

<b>Promotion Requirements for 7th gup</b>	
<b>Hyung:</b> Gi Cho Hyung E Bu, Gi Cho Hyung Sam Bu	
<b>Hand Technique:</b>	
Pahkeso Ahnuro Mahk Kee (Outside to Inside Block)	
Wheng Jin Kong Kyuk (Side Punch)	
Pahl Koop Kong Kyuk (Elbow Attack - Front stance)	
Hu Gul Yup Mahk Kee (Back Stance, Side Inside to Outside Side Block)	
<b>Foot Technique:</b>	
Yup Podo Ol Ri Gi (Stepping Behind Side Stretch Kick)	
Yup Podo Cha Gi (Stepping Behind Side Thrust Kick)	
Yup Podo Cha Gi (Spinning Rear Leg Side Thrust Kick)	
<b>Il Soo Sik:</b> Sam Bon & Sa Bon      *Children: Sam Bon	
<b>Ho Shin Sool:</b> Cross hand wrist grab - E Bon <i>same for children</i>	
<b>Sparring Combinations:</b> Orange Belt: Il Bon & E Bon & Free Sparring <i>(combinations are optional - for extra credit)</i>	
<b>Kyok Pa:</b> Pahl Koop Kong Kyuk or Ahp Cha Nut Gi	
<b>Expectations of Performance</b>	
Proper stance and Shi Sun	
Proper placement of elbows in intermediate and completion position for hand techniques	
Proper placement of knee in chamber position for kicking techniques	
Proper striking of the weapon in hand and foot techniques	
Proper protocol within the studio (dojang)	
<b>Culture, Terminology, and History</b>	
Concentration (Choong Shin Tong Il)	
Count from 1 - 10 in Korean	
Discuss the benefits of the 8 Key Concepts in your daily life (activities)	
<b>Essay:</b> Kwan Gi (School Flag)	
<b>Written Test:</b> Vocabulary	
<b>Community Service/President's Vision Tour (PVT) Activities:</b> 3 hours	
<b>Test Fee:</b> \$28	
<b>Minimum Training Requirement Since Last Test:</b> 3 Month/24 hours	

*Essay, written test, community service form, testing fee due 6 days before test.*

Name \_\_\_\_\_ Age \_\_\_\_\_ Gup ID # \_\_\_\_\_ Approved by \_\_\_\_\_ Date \_\_\_\_\_