MIDDLEBURY
MARTIAL ARTS
ACADEMY

# Study Guide for Gups

## White Belt

## PRINCIPLES OF THE ACADEMY

1. Every member should always seek truth and practice it.

2. Every member should promote the highest moral character through the training of Tang Soo Do.

3. Every member should respect and obey his parents, teachers, and seniors.

4. Every member should love his country and contribute to his community.

5. Every member should develop both great confidence and humility, and should practice both inside and outside of class.

6. Every member should always do his best to promote intellectuality.

7. Every member should not hesitate to sacrifice for the sake of justice.

8. Every member should do his utmost to promote Tang Soo Do throughout the world by correctly educating all people and encouraging the popularity of the art.

9. Every member should develop his endurance , and be calm and humble in mind.

10. Every member should always remember that the ultimate purpose of Tang Soo Do is to promote both physical and mental health.

# SCHOOL RULES AND REGULATIONS

1. Upon entering and leaving the school, students must bow to the flags and the instructor.

2. Students must be dedicated and faithful to the school and show proper respect for their instructors, seniors, and fellow students at all times.

3. Students must take pride in the appearance of the school and assist in keeping it clean and neat at all times.

4. Students must participate enthusiastically in all classes and school activities.

5. All students must be quiet , respectful and attentive in class.

6. All students are expected to promote and support the school to the best of their ability.

7. A martial arts student should consistently demonstrate good citizenship and a strict regard for law and order. He or she should always show respect for parents , and senior business and social associates , as well as for one's self.

# TEST REQUIREMENTS FOR WHITE BELT

## 10TH GUP TO 9TH GUP WHITE (BLUE STRIPE)

LOW BLOCK , HIGH BLOCK
MIDDLE PUNCH, HIGH PUNCH
FRONT KICK ,
BASIC FORM #1
BASIC ONE-STEP #1-2-3

## 9TH GUP TO 9TH GUP UPGRADE (BLACK STRIPE)

LOW BLOCK , HIGH BLOCK
MIDDLE PUNCH , HIGH PUNCH
INSIDE OUTSIDE BLOCK
OUTSIDE INSIDE BLOCK
FRONT KICK , ROUNDHOUSE KICK
BASIC FORM #1 , #2
BASIC ONE-STEP #1-2-3-4-5

## 9TH GUP UPGRADE TO 8TH GUP ORANGE

LOW BLOCK , HIGH BLOCK, HIGH AND CENTER PUNCH,
INSIDE OUTSIDE BLOCK BACK STANCE
HORSE STANCE PUNCH
INSIDE OUTSIDE BLOCK
OUTSIDE INSIDE BLOCK
FRONT KICK , ROUNDHOUSE KICK
SIDE KICK
BASIC FORM #1 , #2 , #3
BASIC ONE-STEP #1-2-3-4-5-6-7-8-9-10
ONE BOARD HAMMER FIST

# BASIC ONE STEPS 1 - 10

1. HANDS KNUCKLE TO KNUCKLE OFF RIGHT HIP , SIDE STEP WITH RIGHT FOOT LEFT OPEN HAND BLOCK TO THE WRIST, RIGHT PUNCH TO FACE

2. STEP RIGHT FOOT, LEFT HAND PUNCH TO THE BODY, HANDS KNUCKLE TO KNUCKLE, TWIST HIPS LEFT OPEN HAND BLOCK TO WRIST, RIGHT HAND CHOP TO THE NECK

3. STEP RIGHT FOOT LEFT HAND PUNCH TO BODY, CROSS HAND IN FRONT WITH LEFT HAND IN FRONT, LEFT BACKFIST TO TEMPLE .

4. BLOCK ACROSS WITH RIGHT OPEN HAND, TUCKING RIGHT LEG UP, CROSS HANDS IN FRONT WITH RIGHT HAND IN FRONT, STEP DOWN RIGHT HAND BACKFIST TO UPPER LIP LANDING IN A HORES STANCE.

