



HAYME SERRATO'S MARTIAL ARTS 9TH GUP REQUIREMENTS

(Going from 10th Gup White to 9th Gup Yellow)

TIP TEST ELEMENTS:

1. Star Blocks (closed hand)
2. 4 Stances (ja seh)
3. 4 Punches/Strikes
4. 7 Kicks (cha ki)
5. 9 White Belt Basic Actions
6. 2 Forms
 - a. Geicho Hyung Il Bu
 - b. Victory #1

ACTUAL TESTING REQUIREMENTS:

The student being tested must be proficient in all elements of 10th and 9th Gup requirements:

- a. Star Blocks (closed hand)
- b. White Belt Basic Actions
- c. Stances (front set, back set, horseride stance, fighting stance)
- d. Punches/Strikes (basic punch, jab, backfist, reverse punch)
- e. Kicks (front, side, roundhouse, 3 step-to kicks, fall away)
- f. Forms: Geicho Hyung Il Bu and Victory #1
- g. 1 minute of free-sparring movements (no contact)
- h. Oral exam tested by the judges
- i. Board breaking technique demonstrated

STANCES:

1. **Chun Kul Jaseh** (Front Set Stance) – Start from Chun Bee position
 - ☉ Left foot steps straight forward, the knee is bent so that you can see the big toe looking down over the left knee.
 - ☉ Right leg is straight
 - ☉ Both feet are flat and parallel (pointed straight forward)
 - ☉ Feet should be shoulder distance apart and the length of the stance is adjustable to your own comfort
 - ☉ Weight is distributed 50%-50% onto each foot
- 2&3. **Hu Kul Jaseh** (Back Set Stance and Fighting Stance) – Start from Chun Bee position
 - ☉ Right foot turns outward 90 degrees to the right
 - ☉ Left foot steps straight forward so that the feet form an L shape
 - ☉ Weight distribution:
 - 70% on the back foot, 30% on the front foot for back set stance
 - 50% - 50% for fighting stance
 - ☉ Width of the stance should be shoulder distance apart
 - ☉ Length comfortable to the weight distribution
4. **Ki Ma Jaseh** (Horseride Stance) – Start from Chun Bee position
 - ☉ Left foot steps directly in front of the right foot
 - ☉ Left heel should be on a straight line in front of the right toes
 - ☉ Both feet pivot on the balls of the feet as the body turns 90 degrees to the right
 - ☉ Feet should be straight and parallel with the knees bent outward

STRIKES:

1. **Pahl Put Ki** (Basic Punch) – Start from Chun Bee position
 - ☉ Left foot steps to the left, feet are positioned in a horseride stance
 - ☉ Left arm is extended in front of the body, solar plexus high, in a tight fist
 - ☉ Wrist is flat to the forearm and angled 10 degrees to the left so that the first two knuckles are protruding and are used to perform the strike to the solar plexus
 - ☉ Right hand is positioned at the side of the ribs, fist up
 - ☉ As the right hand moves forward to punch , it turns over (fist down), the left hand moves straight back to the left side of the ribs, fist up
2. **Jung Kwon** (Straight Jab)
 - ☉ Fighting stance, Guards up (to protect your face)
 - ☉ Lead hand punches to face (jabs used only for face punches)
3. **Dwi Jung Kwon** (Reverse Punch)
 - ☉ Fighting stance, Guards up (to protect your face)
 - ☉ Back hand punches to solar plexus or face
 - ☉ Front hand remains in place
4. **Kap Kwon** (Back Fist)
 - ☉ Fighting stance, Guards up
 - ☉ Lead hand back fists to side of face (back fist are only for face punches)

KICKS:

