

# Orange Belt Study Card

Requirement	9 <sup>th</sup> Gup	8 <sup>th</sup> Gup	7 <sup>th</sup> 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 – 9<sup>th</sup> 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. Low Knife Hand Block						
3. Palm Heel Strike						
4. Knife Hand Strike						
5. Jump Front Kick						
6. Back Kick						
2. Hyung: PyungAhn Cho Dan						
3. One-Step #5						
4. Sparring Combo #5						
5. Self-Defense (Same #1-2)						
6. Breaking						
7. Terminology 41-50						
41. Bow, Instructor						
42. Low Block/Back Stance						
43. Reinforced Block						
44. Low Knife Hand Block						
45. Center Knife Hand						
46. Inside/Outside Kick						
47. Outside/Inside Kick						
48. Endurance						
49. National Flag						
50. Style/School Flag						
8. Essay (1-2 pages, typed)						

## Attendance

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