5. BLOCK ACROSS WITH RIGHT OPEN HAND , TUCKING RIGHT LEG UP , LAND IN FRONT RIGHT ELBOW TO RIB, TWIST LEFT ELBOW TO BODY, PULL RIGHT LEG THROUGH INTO FIGHTING STANCE, LOOK TO THE REAR THEN TO FRONT

6. BLOCK DOWN WITH RIGHT OPEN HAND, TUCKING RIGHT LEG UP, CROSS HANDS WITH THE RIGHT HAND IN FRONT, RIGHT HAND BACKFIST TO THE TEMPLE STEP DOWN INTO HORSE STANCE.

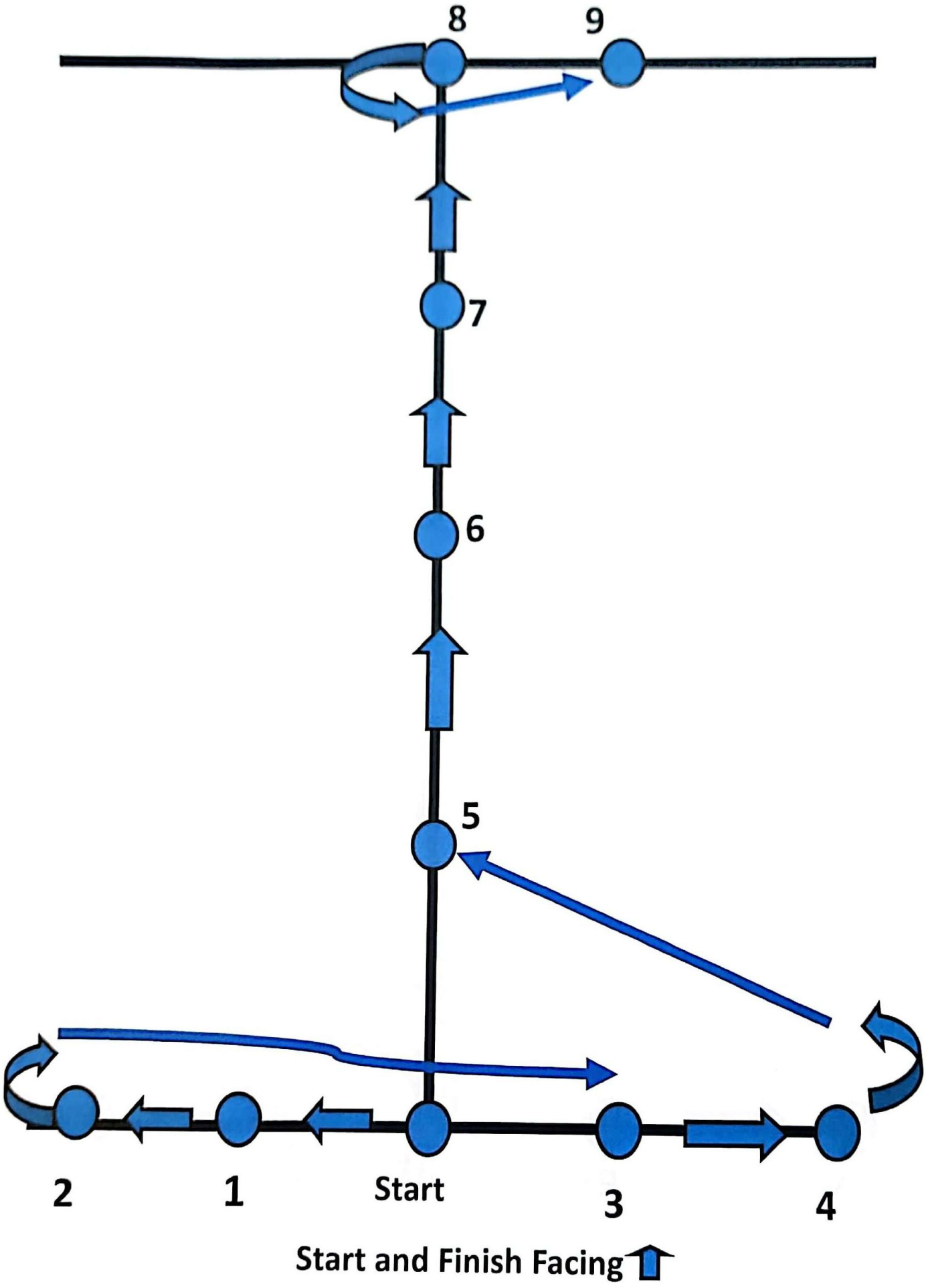
7. BLOCK DOWN WITH RIGHT OPEN HAND, TUCKING RIGHT LEG UP , CROSS HANDS WITH THE RIGHT HAND IN FRONT, RIGHT HAND CHOP TO NECK LANDING IN HORSE STANCE.

