



HAYME SERRATO'S MARTIAL ARTS 10TH GUP REQUIREMENTS

(To earn your White Belt)

PURPOSE: GUP Requirements are designed for students (and parents) to help with practice at home. In order to receive your white belt, each student will be given a short, 6-part exam that consists of:

1. 6 Basic Commands
2. 2 Punches
3. 1 Stance
4. 3 Kicks
5. Oral Exam
6. Board Break

Upon completion of the introductory classes, you (your child/children) will have the option to join Hayme Serrato's Martial Arts.

BASIC RULES:

- ☉ **How to enter and leave the karate school** – Every time a student enters or leaves the karate school, he/she must face the inside of the school and bow at the doorway. This is done as a sign of respect for the karate school and its instructors.
- ☉ **How to enter and leave the mat area** – Every time a student enters or leaves the mat area he/she must face the center of the mat area and bow. This is done as a sign of respect for the art you are learning.
- ☉ **How to start class:**
 - Attention - Cha Ryut
 - Turn to face the flag -Kuk gie tora
 - Bow, Tang Soo - Kyung yet, 'Tang Soo'
 - Return (hands)- Ba Ro
 - Turn, Face master instructor - Tora, Face Sa bum nim
 - Bow - Kyung yet
 - Sit -Ahn jo
 - Meditate -Muk yum
- ☉ **If a student has to get a drink of water or use the restroom** – He/She must ask the instructor for permission and then bow before leaving the mat. Always use the restroom before or after class, or during break. Class time is limited. Don't waste it.
- ☉ **How to address your instructors** – “Yes Sir”, “No Sir”, “Yes Ma'am”, “No Ma'am”.
- ☉ **ALWAYS turn around to adjust your uniform or belt** – Never in front of your instructor (RESPECT)
- ☉ **How to end class** – Horseride stance, left arm out, 3 punches saying ‘tang soo do’ 3 times, then ‘KIAI’ on last punch. Bow to instructors, “ko-map-sim-ni-da” (*thank you* in Korean)

YOU MUST 'KIAI' ON ALL COMMANDS!

YOU MUST HAVE YOUR GUARDS UP ON ALL KICKS!

PART 1: BASIC COMMANDS

1. **Cha Ryut (Attention)** – Feet together, arms and hands at their side, back straight, and head up.
2. **Chun Bee (Ready Position)** – Starting from attention, the left foot moves left until the feet are shoulder width apart. Toes are pointed straight ahead. Hands form fists, and come out in front of the belt.
3. **Left Foot Back** – right fist crosses over left above your head, left foot steps back, double block to the side, ‘KIAI’, then guards up.
4. **Switch Feet (or Change)** – Step up with feet together, right fist crosses over left above your head, step back with opposite foot, double block to the side, ‘KIAI’, then guards up.
5. **Ba Ro (Return to ready position)** – Step back with feet shoulder width apart. Toes are pointed straight ahead. Hands form fists, and come out in front of the belt.
6. **Kyung yet (Bow)** – Hands to side, bending at waist, lean forward 45 degrees then back upright.

PART 2: PUNCHES

1. **Single Punch** – Feet shoulder width apart, left hand out, right hand at ribs (closed fists). One command, one punch. (Using front two knuckles, thumbs out)
2. **Double Punch** – Feet shoulder width apart, left hand out, right hand at ribs (closed fists). One command, two punches. (Using front two knuckles, thumbs out)

PART 3: STANCES

1. **Fighting Stance** – From ready position, guards come up to protect face. Right foot steps back and turns outward 90 degrees to the right, forming an L shape. Squat down and KIAI! Begin bouncing on the balls of the feet. On command, switch feet. On command, switch feet again. Ba Ro, back to ready position.

PART 4: KICKS

1. **Front Foot Kick** – Kicking with the “ball” of the foot. Bring knee up parallel to the floor, extend kick and lock out leg. Toes must be pointed up and back while tilting foot forward. Re-cock leg by bringing leg back to bent position and set down on floor.
2. **Side Foot Kick** – Kicking with the outside “knife edge” of the foot. Bring knee up parallel to inside of body. Extend kick making sure kicking foot is turned over to the outside edge, toes pulled back and bottom of foot is towards floor. Lock-out leg. Re-cock leg by returning it to bent knee position and set down.
3. **Roundhouse Kick** – Kicking with the “instep” of the foot. Bring the knee up parallel to floor as in a front foot kick. Extend kick and rotate hip to the inside, lock-out leg. Bring leg back to bent knee position and set down.

