

# Testing for 1<sup>st</sup> Gup Check Off List

Must be completed before testing permission is given

## Patterns:

- 4 Direction Punch \_\_\_\_\_
- 4 Direction Block \_\_\_\_\_
- Chon-Ji \_\_\_\_\_
- Dan-Gun \_\_\_\_\_
- Do-San \_\_\_\_\_
- Won-Hyo \_\_\_\_\_
- Yul-Gok \_\_\_\_\_
- Joong-Gun \_\_\_\_\_
- Toi-Gye \_\_\_\_\_
- Hwa-Rang \_\_\_\_\_

## Step Sparring:

- Beginning 3 Step \_\_\_\_\_
- 3 Step \_\_\_\_\_
- 2 Step \_\_\_\_\_
- 1 Step (15) \_\_\_\_\_
- Prearranged \_\_\_\_\_
- Model \_\_\_\_\_

## Self Defense:

- 20 \_\_\_\_\_

## Breaking:

- Break #1 \_\_\_\_\_
- Break #2 \_\_\_\_\_

## ATTENDANCE:

- 6 Months active training
- 50 Classes

## TOURNAMENT COMPETITION

- \_\_\_\_\_  
Date & Event

Black Belts, when signing off an item, please check the box, print your last name, initial and date on the line provided. If a candidate does not pass off an item at the time of the request, they must wait at least one week before attempting to pass off that item again and it must be done with the same Black Belt as the prior attempt to pass off.

## GOALS