

# Gup 9 Requirements

## Terms

Blue cottage- symbol of our school

Kihap- inner shout

Sang-i- uniform top

Ha-i- uniform pants

Proper folding of the uniform

Formula for power- Rhythm, relaxation, repetition

Know Korean words for each basic stance you know

## Stances/movement

Lunge step

Cornering

Rolling getup

Front roll

Shoulder roll

Side roll

## Blocks

Ch'uk'yo makki- rising block

Ap makki- front block

Hech'yo makki- wedging block

Tollyo chagi makki- round kick block

## Hand Attacks

Sewo chirugi- vertical punch

Pandal chirugi- crescent punch

Tolmyo rigwon- spinning back fist

Counter punching

Punch/kick combinations

## Kicks

Sliding front kick

Flying double jump front kick

Step in front round kick

Sliding round kick

Side kick- back kick variation

Front knee strike

## Standing Self Defense

Shoulder grab escape (block and punch)

Shoulder grab escape (wrap and trap)

Front choke escape (weave)

Front choke escape (elbow counter)

Front choke against a wall escape

Standing headlock escape (twist out variation)

Front bear hug escape (chin push)

Rear bear hug escape (neck hug turn around to chin push)

Common peronial pressure point

## 1 step sparring drills

Punch counter #2

Front kick counter #1

## BJJ techniques

Bent armlock

Straight armlock from mount

Lion's kill

Elbow escape from mount

Guard control (punch block stages 1-5)

Double ankle sweep

Guard getup

## Forms

Chun-gi: Command

Tan-gun: Solid execution

To-san: Basic understanding

## Weapons

Bahng mahng ee basic strikes and blocks

Ana bahng mahng ee: basic understanding