



REQUIREMENTS TO TEST FOR 4TH GEUP
(blue belt)

A student should have completed (a) 30 total hours of class time at the 5th geup (Sr. green belt) level, (b) no less than 3 months and (c) 2 tip tests to be deemed ready to test.

<p><u>Korean words to know:</u></p> <p>Keuman Kayseok Shijak Kalyeo Chung Hung Shi gan Te oh dorra</p>	<p><u>English translation:</u></p> <p>Stop Continue Begin Pause Blue Red Time Out Turn Around</p>
<p><u>Strikes & Blocks:</u></p> <p>Mid High Block Hammer Fist Strikes (side and down) Elbow Strikes (5) Grasping Block Uppercut Punch</p>	<p><u>Kicking & Footwork:</u></p> <p>Cross Stance Lead Leg Hook Kick Defensive Back Kick</p>
<p><u>Gyroogi:</u></p> <p align="center">Four basic Counters to Back Kick</p> <p>#1 Cut Kick #2 Whoogin Roundhouse Kick #3 Step Pada Chagi #4 90 degree Back Step followed by Roundhouse Kick</p>	
<p><u>Self Defense:</u></p> <p>#1 Saonagi—Inside lapel throw #2 Ogosh—hip throw #3 Outside sweep, same leg side #4 Outside sweep, opposite leg with arm over shoulder and elbow on the neck #5 Forward front leg sweep <i>Perform each of the following: controlled throw, backward roll, backward break fall and forward fall</i></p>	
<p><u>Other Required Learning:</u></p> <p align="center"><u>Poomse</u> Taeguk O-Jang (#5) Palgwe Sa-Jang(#4)</p>	