



HAYME SERRATO'S MARTIAL ARTS 2ND GUP REQUIREMENTS

TIP TESTS FOR 2ND GUP:

1. 4 Break Falling, 1 Forward Roll, 1 Back Roll
2. 4 Kicking & Striking Combinations
3. 8 Red Belt Basic Actions
4. 1 Form (hyung)
 - a. Pyung Ahn Oh Dan #5
5. 6 Three-Step Techniques of your own design
 - a. 2 Hands
 - b. 2 Kicks
 - c. 2 Takedowns
6. 1 Self Defense (Judo throw)

ACTUAL TESTING REQUIREMENTS:

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

- a. 8 Red Belt Basic Actions (by number)
- b. 4 Falling Techniques, 1 Forward Roll, 1 Back Roll
- c. 4 Kicking & Striking Combinations
- d. All Forms up through Pyung Ahn Oh Dan #5 and Victory Chil Dan #7
- e. 6 Three-Step Techniques, kick, punch and strike (make up your own)
- f. All Self-Defense Techniques & 1 Judo throw
- g. 1 minute of free-sparring movements (no contact)
- h. Attain a passing grade in the oral exam
- i. Board breaking technique demonstrated
- j. Red belt written assignment due before 1st Gup testing for adults (for students under age 16, written assignment due before physical black belt test)**

Part 1. Break Falling	
1. Falling Backward	<ul style="list-style-type: none"> ☉ Squat down and fall back on you buttocks ☉ Like a rocking chair, put chin to chest and open both arms out ☉ Slap ground with forearms (not elbows), palms down ☉ Roll back up
2. Falling Forward	<ul style="list-style-type: none"> ☉ Squat down and fall forward with the arms & legs moving simultaneously: ☉ Both arms go out, land on forearms with palm down ☉ Both legs go back and spread out (like a push-up position) ☉ Turn face to the right or left
3. Falling to Right or Left Side	<ul style="list-style-type: none"> ☉ Squat down on one leg ☉ Fall down on side of hip (like a rocking chair) with arm out ☉ Slap ground with forearm, palm down ☉ Head looking upward, arm to chest
4. Forward Roll	<ul style="list-style-type: none"> ☉ Squat down, put arm out ☉ With head to chest, roll forward on arm and back of head (with shoulders 'like a ball') ☉ Stand back up
5. Backward Roll	<ul style="list-style-type: none"> ☉ Squat down backward with one arm out ☉ Fall back and roll on the side that has the arm out ☉ Turn head to opposite direction of arm ☉ Stand back up

Part 2. Kicking & Striking Combinations (fighting stance)	
1.	Front leg, sliding side foot kick, backfist, reverse punch, roundhouse kick
2.	Back leg roundhouse kick, reverse kick, back fist, reverse punch
3.	Reverse Punch, back fist, ridge hand high
4.	Reverse punch, inside to out ax kick

Part 3. Red Belt Basic Actions

1.	Low defense block (ha dan makee)	Back-set	5.	Lead knife hand block (soo do makee)	Back-se
	High defense block (sahng dan makee)	Back-set		Groin attack (ko hwan kong kyuk)	Front-set
2.	Face punch (in jung kwan)	Front-set	6.	Solar plexus punch (myung chi jung kwan)	Front-set
	Low defense (ha dan makee)	Back-set		Palm Heel Strike (jang kwan kong kyuk)	Back-set
3.	Inside –out block (ahneso phaku ro makee)	Back-set	7.	Tiger Claw to face (Bum ol gul kong kyuk)	Back-set
	Pierce to eyes (fingers spread) il ji kwan soo	Front-set		Inverted reverse punch to body (Tro jang dan kong kyuk)	Front-set
4.	Open hand high and low block (sahng dan & ha dan soo do make)	Back-set	8.	Reinforced block (Sang soo makee)	Back-set
	Supported spear hand (kwan soo)	Front-set		'X' low defense block (Ssang soo ha dan makee)	Front-set
5.	Reinforced block (sang soo makee)	Back-set	6.	'X' high open hand block (Ssang soo sahnng dan makee)	Back-set
	Lead knife hand to face (soo do ol gul)	Front-set		Reinforced block (Sang soo makee)	Back-set
6.	Heel palm strike to face (jang kwan)	Front-set	7.	'U' punch (face & groin) (Ha, sang dan kong kyuk)	Front-set

Part 4. Form: Pyung Ahn Oh Dan (#5)

Part 5. Three-Steps Techniques (of your own design):

1. Hands:
2. Hands:
3. Kicks:
4. Kicks:
5. Take down:
6. Take down:

Part 6. Self Defense

Judo Throw	Osoto Gari (set-up 5 times before throwing): <ol style="list-style-type: none"> 1. Left hand grabs right elbow 2. Right hand grab the lapel of right side 3. Left foot to step to the outside of right foot 4. Right foot swings between your left foot and person's right foot 5. Sweep back on opponent's right leg 6. Left elbow pulls down with a lapel grab twist on pull to side takedown
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PART 4: PYUNG AHN OH DAN (#5)

Originally a Chinese form, it was changed to its present form in 1870 by Lee Do So of Okinawa.
This form has 28 movements.

