

Orange Belt Study Card

Requirement	9 th Gup	8 th Gup	7 th Gup
Stances	Cross-leg Stance (application for defense, offence & kicks)		
Blocking	Low Knife Hand Block, Center Knife Hand Block, Reinforced Block		
Striking	Palm heel Strike, Knife Hand Strike, Elbow Strike, Spear hand Strike		
Kicking	Jump Front, Back, Hop Side/Hook, Jump I/O, Spin Hook, Spin I/O		
Forms	Pyung Ahn Cho Dan	Chil Sung Ee Ro	Pyung Ahn Ee Dan
One-Steps	#5	#6	#7-8
Sparring Combos	#5	#6	#7-8
Self-Defense	Cross hand #3-4	Same side #3-4	Two-on-one #1-3
Terminology	41-50	51-60	61-70
Essay	What is the US Goodwill Tang Soo Do Association and what is its purpose?	What is your favorite aspect of training and why is it your favorite?	Explain the meaning and lesson of "Pyong Ahn".

Student Promotion Qualifier Card – 7th Gup Orange

Name: _____ Emergency Contact/#: _____

Start Date: ____/____/____ Renewal Date: ____/____/____ Basic Membership _____ Black Belt Club _____

_____ Tournament _____ Referral _____ Academic Achievement _____ Report Card _____ Chore List _____

Requirement	1st	2nd	Tip	3rd	4th	Comments
1. Basic Movements (Gi Cho):						
1. Cross-leg Stance						
2. Reinforced Block						
3. Spear hand Strike						
4. Spin Hook Kick						
5. Spin Inside/Outside Kick						
6. Same leg kick combos						
2. Hyung: Pyung Ahn Ee Dan						
3. One-Step #7-8						
4. Sparring Combo #7-8						
5. Self-Defense (2:1 #1-3)						
6. Breaking						
7. Terminology 61-70						
61. High Punch						
62. Horse Stance Punch						
63. Honesty						
64. Sparring						
65. Self-Defense						
66. Hand Techniques						
67. Foot Techniques						
68. Side Stance						
69. Backfist						
70. Spear Hand						
8. Essay (1-2 pages, typed)						

Attendance

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16