



HAYME SERRATO'S MARTIAL ARTS 7TH GUP REQUIREMENTS

TIP TESTS FOR 7TH GUP:

1. 1 Strike, 2 Blocks & 1 Stance (jaseh)
2. 6 Kicks (chaki)
3. 2 Forms (hyung)
 - a. Geicho Hyung Sam Bu
 - b. Victory Sam Bu #3
4. 6 Self-Defense Techniques (ho sin sul)
5. 6 One-Step Techniques (il soo sik dae ryun)

ACTUAL TESTING REQUIREMENTS:

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

- a. White Belt Basic Actions
- b. Star blocks (open and closed hand)
- c. Strikes & stances
- d. Kicks / Combination Kicks
- e. One-step techniques
- f. Self-defense techniques
- g. Forms (up thru Geicho Hyung Sam Bu and Victory Sam Bu #3)
- h. 1 minute of free-sparring movements (no contact)
- i. Oral exam tested by the board of judges
- j. Board breaking technique demonstrated

7TH GUP REQUIREMENTS

Strikes & Stances	<ol style="list-style-type: none"> 1. Knife hand strike (soo do) 2. Inside downward block (closed fist) knife hand (soo do block) 3. Step right to horseride stance, double hand soo do block 4. Left hand high block, right hand punch, kneeling stance 	
Kicks	<ol style="list-style-type: none"> 1. In-to-out crescent, roundhouse kick, back leg and front leg 2. Out-to-in crescent kick, side kick, rear and front leg 3. Inside-to-out ax kick (off back leg) 4. Skip-to side kick 5. Skip-to roundhouse kick 6. Step-to hook kick 	
One-Step Techniques	1	<ul style="list-style-type: none"> ☯ Right hand up, step right 45° ☯ Right hand out-to-in block ☯ Back fist with right hand ☯ Inside elbow to ribs, KIAI!
	2	<ul style="list-style-type: none"> ☯ Step right 45°, right hand across face ☯ Left hand in-to-out block ☯ Pop ears both hands, push head back ☯ Right elbow straight up to face & elbow to chest ☯ Pull right elbow back and elbow to face, KIAI
	3	<ul style="list-style-type: none"> ☯ Both feet pivot left, left hand across face ☯ Right hand in-to-out block ☯ Bring right knee up inside and side foot kick to the knee ☯ Re-cock leg and side foot kick to the ribs ☯ Left foot reverse kick to the ribs ☯ Backfist, Reverse punch to ribs, KIAI
	4	<ul style="list-style-type: none"> ☯ Step back right foot, fighting stance ☯ Right foot out-to-in crescent kick ☯ Left foot reverse kick ☯ Left hand back fist to face, KIAI
	5	<ul style="list-style-type: none"> ☯ Right hand up, right foot steps in front of opponent's foot ☯ Right hand out-to-in block ☯ Spin left to right inside ☯ Left elbow to face ☯ Reach down with both hands between legs and grab foot ☯ Pull foot up and take down ☯ Left foot side foot kick to groin, KIAI
	6	<ul style="list-style-type: none"> ☯ Step left 45°, left hand across face ☯ Right hand inside-to-out block to the wrist ☯ Right hand shoulder grab ☯ Pull in right knee to ribs ☯ Right knee drops down, right foot step behind, sweep, take down ☯ Reverse punch right hand ☯ Reverse punch left hand to ribs, KIAI

7TH GUP REQUIREMENTS, CONTINUED

Self-Defense Techniques:

1. One-Handed Front Hair Grab	<ul style="list-style-type: none"> ☉ Place hands on top of opponent's hand ☉ Drop head down, step back to break opponent's wrist ☉ Back up, let go of hand ☉ Kick to groin, KIAI!
2. One-Handed Hair Grab From Behind	<ul style="list-style-type: none"> ☉ Place hands on top of opponent's hand ☉ Drop head down and turn left or right a half circle ☉ With opponent's wrist upside down, stand up to break wrist ☉ Kick to groin, KIAI!
3. Two-Handed Choke From Behind	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Like a windmill, swing arm over opponent's arms trapping them ☉ Break elbow then upper cut to body, knee groin, KIAI!
4. One-Handed Armbar Shoulder Grab	<ul style="list-style-type: none"> ☉ Stomp opponent's foot ☉ Like a windmill, swing arm over opponent's arms trapping them ☉ Break elbow ☉ Knee to groin ☉ Uppercut to body, KIAI!
5. Forearm Choke From Behind	<ul style="list-style-type: none"> ☉ Grab opponent's arm with both hands, turn neck toward elbow ☉ Stomp opponent's foot or elbow ribs ☉ Grab shoulder, roll opponent's body over hip to floor, takedown ☉ Kick to body or kneel down, punch, punch to ribs, KIAI!
6. Forearm Choke Armbar	<ul style="list-style-type: none"> ☉ Grab opponent's arm with hand, turn neck toward elbow ☉ elbow the ribs ☉ Grab opponent's shoulder ☉ Roll opponent's body over hip to floor, take down ☉ Kick to body or kneel down, punch, punch to ribs, KIAI!