8. STEP OUT WITH LEFT LEG TO THE SIDE TWISTING THE HIP BLOCKING WITH LEFT OPEN HAND, TWIST THE HIP BACK PUNCHING RIGHT HAND TO FLOATING RIB.

9. HOP TO THE LEFT SIDE DOUBLE BLOCK, LANDING IN A BACK STANCE, LEFT HAND SLIGHTLY ABOVE THE ELBOW, RIGHT HAND ON WRIST, TURN THE HIP RIGHT HAND PUNCH TO THE RIB, TWIST HIP AGAIN LEFT HAND PUNCH TO LAT. MUSCLE, TWIST HIP AGAIN RIGHT HAND PUNCH TO FACE

10. STEP LEFT LEG OUT SIDE OF YOUR PARTNER'S RIGHT LEG WITH LEFT HAND HIGH BLOCK, HOLDING BLOCK UP RIGHT HAND PUNCH TO THE FACE, BRING ELBOW BACK THEN PUNCH DOWN INTO THE ABDOMEN.

* KIHAP ON EACH TECHNIQUE.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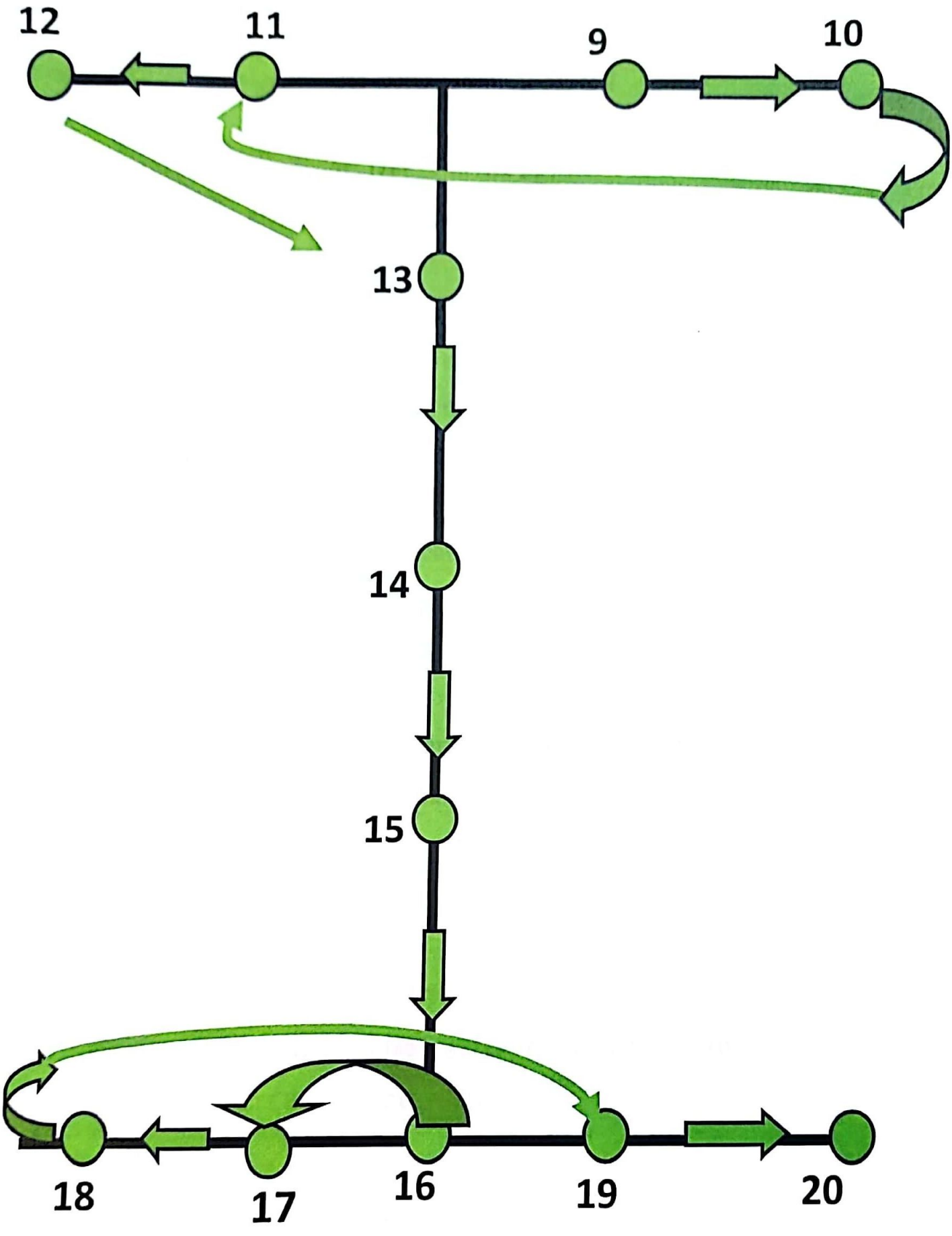
Start and Finish Facing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Start and Finish Facing

