



HAYME SERRATO'S MARTIAL ARTS 6TH GUP REQUIREMENTS

TIP TESTS FOR 6TH GUP:

1. Strikes
 - a. 9 Sparring technique combinations
 - b. 3 Elbows
2. 4 Kicks (chaki) & 2 Knee
3. 2 Forms (hyung)
 - a. Pying ahn Cho Dan #1
 - b. Victory Sa Dan #4
4. 7 Self-Defense Techniques (ho sin sul)
5. 6 One-Step Techniques (il soo sik dae ryun)
6. 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. All Star blocks (open and closed hand)
- b. All Strikes
- c. All White Belt Basic Blocks
- d. All Kicks / Combination Kicks
- e. All One-Step Techniques
- f. All Self-Defense Techniques
- g. All Forms (up thru Pying ahn Cho Dan #1 and Victory Sa Dan #4)
- h. 1 minute of free-sparring movements (no contact)
- i. Oral exam tested by the board of judges
- j. Board breaking technique demonstrated
- k. Sparring must have improved 100%
- l. Must have competed in one tournament**

6TH GUP REQUIREMENTS

<p>Strikes & Blocks</p>	<ol style="list-style-type: none"> 1. Fighting Stance <ul style="list-style-type: none"> ☯ Left hand straight jab to face ☯ Right hand, left hand cross punch to face ☯ Right hand, left hand hook punch to ribs ☯ Right hand, left hand upper cut to face ☯ Right hand, left hand straight over to face 2. Elbows – cross, up, down 	
<p>4 Kicks & 2 Knees</p>	<ol style="list-style-type: none"> 1. Jump-to front kick 2. Step-to roundhouse, side kick 3. Step-to hook, side kick 4. Step-to hook, roundhouse kick 5. Knee strikes – walking down, straight up 6. Knee strikes – walking down , cross 	
<p>One-Step Techniques</p>	<p>1</p>	<ul style="list-style-type: none"> ☯ Left hand up ☯ Step left, straight up, outside-to-in block ☯ Spin behind ☯ Elbow to rib, KIAI!
	<p>2</p>	<ul style="list-style-type: none"> ☯ Right hand across face, step right ☯ Inside-to-out block left hand ☯ Grab wrist, right hand, palm face ☯ Right arm in-to-out elbow to face ☯ Left foot spin behind, left elbow to face, KIAI!
	<p>3</p>	<ul style="list-style-type: none"> ☯ Right hand up ☯ Left foot step back into horseride stance ☯ Outside-to-in block, right hand ☯ Skip-to side foot kick with right foot to ribs, KIAI!
	<p>4</p>	<ul style="list-style-type: none"> ☯ Right hand up ☯ Left foot step back into horseride stance ☯ Outside-to-in block, right hand ☯ Reverse kick, KIAI!
	<p>5</p>	<ul style="list-style-type: none"> ☯ Left Hand up ☯ Step left straight up, outside-to-in block ☯ Spin behind, right elbow to ribs ☯ Right arm over head and sweep leg, take down, KIAI!
	<p>6</p>	<ul style="list-style-type: none"> ☯ Left hand up ☯ Step left straight up, outside-to-in block ☯ Right spin behind, right elbow to head ☯ Step behind, grab shoulders ☯ Kick back of knee, take down, KIAI!

6th Gup Requirements, continued

Self-Defense Techniques:

1. Same-Side Forearm, Arm bar Choke	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Free hand elbows the face ☉ Cross grab opponent's shoulder ☉ Rollover hip to floor, take down ☉ Kick to body or kneel down, punch, punch to ribs, KIAI!
2. Full Nelson	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Rotate hip to side ☉ Hammer fist to groin ☉ Step behind opponent and rotate their body over hip for takedown ☉ Kick to body, KIAI!
3. Bear Hug Over Arms	<ul style="list-style-type: none"> ☉ Stomp opponents foot ☉ Squat down and arms up, break hold ☉ Elbow to ribs ☉ Hammer fist to groin ☉ Hammer fist to face, KIAI!
4. Bear Hug Under Arms #1	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Elbow, elbow to face ☉ Grab and break opponent's thumb ☉ Pull open grip, twist out and side foot kick ☉ Punch to body, KIAI!
5. Bear Hug Under Arms #2	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Head butt, and butt into their torso with your butt ☉ Grab opponent's leg between your legs ☉ Pull up to take down ☉ Kick to groin, KIAI!
6. Side Head Lock	<ul style="list-style-type: none"> ☉ Place hand on opponent's wrist ☉ Turn head to promote breathing ☉ Hammer fist to groin, behind ☉ Grab opponent's shoulder from behind, step in front of opponent ☉ Sweep leg and push to takedown ☉ Punch to head, KIAI!
7. Front Head Lock	<ul style="list-style-type: none"> ☉ Place hand on opponent's wrist ☉ Turn head to promote breathing ☉ Hammer fist to groin ☉ Grab opponent's elbow with same hand, hug elbow, sit down, DON'T LET GO ☉ Elbow to ribs, KIAI!

Pyingahn Cho Dan (#1)

This form was founded in Okinawa in 1870 by Lee Do So and contains 22 movements.

