



HAYME SERRATO'S MARTIAL ARTS 8TH GUP REQUIREMENTS

TIP TESTS FOR 8TH GUP:

1. Star Blocks (open hand)
2. 3 Strikes & 2 Stances (ja seh)
3. 5 Kicks / Combination Kicks (cha ki)
4. 6 One-Step Techniques (il soo sik dae ryun)
5. 7 Self-Defense Techniques (ho sin sul)
6. 2 Forms (hyung)
 - a. Geicho Hyung E Bu
 - b. Victory #2

ACTUAL TESTING REQUIREMENTS:

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

- a. 8 White Belt Basic Blocks
- b. Star Blocks (open and closed hand)
- c. Strikes
- d. Stances
- e. Kicks
- f. One-steps techniques
- g. Self-defense techniques
- h. Forms (up thru Geicho Hyung E Bu and Victory #2)
- i. 1 minute of free-sparring movements (no contact)
- j. Oral exam tested by the board of judges
- k. Board breaking technique demonstrated

8TH GUP REQUIREMENTS

Strikes		<ol style="list-style-type: none"> 1. Spinning back fist (dwi kap kwon) 2. Ridge hand (yuk soo do) 3. Spear hand (kwon so)
Stances		<ol style="list-style-type: none"> 1. Bow stance (sa ko kip jaseh) 2. Crane stance (han bahl seo kee jaseh)
Kicks		<ol style="list-style-type: none"> 1. Reverse kick (dwi cha ki) 2. In-to-out crescent kick, rear and front leg (ahneso pakuro cha ki) 3. Out-to-in crescent kick, rear and front leg (pakeso ahnuro cha ki) 4. In-to-out crescent kick, rear and front leg + front kick (2 kick combination) 5. Out-to in crescent kick, rear and front leg + front kick (2 kick combination)
One-Step Techniques	1	<ul style="list-style-type: none"> ☉ Step left foot 45°, left hand across face, right hand block groin ☉ Right hand inside-to-out block ☉ Left hand reverse punch to ribs ☉ Right hand reverse punch to ribs, back fist to face, KIAI
	2	<ul style="list-style-type: none"> ☉ Right hand up, step right 45° ☉ Right hand outside-to-in block ☉ Right hand back fist to face, KIAI
	3	<ul style="list-style-type: none"> ☉ Right foot steps right 45°, right hand across face, left hand block groin ☉ Left hand inside-to-outside block ☉ Left hand grab wrist ☉ Right elbow to face, KIAI
	4	<ul style="list-style-type: none"> ☉ Both feet pivot left, left hand across face, right hand block groin ☉ Right hand inside-to-out block ☉ Right hand grabs wrist ☉ Right knee up, side foot kick to knee and ribs, back fist to face, KIAI
	5	<ul style="list-style-type: none"> ☉ Step right 45°, right hand across face, left hand block groin ☉ Left hand inside-to-out block ☉ Left hand grab wrist ☉ Right hand palm to face ☉ Right foot steps behind and right foot sweep leg ☉ Right palm to chest at same time, take down ☉ Left hand punch to ribs ☉ Right hand punch to ribs, KIAI
	6	<ul style="list-style-type: none"> ☉ Step left 45°, left hand across face, right hand block groin ☉ Right hand inside-to-out block with the wrist ☉ Right hand shoulder grab ☉ Pull in right knee to the ribs ☉ Left elbow to back, KIAI

8TH GUP REQUIREMENTS, CONTINUED

Self-Defense Techniques:

