Hyung: Gi Cho Hyung II Bu (optional) Hand Technique: Ha Dan Mahk Kee (Low Block) Sang Dan Mahk Kee (High Block) Choong Dan Kong Kyuk (Center Punch) Sang Dan Kong Kyuk (High Punch) Foot Technique: Ahp Podo OI Ri Gi (Front Stretch Kick) Ahp Podo OI Ri Gi (Front Stretch Kick) Ahp Cha Nut Gi (Front Thrust Kick) Ahneso Pahkuro Cha Gi (Inside to Outside Kick) Il Soo Sik: II Bon / E Bon (block & counter only) *Children: II Bon (block and counter) Ho Shin Sool: Cross hand wrist grab - II Bon (release & counter only) same for children Sparring Combinations: White Belt: II Bon & E Bon (combinations are optional - for extra credit) Kyok Pa: None required Expectations of Performance Proper stance and Shi Sun Proper placement of elbows in intermediate and completion position for hand techniques Proper striking of the weapon in hand and foot techniques	Promotion Requirments for 9th Gup	
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Proper protocol within the studio (dojang)	Proper placement of knee in chamber position for kicking techniques	
Culture, Terminology, and History	Proper striking of the weapon in hand and foot techniques	
Name of the art you study	Proper protocol within the studio (dojang)	
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Protocol for entering and leaving the Do Jang Essay: Comparison of US & Korean Flags Written Test: 8 Key Concepts Community Service/ President's Vision Tour (PVT) Activities: 1 hour		
Essay: Comparison of US & Korean Flags Written Test: 8 Key Concepts Community Service/ President's Vision Tour (PVT) Activities: 1 hour		
Written Test: 8 Key Concepts Community Service/ President's Vision Tour (PVT) Activities: 1 hour	Protocol for entering and leaving the Do Jang	
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Written Test: 8 Key Concepts Community Service/ President's Vision Tour (PVT) Activities: 1 hour		
Community Service/ President's Vision Tour (PVT) Activities: 1 hour		
Test Fee: \$28		_
Minimum Training Requirement Since Last Test: 1 Month/8 hours	Minimum Training Requirement Since Last Test: 1 Month/8 hours	

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

 Name_____
 Age____
 Gup ID #_____
 Approved by_____
 Date_____