMENT REQUIREMENTS**

**PHYSICAL**

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

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

- 1) Horse Stance, Side Punch (Start Right)
- 2) “L” Stance, Middle Knife-Hand Block (Start Left)
- 3) “L” Stance, Outside Forearm Block (Start Left)
- 4) “L” Stance, Inside Forearm Block (Start Left)
- 5) Front Stance, Slide Front Foot to “L” Stance (Start Right)

**KICK COMBINATIONS:**

- 1) Outside to Inside Crescent Block, Step Behind, Front Leg Side Kick, Turn Back Kick
- 2) Turn Back Kick, Back Leg Roundhouse, Front Leg “Scissor” Kick

**SPORT COMBINATIONS:**

**OFFENSE:**

- 1) Step In Front, Front Leg Roundhouse, Turn, Front Hand Back Fist, Reverse Punch, Back Leg Roundhouse
- 2) Front Hand Back Fist, Turn Back Kick, Reverse Punch, Back Leg Roundhouse

**DEFENSE:**

- 1) Tuck, Turn Back Kick (Against a Roundhouse Kick)

**HAND:**

- 1) Circle Step, Front Hand Low-High Hook Punch (Different Hand Positions)

**SELF DEFENSE:**

**REQUIRED FOR TEST:**

- 1) “A” Self Defense (Eleven)

**Explanation:** Seven From 10<sup>th</sup> & 9<sup>th</sup> KUP + The Following:

- a. Hair Grab (Natural Block Motion-Grab hand (Koga Hold) Twist & trap)
  - b. Double Lapel Grab (Step Back “Chimney Smoke”, or “Thread the Needle”)
  - c. Side Head Lock (Finger Under the Nose)
  - d. Same Hand Wrist Grab (Lift Up, Diagonal Twist Out - Against Thumb)
- 2) One Step Sparring (Only 1<sup>st</sup> Two Right Attacks)
    - a. #1 – Step Back w/ Right Foot, High Block, Reverse Punch
    - b. #2 – Step Forward w/ Left Foot, Block w/ Left Hand, 3 – Punches

**FORMS:**

Basic Form 1 (Kihon)  
Pyong Forms 1 & 2

**SPARRING:**

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

**BREAKING:**

ONE BOARD (Choice of techniques): Side Kick or 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 8<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 8<sup>th</sup> KUP sheet.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
  - a. Student chooses one of the "Tenets of Tae Kwon Do" to write about:
    - i. Courtesy, Integrity, Self Control, Perseverance, or Indomitable Spirit
  - 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 know what the "Five T's" are and be able to explain them
    - i. Target, Test, Threat, Touch, and Take-off (Mind of a Mugger)
    - ii. Best thing is to never become a Target
- 7) **STUDENT MUST HAVE A GOOD ATTITUDE INSIDE & OUT OF CLASS.**

*(If under 18, parental recommendation required)*

  - a. Student is "willing" to learn and has an open mind.
  - 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: No specified time (Student able to test when ready)
- 9) **OTHER REQUIREMENTS:**
  - a. Student must be current on all monthly tuition fees.