



- 9th KUP -
Yellow Belt with White Stripe

RANK ADVANCEMENT REQUIREMENTS

PHYSICAL

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

HAND (Blocks, Strikes, and Stances):

- 1) Front Stance, High Block (Start Left)
- 2) Front Stance, Outside Forearm Block (Start Left)
- 3) Front Stance, Inside Forearm Block (Start Left)
- 4) “L” Stance, Low Knife-Hand Block (Start Left)
- 5) Horse Stance (Start Right w/ Fists Chambered at Sides)

KICK COMBINATIONS:

- 1) Skip In, Front Leg Front Snap Kick, Back Leg Roundhouse
- 2) Back Leg Roundhouse, Step Behind, Front Leg Side Kick

SPORT COMBINATIONS:

OFFENSE:

- 1) 1-2 Punch, Back Leg Roundhouse
- 2) Step Behind, Front Hand Back Fist, Front Leg Side Kick

DEFENSE:

- 1) Circle Step, Front Hand Jab, Front Leg Side Kick

HAND:

- 1) Lean Away (lunging motion away from opponent), Drive In, Reverse Punch (Step in-Drag)

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) “A” Self Defense (Seven)
Explanation: Four From 10th KUP + The Following:
 - a. Lapel Grab (Thumb Folded)
 - b. Lapel Grab (Thumb Straight)
 - c. Double Shoulder Grab from Behind (Arms Up & Twist)

FORMS:

Basic Form 1 (Kihon)
Pyong Form 1 (Meaning of Pyong: Peace & Confidence)

SPARRING:

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

BREAKING:

NONE

****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 will test for rank advancement in an informal test (*Test between student and instructor*).
Student is required to test in a white uniform.

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE 9th KUP SHEET.**
 - a. Student must have all needed stripes on his/her belt.
- 2) **STUDENT MUST TURN IN A WRITTEN PAPER AT THE TIME OF TESTING.**
 - a. Student chooses one of the following topics to write on:
 - i. Love, Respect, Service, or Personal Sacrifice
 - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least ½ Page).
- 3) **STUDENT MUST TURN IN REQUIRED TEST FEE AT THE TIME OF TESTING.**
- 4) **STUDENT MUST BE PREPARED TO PASS AN ORAL EXAM AT THE TIME OF TESTING.**
 - a. Student must know Basic Korean Terminology.
 - i. Uniform (Dobok), Studio (Dojang), Belt (Dhee)
 - ii. Count to 10 in Korean
 - iii. Know Korean names for instructors
- 5) **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.
- 6) **STUDENT MUST SHOW CONSISTENT, WEEKLY CLASS ATTENDANCE.**
 - a. Time required at rank: No specified time (Student able to test when ready)
- 7) **OTHER REQUIREMENTS:**
 - a. Student must be current on all monthly tuition fees.