



Cary Tang Soo Do Testing Requirements

1st Gup (Red Belt with three stripes)

Attendance: a Minimum of 20 classroom attendances since last test

Uniform: Student must own and wear an approved uniform

Students must possess the skills to perform the all previous Gup Requirements in addition to the following.

1. **Forms /Hyungs**
 - a) *Bassai*
 - b) b) Weapons- Belt, fan, cane, Bo Staff, etcí
 - c) Creative- named, written and diagramed
2. **Stances Jaseh**
 - a) Low cross leg
 - b) Low Front
3. **Blocks/Mahkee**
 - a) Window
4. **Hand Attacks/Kong Kyuk**
 - a) Double Fist
5. **Kicks/Chakee**
 - a) Jump spin crescents
 - b) Jump turn axe
6. **Self-defense / Ho Sin Sool (both sides)-** Students must develop an additional minimum of 5 of each
 - a) **One Steps- Il Soo Sik Dea Ryun** - including Takedowns: in defense of hand, feet and grabbing attacks. Instructor must receive a written copy of the one-steps prior to an invitation to test
 - b) **One step three punch attack**
 - c) **Two on One Self-defense/ Yi Soo Sik Dea Ryun** -
 - d) **Three-step Self Defense- Sam Soo Sik Dae Ryun**
 - e) **Weapons-** Belt, Bo Staff etcí
7. **Free-fighting/Cha Yu Dea Ryun**
8. **Breaking – Kyuck Pa-** two boards (together or separate), using hand and/or foot technique,: one-board speed break using either a hand or a foot technique can be requested by the Examiner. ,
 - a) Reverse Roundhouse Kick

AND 2 boards combined, using one of the following:

 - a) Back Kick
 - b) Flying Side Kick

Note: A one-board õspeed break, using the hand or foot, bricks may be substituted for wood in the breaks.

Note: 1 or 2 patio bricks (8õ x 16õ x 1õ) can be included or substituted for the wood, during breaking. A hand towel should be used, on top of the bricks, to protect the hand/arm from sharp objects. Spacers should be used, which consist either of pencils, wood blocks or metal hexagonal nuts, a ¼õ or ½õ in height. The following techniques are acceptable, when using bricks:

a) Ridge Hand

b) Back Fist

c) Hammer Fist

d) Elbow Strike

e) Palm Heel