



## HAYME SERRATO'S MARTIAL ARTS 1<sup>ST</sup> GUP REQUIREMENTS

### TIP TESTS FOR 1<sup>ST</sup> GUP:

1. 4 Kicking & Striking Combinations
  - a. Front leg, front kick, reverse punch, roundhouse kick
  - b. Back fist, ridge hand, roundhouse kick, reverse kick
  - c. Jumping side foot kick (off back leg), back fist, spinning back fist, reverse punch
  - d. Sweep (off back leg), side foot kick, back fist
2. 6 One, Two or Three Steps: Blocking with guards up, knees & crescent kicks
3. 5 Multiple Self-Defense
  - a. Two people (one on each side)
  - b. Two people armbars shoulder grab
  - c. Two people (one on each side) and 3rd person choking from behind
  - d. Two people (one on each side) and 3rd person with knife in front
  - e. Two people (one on each side) and 3rd person with gun in front
4. 1 Form (hyung)
  - a. Bassai
5. 1 Weapon Form (of your choice)

### ACTUAL TESTING REQUIREMENTS:

The student being tested must be proficient in all elements of previously learned GUP requirements:

- a. 4 Kicking & Striking Combinations
- b. 6 One, Two or Three-Step Techniques (of your own design)
- c. 5 Multiple Self-Defense Techniques
- d. All forms up through Bassai
- e. 1 Weapons form
- f. 1 minute of free-sparring movements (no contact)
- g. Attain a passing grade in the oral exam
- h. Board breaking technique demonstrated
- i. Red belt written assignment due before 1<sup>st</sup> Gup testing for adults(for students under age 16, written assignment due before pre-pre black belt test)

<b>Part 1. Kicking &amp; Striking Combinations (fighting stance)</b>	
1.	Front leg, front kick, reverse punch, roundhouse kick
2.	Backfist, ridge hand, roundhouse kick, reverse kick
3.	Jumping side foot kick (back leg), back fist, spinning backfist, reverse punch
4.	Sweep (off back leg), side foot kick, backfist

<b>Part 2. One, Two or Three-Step Techniques (of your own design) Blocking with fighting guard, knees &amp; crescent kicks</b>	
1.	Hands:
2.	Hands:
3.	Kicks:
4.	Kicks:
5.	Take down:
6.	Take down:

<b>Part 3. Multiple Self Defense Techniques:</b>	
1.	Two people (one each side) pull arms: side kick to knee, side kick to knee or roundhouse kick
2.	Two people (one each side) armbar shoulder grab: lean back, big step forward front set, throw arms downward break loose, back kick, elbow face
3.	Two people (one each side) and 3 <sup>rd</sup> person choking from behind: <ul style="list-style-type: none"> <li>1. Side kick knee, break away</li> <li>2. Elbow ribs, grab shoulder takedown</li> <li>3. Side foot kick, punch, KIAI</li> </ul>
4.	Two people (one each side) and 3 <sup>rd</sup> person with knife in front: <ul style="list-style-type: none"> <li>1. Crescent kick person with knife,</li> <li>2. Kick knees, left or right person</li> <li>3. Break away</li> <li>4. Control knife or run</li> </ul>
5.	Two (one each side) and 3 <sup>rd</sup> person with gun in front: <ul style="list-style-type: none"> <li>1. Crescent kick person with gun</li> <li>2. Kick knees, left or right person</li> <li>3. Break away</li> <li>4. Control gun, run, or use person as a shield</li> </ul>

<b>Part 4. Bassai</b>
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<b>Part 5. Weapon Form (of your choice)</b>
Bo staff, kamas, nunchakus, samurai sword, tonfa, arnis sticks, knives

## BASSAI

Originated in south China around 400 years ago. The founder is unknown.

Originally known as Bas-Che, the form has 52 movements

1. Bassai chun-bee, feet come together with the knees bent, left thumb sits on top of right fist at thumb, fingers wrap around right fist; hands make a circular motion to the left stopping back in front of the waist, exhale.
1. Jump forward, reinforced in-to-out block, left leg behind right.
2. Position hands, left hand down, turn 180 degrees left into a front set stance, left hand inside to out block.
3. Without moving stance, inside-to-out block right hand.
1. Turning 180 degrees into a front set stance, outside-to-in block left hand.
2. Inside-to-out block, right hand, bring right knee up, pull down right hand palm out, straight down to side of leg.
1. Turn right 90 degrees into a front set stance, right hand outside-to-in block.
2. Left hand inside to out block.
3. Step left foot toe to heel behind right foot, turn left 90 degrees into a horseride stance, grab and pull hands to right side, left hand on top.
1. From horseride stance, soo do left hand, reverse punch right hand, inside-to-out block right.
2. Reverse punch left, inside-to-out block left.
1. Step forward with left foot, position hands left side, step forward right foot into a back-set stance, open hand high defense right.
2. Step forward left into back-set stance, open hand high defense.
3. Step forward right into back-set stance, right open hand high defense.
4. Step back right into back-set stance, left open hand high defense. Double open hands block palms out left on top in front of forehead.
5. Hands down into a low block, side foot kick off back leg
1. Inside turning 180 degrees left into a back-set stance, left open hand high defense.
2. Step forward right into a back-set stance, right open hand high defense.
3. Step feet together, double fist blocking straight up, inside-to-out block.
4. Step forward, jump into a right front set stance, double hammer fist strike to ribs.
5. Step forward, jump again into right front set stance, solar plex punch right.