1. **Ahp Cha Ki** (Front Kick)
 - ☉ Kicking with the 'ball' of the foot (off back leg)
 - ☉ Bring knee up parallel to the floor
 - ☉ Extend kick and lock-out leg
 - ☉ Toes must be pointed up and back while tilting foot forward
 - ☉ Recoil leg by bringing leg back to bent position and set down on floor
2. **Yup Cha Ki** (Side Foot Kick)
 - ☉ Kicking with the outside 'knife edge' of the foot (off back leg)
 - ☉ Bring knee up tucked to the inside of body
 - ☉ Pivot standing foot 90 degrees to the outside
 - ☉ Extend kick making sure kicking foot is turned over to the outside edge
 - ☉ Toes pulled up and bottom of foot is towards the floor, lock-out leg
 - ☉ Recoil leg by returning it to bent knee position
 - ☉ Rotate standing foot back to a front set stance and set down
3. **Dull Ryo Cha Ki** (Roundhouse Kick)
 - ☉ Kicking with the 'instep' of the foot (off back leg)
 - ☉ Bring knee up parallel to the floor as in a front kick
 - ☉ Pivot standing foot 45 degrees
 - ☉ Extend kick and rotate hip to the inside, lock-out leg
 - ☉ Bring leg back to bent knee position
 - ☉ Pivot standing foot back to a front set stance and set down
4. **Step-to Ahp Cha Ki** (Front Kick)
 - ☉ Fighting stance
 - ☉ Back foot steps forward to front foot
 - ☉ Front kick
5. **Step-to Yup Cha Ki** (Side Foot Kick)
 - ☉ Fighting stance
 - ☉ Back foot steps forward to front foot
 - ☉ Side kick
6. **Step-to Dull Ryo Cha Ki** (Roundhouse Kick)
 - ☉ Fighting stance
 - ☉ Back foot steps forward to front foot
 - ☉ Roundhouse kick
7. **Dwi Dha Ki** (Back Fall Away Kick)
 - ☉ Fighting stance
 - ☉ Turn to foot that is back, go down on one knee
 - ☉ Look over the shoulder (of the foot that is kicking)
 - ☉ Reverse kick (heel)
 - ☉ Return to fighting stance

WHITE BELT BASIC BLOCKS:

All blocks begin from Chun Bee (start) position.

1. **Ha Dan Makee (Low Defense)**
 - ☺ Left hand across face
 - ☺ Right hand moves down in front of groin
 - ☺ Step forward with the left foot into a front set stance
 - ☺ Left hand pushes down into a low defense block as the right hand pulls back to the ribs. KIAI! (Always keep hands in tight fists)

2. **Sahng Dan Makee (High Defense)**
 - ☺ Right hand across face
 - ☺ Left hand moves down in front of groin
 - ☺ Step forward with the left foot into a front set stance
 - ☺ Left hand pushes up into an overhead high defense block as the right hand pulls back to the ribs. KIAI! (Always keep hands in tight fists)

3. **Ahnesu Pahkoo Ru Choong Dan Makee (Inside-Outside Block)**
 - ☺ Right hand across face
 - ☺ Left hand moves down in front of groin
 - ☺ Left foot steps forward into a front set stance
 - ☺ Left hand pushes up into an inside to out block as the right hand pulls back to the ribs. KIAI!

4. **Pahkesu Ahneru Choong Dan Makee (Outside – In Block)**
 - ☺ Left hand comes up head high, fist out as if showing off a muscle
 - ☺ Right hand down in front of groin
 - ☺ Step forward with the left foot into a front set stance
 - ☺ Left hand outside-to-in block as the right hand pulls back to ribs. KIAI!

5. **Ha Dan Soo Do (Open Hand Low Defense)**
 - ☺ Left hand across face with palm open toward face
 - ☺ Right hand is open, palm down at belt
 - ☺ Right foot turns 90 degrees to the right as left foot steps forward into a back set stance
 - ☺ Left hand pushes down into an open hand low defense and the right hand turns over and comes palm up across stomach. KIAI!

6. **Sahng Dan Soo Do (Open Hand High Defense)**
 - ☺ Right hand opens at right side, palm down at belt
 - ☺ Left hand rests palm up on top of right hand at belt
 - ☺ Right foot turns 90 degrees to the right as left foot steps forward into a back set stance
 - ☺ Left hand comes straight across body to a high open hand block position
 - ☺ Right hand turns over and comes palm up across stomach. KIAI!

WHITE BELT BASIC ACTIONS, CONTINUED:

7. **Ki Ma Jaseh Kong Kyuk (Horseride Punch)**

- ☉ Left open hand across the face
- ☉ Right hand down in front of groin
- ☉ Step out with left foot, pivot 90 degrees into a horseride stance
- ☉ Soo do strike across the face
- ☉ Step right foot into horseride punch. KIAI!

8. **Yuk Gin (Reverse Action)**

- ☉ Right hand goes down in front of groin as left hand comes across face open palm to cheek
- ☉ Right foot turns 90 degrees to the right as left foot steps forward into a back set stance
- ☉ Left hand soo do strike to the temple, right hand pulls back to ribs
- ☉ Left hand forms a fist as in a grabbing motion and pulls back to ribs as right hand reverse punches to solar plexus. KIAI!

