

# Gup 10 Requirements

## Terms

Chin mu kwon tae kwon do- "True martial art home" Our style of Taekwon-do, part of the ITF, Established by Master Choi Hong Hi

Tabook- uniform

Ti-belt

All techniques are done in a twisting, turning, snapping motion

Tenets of tae kwon do- Modesty, perseverance, self-control, indomitable spirit

Rules of engagement

Student oath

Gup- any student under rank of black belt (understand gup belt system)

## Stances/movement

Jag step

Pivoting between back stance and front stance

Cornering

Tuck jump

## Blocks

Pakkat p'almok makki- outer forearm block

Chungdang taebi makki- middle section guarding block

Ssang p'almok makki- twin forearm block

Kolch'yo makki- hooking block

## Hand Attacks

Anuro sudo- inward knife hand

Pakkuro sudo- outward knife hand

Rigwon- backfist

Combination punching

## Kicks

Advancing/retreating front kicks

Double jump front kick

Tollyo chagi- Technical round kick (jam and power)

## Standing Self Defense

Double wrist grab escape

Hand grab escape (palm strike strip)

Sleeve grip escapes (twisting and pushing)

Solar plexus pressure point

## One step sparring drills

Punch counter #1

## BJJ techniques

Mount control

Take the back

Remount\_

## Forms

Chun-gi: Solid Execution

Tan-gun: basic understanding and meaning