



REQUIREMENTS TO TEST FOR 5TH GEUP (green belt with blue stripe)

A student should have completed (a) 30 total hours of class time at the 6th geup (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> Yul Yahset Sa Mul Padachagi Ahpbal</p>	<p><u>English translations:</u> Sixteen Twenty Defensive Round House (rear leg) Defensive Round House (lead leg)</p>
<p><u>Strikes & Blocks:</u> Back Fist Strikes (side and down) Reinforced Spear Hand Strike 3 Palm Heal Strikes (high, mid, low) Open Hand Face Block</p>	<p><u>Kicking:</u> Padachagi Axe Kick Skip Axe Kick Ahpbal</p>
<p><u>Gyroogi:</u> Four Basic Counters For Roundhouse Kick to Front Side #1 Ilbo Whoogin Roundhouse Kick #2 Ahp Bal #3 Back Kick #4 Cover Punch followed by Clench Kick</p>	
<p><u>Self Defense:</u> #1 From an outside to inside wrist lock apply pressure at the elbow with your free hand. #2 From an outside to inside wrist lock apply pressure to the elbow with arm pit trap. #3 From an outside to inside wrist lock apply pressure to the shoulder area using the arm pit trap. #4 From an outside to inside wrist lock perform crescent kick over the arm turning your back to the attackers shoulder, apply pressure to the shoulder and elbow by lifting. #5 From a same side wrist grab, grab the attackers hand with your trapped hand, with your free hand apply pressure to the elbow pressure point, lift and push the arm as you go under. Turn to the outside as you implement the hammer lock. #6 From an outside to inside wrist lock, use one hand to bend the elbow while the other hand pushes the attackers arm around and into a hammer lock. #7 From a single-handed lapel grab attack, trap the attacking hand with both of your hands (thumbs up) and step under the arm to the outside. #8 From a single-handed lapel grab attack, trap the attacking hand with both of your hands (thumbs up) and step under the arm to the inside. <i>You must know how to fall or roll out of #7 and #8</i></p>	
<p><u>Other required Learning:</u></p> <p style="text-align: center;"><u>Poomse</u> Taeguek Sa-Jang (#4) Palgwe Sam-Jang (#3)</p>	