

7th Gup (Orange Belt / White Stripe) Grading Syllabus

What does my belt represent?

- **Orange** represents new growth, which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.

Physical / Spirit test

20 Jumping jacks
20 Squat kicks
20 Push ups
20 Sit ups
60 Punches, horse stance.

*And any other physical exercises at the examiners discretion

Techniques

Hands

- Low knife hand block, middle knife hand block (back stance)
- Yuk Soo (inside to outside knife hand block, reverse punch – Front stance)
- Yuk Jun (as above – back stance)
- Back fist, reverse elbow strike
- Side punch, horse stance, reverse spear
- Stepping punch, reverse punch
- Stepping reverse punch, front punch

Kicks

- Inside to outside, outside to inside kicks – same leg
- Outside to inside, inside to outside kicks – same leg
- Front kick, roundhouse kick – same leg
- Roundhouse kick, side kick – same leg
- Hook kick, roundhouse kick – same leg
- Jump front kick
- Jump roundhouse kick

Forms/patterns (Hyungs)

All forms upto Pyung Ahn Cho Dan

Pyung Ahn Cho Dan: (22 Moves) Orange Belt White Stripe

One steps: Orange Stripe Hands Kicks and Self Defence

Sparring: Free sparing

Breaking

(17 years) Round kick (examiners discretion)
(Juniors) Power kick on pad.

Theory

1. What is the meaning of Pyung Ahn?
2. How many moves in Pyung Ahn Cho Dan?
3. What is Horse riding stance in Korean? How wide should it be and what are the correct foot positions?
4. What is spear hand attack in Korean?
5. What is side kick in Korean and which part of the foot is used?
6. What is hook kick in Korean and which part of the foot is used?
7. What is middle knife hand block in Korean?
8. What is back fist in Korean?
9. What is Elbow strike in Korean?
10. What is Jump front kick in Korean?

Orange Belt Stripe One Step Techniques

Attack for hands and kicks from left hand low block, step right hand punch to upper lip.

Hands

3) Step in right leg horse stance, out to in block, slide right leg out to front stance, then mid section reverse punch.

4) Step 45 degrees to right with right leg into horse stance, and at the same time perform left hand knife hand block and right hand punch to facial area. (Both hands start from right hip)

Kicks

3) From right leg rear fighting stance, perform roundhouse kick

4) From stance above perform spinning back kick with right leg.

Self defence

3) Attacker grabs clothing on shoulder. Defender performs fist, wrist, twist technique with opposite hand.

4) Attacker grabs throat with one hand, defender raises same side hand high then twist body, neck and raised arm inwards striking attackers arm, breaking the grip and immediately striking with elbow to facial area.