

# Kentucky Taekwon-Do Club



2024 5<sup>th</sup> Gup  
Requirements

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## 5<sup>th</sup> Gup Test Requirements

- **Patterns:**

- Saju Jirugi
- Saju Makgi
- Chon-Ji
- Dan Gun
- Do San
- Jee-Sang
- Won-Hyo

- **Kicks:**

- Front kick:
- Turning kick
- Side Kick
- Back Kick
- Reverse Turning Kick
- Inside Crescent Kick
- Outside Crescent Kick

- High Flying Front Kick
- High Flying Turning Kick
- Flying Side Kick
- Front Knee Kick
  
- **Hand Techniques':**
  - Jab
  - Reverse
  - Back Fist
  - Lead Hook
  - Rear Hook
  - Pop Ears
  - Front Palm
  - Groin Grab
  - Front Elbow Strike
  - High Rear Elbow Strike
  - Middle Rear Elbow Thrust
  - Downward Elbow Strike

- **Stances:**

- Walking Stance: Gun-nun Sogi
- Attention Stance: Char-yot Sogi
- Parallel Ready Stance: Na-ra-ni Junbi Sogi
- L – Stance: Ni-un-ja Sogi
- Sitting Stance: An-nun Sogi
- Fixed Stance: Go-jung Sogi

- **Rolls:**

- Shoulder roll
- Dive Roll
- Roll Smack the matt

- **Pattern Interpretations:**

- **Saju Jarugi** – four directional punches. 14, movements.
- **Saju Magki** – four directional blocks. 16 movements.
- **Chon-Ji** - Means literally "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. *19 Movements.*

- **Dan-Gun** - Is named after Dan-Gun, the legendary founder of Korea in the year 2333 B.C. *21 movements.*
- **Do-San** - Is the pseudonym of the patriot Ahn Chang-Ho (1878-1938). The 24 movements represent his entire life which he devoted to furthering education of Korea and its independence movement. *24 movements.*
- **JEE - SANG** “JEE” – means earth; “SANG” – means sky; representing the spirit of the GTF.  
The 24 movements signify the 24 hours of every day that we learn. *24 movements*
- **Won-Hyo** - Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. *28-movements.*
- **Belt Interpretations:**
  - White belt signifies innocence, as that of a beginning student who has no previous knowledge Taekwon-Do
  - Yellow belt signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
  - Green belt signifies the plant's growth as the Taekwon-Do skill begins to develop.
  - Blue belt signifies the heaven, toward which the plant matures into a towering tree as training in Taekwondo progresses.

- **First five student instructor relationship rules:**

- 1) Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- 2) A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
- 3) Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
- 4) Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
- 5) If an instructor teaches a technique, practice it and attempt to utilize it.

- **First five training secrets of Taekwon-Do:**

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and meaning of each movement clearly.
- 3) To bring the movement of eyes, hands, feet and breath into a single coordinated action.

4) To choose the appropriate attacking tool for each vital spot.

5) To become familiar with the correct angle and distance for attack and defense.

- **Knowledge:**

1. Uniform in Korean – Do-bak

2. Gym – Do-jang

3. President for GTF – Honoree GM Linda Park

4. Technical Director of the G.T.F.

GM Chris Gantner

5. President for U.S.GTF – Senior Master Tony Skinner

6. Count to forty in Korean

7. Say “thank you” in Korean – Kum-Sum-MeDah

8. Pronounce Instructor in Korean

Sa-bum-Nim

9. Assistant Instructor – Bo-Sabum-Nim

10. Founding father of Global TKD:

GM Park Jung Tae



11. Pronounce Block - - - - Mag-ki
12. Pronounce Punch - - - - Jarugi
13. Kick - - - - Cha-gi
14. Pattern - - Tul or Hyung
15. Founder of the I.T.F. General Choi Hung Hi

- **A students character:**
- **Gratitude** – It's being thankful regardless of how you feel, for the good things in your life. Too often do we take for granted, having a place to live, food to eat, clean water to bathe or drink, friends, and family. Gratitude is taking a moment to reflect on how blessed we are.
- **Humility** - is an appreciation of oneself, one's talents, skills, and virtues. It is not meekness or to think lowly of oneself, but to appreciate you and other people as important. Not to elevate yourself above.
- **Respect** - a formal expression or gesture of greeting, esteem, or friendship. To show regard or consideration for someone or something that is good, valuable, important, etc. It is earned, gained or won.

- **Name five theories of power:**

- Reactionary force
- Concentration
- Equilibrium
- Breath control
- Mass

- **Board Breaking**

- 1) Downward Side fist
- 2) Front Elbow Strike
- 3) Front ball Kick
- 4) Turning Kick
- 5) Side Kick

**\$ 35.00 5<sup>th</sup> Gup test fee**

