



# Red Belt (2nd & 1st GUP)

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## *Mastery Requirements*

### ELIGIBILITY

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- Show certain Black Belt capabilities.
- Show voluntary participation in all dojang activities, exemplary conduct, and exhibit high character.
- Show respectful leadership in class and have teaching capability.
- Eligibility for 2nd Gup testing requires a minimum of twenty-four (24) classes since previous testing and a total of at least eighteen (18) months of training as a Gup.
- Eligibility for 1st Gup testing requires a minimum of twenty-four (24) classes since previous testing and a total of at least twenty-one (21) months of training as a Gup.

### Physical Test:

### Basic Techniques:

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- Must display hand and kick combinations and flying kick ability.

### Hyung (Forms):

- 2nd Gup: Pyung Ahn Oh Dan
- 1st Gup: Bassai & Bong Hying Il Bu

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#### **Dae Ryun (Sparring):**

- One steps, hand & kick techniques (1) through (20).
- Free sparring- one against one.
- Demonstration of one against two may be required.

#### **Ho Sin Sul (Defensive Abilities):**

- Self defense techniques (1) through (20).
- Basic self-defense ability against weapons.

#### **Kyuck Pa (Breaking Abilities):**

- One (1) or two (2) boards required (examiners discretion). Speed breaking by hand and/or foot.

#### **Knowledge:**

- The student should be fully knowledgeable and able to explain all theory and philosophy to lower ranking students.
- The students leadership and teaching ability may be tested.
- Student should be able to administer individual classes, covering all matters as an assistant.
- Suggested questions:
  - What do the five (5) Codes of Tang Soo Do mean to you and your life?
  - How are you different from others who do not take Tang Soo Do?
  - What has Tang Soo Do done for your life?
  - Why is Hyung important in improving your martial arts physically and mentally?
  - What is mental discipline? How would you try to gain this discipline?

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- What techniques should you practice to achieve speed?
- If a friend asked you to tell him/her some good reasons why you are taking Tang Soo Do, how would you answer?
- Mention forty (40) Tang Soo Do terms.