

Hayme Serrato's Martial Arts

Hapkido 10th Gup (White Belt) Testing Requirements

(To Earn Your White Belt)

PURPOSE: GUP Requirements are designed for students (and parents) to help with practice at home. In order to receive your white belt, each student will be given a short, 5-part exam that consists of:

1. 6 Basic Commands
2. 3 Punches
3. 3 Kicks
4. Oral Exam
5. Board Break

Upon completion of the introductory classes, you (your child/children) will have the option to join Hayme Serrato's Martial Arts.

BASIC RULES:

- ☉ **How to enter and leave the karate school** – Every time a student enters or leaves the karate school, he/she must face the inside of the school and bow at the doorway. This is done as a sign of respect for the karate school and its instructors.
- ☉ **How to enter and leave the mat area** – Every time a student enters or leaves the mat area he/she must face the center of the mat area and bow. This is done as a sign of respect for the art you are learning.
- ☉ **How to start and end class:**
 - Cha Ryut – Attention
 - Kuk gie tora – Turn to face the flag
 - Kyung yet – Bow
 - Ba ro – Return (hands)
 - Tora, Face Sa bum nim – Turn, Face master instructor
 - Kyung yet – Bow
 - Ahn jo – Sit
 - Muk yum – Meditate
- ☉ **If a student has to get a drink of water or use the restroom** – He/She has to ask the instructor for permission and then bow before leaving the mat. If possible use the restroom before or after class, or during break.



- 🕒 **How to address your instructors** – “Yes Sir”, “No Sir”, “Yes Ma’am”, “No Ma’am”.
- 🕒 **ALWAYS turn around to adjust your uniform or belt** – Never in front of your instructor (RESPECT)
- 🕒 **How to end class (after muk yum):**
 - Chun Bee, guards up
 - 3 punches (left punch first) saying HAP – KI – DO three times, then KIAI on last punch
 - Cha Ryut
 - Kyung yet
 - Ko- map-sim-ni-da (thank you in Korean)

YOU MUST ‘KIAI’ ON ALL COMMANDS!

YOU MUST HAVE YOUR GUARDS UP ON ALL KICKS!

PART 1: BASIC COMMANDS

1. **Cha Ryut (Attention)** – Feet together, arms and hands at their side, back straight, and head up.
2. **Kyung yet (Bow)** – Hands to side, bending at waist, lean forward 45 degrees then back upright.
3. **Chun Bee (Ready Position)** – Starting from attention, the left foot moves left until the feet are shoulder width apart. Toes are pointed straight ahead. Hands form fists, and come out in front of the belt.
4. **Fighting Stance** – From chun bee, guards come up to protect face. Right foot steps back and turns outward 90 degrees to the right, forming an L shape. Squat down, weight distribution is 50 / 50 on each foot. KIAI!
5. **Switch Feet** – As quickly as possible, move front foot back and move back foot up, keep guards up.
6. **Ba Ro (Return to ready position)** – Step **back** to chun bee stance
7. **Cha Ryut (Attention)** – Bring **left** foot to **right** to cha ryut stance
8. **Kyung yet (Bow)**



PART 2: PUNCHES

1. **Single Punch (Chun Bee)** – Left fist out, right hand at side of head - *tight fists*. One command, one punch, KIAI on every punch. Push pull hands, bring fist back to side of head.
2. **Double Punch (Chun Bee)** – One command, two punches, KIAI on 2nd punch.
3. **Jab (Fighting Stance)** – Guards up, one command, one punch, horizontal punch with first two knuckles to face, KIAI on each punch, bring hand right back
4. **Reverse Punch (Fighting Stance):**
 - Guards up, one command, one punch, KIAI on every punch
 - Shift weight to front stance / roll hips over, horizontal punch with first two knuckles to solar plexus
 - Shift weight back to fighting stance / pull hand back to side of face

PART 3: KICKS (FIGHTING STANCE)

1. **Front Kick (Back Leg):**
 - Bring knee up, thigh parallel to the floor
 - Extend kick and lock out leg
 - Kick with ball of the foot – pull toes back / tilt foot forward
 - Bring leg back to bent knee position, then set down
2. **Side Kick (Front Leg):**
 - Bring knee up to opposite side of body, thigh parallel to the floor
 - Roll hips over / pivot base foot, extend kick / lock out leg
 - Kick with outside knife edge or heel, toes pulled back, foot angled downward
 - Bring leg back to bent knee position, then set down
3. **Roundhouse Kick (Front leg):**
 - Bring knee up, thigh parallel to the floor as in a front kick
 - Roll hips over / pivot base foot, extend kick / lock out leg
 - Kick with instep or top part of the foot
 - Bring leg back to bent knee position, then set down



