

# 5<sup>th</sup> GUP GREEN

**\$30**

Test Fee

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

AGE

Belt Size

Promotion Rank

## KICKS:

- Hook Kick (Rear & Lead)
- Reverse Hook Kick
- Skip Hook Kick
- Side Pushing
- Side Thrusting
- Flying Side Kick
- Multiple Kicking

## PATTERNS:

- Chon Ji       Won Hyo
- Dan Gun     Yul Gok
- Do San

## KNOWLEDGE:

- What is the Yul-Gok pattern diagram, number of moves and meaning?
- What are the five disciplines of the Tae Kwon Do Moral Culture?
- What are the five parts of the "Physical Composition of Tae Kwon Do"?

## STEP SPARRING:

- 3 Step
- 2 Step

## SELF DEFENSE:

- #1                       #3
- #2                       #4

## TOURNAMENT COMPETITION

- \_\_\_\_\_
- \_\_\_\_\_

Date & Event

**\*\* 2 Tournaments Required \*\***

## ATTENDANCE:

- 3 Months active training
- 24 Classes

## BREAKING 13 years +:

- Hand
- Foot

Test Partner \_\_\_\_\_

Tester \_\_\_\_\_