

# 9<sup>th</sup> Gup – Orange Belt

Form: Basic Form 3

## Applications:



1. Twist body and push punch away



2. Step inside with other arm and leg for side punch



1. Same side wrist grab



2. Twist palm upwards and grab underneath



3. Pull attacker's arm up



4. Move in and strike with hammer fist to the groin

## Fitness (2 mins)

- 25 Push Ups
- 25 Squat Thrusts
- 25 Sit Ups
- 25 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

- Step Side Kick

## Sparring

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

## Bong

- Basics
- Figure of 8

## 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. Meaning of Moo Duk Kwan  
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2. Meaning of the fist on the badge  
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3. Meaning of the leaves on the badge  
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4. Meaning of the belt colours  
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5. Number of moves in Basic Form  
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