1. Look left, position hands, right hand across the face, left hand down, left foot steps into back set stance, left handed inside-to-out block, right hand short reverse punch, right foot come together to left foot, hands position on right side
 2. Look right, right hand down, left across face, right foot steps out into backset stance, right hand inside-to-out block, left hand short reverse punch, left foot come together to right foot, hands position on left side
 3. Right hand position reinforced block, right foot out front stance
 4. Position right hand side for X block, front set stance, X block low closed hands, X block high open hands, soo do strike left hand, step forward front stance, right hand reverse punch (solar plexus), KIAI!
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1. Right hand swing downward to the left 180, right foot crescent kick, horseride stance, right hand down block, left hand come over head, in-to-out soo do block (SLOWLY), Right foot crescent kick to soo do open hand block, horseride stance, right elbow to left open hand strike
 2. Left foot step behind right foot X stance, left to right hand reinforced block, KIAI!
 3. Looking 180 degrees left, left foot slowly steps forward into back set stance.
 4. Swinging arms left, in a large circle, jump left and turn 180 degrees landing in a low cross step X-block, left foot behind.
 5. Stand, turn right 90 degrees into a right hand reinforced block, front set stance, KIAI!
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1. Turn left 180 degrees into a right hand pierce to the groin, left hand over right elbow, front set stance.
 2. Right hand grabs and pulls back behind as left hand sets up into a low defense block, left back set stance.
 3. Left foot slides back to right foot in a T-stance as right hand pulls up higher behind head.
 4. Feet and body pivot 180 degrees right into an X-stance, as hands form double outside forearm block.
 5. Pivot 90 degrees right into a front set stance, left hand finger-tip strike pierces groin, right hand over left elbow.
 6. Left hand grabs and pulls back behind head as feet turn into a right back set stance, right hand sets up a low defense block.

RED BELT WRITTEN ASSIGNMENT

The purpose of the following assignment is to assure that every student participating in HSMA has a thorough understanding of the art. This understanding pertains not only to the physical aspects of karate, but the psychological aspects as well.

It is the desire and purpose of Tang Soo Do to develop the most capable and well-rounded individual to represent karate in the vast, age-old system known as the martial arts.

KARATE & PHYSICAL FITNESS

Answer the following questions in your own words...

1. Why is fitness important in karate?
2. What is a muscle and how many do you have?
3. How does a muscle work?
4. How many types of muscles do you have? Explain some details of each type.
5. Why is flexibility important?
6. What is meant by the terms "isometrics" and "isotonic"?
7. What is cardiovascular fitness?
8. Where does muscle power come from?
9. What are the effects of smoking, alcohol and drugs in relationship to a karate student in training?
10. What is meant by physical fatigue?
11. What is muscle strain?
12. Describe one form in full detail.

KARATE IN GENERAL

Define the following words or terms, as they apply to martial arts, in your own words...

- | | |
|-------------------------------|-------------------------|
| 1. Respect | 11. Brotherhood |
| 2. Humility | 12. Serene character |
| 3. Confidence | 13. Sportsmanship |
| 4. Endurance | 14. Focus |
| 5. Humble | 15. Becoming proficient |
| 6. Physical and Mental Health | 16. Martial Arts |
| 7. Dedication | 17. Judo |
| 8. Self-discipline | 18. Aikido |
| 9. Class discipline | 19. Kendo |
| 10. Self control | 20. Ju-Jitsu |

Who can learn karate?

Is the breaking of hard materials obligatory? Why?

RED BELT WRITTEN ASSIGNMENT, CONT.

PHILOSOPHY OF KARATE

1. What is meant by term “Philosophy”?
2. What is the philosophy being taught in your club?
3. How does this philosophy affect you as an individual?
4. How is it put into use in your everyday lives?
5. Can you improve the philosophy of karate without changing its real meaning?
Explain.

EFFECTS KARATE TECHNIQUES HAVE ON THE HUMAN ANATOMY

1. Name five major pressure points on the human anatomy.
2. Explain four ways you could attack these five major pressure points.
3. Explain four effects each of these attacks would have.

KARATE AS A SPORT, AN ART AND A METHOD OF SELF-DEFENSE

1. Is karate a sport? Explain.
2. Is karate an art? Explain.
3. What are the major problems in karate tournament fighting?
4. What are the advantages and disadvantages of competition fighting?
5. What is the difference between self-defense on the street and competition karate?
6. In your own opinion, how does karate compare with other martial arts as a method of self-defense? How does karate differ from other martial arts?
7. Why would you recommend or discourage the instruction of karate in public schools or colleges.
8. On an individual basis, how efficient is karate as a method of self-defense?
9. Write in your own words: What goals do you wish to fulfill in karate? Have you attained any of these goals at this time in your training?



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

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



HAYME SERRATO'S MARTIAL ARTS

KOREAN TERMINOLOGY

(for Green Belts)

NUMBERS			
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
BASIC HAND TECHNIQUES			
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
BASIC KICKING TECHNIQUES			
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		
COMMANDS IN CLASS			
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