

# 2<sup>nd</sup> GUP RED

**\$30**

Test Fee

Student Name \_\_\_\_\_

AGE

Belt Size

Promotion Rank

## KICKS:

- Front checking Kick Defensive
- Side checking Kick Defensive
- 360° Jump Back
- Flying Hook Kick Defensive
- Flying Vertical Kick
- Instructor Assigned Kicks

## PATTERNS:

- Chon Ji       Yul Gok
- Dan Gun       Joong Gun
- Do San       Toi Gye
- Won Hyo       Hwa Rang

## KNOWLEDGE:

- What is the Hwa-Rang pattern diagram, number of moves and meaning?
- What are the 5 parts of the Hwa-Rang Warrior Code?
- What are the Six Factors of the theory of Power?

## STEP SPARRING:

- 3 Step       Prearranged
- 2 Step       Model Sparring
- 1 Step (15)

## SELF DEFENSE:

- 20

## TOURNAMENT COMPETITION

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

## ATTENDANCE:

- 6 Months active training
- 50 Classes

## BREAKING 13 years +:

- Hand
- Foot

Test Partner

Tester