



	YELLOW/WHITE BELT	
	11TH KUP	

03/05/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
<p style="font-size: 1.2em;">COURTESY & RESPECT</p>	<p>DISCUSS W/ BLACK BELT INSTRUCTOR:</p> <ol style="list-style-type: none"> 1. The Concept of COURTESY & RESPECT 2. In Class Korean Terms, Counting to 20, & Instructor Titles <p>WRITTEN PAPER: Describe how you show Courtesy & Respect both inside and outside the Dojang (studio). How does showing Courtesy & Respect make you feel? And, How do you think it makes others feel?</p>

PHYSICAL REQUIREMENTS

MIN. TIME AT RANK: NONE

BASICS (Blocks Start Left, Strikes Start Right)	FORMS
<p>BLOCKS, STRIKES, & STANCES:</p> <ol style="list-style-type: none"> 1. Front Stance High Block 2. L - Stance Low Knife Hand Block 3. Outside Forearm Block (Show Separately in Front Stance & L - Stance) 4. Inside Forearm Block (Show Separately in Front Stance & L - Stance) <p>KICKS & FOOTWORK:</p> <ol style="list-style-type: none"> 1. Roundhouse Kick (Front Leg & Back Leg) 2. Side Kick (Front Leg) 3. Circle Step Footwork 4. Hapkido Footwork 	<p>PYONG FORM 1 PYONG: PEACE & CONFIDENCE</p> <p>REVIEW STRIPE: BASIC FORM 1</p>

COMBINATIONS	SPARRING
<p>KICK:</p> <ol style="list-style-type: none"> 1. Skip In, Front Leg Snap Kick, Back Leg Roundhouse 2. Back Leg Roundhouse, Step Behind, Front Leg Side Kick <p>OFFENSE:</p> <ol style="list-style-type: none"> 1. 1 - 2 Punch, Back Leg Roundhouse 2. Back Fist & Step Behind (Same Time), Front Leg Side Kick <p>DEFENSE:</p> <ol style="list-style-type: none"> 1. Circle Step & Jab (Same Time), Front Leg Side Kick 2. Lunge Away, Driving Reverse Punch 	<p>REQUIREMENTS:</p> <ol style="list-style-type: none"> 1. Score a Point w/ at Least 1 Combo & Use Defense Combo Correctly 2. Match Time: 60 Seconds 3. Bag Work: 60 Seconds

SELF DEFENSE	
<p>CONCEPT: CIRCLES WORK</p> <p>GRABS:</p> <ol style="list-style-type: none"> 1. Same Hand Wrist Grab 2. Single Hand Shoulder Grab 3. Double Shoulder Grab - Behind 4. Choke Hold - Against Wall 5. Choke Hold - No Wall <p>SELF DEFENSE DRILLS:</p> <ol style="list-style-type: none"> 1. Chimney Smoke Defense Drill - Make a Scene ("NO" & "STOP"), Defend Against Frontal Attacks w/ Chimney Smoke Motion 2. 30 Seconds of Defending Against Grabs - Using Distractions (Foot Stomp & Shin Kick) & Circle Escapes 	<p>AWARENESS: DEFENDING PERSONAL SPACE</p> <p>ESCAPES:</p> <ol style="list-style-type: none"> 1. Pull & Wrist Circle - Escape Up Towards Thumb 2. Step Back, Backward Arm Circle 3. Step Forward, Raise Arms & Spin 4. Turn Head, Cross Arm Elbow Drop 5. Turn Head, Moving Backward Shoulder Spin



OVERALL REVIEW

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| 1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: | 11th KUP |
| | *PLUS: 12th KUP FORM & SELF DEFENSE |
| 2. REVIEW MENTAL DEVELOPMENT CONCEPT: | COURTESY & RESPECT |
| | IN CLASS KOREAN TERMINOLOGY |
| | COUNT TO 20 IN KOREAN |
| | INSTRUCTOR TITLES |

INFORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING PRIOR TO TEST DATE

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| 1. SIGNED UP FOR: | INFORMAL TEST |
| 2. EARNED: | 6 PROGRESS STRIPES |
| 3. TURNED IN: | WRITTEN PAPER |
| | ATTITUDE & GRADE VERIFICATION (Under 18 years ONLY) |
| | TEST FEE: \$25 |