



HAYME SERRATO'S MARTIAL ARTS 3RD GUP REQUIREMENTS

TIP TESTS FOR 3RD GUP:

1. 4 Kicking Techniques (cha ki)
2. 3 Striking Techniques
3. 2 Forms (hyung)
 - a. PyungAhn Sa Dan #4
 - b. Victory Chil Dan #7
4. 6 Two-Step Techniques (il soo sik dae ryun) of your own design
 - a. 2 Hands
 - b. 2 Kicks
 - c. 2 Takedowns
5. 20 Self-Defense Techniques (ho sin sul); of your own design
6. 7 Weapon Self-Defense Techniques (gun)
7. Must attend minimum of 6 fighting classes

ACTUAL TESTING REQUIREMENTS:

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

- a. 8 Green Belt Basic Blocks
- b. 3 Striking Techniques
- c. 4 Kicking Techniques
- d. ALL Forms up through PyungAhn Sa Dan #4 and Victory Chil Dan #7
- e. 6 Two-Step Techniques (of your own design)
- f. All Self-Defense Techniques
- g. Gun weapon Self-Defense
- h. 1 minute of free-sparring movements (no contact)
- i. Attain a passing grade in the oral exam
- j. Board breaking technique demonstrated
- k. Must have competed in 1 tournament as a Green Belt

3rd Gup Requirements

Kicks

1. Running jumping side foot kick:
 - a. Fighting Stance, turn to run right
 - b. 2 steps ,left knee up
 - c. Jump up with right turning to side back kick
2. In-place jumping front kick
 - a. Squat down, jump up with both knees up
 - b. Right front kick
3. In-place jumping side foot kick
 - a. Squat down, jump up with both knees up
 - b. Right turn to side foot kick
4. Jumping split kick

Strikes

1. 1 Hand ox jaw
2. 5 Elbow strikes:
 - a. Inside elbow
 - b. Outside elbow
 - c. Upward elbow
 - d. Downward elbow
 - e. Backward elbow
3. 2 Finger spear throat:
 - a. Horizontal
 - b. Vertical

Weapons Self Defense, Gun	
1. Front of Face	<ul style="list-style-type: none"> ☉ Hands up slowly, Right hand strikes wrist, left hand strikes back of hand ☉ Gun pops out or grab wrist , hold hand in place, kick ☉ Take down, kick to ribs, KIAI! ☉ Control weapon
2. Behind lower back	<ul style="list-style-type: none"> ☉ Hands down slowly, Turn right outside, block grab wrist ☉ Elbow strike to face, same hand grab back of hand ☉ Other hand grab behind hand, step back to front set break wrist, KIAI! ☉ Control weapon
3. Behind upper back	<ul style="list-style-type: none"> ☉ Hands up slowly, Turn left inside, block grab wrist ☉ Elbow strike to face, same hand grab back of hand ☉ Other hand grab behind hand, step back, break wrist, KIAI! ☉ Control weapon
4. Side of head (Same side)	<ul style="list-style-type: none"> ☉ Hands up slowly, Move the hand that is holding gun forward ☉ Other hand cup wrist, step backfront set, wrist lock backward ☉ Take down, KIAI! ☉ Control weapon
5. Side of head (Opposite side)	<ul style="list-style-type: none"> ☉ Hands up slowly, Block grab wrist, ☉ Elbow to face, grab back of hand with both hands ☉ Step back, Wrist lock, KIAI! ☉ Control weapon
6. From distance (Front)	<ul style="list-style-type: none"> ☉ Talk your way in close to weapon ☉ Strike hand with weapon ☉ Do same as Front of Face, KIAI! ☉ Control weapon
7. Holding-up someone else	<ul style="list-style-type: none"> ☉ Come up behind person with gun ☉ Strike upward the hand that is holding the gun ☉ Other hand on top, walk straight back ☉ Take down, KIAI!, control weapon

Self Defense Techniques (of your own design):

1. One-Handed Wrist Grab
2. One-Handed Cross Grab
3. Two-Hands on One Wrist Grab
4. Two-Hands on Two Wrists Grab
5. One-Handed Lapel Grab
6. Two-Handed Lapel Grab
7. Two-Handed Front Choke Hold
8. One-Handed Front Hair Grab
9. One-Handed Hair Grab From Behind
10. Two-Handed Choke From Behind
11. One-Handed Armbar Shoulder Grab
12. Forearm Choke From Behind
13. Forearm Choke Armbar
14. Same-Side Forearm, Armbar Choke
15. Full Nelson
16. Bear Hug Over Arms
17. Bear Hug Under Arms (Thumb Grab)
18. Bear Hug Under Arms (Takedown)
19. Side Head Lock
20. Front Head Lock

Two-Steps (of your own design):

1. Hands
2. Hands
3. Kicks
4. Kicks
5. Takedown
6. Takedown

PYUNG AHN SA DAN (#4)

Originally a Chinese form, it was changed to its present form in 1870 by Lee Do So of Okinawa. This form has 27 movements.