GEICHO HYUNG SAM BU (#3)

This form was founded in 1947 by Hwang Kee and contains 20 movements.

1. Right hand across face, left hand down, left foot steps back, turn left to in-to-out left handed block, back set.
 2. Step and punch to solar plexus with right hand, front set.
 3. Right hand down, left hand across face, right foot steps behind, turn right 180 degrees to in-to-out right handed block, back set.
 4. Step and punch to solar plexus with left hand, front set
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1. Left hand across face, step back with left foot, turn 90 left into a low defense block down the middle
 2. Step to horseride punch to solar plexus with right hand.
 3. Step to horseride punch to solar plexus with left hand
 4. Step to horseride punch to solar plexus with right hand, KIAI
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1. Right hand across face, left hand down, left foot turns 270 into an in-to-out left handed block, back set.
 2. Step and punch to solar plexus with right hand, front set.
 3. Right hand down, left hand across face, right foot steps behind turn right to in-to-out right handed block, back set.
 4. Step and punch to solar plexus with left hand, front set.
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1. Left hand across face, right hand down, step back with left foot turning 90 degrees into low defense down the middle.
 2. Step into a horseride punch to solar plexus with right hand.
 3. Step into a horseride punch to solar plexus with left hand.
 4. Step into a horseride punch to solar plexus with right hand, KIAI.
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1. Right hand across face, left hand down, turn left foot to the left 270 degrees into an in-to-out left handed block, back set
 2. Step and punch to solar plexus with right hand, front set.
 3. Left hand across face, right hand down, right foot steps behind, turn to in-to out block, back set.
 4. Step and punch to solar plexus with left hand, front set.

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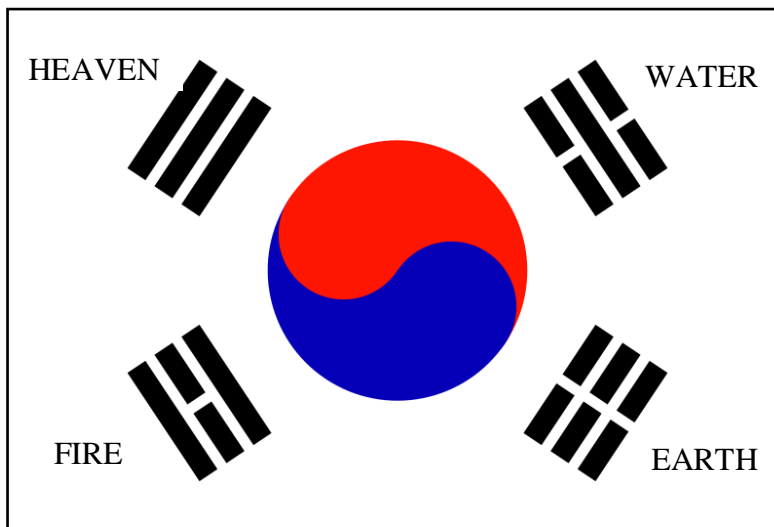
VICTORY SAM BU (# 3)

Bow

1. Joon Bee (ready stance)
2. Step out right foot, horseride stance, right punch, punch left hand
3. Right hand, downward in-to-out block, soo do block
4. Left hand, downward in-to-out block, soo do block
1. Left step to right foot, hands cup in saucer together on right side
1. Left foot step forward, back fist, 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 front stance, left hand spinning back fist
5. Right hand reverse punch, KIAI!
1. Right back leg round house kick, right hand high soo do, fighting stance, left hand reverse punch, front set stance
2. Right foot step back, fighting stance, left hand high soo do, right hand reverse punch, front set
3. Left foot step back, fighting stance, right hand high soo do, left hand reverse punch, front set stance
1. Right foot skip step back into axe kick, fighting stance
2. Right hand grab, front set, pull down to kneeling take down, reverse punch
3. Reverse kneeling stance to front, left hand high block front of head, right hand reverse punch
1. Feet together, both arms form 'V' for victory (open hands)
2. Hands come in, out and down, left foot goes out at same time, bow head for humility
3. Hands come in, out and around, left foot comes in at same time (both feet together now) for respect
4. Bow, ko map sum ni da (thank you)

ORAL TEST
7th 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**.