BASIC ACTIONS - SUMMARY

#	Korean	English	Stance
1	Ha Dan Makee	Low Defense	Front Set
2	Sahng Dan Makee	High Defense	Front Set
3	Ahnesu Pahkoo Ru Choong Dan Makee	Inside-Outside Block	Front Set
4	Pahkesu Ahneru Choong Dan Makee	Outside – In Block	Front Set
5	Ha Dan Soo Do	Open Hand Low Defense	Back Set
6	Sahng Dan Soo Do	Open Hand High Defense	Back Set
7	Ki Ma Jaseh Kong Kyuk	Horseride Punch	Horseride Stance
8	Yuk Gin	Reverse Action	Back Set
9	Jung Kwon Kong Kyuk	Punching	Front Set

GEICHO HYUNG IL BU

(Basic Form 1)

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 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
4. Step and punch to solar plexus with left hand

1. Left hand across face, step back with left foot, turn 90 degrees left 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

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

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

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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VICTORY #1

1. Chun Bee (Ready Position)
2. Fighting stance, KIAI
 1. Back fist, left hand (staying in place)
 2. Reverse punch, right hand (staying in place & turning into front set stance)
1. Roundhouse kick off back leg, landing in a horseride stance
2. Step to side foot kick, landing again in a horseride stance
3. Back fist while still in the horseride stance, then turn to a front set stance
4. Down on left knee, left hand reverse punch, KIAI
 1. Fall away back kick, KIAI!, back on one knee
 2. Concentration: Left ridge hand, moving hand slowly, while kneeling
 3. Concentration: Right knife hand down, into-out soo do, kneeling
 4. Reverse punch, left hand, KIAI
1. Step up, feet together, both arms up to form a 'V' for 'victory' (palms out)
2. Hands come in and out, left foot goes out at same time, head bowed down for 'humility' (palms back)
3. Hands come in and out, left foot comes in so both feet are together for 'respect' (palms at side)
4. Bow, ko map sum ni da (thank you)

STUDENT CREED

1. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively: to help myself and my fellow man and never to be abusive or offensive.

WHITE BELT ORAL TEST

	Questions	Answers
1	What style of karate do you study?	American Kwan Tang Soo Do (Moo Duk Kwan)
2	Who founded the AKTSD Federation?	Grandmaster Jim Saffold
3	From what country is Tang Soo Do?	Korea
4	Who was the founder of Tang Soo Do?	Hwang Kee
5	When was Tang Soo Do founded? (date)	November 3, 1945
6	What does Tang Soo Do mean?	'China Handway' or 'Empty Hand Self-Defense'
7	Explain the traditional Tang Soo Do symbols of your school patch.	a) Fist – Power b) Yellow, Red, Blue, Green & White colors - Wisdom, Blood, Water, Growth, Purity c) 14 Leaflets – 14 states of Korea d) 6 Berries – 6 continents of the world where Tang Soo Do is taught e) Tang – Created during the Tang Dynasty of China f) Soo – 'China hand' or 'empty hand' g) Do – Way of life
8	How do you address your instructors?	“Yes Sir”, “No Sir”, “Yes Ma’am”, “No Ma’am”
9	Who is the head instructor and what is his degree?	Mr. Serrato, 7 th Dan, Senior Master Instructor
10	What is the proper distribution of body weight to your legs for the following stances: a) Back Set Stance b) Horseride Stance c) Front Set Stance d) Fighting Stance	a) 30% on front leg - 70% on back leg b) 50%-50% - weight evenly distributed on both legs c) 50%-50% - weight evenly distributed on both legs d) 50%-50% - weight evenly distributed on both legs
11	What part of the hand do you strike with in a forefist punch? (Be prepared to demonstrate)	Front two knuckles
12	Name & show the kicking or striking areas of the foot for the following: a) Front foot kick b) Side foot kick c) Roundhouse kick d) Reverse	a) Ball b) Knife edge c) Instep d) Heel
13	How do we sound off? Why is it said?	KIAI – A spirit shout to project inner power
14	Count from 1 to 10 in Korean:	1. Hana – One 2. Dool – Two 3. Set – Three 4. Net – Four 5. Da Sot – Five 6. Yah Sot – Six 7. Il Gop – Seven 8. Yo Dull – Eight 9. Ah Hop – Nine 10. Yol - Ten