## BASSAI, CONTINUED

1. Turn 180 degrees left into a front set stance, right pierce to groin.
  2. Grab and pull right hand behind head, left hand low defense, turning into a back-set stance.
  3. Slide left foot back to right, hands position higher in blocking
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1. Right foot crescent kick; turn left 90 degrees, set foot down in horseride stance, right low defense to the right side.
  2. Left hand extends palm out to left side, turn 180 degrees left, crescent kicking left palm with right foot, set down in a horseride stance.
  3. Low defense right, in front, left open hand block to right shoulder, low defense left, right fist blocks to left shoulder, low defense right, left fist blocks to right shoulder.
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1. Turn right 90 degrees into a right front set stance, u-punch left hand on top.
  2. Step back, right foot to left (feet together), hands position on left side, right side.
  3. Outside-to-in crescent kick left, set down in a left front set stance, u-punch right hand on top.
  4. Step back left foot to right (feet together), hands position on right side, left side.
  5. Outside-to-in crescent kick right, set down in a right front set stance, u-punch left hand on top.
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1. Position hands (right down), turn 180 degrees left into front stance dropping down on right knee, circular inside-to-out block right hand.
  2. Staying at same height, shift to the right on left knee, front stance circular inside-to-out block downward, left hand.
  3. Standing, step forward left foot and position hands, step forward into a right back-set stance, right open hand high defense.
  4. Turn right 90 degrees into a right back-set stance, right open hand high defense.
  5. Turn left 45 degrees and right foot forward into a left back-set stance, left open hand high defense. You should end the form on the exact same spot that you started from.

### **Ba Ro**

1. Return to Bassai Chun-bee



# HAYME SERRATO'S MARTIAL ARTS

## KOREAN TERMINOLOGY

(for Green Belts)

GENERAL TERMS			
<b>Tang Soo Do</b>	The name of the art we study	<b>Sang Dan</b>	High -part
<b>Tang Soo Do -Translation</b>	Way of the China Hand	<b>Ahp</b>	Front
<b>Kwan Jang Nim</b>	Grandmaster	<b>Yup</b>	Side
<b>Sah Bum Nim</b>	Master Instructor	<b>Dwi</b>	Back
<b>Dan</b>	Black Belt –Degree Holder	<b>Jung Kwon</b>	Fore Fist
<b>Gup</b>	Color Belt –Grade Holder	<b>Kap Kwon</b>	Back Fist
<b>Do Jang</b>	Training Hall (Gym)	<b>Soo Do</b>	Knife Hand
<b>Do Bohk</b>	Uniform	<b>Yuk Soo Do</b>	Ridge Hand
<b>Dee</b>	Belt	<b>Kwan Soo</b>	Spear Hand
<b>Kee Cho</b>	Basic	<b>Jang Kwon</b>	Heel Palm
<b>Hyung</b>	Forms	<b>Cha Ryut</b>	Attention
<b>Il Soo Sik Dae Ryun</b>	One Step Sparring	<b>Kyung Yet</b>	Bow or Salute
<b>Ja Yu Dae Ryun</b>	Free Sparring	<b>Joon Bee</b>	Ready
<b>Ho Sin Sul</b>	Self-Defense	<b>Shi Jock</b>	Begin -Start
<b>Mahk Kee</b>	Block	<b>Ba Ro</b>	Return
<b>Kong Kyuk</b>	Attack (punch)	<b>Shio</b>	Relax -Rest
<b>Cha Ki</b>	Kick	<b>Tora</b>	Turn
<b>KIAI</b>	Yell (focus mind & energy)	<b>Ko Map Sum Ni Da</b>	Thank You
<b>Ha Dan</b>	Low -part	<b>Chun Man E O</b>	You're Welcome
<b>Choong Dan</b>	Middle -part	<b>Dwi Ro Tora</b>	Turn to the rear
BASIC STANCES			
<b>JaSeh</b>	Stance	<b>Hu Kul JaSeh</b>	Back Stance –Fighting Stance
<b>Chun Kul JaSeh</b>	Front Stance	<b>Ki Ma JaSeh</b>	Horse Riding Stance
STARTING & ENDING CLASS			
<b>Cha Ryut</b>	Attention	<b>Sa Bum Nim E Kyung Yet</b>	Bow to the Master Instructor
<b>Kuk Gi E Tora</b>	Turn to the Flags	<b>Ahn Jo</b>	Sit
<b>Kyung Yet</b>	Salute or Bow	<b>Muk Yum</b>	Meditate
<b>Ba Ro</b>	Return	<b>E Ru Sut</b>	Stand
<b>Tora</b>	Turn back to the Instructor	<b>Kwan Jang Nim</b>	Grandmaster



