

6th Gup – Green Belt

Form: Pyung Ahn Samdan and all preceding forms

Applications:



1. Block on the outside of the arm with your elbow



2. Step behind the attacker's leg



3. Swing blocking arm across throat



4. Push down to throw attacker to the floor



1. Double grab to lapels



2. Push one of the attacker's upwards and the other down



3. Step through, back towards opponent, taking their arms over your shoulder and round your waist



4. Make a stance, twist your body and sweep attacker over your leg



Advanced Version

Bend knees and throw attacker over your hip

Fitness (2 mins 50 secs)

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

Basics

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

Breaking

- Back Kick

Sparring

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

Bong

- As per 7th Gup
- Low and high blocks moving forward

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. Where do the 5 words on the badge come from
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2. The meaning of the blue colour around the edge of the badge
.....
3. When were the Pyung Ahn forms created
.....
4. Who founded Moo Duk Kwan
.....
5. When was Moo Duk Kwan founded
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