

10th Gup – Yellow Belt

Form: Basic Form 3 (First half only)

Applications:



1. Step back with a side block 2. Hold wrist, step in and punch



1. Sleeve grab from side 2. Raise arm to the front 3 & 4. Hook arm behind their triceps and raise to lock

Fitness (2 mins)

- 20 Push Ups
- 20 Squat Thrusts
- 20 Sit Ups
- 20 Star Jumps

Breaking

- There is no breaking technique for this grade

Bong

- There is no bong work for this grade

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Combinations

- As directed.
- These will increase in complexity and number as you progress through your grades. They will be combinations of the basics expected at that level.

Typical Grading Questions:

1. Korean name of the art and the English translation
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2. Your instructor's name and rank
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3. Korean name for suit, belt and training hall
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4. Name and rank of Chief Instructor
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