



Cary Tang Soo Do Testing Requirements 8th and 9th 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.

9th Gup -(White Belt With a stripe)

1. **Forms/Hyungs** Basic form One Ke Cho Hyung Il-Bu
 2. **Stances/ Jaseh**
 - a) Ready Stance Choon Bee Jaseh c) Front Stance Chul Gul Jaseh
 - b) Back/Cat Stance Hu Gul Jaseh d) Side/Horseback Ki Ma Jaseh
 3. **Blocks- all stances/ Mahkee**
 - a) Low Block Ha Dan Mahkee c) High Block Sang Dan Mahkee
 - b) Outside Block (ins to outside) Ahneso Phakuro Mahkee d) Cross Body Block (Radical)
 4. **Hand Attacks/ Kong Kyuk**
 - a) Middle punch Choon Dan Kong Kyuk c) High Punch Sang Dan Kong Kyuk
 - b) Low punch Ha Dan Kong Kyuk
 5. **Kicks- all stances/ Chakee**
 - a) Front Stretch Kick Ahp Cha Ol Yikee c) Side Stretch Kick Yup Poro
 - Ol Yikee
 - b) Step & Skip Front Snap Kick Ahp Chakee d) Step & Skip Side Kick Yup Chakee
 6. **One-step Self-defense/ Il Soo Shik Dea Ryun**
 - a) Outside block, two middle punches d) Outside block Front Snap Kick
 - b) Outside block, Elbow to face, middle punch e) Outside block, Elbow to back of ribs
 - c) Outside block, Groin kick (stretch kick)
 7. **Free-fighting/ Cha Yu Dea Ryun**
 8. **Misc.**
 - a) Moving forward in all stances b) Tang Soo Do Punch
 - c) Notebook d) Proper mental attitude
 9. **Breaking – Kyuck Pa:** one board, using either a hand and/or a foot technique;
 - 1) Elbow Strike 2) Knee Strike 3) Hammer Fist (adults only)
 - 4) Front Kick 5) Stomp Kick
- Additional breaks can be requested by the Examiner

8thGup -(Purple Belt with one stripe)

1. **Forms/Hyungs-** Basic form Two Ke Cho Hyung Ee-Bu
2. **Stances/ Jaseh** Move in all stances backing up No new stances at this time
3. **Blocks/Mahkee**
 - a) Side body block Choong Dan Yup Makee c) Two-Fisted Block Sang Soo Mahkee
 - b) Inside block (outside to inside) Phakeso Ahnuro
4. **Hand Attacks/Kong Kyuk**
 - a) Elbow Pal Koop c) Palm Heel Jang Kwon
 - b) Side Punching Choog Dan Hang Jin
5. **Kicks- all stances/ Chakee**
 - a) Roundhouse Tol Ryo c) Out to In Crescent Phakeso Ahnuro
 - b) In to Out Crescent Ahneso Phakuro
6. **One-step Self-defense (both sides)** **/Il Soo Sik Dea Ryun**
 - a) Outside block, Face & middle punch d) Outside block, roundhouse Kick
 - b) Outside block, punch to ribs & face e) Outside block, Elbow to back of ribs, solar plexus
 - c) Inside block, side kick to knee and armpit
7. **Free-fighting/Cha Yu Dea Ryun**
8. **Breaking – Kyuck Pa-** one board, using either a hand and/or a foot technique;
 - 1) Elbow Strike 2) Knee Strike 3) Hammer Fist (adults only) 4) Front Kick
 - 5) Stomp Kick

Additional breaks can be requested by the Examiner