PART 4: ORAL TEST

- What style of karate do you study? **Hapkido**
- From what Country? **Korea**
- What is the name of your school? **Hayme Serrato's Martial Arts**
- How do you address your instructor? **"Yes Sir", "No Sir", "Yes Ma'am", "No Ma'am"**
- Who is the head instructor and what is his degree? **Master Serrato:**
 - **7th Degree Tang Soo Do**
 - **2nd Degree Hapkido**
 - **1st Degree Kage Iaijustu Ryu Sword**
- Who are the head instructors and what is their degree?
Master Serrato:
 - **7th Degree Tang Soo Do**
 - **2nd Degree Hapkido**
 - **1st Degree Kage Iaijustu Ryu Sword****Master DeLongchamp:**
 - **5th Degree Tang Soo Do**
 - **1st Degree Hapkido**
- Foot position for side foot kick? **Knife edge or heel**
- Foot position for front foot kick? **Ball of the foot**
- Foot position for roundhouse kick? **Instep (or top part) or ball**
- What part of the fist do you punch with? **Front two knuckles**
- How do we sound off? **"KIAI" (A spirit shout to project inner power)**

PART 5: BOARD BREAKING

1. **Hammer Fist** – Right hand tight fist. Right foot back into fighting stance. Focus 1 on center of board; focus 2 on center of board; 3 BREAK BOARD. Follow through and drop weight at the same time, going through the board. KIAI, for power.



HAYME SERRATO'S MARTIAL ARTS

10th Gup Exam

(Exam commands will be given *in the order* shown below)

PART 1: BASIC COMMANDS

- ☉ Cha Ryut
- ☉ Kyung yet
- ☉ Chun Bee
- ☉ Fighting Stance
- ☉ Switch Feet
- ☉ Switch Feet
- ☉ Switch Feet
- ☉ Ba Ro
- ☉ Cha Ryut
- ☉ Kyung Yet
- ☉ Tora

PART 2: PUNCHES

- ☉ Cha Ryut
- ☉ Kyung yet
- ☉ Chun Bee
- ☉ Left Fist out
- ☉ 5 Single Punches, KIAI on every punch
- ☉ Left Fist out
- ☉ 5 Double Punches, KIAI on 2nd punch
- ☉ Fighting Stance
- ☉ 5 Jabs, KIAI on every punch
- ☉ Ba Ro
- ☉ Cha Ryut
- ☉ Kyung Yet
- ☉ Tora

PART 3: KICKS

- ☉ Cha Ryut
- ☉ Kyung Yet
- ☉ Chun Bee
- ☉ Fighting Stance
- ☉ 5 Front Kicks with right (back) leg
- ☉ Switch Feet
- ☉ 5 Front Kicks with left (back) leg
- ☉ Switch Feet
- ☉ 5 Side Kicks with left (front) leg
- ☉ Switch Feet
- ☉ 5 Side Kicks with right (front) leg
- ☉ Switch Feet

PART 3: KICKS (CONTINUED)

- ☉ 5 Roundhouse Kicks with left (front) leg
- ☉ Switch Feet
- ☉ 5 Roundhouse Kicks with right (front) leg
- ☉ Ba Ro
- ☉ Cha Ryut
- ☉ Kyung Yet
- ☉ Tora



HAYME SERRATO'S MARTIAL ARTS

10th Gup Exam

PART 4: ORAL TEST

- ☉ What style of karate do you study?
- ☉ From what country?
- ☉ What is the name of your karate school?
- ☉ How do you address your instructor?
- ☉ Who is the head instructor and what is his degree?
- ☉ What part of the foot do you kick with on a
 - Front Kick
 - Side Kick
 - Roundhouse Kick
- ☉ What part of the fist do you punch with?
- ☉ How do we sound off?

PART 5: BOARD BREAKING

- ☉ Cha Ryut
- ☉ Kyung yet
- ☉ Chun Bee
- ☉ Fighting Stance
- ☉ Hammer Fist
 - 1 Focus
 - 2 Focus
 - 3 Break, KIAI!