# KI CHO HYUNG IL BU
# BASIC FORM NO.1

1. LOOK LEFT , STEP LEFT FOOT , LEFT HAND LOW BLOCK
2. STEP FORWARD , RIGHT HAND MIDDLE PUNCH
3. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES , RIGHT HAND LOW BLOCK
4. STEP FORWARD , LEFT HAND MIDDLE PUNCH
5. LOOK LEFT , STEP LEFT FOOT 90 DEGREES, LEFT HAND LOW BLOCK
6. STEP FORWARD , RIGHT HAND MIDDLE PUNCH
7. STEP FORWARD AGAIN , LEFT HAND MIDDLE PUNCH
8. STEP FORWARD AGAIN , RIGHT HAND MIDDLE PUNCH AND "KIHAP"!
9. LOOK LEFT, LEFT FOOT STEPS 270 DEGREES LEFT HAND LOW BLOCK
10. STEP FORWARD , RIGHT HAND MIDDLE PUNCH
11. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND LOW BLOCK
12. STEP FORWARD , LEFT HAND MIDDLE PUNCH
13. LOOK LEFT , STEP LEFT FOOT 90 DEGREE , LEFT HAND LOW BLOCK
14. STEP FORWARD , RIGHT HAND MIDDLE PUNCH
15. STEP FORWARD AGAIN , LEFT HAND MIDDLE PUNCH
16. STEP FORWARD AGAIN , RIGHT HAND MIDDLE PUNCH AND "KIHAP"!
17. LOOK LEFT, LEFT FOOT STEPS 270 DEGREES, LEFT HAND LOW BLOCK
18. STEP FORWARD , RIGHT HAND MIDDLE PUNCH
19. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES , RIGHT HAND LOW BLOCK
20. STEP FORWARD , LEFT HAND MIDDLE PUNCH
21. PUDO

