

# Kentucky Taekwon-Do Club



2024 7<sup>th</sup> Gup  
Requirements

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

- **Patterns:**

- Saju Jirugi
- Saju Makgi
- Chon-Ji
- Dan Gun

- **Kicks:**

- Front kick:
- Turning kick
- Side Kick
- Back Kick
- High Flying Front Kick
- High Flying Turning Kick
- Front Knee Kick

- **Hand Techniques':**

- Jab
- Reverse
- Back Fist
- Pop Ears
- Front Elbow

- **Stances:**

- Walking stance: Gun-nun Sogi
- Attention stance: Charyot Sogi
- Parallel stance: Narani Junbi Sogi
- L – Stance: Niunja 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.*

- **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.

- **First three 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.

- **First three 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.

- **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 thirty 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

- **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.

- **Board Breaking**

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

**\$ 30.00 7<sup>th</sup> Gup test fee**

