



RED BELT

3RD KUP

11/30/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
INDOMITABLE SPIRIT	DISCUSS W/ BLACK BELT INSTRUCTOR: 1. The Concept of INDOMITABLE SPIRIT WRITTEN PAPER: Describe what it means to have an Indomitable Spirit & why it is important. How does being in martial arts help strengthen your Spirit? Describe a time when you had to overcome something hard. How did it make you feel when you had to have a strong Spirit?

PHYSICAL REQUIREMENTS

TIME AT RANK: 3 MONTHS

SPECIALTY KICKS	FORMS
180 KICKS: FRONT TURNING 1. Snap Kick 2. Roundhouse 3. Side Kick 4. Push Kick 5. Inside Crescent Block 6. Inside Crescent Kick 7. Inside Axe Kick	TAEGEUK FORM 7 MEANING: MOUNTAIN REVIEW STRIPE: BASIC 1, PYONG 1 - 5, TAEGEUK 5 - 6, & TOKUMINE BO

COMBINATIONS	SPARRING
LEG CHECK COMBINATIONS: 1. Inside Leg Check w/ Open Counter 2. Reverse Hook Leg Check w/ Open Counter ANGLE STEPS w/COUNTERS: 1. Sparring Counters: 3 Forward & 2 Backward (Both Stances) 2. Street Counters: 3 Forward & 2 Backward (Both Stances)	REQUIREMENTS: 1. 1 ON 1 - Advanced Level vs. Black Belt Score a Point w/ Leg Check Combo & Show Proper Use of Angle Steps w/ Counters 2. Match Time: 2 Minutes 3. Bag Work: 2 Minutes

SELF DEFENSE	
JIU JITSU SELF DEFENSE:	CONTROL POSITIONS 1. Side Mount #1: Hip to Hip, Legs Out to Side - Show Control of Partner 2. Side Mount #2: Chest to Chest & Hip to Hip - Show Control of Partner 3. Scarf Pins (x 3): Leg Arm Bar - Body Press (Arm In) - Body Press (Arm Out)
GRABS: 1. Side Head Lock 2. Bear Hug #2 3. Bear Hug #3	ESCAPES: 1. Turn Head, Distract, Step Behind, Under Nose Throw 2. Drop Weight, Grab Arms, Step to Side, Step Behind, Airplane Throw 3. Drop Weight & Pull Down on Wrists, Left Foot Drop Step, & Shoulder Throw
1 STEP SELF DEFENSE:	
ATTACKS: 1. Right or Left High Punch	DEFENSE: 1. Open Block - Counters w/ Joint Locks & Breaks
KNIFE SELF DEFENSE:	
ATTACKS: 1. Front Hand Poke	DEFENSE: 1. Left Angle Step, Reverse Block, Grab Wrist, Break Elbow, Knees & Elbows, Escape
ATTACK W/ INTENT DRILL: 1. 1 ATTACKER (Grabs ONLY)	DEFENSE: 1. Roll Out, Close the Gap, Escapes, & Street Counters (30 Seconds) (Use Proper Targeting, Be Intense, & Leave Attacker Unable to Come After You)



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WEAPONS

ESCRIMA:	All Basic Blocks, Strikes, & Figure 8's (Forward & Backward)
ADVANCED MANIPULATION:	Downward Double Figure 8 (Arms Cross Over), Alternating Circular Down Blocks, & Hapkido Footwork to Side Strikes (L - Stance)
1 STEP ATTACKS:	1 STEP DEFENSES:
1. Step Forward, Overhead Strike	1. Step Back Double Stick High Block (Flip Up), Split Sticks & Clear to the Left, (On Wrist – Under Stick), Right Stick High / Low Counter Strikes
2. Lunge Forward, High Poke	2. Step Back Left, Circular Block, Turn Around, Step Straight In & Butt End Poke
DUO DRILL:	Inside Sinwali, Outside Sinwali, Heavenly 6, Heaven & Earth (Repeat 2 Times)
SPECIALTY WEAPON:	Present 6 - 8 Strikes w/ Appropriate Stances

JUDO

FALLING:	THROWING:
1. Dive Roll 2. Back Slap to Roll Out	1. Hip Roll

OVERALL REVIEW

1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS:	3rd KUP
*PLUS:	12th - 4th KUP FORMS
2. REVIEW MENTAL DEVELOPMENT CONCEPT:	8th - 4th KUP SELF DEFENSE & ALL JUDO
3. COMPLETE CORE CONCEPTS WORKSHEET:	INDOMITABLE SPIRIT
4. TEACHING REQUIREMENT:	3rd KUP
5. BOARD BREAK:	1 CLASS PER WEEK
	2 BOARD SIDE KICK

FORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING AT LEAST ONE WEEK PRIOR TO TEST DATE

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| 1. SIGNED UP FOR: | FORMAL TEST |
| 2. EARNED: | 8 PROGRESS STRIPES |
| 3. TURNED IN: | WRITTEN PAPER |
| | ATTITUDE & GRADE VERIFICATION (Under 18 years ONLY) |
| TEST FEE: | \$45 |