1. Left hand across face, left foot back, turn 90 degrees left into a low defense
 2. Step and punch to solar plexus with right hand
 3. Right hand across face, right foot steps behind left foot, turn right 180 degrees to a low defense block with right hand, turn hand over, right foot steps back to left foot, right hand pulls back, left hand across face, backfist right hand.
 4. Step and punch to solar plexus with left hand
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1. Left hand across face, step back with left foot, turn 90 degrees left into a low defense down the middle, high soo do.
 2. Step and high overhead block with right hand
 3. Step and high overhead block with left hand
 4. Step and high overhead block with right hand, KIAI
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1. Left hand across face, turn left 270 degrees into a low defense
 2. Step and punch to solar plexus with right hand
 3. Right hand across face, right foot steps behind left foot, turn 180 degrees into a low defense
 4. Step and punch to solar plexus with left hand
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1. Left hand across face, step back with left foot turning 90 degrees into a low defense down the middle
 2. Step and punch to solar plexus with right hand
 3. Step and punch to solar plexus with left hand
 4. Step and punch to solar plexus with right hand, KIAI

Back Set Stance

1. Position hands on right side, left foot steps behind, turn left 270 degrees into a left low open hand defense
2. Position hands on left side, right foot steps 45 degrees into a right low open hand defense
3. Position hands on left side, right foot steps behind, turn right 135 degrees into a right low open hand defense
4. Position hands on right side, left foot step 45 degrees into a left low open hand defense

Ba Ro

Victory Sa Dan (#4)

Bow

1. Joon Bee (ready stance)
2. Look to left, to right, then left again
3. Left front stance, back fist
4. Reverse punch
5. Feet step back together, back fist
6. Left front stance, right hand reverse punch, KIAI!

Repeat steps 1-6 for right side...

1. Joon Bee (ready stance)
2. Look to the right, left, then to right again
3. Right front stance, right hand back fist
4. Left hand reverse punch
5. Feet step back together, back fist
6. Right front stance, left hand reverse punch, KIAI!

1. Right foot step back, X-block, left front stance, down center
2. Front kick, right back leg
3. Jump to front kick, right back leg
4. Vertical spear hand with right hand, kneeling stance, KIAI!

1. Right side fighting stance
2. Round house kick, right leg
3. Step-to side foot kick, right foot
4. Step-to hook kick, right foot

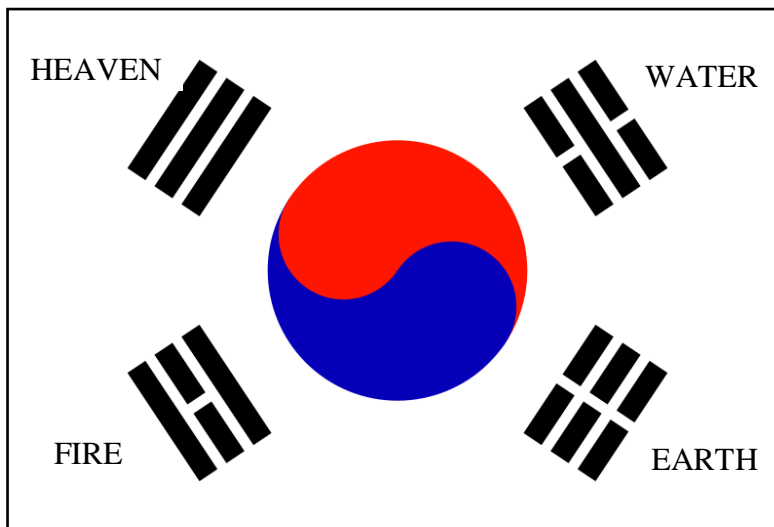
1. Turn behind, left 45 degrees, soo do strike, left hand
2. Reverse punch, right hand
3. Soo do strike, right hand 45 degrees right, turn 45 degrees right stance
4. Reverse punch, left hand

1. Right foot, skip back, inside-to-out ax kick
2. Jump to front foot kick, right foot
3. Right elbow strike to face
4. Right foot step back, left front kneeling stance
5. 'X' block, KIAI!

1. Ba Ro, back to joon bee
2. Bow : Ko map sum ni da

ORAL TEST
6th GUP

	Questions	Answers
1	From where is your body speed and power derived?	Push-pull motion, hips, and KIAI (inner strength)
2	Explain what a form is.	Fighting more than one person, timing, balance, and power
3	What is a one-step?	Fighting one on one, side stepping, blocking and countering
4	What is self-defense?	Learning to react to grabs, holds and street fighting solutions
5	Karate is four things, name them.	1. Art 2. Self-Defense 3. Physical Fitness 4. Sport
6	Name the four dominate styles of karate	1. Japanese 2. Chinese 3. Okinawan 4. Korean



The Korean Flag

The circle divided into two equal parts is an ancient symbol that originated in China. (There it is called Yin and Yang.) It is symbolic of the balance between opposites in the universe.

The three bars in each corner of the flag also carry the ideas of opposition and balance. The three unbroken lines stand for **heaven** while the three broken lines represent **earth**. The two solid lines with the broken line between them stand for **fire**. The two broken lines with the solid line between them represent **water**.