



HAYME SERRATO'S MARTIAL ARTS 4TH GUP REQUIREMENTS

TIP TESTS FOR 4TH GUP:

1. 4 Strikes
2. 5 Kicking Techniques (cha ki)
3. 2 Forms (hyung)
 - a. Pyung Ahn Sam Dan #3
 - b. Victory Yuk Dan #6
4. 20 Self-Defense Techniques (ho sin sul); of your own design
5. 5 Weapon Self-Defense Techniques (knife)
6. 6 Two-Step Techniques (il soo sik dae ryun) of your own design
 - a. 2 Hands
 - b. 2 Kicks
 - c. 2 Takedowns

ACTUAL TESTING REQUIREMENTS:

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

- a. Green Belt Basic Actions
- b. 4 Striking Techniques
- c. 5 Kicking Techniques
- d. 12 Forms up through Pyung Ahn Sam Dan #3 and Victory Yuk Dan #6
- e. 6 Two-Steps Techniques (make up your own)
- f. All 20 Self-Defense Techniques
- g. 5 Knife 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

4TH GUP REQUIREMENTS

Kicks	<ol style="list-style-type: none"> 1. Jump-to side foot kick (Front stance) 2. Back leg sweep (Fighting stance) 3. 360 Spinning hook kick (Fighting stance) 4. 360 Spinning crescent kick (Fighting stance) 5. Forward spinning jumping crescent kick (Fighting stance)
Strikes	<ol style="list-style-type: none"> 1. Tiger mouth strike (Fighting stance) 2. Double open hand strike, pop ears (Fighting stance) 3. 'X' Double hand 'over head' open cross down block, cross stance (Front stance) 4. Feet together, soo do, side kick, jump, slap knee, slowly raise hands to high position with feet together
Two-Step Techniques (make up your own)	1. 2 Hand Techniques
	2. 2 Kicking Techniques
	3. 2 Takedown Techniques
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	

Weapons Self Defense, Knife

<p>1. Overhead</p>	<ul style="list-style-type: none"> ☉ Left foot step forward ☉ X block right hand over left hand ☉ Right hand grab wrist, hold in place ☉ Right knee to groin, right steps side of him ☉ Left hand behind elbow ☉ Takedown as you step forward w/ right foot ☉ Take weapon away, strike back, KIAI!
<p>2. Across (Behind)</p>	<ul style="list-style-type: none"> ☉ Left foot steps forward into horseride stance ☉ Block behind arm ☉ Quick, double open hand block ☉ Right hand grab wrist, left arm elbow to face ☉ Left hand grab behind his hand, right grab turn over wrist lock, step back left foot takedown ☉ Take weapon away, strike back, KIAI!
<p>3. Across (Front)</p>	<ul style="list-style-type: none"> ☉ Step forward into horseride stance ☉ Front double hand block ☉ Left hand grab wrist, right arm elbow face ☉ Right hand grab back of hand, left hand shift to grab back of hand ☉ Step back right leg, wrist lock ☉ Right kick to the ribs ☉ Take weapon away, strike back, KIAI!
<p>4. Jab</p>	<ul style="list-style-type: none"> ☉ Step back ☉ X block right hand over left, right hand grab wrist ☉ Kick to knee ☉ Right hand twists wrist upside down, grab left hand ☉ Break wrist, push forward ☉ Kick to solar plexus ☉ Take weapon away, strike back, KIAI!
<p>5. Choke from behind</p>	<ul style="list-style-type: none"> ☉ Both hands grab arm, hold tight ☉ Step behind attacker's right leg with your left leg ☉ Run knife into solar plexus ☉ Take weapon away, strike back, KIAI!

PYUNG AHN SAM DAN (#3)

This form was founded in Okinawa in 1870 by Lee Do So and contains 28 movements.

1. Turn left into a left hand inside to out block, back set stance.
2. Drop right hand down in front of right leg.
3. Step up feet together, inside to out double handed v-block, right hand up. Inside to out double handed v-block, left hand up.
1. Turn right 180 degrees into a right hand inside to out block, back set stance.
2. Drop left hand down in front of left leg.
3. Step up feet together, inside to out double handed v-block, left hand up. Inside to out double handed v-block, right hand up.
1. Turning down the middle, left hand reinforced block, front set stance.
2. Step forward in a front set stance and pierce to the solar plex with right hand.
3. Position hands on right side, left foot steps behind right turning body 360 degrees into a left side horseride stance. Left hand backfist to the face.
4. Step forward with right foot into a front set stance, right hand solar plex punch, KIAI!
1. Place left foot behind right turning left 180 degrees facing back down the middle. Bring feet together and position fists on sides at rib cage. Inhale while rising up on toes, exhale while lowering heels back to floor.
2. Crescent kick with right foot, bring foot back to left knee and block with lower leg. Set down in right side horseride stance, block with right elbow downward at 45 degree angle. Stand and right hand backfist to face, return fist to rib cage.
3. Turn down middle, crescent kick with left foot, bring left foot back to right knee and block with lower leg. Set down in a left horseride stance, block with left elbow downward at 45 degree angle. Stand and left hand backfist to face, return fist to rib cage.
4. Turn down middle, crescent kick with right foot, bring right foot back to left knee and block with lower leg. Set down in a right horseride stance, block with right elbow and downward at 45 degree angle. Stand and left hand backfist to face, leave hand extended out.
5. Step forward with left foot into a front set stance, reverse punch to solar plex with left hand.
6. Bring right foot up to left while inhaling and keeping shoulders level, step out with right foot to the right into a horseride stance while exhaling.
1. Left foot takes a giant step behind right, turning 180 degrees to the left, facing opposite direction. Left elbow strikes straight back to the ribs as right hand punches to the face over left shoulder in a horseride stance.
2. Jump up and to the right on the same line landing in a horseride stance, arms rotate to the right side, right elbow strikes back to ribs as left hand punches to face over right shoulder in same horseride stance, KIAI!

VICTORY YUK DAN (# 6)

Bow

1. Right foot steps back, front stance
 2. Left hand soo do strike (face)
 3. Right hand reverse punch (face)
 4. Right hand low open hand block soo do (Right side)
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1. Right front foot kick
 2. Jumping front foot kick
 3. Double handed, cross step behind, open hand block 45 degree cross stance, KIAI!
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1. Turn left to right 180 degrees, front stance, backfist left hand, reverse punch right hand
 2. Right step forward, feet together, right hand backfist strike
 3. Right foot step out front stance, left hand reverse punch
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1. Left foot step forward, roundhouse kick with right foot
 2. Turn left behind, left front stance, left hand back fist, right hand reverse punch, solar plexus
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1. Right foot step forward, feet together, right hand backfist strike
 2. Right foot step out, front stance, left hand reverse punch, solar plexus
 3. Left foot, roundhouse kick
 4. Left foot to right together, step out deep horseride stance, right foot, double open hand block, KIAI!
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1. Look to right, look to left, slowly, quick look to right behind, step left to right, feet together
 2. Right soo do strike
 3. Right foot side foot kick
 4. Jump to opposite direction together (low stance)
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1. Left hand soo do block, back set stance
 2. Reverse punch right hand
 3. Right roundhouse kick
 4. Right jump spin crescent kick
 5. Right jump spin crescent kick
 6. Turn to left right kneeling, right hand reverse punch, down, KIAI!

Bow:

Ko map sum ni da

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