



## HAYME SERRATO'S MARTIAL ARTS 5<sup>TH</sup> GUP REQUIREMENTS

### TIP TESTS FOR 5<sup>TH</sup> GUP:

1. 4 Striking Techniques
2. 6 Kicking Techniques (chaki)
3. 8 Green Belt Basic Blocks
4. 6 One-Step Techniques (il soo sik dae ryun)
  - a. 2 Hands
  - b. 2 Kicks
  - c. 2 Takedowns
5. 5 Weapon Self-Defense Techniques ( club )
6. 2 Forms ( hyung )
  - a. Pying ahn E Dan #2
  - b. Victory Sa Dan #5

### ACTUAL TESTING REQUIREMENTS:

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

- a. Green Belt Basic Blocks
- b. 4 Striking Techniques
- c. 6 Kicking Techniques
- d. ALL Forms up through Pying ahn E Dan #2 and Victory Oh Dan #5
- e. 6 One-Step Techniques (make up your own)
- f. 5 Weapons Self-Defense Techniques, Club
- g. 1 minute of free-sparring movements (no contact)
- h. Attain a passing grade in the oral exam
- i. Board breaking technique demonstrated
- j. Begin learning a weapon of your choice

<b>Strikes &amp; Stances</b>	<ol style="list-style-type: none"> <li>1. Palm Heel</li> <li>2. Hammer Fist (down) (across)</li> <li>3. Two Finger Strike (eyes)</li> <li>4. Tiger Claw (eyes &amp; face)</li> </ol>	
<b>Kicks</b>	<ol style="list-style-type: none"> <li>1. Back Leg Double Kick: Front Foot, Roundhouse, Ball of foot</li> <li>2. In-place Sliding Side Foot Kick</li> <li>3. In-place Sliding Roundhouse Kick</li> <li>4. In-place Backward Jumping Side Foot Kick</li> <li>5. 180 Spinning Hook Kick</li> <li>6. 180 Spinning Crescent Kick</li> </ol>	
<b>Green Belt Basic Actions:</b>		
All actions begin from Joon Bee (start) position.		
1	Low defense block (ha dan mahk ki) & Solar plexus punch (choong dan kong kyuck)	Front set stance (chun kul)
2	High defense block (sahng dan mahk ki) & Face punch (sahng dan kong kyuck)	Front set stance (chun kul)
3	In-to-out block (ahnesoo phakuroo mahk ki) & Solar plexus punch (choong dan kong kyuck)	Back set stance (hu kul) Front set stance (chun kul)
4	Out-to-in block (phakesoo ahnuroo mahk ki) & Solar plexus punch (choong dan kong kyuck)	Back set stance (hu kul) Front set stance (chun kul)
5	Open hand low defense (ha dan soo do mahk ki) & Solar plexus punch (choong dan kong kyuck)	Back set stance (hu kul) Front set stance (chun kul)
6	Open hand high defense (sahng dan soo do mahk ki) & Face punch (sahng dan kong kyuck)	Back set stance (hu kul) Front set stance (chun kul)
7	Horseshoe punch (kima jaseh choong dan hang jin) & Hook punch (nak see choong dan kong kyuck)	Horseshoe stance (kima)
8	Double hand block & Solar plexus punch (choong dan kong kyuck)	Back set stance (hu kul)



## Weapons Self Defense, Club

<p><b>1. Overhead</b></p>	<ul style="list-style-type: none"> <li>☉ Left foot step forward</li> <li>☉ X block right hand over left hand</li> <li>☉ Right hand grab wrist</li> <li>☉ Left hand behind elbow</li> <li>☉ Takedown as you step forward w/ right foot</li> <li>☉ Take weapon away, strike back, KIAI!</li> </ul>
<p><b>2. Across Behind</b></p>	<ul style="list-style-type: none"> <li>☉ Left foot steps forward into horseride stance</li> <li>☉ Block behind arm</li> <li>☉ Quick, double open hand block</li> <li>☉ Right hand grab wrist, Left arm elbow to face</li> <li>☉ Left hand grab behind his hand, right hand turn over to grab behind hand, step back left foot</li> <li>☉ Wrist lock takedown, strike back, KIAI!</li> </ul>
<p><b>3. Across Front</b></p>	<ul style="list-style-type: none"> <li>☉ Right foot steps forward into horseride stance</li> <li>☉ Quick, double open hand block</li> <li>☉ Left hand grab wrist, right elbow to face</li> <li>☉ Right hand grab behind his hand, left hand turn over to grab behind hand, step back right foot</li> <li>☉ Wrist lock takedown, strike back, KIAI!</li> </ul>
<p><b>4. Jab</b></p>	<ul style="list-style-type: none"> <li>☉ Step back</li> <li>☉ X block right hand over left, right hand grab club, left hand grab club</li> <li>☉ Kick to knee</li> <li>☉ Right hand twists wrist upside down</li> <li>☉ Break wrist</li> <li>☉ Kick to solar plexus</li> <li>☉ Take weapon away, strike back, KIAI!</li> </ul>
<p><b>5. Choke from behind</b></p>	<ul style="list-style-type: none"> <li>☉ Both hands grab club</li> <li>☉ Hold Tight</li> <li>☉ Step behind attacker's left leg with your right leg</li> <li>☉ Run club into solar plexus</li> <li>☉ Take weapon away, strike back, KIAI!</li> </ul>

## PYUNG AHN E DAN (#2)

This form was founded in Okinawa in 1870 by Lee Do SO and contains 29 movements.