PART 5: ORAL TEST

- What style of karate do you study? **American Kwan Tang Soo Do**
- Who founded the AKTSD Federation? **Grandmaster Jim Saffold**
- From what Country is Tang Soo Do? **Korea**
- What is the name of your school? **Hayme Serrato's Martial Arts**
- How do you address your instructor? **"Yes Sir", "No Sir", "Yes Ma'am", "No Ma'am"**
- Who is the head instructor and what is his degree? **Mr. Serrato, 7th Dan Senior Master Instructor**
- Foot position for side foot kick? **Side (or knife edge)**
- Foot position for front foot kick? **Ball of the foot**
- Foot position for roundhouse kick? **Instep**
- What part of the fist do you punch with? **Front two knuckles**
- How do we sound off? **"KIAI" (A spirit shout to project inner power)**
- What does "Ko Map Sum Ni Da" mean? **Thank You**

PART 6: BOARD BREAKING

1. **Hammer Fist** – Right hand tight fist. Right foot back into fighting stance. Focus 1 on center of board; focus 2 on center of board; 3 BREAK BOARD. Follow through and drop weight at the same time, going through the board. KIAI, for power.

HAYME SERRATO'S MARTIAL ARTS

10th Gup Exam

(Exam commands will be given *in the order* shown below)

PART 1: BASIC COMMANDS

- ☉ Cha Ryut (Attention)
- ☉ Kyung yet, 'tang soo' (Bow)
- ☉ Chun Bee (Ready position)
- ☉ Left Foot Back
- ☉ Switch Feet
- ☉ Switch Feet
- ☉ Switch Feet
- ☉ Ba Ro (go back to ready position)
- ☉ Cha Ryut (Attention)
- ☉ Kyung Yet, 'ko-map-sim-ni-da' (Bow, Thank you)
- ☉ Dwi Tora Shio – turn around and adjust yourself

PART 2: PUNCHES

- ☉ Cha Ryut
- ☉ Kyung yet, 'tang soo'
- ☉ Chun Bee
- ☉ Punching position (horseride stance)
- ☉ Left Hand out
- ☉ 5 Single Punches on each hand
- ☉ Left Hand out
- ☉ 5 Double Punches on each hand
- ☉ Ba Ro (go back to ready position)
- ☉ Cha Ryut
- ☉ Kyung Yet, 'ko-map-sim-ni-da'
- ☉ Dwi Tora Shio – turn around and adjust yourself

PART 3: STANCES

- ☉ Cha Ryut
- ☉ Kyung yet, 'tang soo'
- ☉ Chun Bee
- ☉ Fighting Stance (On Command)
 - Guards up
 - Right foot steps back (Lower your stance)
 - KIAI!

PART 4: KICKS

- ☉ Cha Ryut
- ☉ Kyung Yet, 'tang soo'
- ☉ Chun Bee
- ☉ Left Foot Back
- ☉ 5 times each - Front Foot Kick(ball of foot)
- ☉ Switch Feet
- ☉ 5 times each -Side Foot Kick (knife edge)
- ☉ Switch Feet
- ☉ 5 times each - Roundhouse Kick (instep)
- ☉ Switch Feet
- ☉ Ba Ro (go back to Chun Bee position)
- ☉ Cha Ryut
- ☉ Kyung Yet, 'ko-map-sim-ni-da'
- ☉ Dwi Tora Shio – turn around and adjust yourself

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10th Gup Exam Cont.

(Exam commands will be given *in the order* shown below)

PART 5: ORAL TEST

- ☉ What style of karate do you study?
- ☉ From what country?
- ☉ What is the name of your karate school?
- ☉ How do you address your instructor?
- ☉ Who is the head instructor and what is his degree?
- ☉ What part of the foot do you kick with on a
 - Front Foot Kick
 - Side Foot Kick
 - Roundhouse Kick
- ☉ What part of the fist do you punch with?
- ☉ How do we sound off?
- ☉ What does "Ko Map Sum Ni Da" mean?

PART 6: BOARD BREAKING

- ☉ Cha Ryut
- ☉ Kyung yet, 'tang soo'
- ☉ Chun Bee
- ☉ Fighting Stance
- ☉ Hammer Fist
 - 1 Focus
 - 2 Focus
 - 3 Break, KIAI!