



# Cary Tang Soo Do Testing Requirements

## 7<sup>th</sup> and 6<sup>th</sup> Gup

**Attendance:** Must have a Minimum of 20 classroom attendances

**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.

### 7<sup>th</sup> Gup- (Purple Belt with two stripes)

1. **Forms/Hyungs** Basic Form Three / *Ke Cho Hyung Sam-Bu*
2. **Stances/Jaseh** No new stances at this time
3. **Blocks/Mahkee**
  - a) Low Knife Hand- *Ha Dan Soo Do*
  - b) Mid- Level Knife Hand- *Choong Dan Soo*
  - c) Combo blocks - From *Pyung Ahn Cho Dan*
4. **Hand Attacks/Kong Kyuk**
  - a) Reverse Punch/*Yuk Jin Kong Kyuk*
  - b) Ridge Hand-*Yuk Soo Do*
5. **Kicks- all stances/Chakee**
  - a) Reverse Roundhouse-*Beet Chakee*
  - b) Hook Kick- Step & Skip- *Nak See Chakee*
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. One must include a defense of a kick--Instructor must receive a written copy of the one-steps.
  - b) **Two on One Self-defense- Yi Soo Sik Dea Ryun**
  - c) **Three-step Self-defense/Sam Soo Sik Dea Ryun**
    - 1) Traditional-All blocks the same
    - 2) One-step 3 punch attack
7. **Free-fighting/Cha Yu Dea Ryun**
8. **Breaking – Kyuck Pa ;** One board with the hand or foot, 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):
  - 1) Skip Roundhouse Kick
  - 2) Jump Front Kick
  - 3) Skip Hook KickAdditional breaks can be requested by the Examiner

### 6<sup>th</sup> Gup- (Green Belt with one stripe)

1. **Forms/Hyungs** Advanced form 1/Form 4/*Pyung Ahn Cho Dan*
2. **Stances/Jaseh** T-Stance
3. **Blocks/Mahkee**
  - a) High knife hand block - *Sang Dan Soo Do*
  - b) X- blocK - *Sang Soo Mahkee*
  - c) Palm Heel Block- *Jang Kwon Mahkee*
4. **Hand Attacks/Kong Kyuk**
  - a) Back Fist-*Kap Kwan*
  - b) Uppercut
  - c) Spear hand-*Kwan Soo*
5. **Kicks/Chakee**
  - a) Turn Back Kick-*Dwi Chakee*
  - b) Jump Roundhouse-*Yi Dan Tol Ryo Chakee*
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) **Two on One Self-defense- Yi Soo Sik Dea Ryun -**
  - c) **Three-step Self Defense- Sam Soo Sik Dae Ryun -**
    - 1) Traditional-All blocks the different
    - 2) One step 3 punch attack
7. **Free-fighting-Cha Yu Dea Ryun** Fighting without the use of hands/ feet (Instructor's discretion)
8. **Breaking – Kyuck Pa-** one board, using either a hand and/or 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):
  - 1) Soo Do [palm down] (14 yrs and up)
  - 2) Horizontal punch (14 yrs and up)Additional breaks can be requested by the Examiner