

**Requirements for Gup Testing**  
**Updated September, 2017**

Rank	Minimum Time	Stances	Blocks	Strikes	Kicks	One Steps	Sparring	Poomsae	Keibon	Self Defense	Essay	Breaking
9 <sup>th</sup> Gup White Belt Yellow Stripe	3 Months and 24 Classes	1.Attention 2.Ready 3.Forward 4.Straddle 5.Fighting	1.Low 2.Middle 3.High 4.Hammer 5.Palm	1.Punches (Low, Middle, High) 2.Knife Hand 3.Palm 4.Elbow 5.Spear	1.Front Up 2.Front Snap	1-5 right 1-5 left 1-5 3-step			Star Set			
8 <sup>th</sup> Gup Yellow Belt	3 Months and 24 Classes at 9 <sup>th</sup> Gup	1.Walking 2.Back	1.Outside	1.Knife Hand (Back Stance)	1.Round 2.Crescent 3.Reverse Crescent 4.Side Up 5.Cross over Side	1-10 right 1-10 left 1-5 3-step		Taegeuk Il Jang		Single Shoulder Grab	What do you enjoy about Taekwondo so far?  (150 words)	
7 <sup>th</sup> Gup Orange Belt	3 Months and 24 Classes at 8 <sup>th</sup> Gup		1.Single knife hand (hansonnal makki) 2.Double knife hand (sonnal makki)	1.Low Block, Reverse Punch (Low, Middle, High) Combination	1.Pivot Slap Round 2.Pivot Side 3.Cross Behind Hook 4.Pivot Hook 5.Axe 6.Reverse Axe	1-15 right 1-15 left 1-5 3-step 10 Advanced	1-Two minute controlled contact	Taegeuk Ee Jang	Keibon 1	Double Shoulder Grab	Why is it important for you to learn taekwondo?  (150 words)	
6 <sup>th</sup> Gup Green Belt	3 Months and 24 Classes at 7 <sup>th</sup> Gup		1.Reverse Middle	1.Middle Punch / Reverse Middle Punch Combination	1.Jump Kicks 2.Spin Side 3.Spin Hook 4.Double Round (same leg)	1-20 right 1-20 left 1-5 3-step 15 Advanced	2-Two minute controlled contact	Taegeuk Som Jang	Keibon 2	Single Wrist Grab	Name and explain a strength and weakness you have in taekwondo?  (150 words)	Hammer Strike Or Front Snap Kick (Instructor Choice)

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5 <sup>th</sup> Gup Blue Belt	4 Months and 32 Classes at 6 <sup>th</sup> Gup			1.ReversePalm Block, Spear Hand Combination 2.High Block (knife hand), Reverse Knife Hand Strike Combination 3.Back Fist	1.All Spin 2.All Shuffle	1-20 right 1-20 left 1-5 3-step 25 Advanced	2-Two minute controlled contact	Taegeuk Sa Jang	Keibon 3	Double Wrist Grab	What keeps you motivated in your Taekwondo journey? (150 words)	
4 <sup>th</sup> Gup Purple Belt	4 Months and 32 Classes at 5 <sup>th</sup> Gup	“L Stance”	1.Middle Block / Reverse Middle Block Combination	1.Pull-Back Hammer Strike	1.Pivot Shuffle 2.Hook / Slap Round Kick Combination (Same leg)	1-20 right 1-20 left 1-5 3-step 30 Advanced	2-Two minute controlled contact 1-Hands only	Taegeuk Oh Jang	Keibon 4	Front Choke	What benefits have you received from Taekwondo? (150 words)	Elbow Strike Or Side Kick (Instructor Choice)
3 <sup>rd</sup> Gup Red Belt	4 Months and 32 Classes at 4 <sup>th</sup> Gup		1.Reverse knife hand (hansonnal makki) in Forward Stance	1.Hammer block (Face level) / Reverse Middle Punch Forward Stance Combination	1.Spin Shuffle 2.Tornado Round 3.Tornado Reverse Crescent 4.Double Side	1-20 right 1-20 left 1-5 3-step 40 Advanced Take Downs (3)	2-Two minute controlled contact 1-WTF only	Taegeuk Yuk Jang	Keibon 5	Bear Hug Back Choke	What have you given back to your taekwondo school? (150 words)	
2 <sup>nd</sup> Gup Brown Belt	5 Months and 40 Classes at 3 <sup>rd</sup> Gup	Tiger	1.Cross low block 2.Scissor Blocks	1.Double Middle Punch (inverted) Cross Stance 2.Side Middle Punch Horse Riding Stance	1.Jump Pivot 2.360 Degree Hook	1-20 right 1-20 left 1-5 3-step 50 Advanced Take Downs (6)	2-Two minute controlled contact 1-Advanced Technical round	Taegeuk Chil Jang	Keibon 6		How do you generate power? (200 words)	Spin Side Kick
1 <sup>st</sup> Gup Brown / Black Belt	6 Months and 48 Classes at 2 <sup>nd</sup> Gup	Inverted Forward	1.Low Block / Outside Block Combination (Inverted Forward Stance)	1.Reverse Uppercut 2.Reverse elbow / Reverse Back Fist / Middle Punch Combination	1.Jump Spin 2.Jump Double Front Snap 3.Combination Kicks per testing board	1-20 right 1-20 left 1-5 3-step Unlimited Advanced Take Downs (10)	2-Two minute controlled contact 1-Two-on-one Round	Taegeuk Pal Jang	Keibon 7		How are you training to become a black belt? (200 words)	