1. Position hands on right side, left foot turns into back set stance toward the left.
 2. Double open handed soo do block.
 1. Position hands on left side, turn right foot to back set stance toward the right.
 2. Double open handed soo do block.
 1. Turn left into front set stance, double handed X-block down the middle.
 2. Step forward with right foot into back set stance, reinforced block right hand.
 1. Step up, (bring left knee up, balance on right foot) double handed grab to the right. Left side foot kick and left fist out at the same time.
 2. Set left foot down in a front set stance. Left hand open, right forearm elbow strike to face.
 3. Look right, bring right knee up, balance on left leg.
 1. Double handed grab to the left, right side foot kick and right fist out at the same time.
 2. Set right foot down in a front set stance. Right hand open, left forearm elbow strike to face.
 3. Looking left, position hands at side of face.
 1. Soo do strike to side of face with right hand; left hand comes to left side of face in a left 45° front set stance.
 2. Kick with right foot, jump, landing on right foot.
 3. Left foot steps behind right in a cross stance. Right hand inside-to-out block.
 1. Turning left 225°, double open hand block in left front set stance.
 2. Front foot kick with right foot, set down in front foot stance.
 3. Right hand punch to solar plexus, left hand punch to solar plexus.
 1. Turning right 90°, double open hand block in right front set stance.
 2. Front foot kick with left foot, set down in front set stance.
 3. Left hand punch to solar plexus, right hand punch to solar plexus.
 1. Turn 45° to the left into a back set stance down the middle, left hand reinforced block.
 2. Step forward into a right hand reinforced block, back set stance.
 3. Step forward into a left hand reinforced block, back set stance.
 1. Reach forward with a double open handed block in a 45° front stance. Grab behind head and knee strike straight up to face, KIAI!
 2. Position hands on right side, set foot down turning 180 degrees into left high open hand block, back set stance down at 45°.
- Position hands on left side, turn 45° into right high open hand block, back set stance

VICTORY CHIL DAN (#7)

Bow

1. Right kneeling stance, left reverse punch, down, right elbow down, left and right reverse punch down.
 1. Stand up, left foot step to right foot, hands cup in saucer together on right side.
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1. Left foot step forward, back fist with left hand, front stance.
 2. Right foot, step thru horseride punch.
 3. Left foot, step behind right foot, looping back fist.
 4. Left foot step behind, spinning to front set stance, left hand spinning back fist, right hand reverse punch, KIAI!
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1. Right back leg round house kick, right hand high soo do, backset stance.
 2. Right foot steps back into backset stance, left hand high soo do.
 3. Left foot steps back into backset stance, right hand high soo do.
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1. Left foot skip step forward and back into inside-to-out axe kick, land left foot forward in front set.
 2. Right hand grab, pull down to kneeling take down, reverse punch down.
 3. Reverse kneeling stance to front, left hand high block front of head, right hand inverted punch.
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1. Stand up, right foot skip step forward and back into inside-to-out axe kick.
 2. Right to left foot together, right foot steps out into horseride stance, double open hand block.
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1. Look left behind, right foot step into back set stance, high soo do, left hand back fist in a front set.
 2. Right foot round house kick, land in a front set stance in the opposite direction, right and left open-hand blocks with palms out.
 3. Right hand soo do strike, left hand over right arm.
 4. Left hand soo do strike, right hand inverted reverse punch, KIAI! Left hand under right elbow to reinforce.
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1. Right round house kick, left foot spinning hook, turn 270° spinning left hook kick, turn 270° spinning left hook kick, turn 270° spinning left hook kick, turn 270° spinning left hook kick.
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1. Right kneeling stance down the middle, right hand reverse punch & left hand reverse punch down.
 2. Stand up, front set stance soo do strike right hand, soo do block left hand, side of head.
 3. Right foot front kick, jumping front foot kick.
 4. Double handed, cross step behind, open hand block w/ 45° cross stance on right leg, KIAI!
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1. Turn left 45° behind in a front set stance, reverse punch right hand.
 2. Turn right 45° in a front set stance, reverse punch, left hand.
 3. Right hand over head soo do block in front.
 4. Left hand over head soo do block in front.
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1. Both hands together, feet together, turn over hands, hands to side.

Bow

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