



	WHITE/ORANGE BELT	
	LD - 12TH KUP	

03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
LOVE	DISCUSS W/ BLACK BELT INSTRUCTOR: 1. The Concept of LOVE 2. RULES & PROTOCOL: Be Kind to Yourself & Others

PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS - RED STRIPE (Blocks Start Left, Strikes Start Right)	FORMS - BLACK STRIPE
BLOCKS, STRIKES, & STANCES: 1. Class Protocol - Attention (Charyot), Bow (Khunyea), Ready (Jhoon-bi) 2. Make a Proper Fist - Show Correct Knuckles to Strike With 3. Natural Block 4. Front Stance - Centering & Moving Forward KICKS & FOOTWORK: 1. Fighting Stance - Switch Stance 2. Back Leg Stretch Kick (Set Down Behind)	BASIC FORM 1 MOVES 1 - 4 1. Stances ONLY

COMBINATIONS - BLUE STRIPE	SPARRING - YELLOW STRIPE
DEFENSE: 1. Cover Up, 1 - 2 Punch, Cover Up	3 STEP SPARRING: 1. Understand Ring Protocol 2. Offensive: Scoring Areas

SELF DEFENSE - GREEN STRIPE	
CONCEPT: THUMBS ARE WEAK	AWARENESS: DEFENDING PERSONAL SPACE
GRABS: 1. Two Hand Wrist Grab Down 2. Two Hand Wrist Grab Up	ESCAPES: 1. Grab Fist - Pull Up 2. Grab Fist - Pull Down
SELF DEFENSE DRILLS: 1. Proximity Drill - Defend Personal Space & Make a Scene: Yell "NO" or "STOP" 2. 30 Seconds of Defending Against Wrist Grabs - Using Escapes Against the Thumbs	

OVERALL REVIEW - PURPLE STRIPE	
1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS:	LD - 12th KUP (WHITE/ORANGE BELT)
2. REVIEW MENTAL DEVELOPMENT CONCEPT:	LOVE
	RULES & PROTOCOL: Be Kind to Yourself & Others

INFORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE	
1. EARNED:	6 PROGRESS STRIPES
2. SIGNED UP FOR:	INFORMAL TEST
3. TURNED IN:	TEST FEE: \$15