



**REQUIREMENTS FOR GREEN BELT TO
5- GUP - ADVANCED GREEN BELT**

Prerequisites:

Green Belt or Green Belt equivalent.
Minimum 32 classes of continuous training at Green Belt
Test fee due at test time: \$90.00

Mental Requirements:

Respect for yourself, your family, the school, and all the students
Desires to be good at the Martial Arts
Focused eyes while training
Understands the importance of a proper diet (Practices using a proper diet)

Basic Kicks:

#10 Jump (hop or skip) Front Kick	<i>I Dan Ap Cha Ki</i>
#11 Reverse (spinning) Back-heel Kick	<i>Bande Dwi Do Cha Ki</i>
#12 Front-turning Jump Side Kick	<i>Dit O I Dan Yup Cha Ki</i>
Jump Reverse Side Kick (from side stance)	

Form Basics & Form:

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Introduction to 3rd Stage Movement:

13. Release Attack (Middle & high outer-forearm guard + release + tension side middle punch)
14. Knife-hand Guard (with *Ki-hop*)
15. Stomping Back-fist (Foot stomp + shoulder block + back-fist)
16. Out - In Block (Hip hand goes out then in)

Exploding Back-fist

Form:

Pung An One - Intermediate Form One

Self Defense:

Release & Escape from a head lock
Release & Escape from an arm lock.
Release & Escape from a bear hug
Fighting Combination: Front foot side kick + (Stepping) Back-knuckle strike + Hopping side kick w/ *Ki-hop*.
Two Step Spar #1 and #2 (Start with left side back)
Sticky Hands and Feet with grabbing and pushing

Teen/Adult Students:

Release & Defend against a head lock (or choke from behind)
Release & Defend against an arm lock
Release & Defend against a bear hug
Knowledge of Strike Points
Ground Defense: Getting to your feet unharmed or basic sweeps from the ground
Wall Defense: Push Down and arm wrap theory