1. Same Side Wrist Grab	<ul style="list-style-type: none"> ☉ Kick opponent's knee ☉ Rotate palm up, pull away from attacker's thumb ☉ Reverse punch to face, KIAI
2. One-Handed Cross Grab	<ul style="list-style-type: none"> ☉ Kick opponent's knee ☉ Wrist twist in-to-out open hand break away ☉ With opposite hand, punch to ribs, KIAI
3. Two-Hands on 1-Wrist Grab	<ul style="list-style-type: none"> ☉ Place your free hand on top of the other ☉ Kick opponent's knee ☉ With force, pull your trapped hand up and away from opponent ☉ Elbow to face, KIAI
4. Two hands on 2-Wrist Grab	<ul style="list-style-type: none"> ☉ Kick opponent's knee ☉ Strike back of hands together ☉ Punch to solar plexus, KIAI
5. One-Handed Lapel Grab	<ul style="list-style-type: none"> ☉ Place hand on opponent's hand ☉ Kick opponent's knee ☉ Break opponent's elbow (striking just above elbow joint) , KIAI
6. Two-Handed Lapel Grab	<ul style="list-style-type: none"> ☉ Kick opponent's knee ☉ Bring arm over the top of opponent's arm ☉ Elbow to face, KIAI
7. Two-Handed Front Choke Hold	<ul style="list-style-type: none"> ☉ Kick opponent's knee ☉ Stay low and rise both arms between opponent's arms ☉ Block open and pop opponent's ears ☉ Pull head down and knee to face, KIAI

GEICHO HYUNG E BU (# 2)

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

ALL STANCES ARE IN A FRONT-SET

1. Left hand across face, left foot back, turn 90° left into a low defense block
2. Step forward and punch to face with right hand
3. Right hand across face, right foot steps behind left foot, turn right 180 to a low defense block
4. Step forward and punch to face with left hand

1. Left hand across face, step back with left foot, turn 90 left into a low defense block down the middle
2. Step to high defense block with right hand
3. Step to high defense block with left hand
4. Step to high defense block with right hand, KIAI

1. Left hand across face, turn left 270 into a low defense block
2. Step and punch to face with right hand
3. Right hand across face, right foot steps behind left foot, turn 180 degrees into a low defense block
4. Step and punch to face with left hand

1. Left hand across face, step back with left foot, turn 90 left into a low defense down the middle
2. Step to high defense block with right hand
3. Step to high defense block with left hand
4. Step to high defense block with right hand, KIAI

1. Left hand across face, turn left 270 into a low defense
2. Step and punch to face 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 face with left hand

Ba Ro

VICTORY # 2

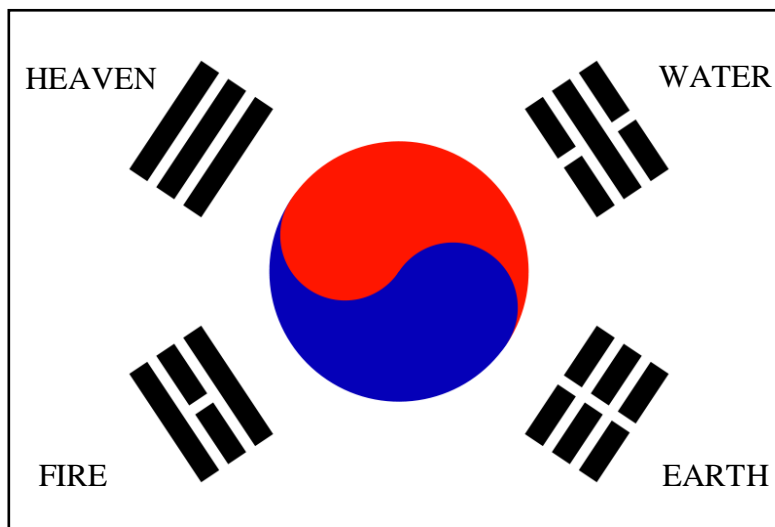
Bow

1. Chun Bee (ready stance), KIAI
1. Fighting stance, KIAI
1. Left hand, back-fist (in place)
2. Right hand, horseride punch, horseride stance
3. Left hand, spinning back-fist, horseride stance
4. Down on right knee, right hand reverse punch, KIAI
1. Left side bow stance, concentrate, slow hand/arm movements, knife hand low/high
2. Step back, left foot, right side bow stance, concentrate, slow hand/arm movements, knife hand low/high
1. Right foot step back into horseride stance, double fist to ribs
2. Right hand, left hand, horizontal spear (head-high)
3. Right hand, left hand, vertical spear (center)
4. Right hand, left hand, inverted spear (low), KIAI
1. Left knee up, crane stance, open hand push block (left hand low, right hand high)
1. Feet together, return hands to side, then 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
8th GUP

Students must be proficient in all the information from their White Belt Oral Test as well as the following information

	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 using 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**.