

<b>Promotion Requirments for 6th gup</b>	
<b>Hyung:</b> Gi Cho Hyung Sam Bu, Pyong Ahn Cho Dan	
<b>Hand Technique:</b>	
Ha Dan Soo Do Mahk Kee (Low Knife Hand Block)	
Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee (Reinforced Inside to Outside Block in front stance)	
Kap Kwon Kong Kyuk (Back fist)	
Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee (Reinforced Inside to Outside Block in back stance)	
Free combos	
<b>Foot Technique:</b>	
Dollyo Cha Gi with Fake front kick (Round House Kick with a Fake Front Thrust Kick)	
Dwi Cha Gi (Back Thrust Kick)	
E Dan Ahp Cha Nut Gi (Jump Front Thrust Kick)	
Free combos	
<b>Il Soo Sik:</b> O Bon & Yuk Bon * Children: O Bon	
<b>Ho Shin Sool:</b> Cross hand wrist grab – Sam Bon & Sa Bon	
* Children: Cross hand wrist grab - Il Bon & Ee Bon	
<b>Sparring Combinations:</b> Orange Belt: Sam Bon - O Bon & Free Sparring <i>(combinations are optional - for extra credit)</i>	
<b>Kyok Pa:</b> Kwon Do Kong Kyuk or Yup Podo Cha Gi	
<b>Expectations of Performance</b>	
Proper Ki Hap, spirit, Shi Sun, and Moo Do Jaseh	
Proper focus of weapon to target	
Proper respect to senior and junior members	
Proper weapon discipline	
Proper process of 'chain of command' in hand/foot basics	
Proper demonstration of speed control (Wan Gup)	
<b>Culture, Terminology, and History</b>	
Discuss any resulted experience outside the Do Jang connected to the 8 Key Concepts	
Terminology:	
Basic (Gi Cho)	Attack (Kong Kyuk)
Defense (Mahk Kee)	Bow (Kyung Reh)
Meditation (Muk Nyum)	Form (Hyung)
Sparring (Deh Ryun)	Begin (Si Jak)
Return (Ba Ro)	Endurance (In Neh)
Attention (Cha Ryut)	
<b>Essay:</b> Breathing & Meditation	
<b>Written Test:</b> Pyong Ahn Hyung	
<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 \_\_\_\_\_