# KI CHO HYUNG EE BU
# BASIC FORM NO.2

1. LOOK LEFT , STEP LEFT FOOT , LEFT HAND LOW BLOCK
2. STEP FORWARD , RIGHT HAND HIGH PUNCH
3. LOOK RIGHT , RIGHT FOOT STEPS 180 DEGREES , RIGHT HAND LOW BLOCK
4. STEP FORWARD , LEFT HAND HIGH PUNCH
5. LOOK LEFT , STEP LEFT FOOT 90 DEGREES , LEFT HAND LOW BLOCK
6. STEP FORWARD , RIGHT HAND HIGH BLOCK
7. STEP FORWARD AGAIN , LEFT HAND HIGH BLOCK
8. STEP FORWARD AGAIN , RIGHT HAND HIGH BLOCK AND "KIHAP"!
9. LOOK OVER LEFT SHOULDER , LEFT FOOT STEPS 270 DEGREES , LEFT HAND LOW BLOCK
10. STEP FORWARD , RIGHT HAND HIGH PUNCH
11. LOOK RIGHT , RIGHT FOOT STEPS 180 DEGREES , RIGHT HAND LOW BLOCK
12. STEP FORWARD , LEFT HAND HIGH PUNCH
13. LOOK OVER LEFT SHOULDER , LEFT FOOT STEPS 90 DEGREES , LEFT HAND LOW BLOCK
14. STEP FORWARD , RIGHT HAND HIGH BLOCK
15. STEP FORWARD AGAIN , LEFT HAND HIGH BLOCK
16. STEP FORWARD AGAIN , RIGHT HAND HIGH BLOCK AND "KIHAP"!
17. LOOK OVER LEFT SHOULDER , LEFT FOOT STEPS 270 DEGREES , LEFT HAND LOW BLOCK
18. STEP FORWARD , RIGHT HAND HIGH PUNCH
19. LOOK RIGHT , RIGHT FOOT STEPS 180 DEGREES , RIGHT HAND LOW BLOCK
20. STEP FORWARD , LEFT HAND HIGH PUNCH
21. PUDO.

# KI CHO HYUNG SAM BU
# BASIC FORM NO.3

1. LOOK LEFT, STEP LEFT FOOT, LEFT HAND INSIDE/OUTSIDE BLOCK, BACK STANCE

2. STEP FORWARD, RIGHT HAND MIDDLE PUNCH

3. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND INSIDE/OUTSIDE BLOCK

4. STEP FORWARD, LEFT HAND MIDDLE PUNCH

5. LOOK LEFT, STEP LEFT FOOT 90 DEGREES, LEFT HAND LOW BLOCK

6. STEP FORWARD, RIGHT HAND HORSE-STANCE PUNCH

7. STEP FORWARD AGAIN, LEFT HAND HORSE-STANCE PUNCH

8. STEP FORWARD AGAIN, RIGHT HAND HORSE-STANCE PUNCH AND "KIHAP"!

9. LOOK OVER LEFT SHOULDER, LEFT FOOT STEPS 270 DEGREES, LEFT HAND INSIDE/OUTSIDE BLOCK BACK STANCE.

10. STEP FORWARD, RIGHT HAND MIDDLE PUNCH

11. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND INSIDE/OUTSIDE BLOCK BACK STANCE

12. STEP FORWARD, LEFT HAND MIDDLE PUNCH

13. LOOK OVER LEFT SHOULDER, LEFT FOOT STEPS 90 DEGREES, LEFT HAND LOW BLOCK

14. STEP FORWARD, RIGHT HAND HORSE-STANCE PUNCH

15. STEP FORWARD AGAIN, LEFT HAND HORSE-STANCE PUNCH

16. STEP FORWARD AGAIN, RIGHT HAND HORSE-STANCE PUNCH AND "KIHAP"!

17. LOOK OVER LEFT SHOULDER, LEFT FOOT STEPS 270 DEGREES, LEFT HAND INSIDE/OUTSIDE BLOCK BACK STANCE

18. STEP FORWARD, RIGHT HAND MIDDLE PUNCH

19. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND INSIDE/OUTSIDE BLOCK BACK STANCE

20. STEP FORWARD, LEFT HAND MIDDLE PUNCH