

## 5<sup>th</sup> Gup (Green Belt / White Stripe) Grading Syllabus

### What does my belt represent?

- **Green** represents the speedy development of youth as summer arrives.

### Physical / Spirit test

- 30 Jumping jacks
- 30 Squat kicks
- 30 Push ups
- 30 Sit ups
- 80 Punches in horse stance

\*And any other physical exercises at the examiners discretion

### Techniques

#### Hands

- Low block, reverse punch, step high block, reverse punch (turn into low block)
- High block, reverse punch, step inside to outside block, reverse punch (turn into low block)
- Inside to outside block, reverse punch, step low block, reverse punch (turn into low block)
- Outside to inside block, reverse punch, step high block, reverse punch (turn into low block)
- Low knife hand block, middle knife hand block – Back stance, reverse spear hand – Front stance.
- Side punch, spinning back chop – Horse stance, reverse punch – Front stance
- Low X block, High X cross block – Front stance
- Chunkul Ssang soo mahk ki, Hukul Ssang soo Mahk ki
- Reverse double knife hand block and strike – Front stance  
(High block hand open – reverse chop simultaneously performed).

#### Kicks

- Step front kick, step roundhouse kick, reverse punch – Back stance
- Step roundhouse kick, step side kick, reverse punch – Back stance
- Step side kick, step hook kick, reverse punch – Back stance
- Step hook kick, step round kick, reverse punch – Back stance
- Jump front kick, jump round kick, de-ah jump front kick (off back leg)
- Jump roundhouse kick, jump side kick, de-ah jump round kick
- Jump side kick, jump hook kick, de-ah jump side kick
- Jump hook kick, jump back kick

**Forms/patterns:** All forms up to Pyung Ahn Sam Dan

**One steps:** Green Belt White Stripe hands kicks and self defence

**Sparring:** Free sparing

**Breaking:** (17 years +) Jump round or jump side (or examiners discretion) / (Juniors) power kick on pad.

### **Theory**

1. What are the 3 main things learned by practicing one steps?
2. How many moves in Pyung Ahn Sam Dan
3. Explain starting hand positions for inside to outside block?
4. Explain starting hand positions for outside to inside block?
5. Name the 5 main pressure points to strike to disable an opponent
6. Name the 5 basic stances in Korean
7. What is High X block in Korean
8. What is Hukul Ssang soo in English?
9. What is jump side kick in Korean?
10. What is the Korean word for 'Breaking'?

## Green Belt White Stripe One Step Techniques

Attack for hands and kicks from left hand low block stepping right hand punch.

### Hands

7) Defender steps 45 degrees with right leg to right, into horse stance and performs left hand knife hand block and right hand knife hand strike (Palm facing up) to face or neck simultaneously.

8) Defender steps in with right leg into horse stance performing right hand out to in block, elbow strike to mid section, back fist to face and hammer fist to groin, all techniques performed with right hand ( also known as ribs, nose, nuts technique!)

### Kicks

7) From right rear leg fighting stance perform front kick motion push kick, with bottom of foot.

8) From same stance as above, block punch with front hand, knife hand block, grab arm and pull forwards and down to lower attackers head and perform hook kick with the front leg. (left)

### Self Defence

7) Attacker grabs collar from behind with right hand. Defender steps back with left leg turning 180 degrees locking left arm over attackers right arm and simultaneously striking face with right elbow. Finish by pushing attackers head down with right hand and knee strike to face.

8) Attacker employs a side head lock with defenders body bent forwards at 90 degrees. Defender twists head in towards attackers body enabling defender to breath. Defender then lifts inside arm high to side of attackers face placing flat hand over mouth ( little finger side up) and pushing sharply upwards forcing nose upwards and backwards causing head to tilt backwards and attacker loosing balance. Finish with strike to vulnerable area.