



Cary Tang Soo Do Testing Requirements

3rd and 2nd Gup

Attendance: 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.

3rd Gup- (Red Belt with One stripe)

- Forms/ Hyungs**
 - Advanced form 4/Form 7 *Pyung Ahn Sa Dan*
 - Creative- written and diagramed
 - Weapons
- Stances/Jaseh** Straight up
- Hand Attacks/Kong Kyuk** Jump Back fist- *Yi Dan Kap Kwan*
- Kicks/Chakee** Combos including Jump kicks
- Self-defense / Ho Sin Sool (both sides)-** Students must develop an additional minimum of 5 of each
 - 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
 - One step three punch attack**
 - Two on One Self-defense/ Yi Soo Sik Dea Ryun** -
 - Three-step Self Defense- Sam Soo Sik Dae Ryun**
 - Weapons-** Belt, Bo Staff etcí
- Free-fighting/Cha Yu Dea Ryun** May include sparring more than one opponent
- 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.
 - Reverse Soo Do [palm up] (14 yrs and up)

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

* 1 or 2 patio bricks (8ö x 16ö x 1ö) 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 ¼ö or ½ö in height. The following techniques are acceptable, when using bricks:

- Ridge Hand
- Back Fist
- Hammer Fist
- Elbow Strike
- Palm Heel

2nd Gup- (Red Belt with two stripes)

- Forms/Hyungs**
 - Advanced form 5/Form 8/*Pyung Ahn Oh Dan*
 - Creative, written and diagramed
 - Weapons
- Stances/Jaseh** a) Cross leg upright
- Blocks/Mahkee** a) öWö
- Hand Attacks/ Kong Kyuk** a) Groin Snatch
- Self-defense / Ho Sin Sool (both sides)-** Students must develop an additional minimum of 5 of each
 - 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
 - One step three punch attack**
 - Two on One Self-defense/ Yi Soo Sik Dea Ryun** -
 - Three-step Self Defense- Sam Soo Sik Dae Ryun**
 - Weapons-** Belt, Bo Staff etcí
- Free-fighting/Cha Yu Dea Ryun-** May include sparring more than one opponent
- 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. ,
 - Reverse Roundhouse Kick **AND**
 - 2 boards combined, using one of the following: 1) Back Kick 2) Flying Side Kick

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

* Or 2 patio bricks (8ö x 16ö x 1ö) can be included/substituted for the wood, 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 ¼ö or ½ö in height. The following techniques are acceptable, when using bricks:

- Ridge Hand
- Back Fist
- Hammer Fist
- Elbow Strike
- Palm Heel