

## **7<sup>th</sup> Gup**

### **Promotion Requirements**

#### **General Requirements**

The following are minimum requirements to be eligible for promotion:

- Age requirements: No minimum age
- Proof of current federation membership
  - Federation ID Card
- Membership time must equal or exceed required training time
- Must be of sound moral character

#### **Expectations of Performance**

Candidate should be able to demonstrate the following:

- Proper stance and Shi Sun
- Proper placement of elbows in intermediate and completion position for hand techniques
- Proper placement of knee in chamber position for kicking techniques
- Proper striking of the weapon in hand and foot techniques
- Proper protocol within the studio (do jang)

#### **Culture, Terminology, and History**

Candidate should be able to explain his or her understanding of the following:

- Concentration (Chung Shin Tong Il)
- Discuss the benefits of the 8 Key Concepts in your daily life (activities)
- Count from 1 to 10 in Korean

## 7<sup>th</sup> Gup

### Demonstration of Ability

- **Basic Movements (Ki Cho Bup)**

#### Hand Techniques (Soo Gi)

|   |                         |
|---|-------------------------|
| Outside/Inside Block                      | Pahkeso Ahnuro Mahk Kee |
| Side Punch                                | Wheng Jin Kong Kyuk     |
| Elbow Attack                              | Pahl Koop Kong Kyuk     |
| Back Stance, Side Inside To Outside Block | Hu Gul Yup Mahk Kee     |

#### Foot Techniques (Jok Gi)

|                        |                       |
|------------------------|-----------------------|
| Side Stretch Kick      | Yup Podo Ol Ri Gi     |
| Side Thrust Kick       | Yup Podo Cha Gi       |
| Jump Front Thrust Kick | Ee Dan Ahp Cha Nut Gi |

- **Forms (Hyung)**

Gi Cho Hyung Sam Bu

- **One-Step Sparring (Il Soo Sik)**

Adults: Sam Bon & Sa Bon

Children: None

- **Self-Defense (Ho Shin Sul)**

Cross Hand Grip

- Adults: E Bon
- Children: E Bon (first two moves only; release and counter)

- **Free Sparring (Ja Yu Deh Ryun)**

Free Sparring

Orange Belt Combinations:

- Il Bon & E Bon

- **Breaking (Kyok Pa)**

Adults: Pahl Koop Kong Kyuk or Ahp Cha Nut Gi

Children: None