



Green Belt (6th & 5th GUP)

Mastery Requirements

ELIGIBILITY

- The basic requirements include previous ranking requirements.
- Eligibility for 6th Gup testing requires a minimum of twenty-four (24) classes since previous testing and a total of at least six (6) months of training as a Gup.
- Eligibility for 5th Gup testing requires a minimum of twenty-four (24) classes since previous testing and a total of at least nine (9) months of training as a Gup.

Physical Test:

Basic Techniques:

Hands:

- All Orange Belt techniques are required.
- Secondary basic hand techniques executed in fighting stance.
- Two hand combinations.
- Center knife hand, low knife hand, two hand defense, spear hand punch, Yuk Soo, and Yuk Jin.

Kicks:

- Spinning back
- All basic jumping

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- Crescent
- Hook
- Wheel
- Two basic technique combinations

Hyung (Forms):

- 6th Gup: Pyung Ahn Cho Dan
- 5th Gup: Pyung Ahn E Dan

Dae Ryun (Sparring):

- One steps, hand & kick techniques (1) through (10).
- Free sparring- one against one.

Ho Sin Sul (Defensive Abilities):

- Self defense techniques (1) through (10)

Kyuck Pa (Breaking Abilities):

- One (1) or two (2) boards required (examiners discretion), utilizing hand and/or kick techniques.

Knowledge:

- Oral Test - The student may be questioned about any of the following:
 - The student should have an in-depth knowledge and understanding of all required techniques.
 - The Tang Soo Do codes and tenets should be memorized and understood.
 - A brief history of Tang Soo Do and its principles should be learned.

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- At least twenty (20) Tang Soo Do terms should be known.
- Suggested questions:
 - What does Pyung Ahn mean?
 - Explain the meaning of Tang Soo Do.
 - How old is Tang Soo Do?
 - Explain the Um and Yang principle.
 - Explain the Association's symbol-insignia.
 - Mention five (5) major vital points.
 - How do we Ki Hap?
 - Why do students have to bow to the instructor?