



REQUIREMENTS FOR 5TH GUP

6G

(TESTING FOR BLUE STRIPE)

Student name: _____

Patterns

Won-Hyo

Do-San

Classes required to test = 32

Kicking

Outward Downward Kick - Lead leg sliding motion

Triple Side Piercing Kick - Lead leg shifting motion

Offensive Hooking Kick - Lead leg sliding

Fitness Requirement

Push-ups - 30 (Individually tested)

Sparring

Two Step Sparring with a partner - Set 1

Free Sparring - Lead leg attacking

Free Sparring - Side Kick proficiency

Ho Shin Sool

Throw against a forefist punch from walking stance - include distraction and finishing technique

Defend against a single choke from the front - include distraction and finishing technique

Defend against a double choke from the front - include distraction and finishing technique

Power Test

Side Piercing kick - Single board

Theory

Won-Hyo pattern Interpretation:

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. Won-Hyo has 28 movements and its diagram is the shape of a capital "I".

The eight examples of Poor Integrity as listed in General Choi's Encyclopedia:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

Show:

Characteristics of a Fixed Stance (Gojung Sogi): The Fixed Stance is 2.5 centimeters (1 inch) wide, measured from the inside heel of the front foot to the back heel of the rear foot. It is 1.5 shoulders width long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed 50% on the rear foot and 50% on the front foot. The rear leg is bent and the rear foot pointed in 15 degrees. The front leg is bent and the front foot is pointing in 15 degrees. This stance is named for the front foot, and is always performed half facing.