1. Position hands on right side, left foot turns into back set stance toward the left.
  2. High double handed block
  3. Double punch, right hand upper-cut, left hand over right shoulder
  4. Bring left hand to rib
  5. Horseride punch to the left
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1. Position hands on left side, right foot turns into back set stance toward the right
  2. High double handed block
  3. Double punch, left hand upper-cut, right over left shoulder
  4. Bring right hand to rib
  5. Horseride punch to the right
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1. Left foot to right 90 degrees, step up feet together, double handed grab (position hands left side)
  2. Right side foot kick and right back fist, parallel to leg. Position hands on right side, set foot down in a left back set stance, hands, high left open hand defense (at the same time) 180 degrees from kick
  3. Step forward into a high soo do block with right hand, back set stance
  4. Step forward into a high soo do block with left hand, back set stance
  5. Step and pierce to solar plexus with right hand, right foot set stance, KIAI
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1. Position hands on right side, left foot turns body to the right 270 degrees into a left high open hand defense, back set stance
  2. Position hands on left side, right foot steps 45 degrees into a right high open hand defense, back set stance
  3. Position hands on left side, right foot turns body right 135 degrees into a right high open hand defense, back set stance
  4. Position hands on right side, left foot steps 45 degrees into a left high open hand defense, back set stance
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1. Inside to out block right hand as left foot turns to middle in a front set stance
  2. Front kick, right foot, set right leg down forward in a front set stance. Left hand reverse punch to solar plexus, inside to out block left hand from same front set stance
  3. Front kick, left foot, set left leg down forward in a front set stance. Right hand reverse punch to solar plexus
  4. Step right foot forward to reinforced right hand block, front set stance
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1. Left hand across face, turn left to right 270 degrees, low defense block, same hand high soo do block, front stance
  2. Right foot step 45 degrees, front stance, right hand high block
  3. Right foot turn right 180 degrees, low defense right hand, same hand high soo do block, front stance
  4. Left foot step 45 degrees, front stance, left hand high block, KIAI!

**Ba Ro**

## VICTORY OH DAN (# 5)

### **Bow**

1. Kyung yet (bow), Tang Soo!
  2. Joon Bee (ready stance)
  3. Right hand, inside to out double block, say out loud "Victory 5", feet together
  4. Right fist into left open palm face high, bring hands out
  5. Turn to right into front stance
  6. Left outward open palm
  7. Left foot inside to out crescent kick
  8. Right outward open palm
  9. Right foot inside to out crescent kick
  10. Feet come together
  11. X Block high (right over left hand)
    1. Right step back, back set stance
    2. Left open hand high soo do
    3. Right rear front foot kick
    4. Left hand, low defense block, back set stance
    5. Right hand, reverse punch, front stance
    6. Back to left open hand high soo do, back set stance, KIAI!
  1. Guards up, front foot kick, right foot
  2. Jump to front foot kick, right foot
  3. Right hand, sandwiching elbow, horseride stance
  4. Step to side foot kick
  5. Right hand back fist
  6. Reverse punch left hand, left kneeling stance, KIAI!
1. Stand up, right foot switch behind left foot
  2. Right hand inside to out block, right soo do strike to face, right foot behind left foot, twist stance
  3. Right side foot kick, front
  4. Come back behind, left side foot kick, behind, feet together
  5. Horseride stance, double open hand low block, KIAI!

## VICTORY OH DAN (# 5), CONTINUED

1. Right hand reverse punch, inside to out, open palm block
  2. Left hand reverse punch, inside to out, open palm block
  3. Left hand over head soo do block, left side (slowly), bow stance
  4. Right hand reverse punch, front stance, 45 degrees (left)
  5. Right hand over head soo do block, right side (slowly), bow stance
  6. Left hand reverse punch, front stance, 45 degrees (right), KIAI!
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1. Left hand, across face, high soo do block, down center, slowly
  2. Left hand crane block, falling leaf block
  3. Right hand reverse punch (center), KIAI!
  4. Back to Victory 5 position, right hand inside to out block, right fist into left open hand face high, bring hands out, feet together, return hands to side

Bow

Ko map sum ni da

# 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





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## 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