

Kentucky Taekwon-Do Club



2024 9th Gup
Requirements

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9th Gup Test Requirements

- **Patterns:**

- Saju Jirugi
- Saju Makgi

- **Kicks:**

- Front kick
- Turning kick

- **Punches:**

- Jab
- Reverse

- **Stances:**

- Walking stance
- Attention stance
- Parallel stance

- **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.

- **Belt Interpretations:**

- White belt signifies innocence, as that of a beginning student who has no previous knowledge Taekwon-Do

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

- 1) Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.

- **First two training secrets of Tae-kwon-Do:**

- 1) To study the theory of power thoroughly.

- **Knowledge:**

- 1)Uniform in Korean – Do-bak
- 2)Gym – Do-jang
- 3)President for GTF – Honoree GM Linda Park
- 4)President for U.S.GTF – Senior Master Tony Skinner
- 5)Count to ten in Korean
- 6)Say “thank you” in Korean – Kum-Sum-MeDah
- 7)Assistant Instructor – Bo-Sabum-Nim
- 8)Founding father of Global TKD
Grand Master Park Jung Tae

- **Defining A students character:**

- 1)Gratitude
- 2)Humility
- 3)Respect
- 4)Discipline
- 5)Attitude

\$ 25.00 9th Gup test fee

