



# Cary Tang Soo Do Testing Requirements

## 5<sup>th</sup> and 4<sup>th</sup> Gup

**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.

### 5<sup>th</sup> Gup - (Green Belt with a Two stripes)

1. **Forms/Hyungs**-Advanced form 2/Form 5/ *Pyung Ahn Ee Dan*
2. **Stances/Jaseh**- *Crane stance*
3. **Hand Attacks/Kong Kyuk**- *Spinning Back Fist*
4. **Kicks/Chakee**
  - a) Spin Crescent Kicks
  - b) Turn Side kick *Tol Yup Chakee*
  - c) Flying Side Kick *Yi Dan Yup Chakee*
  - d) Jump front kick *Yi Dan AHP Chakee*
5. **Self-defense / Ho Sin Sool (both sides)**- Students must develop an additional minimum of five of each
  - a) **One Steps-II 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) **Two on One Self-defense- Yi Soo Sik Dea Ryun** -
  - c) **Three-step Self Defense- Sam Soo Sik Dae Ryun** - a) Traditional- different blocks b) One step 3 punch attack
7. **Free-fighting/Cha Yu Dea Ryun** May include fighting more than one opponent
8. **Breaking – Kyuck Pa** one board, using either a hand and/ or a foot technique; using the opposite of what you used on the last test (i.e. hand or foot), performing one of the following techniques (or one from a previous test):
  - a) Back Fist (14 yrs and up)
  - b) Back KickAdditional breaks can be requested by the Examiner

### 4<sup>th</sup> Gup- (Green Belt with a three stripes)

1. **Forms/ Hyungs**Advanced form 3/Form 6/ *Pyung Ahn Sam Dan*
2. **Stances/Jaseh**- *Cross thigh*
3. **Blocks/Mahkee** *Scissors*
4. **Hand Attacks/Kong Kyuk** *Spinning Back Fist*
5. **Kicks/Chakee**
  - a) Stomp
  - b) Spin Hook *Tol Nak See Chakee*
6. **Self-defense / Ho Sin Sool (both sides)**- Students must develop an additional minimum of 5 of each
  - a) **One Steps- II 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**  
May include sparring more than one opponent
8. **Breaking – Kyuck Pa**- one board, using either a hand and/or a foot technique;  
Two individual boards with the hand and/or foot, using the opposite of what you used on last test ( i.e. hand or foot), performing any two of the following techniques
  - a) Ridge Hand (14 yrs and up)
  - b) Palm Heel (14 yrs and up)
  - c) Spinning Hook KickAdditional breaks can be requested by the Examiner