**HAYME SERRATO'S MARTIAL ARTS**  
**KOREAN TERMINOLOGY**  
 (for Green Belts)

<b>NUMBERS</b>			
Ha Na	1 -one	Yah Sot	6 -six
Dool	2 -two	Il Gop	7 -seven
Set	3 -three	Yo Dull	8 -eight
Net	4 -four	Ah Hop	9 -nine
Da Sot	5 -five	Yol	10 -ten
<b>BASIC HAND TECHNIQUES</b>			
Ha Dan Mahk Ki	Low Block	Sang Dan Soo Do Mahk Ki	High Knife Hand Block
Sang Dan Mahk Ki	High Block	Ha Dan Soo Do Mahk Ki	Low Knife Hand Block
Ahneso Phaku Ru Mahk Ki	Inside/Outside Block	Yuk Jin	Knife Hand/Reverse Punch -Back Stance
Phakeso Ahnu Ro Mahk Ki	Outside/Inside Block	Choong Dan Kong Kyuck	Middle Punch
<b>BASIC KICKING TECHNIQUES</b>			
Ahp Cha Ki	Front Snap Kick	Phakeso Ahnuro Cha Ki	Outside/Inside Kick
Yup Cha Ki	Side Snap Kick	Yi Dan Ahp Cha Ki	Jump Front Kick
Dull Ryo Cha Ki	Round-House Kick	Yi Dan Yup Cha Ki	Jump Side Kick
Dwi Cha Ki	Back Snap Kick	Yi Dan Dull Ryo Cha Ki	Jump Round-House Kick
Dwi Dull Ryo Cha Ki	Back Spinning Kick	Yi Dan Dwi Cha Ki	Jump Back Kick
Ahneso Pahkuro Cha Ki	Inside/Outside Kick		
<b>COMMANDS IN CLASS</b>			
Cha Ryut	Attention	Shio	Rest
Kyung Yet	Bow or Salute	Tora	Turn
Joon Bee	Ready	Jung Ji	Stop
Shi Jock	Begin	Chun Man E O	You're Welcome
Ba Ro	Return	Ko Map Sum Ni Da	Thank You

## History Of Forms

#	Rank	Form Name	Year	Country	# Of Movements	Name Of Originator
1)	9th Gup	Kee cho Hyung Il Bu	1947	Korea	20	Hwang Kee
2)	8th Gup	Kee cho Hyung E Bu	1947	Korea	20	Hwang Kee
3)	7th Gup	Kee cho Hyung Sam Bu	1947	Korea	20	Hwang Kee
4)	6th Gup	Pyung ahn Cho Dan	1870	Okinawa	22	Lee Do So
5)	5th Gup	Pyung ahn E Dan	1870	Okinawa	29	Lee Do So
6)	4th Gup	Pyung ahn Sam Dan	1870	Okinawa	28	Lee Do So
7)	3rd Gup	Pyung ahn Sa Dan	1870	Okinawa	27	Lee Do So
8)	2nd Gup	Pyung ahn Oh Dan	1870	Okinawa	28	Lee Do So
9)	1st Dan	Bassai	400 yrs. ago	S. China	52	Unknown
10)	2nd Dan	Naihia chi Cho Dan	900 yrs. ago	N.W. China	33	Chang Son Kae
11)	2nd Dan	Naiha chi E Dan	900 yrs. ago	N.W. China	30	Chang Son Kae
12)	3rd Dan	Naiha chi Sam Dan	900 yrs. ago	N.W. China	40	Chang Son Kae
13)	4th Dan	Sip Soo Hyung	unknown	China	27	Unknown
14)	5th Dan	Chin Toe Hyung	200-300 yrs. ago	China	44	Unknown
15)	6th Dan	Kung Sang Koon Hyung	300 yrs. ago	S. China	67	Kung Sang Koon
16)	7th Dan	Wang Shu Hyung	over 200 yrs. ago	China	39	Wang Shu
17)	7th Dan	Tche on Hyung	300 B.C.	China	50	Unknown
18)	8th Dan	Ro Hai Hyung	unknown	S. China	33	Unknown
19)	8th Dan	Ss a Shian	900 yrs. ago	China	45	Unknown
20)	8th Dan	Sa Ship O Bo	400 yrs. ago	S. China	36	Unknown
21)	8th Dan	Oh Ship Sa Bo	400-500 B.C.	S. China	77	Unknown
22)	8th Dan	So Lim Jang Gun	900 yrs. ago	S. China	85	Unknown