

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 – 8th 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. Center Knife Hand Block						
3. Elbow Strike						
4. Hop Side Kick						
5. Hop Hook Kick						
6. Jump I/O Kick						
2. Hyung: Chil Sung Ee Ro						
3. One-Step #6						
4. Sparring Combo #6						
5. Self-Defense (Same #3-4)						
6. Breaking						
7. Terminology 51-60						
51. Basic Form						
52. Dan Number						
53. Degree (Black Belt)						
54. Grade (Color Belt)						
55. Reinforced Block Back						
56. Knee Kick						
57. Back Kick						
58. Hook Kick						
59. Spin						
60. Center punch						
8. Essay (1-2 pages, typed)						

Attendance

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