

# 1<sup>st</sup> Gup – Red Stripe Belt

**Forms:** 1. Nihanchi Samdan and all preceding forms  
2. All 3 Nihanchi with turns

**Mixed Form:** 1<sup>st</sup> half Pyung Ahn Samdan, 2<sup>nd</sup> half Pyung Ahn Sadan

## Applications:



1. Double grab from behind



2. Duck and turn to face the attacker



3. Grab their wrist and cross their arms



4. Push backwards and downwards



1. Trap the roundhouse kick



2. Place one hand on the attacker's hip



3. Raise the foot and push downwards on hip to throw



1. Double grab to one wrist



2. Punch downwards to throw attacker off balance



3. Trap attacker's hand



4. Roll hand over and lock the arm



Close up of no 4.



5. Step through and push your elbow against their to lock



1. Block the punch with a single arm knife hand block



2. Grab the wrist and punch the elbow



3. Step across, keeping pressure on the back of the arm



4. Bring your arm to the top of the shoulder whilst applying pressure



5. Then rake the forearm down the back of their tricep

**Fitness (3 mins 30 secs)**

- 24 'Round the Clock' push ups
- 25 Burpees
- 25 Sit Ups (knees Up)
- 25 Heel Jumps

**Breaking**

- Jump back spinning hook kick

**Bong**

- Bong Form 2

**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. Purpose/emphasis of the Nihanchi forms  
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2. Original number of Nihanchi forms  
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