



**MIDDLEBURY
MARTIAL ARTS
ACADEMY**

Study Guide for Gups



Green Belt



TEST REQUIREMENTS FOR GREEN BELT

6TH GUP TO 5TH GUP GREEN (BLUE STRIPE)

ALL BASIC HAND TECHNIQUES
ALL BASIC KICKING TECHNIQUES
FORMS: PYUNG AHN SAM DAN
BASIC ONE-STEP #1-10
INTERMEDIATE ONE-STEP #1-10
CROSS HAND GRAB #1-4
SAME SIDE GRAB #1-4
ONE BOARD JUMP FRONT KICK
ONE BOARD BACK KICK

5TH GUP TO 4TH GUP GREEN (TWO BLUE STRIPE)

ALL BASIC HAND TECHNIQUES
ALL BASIC KICKING TECHNIQUES
FORMS: PYUNG AHN SA DAN
INTERMEDIATE ONE-STEP #1-12
CROSS HAND GRAB #1-4
SAME SIDE GRAB #1-4
TWO HANDS ON ONE #1-3
ONE BOARD FLYING SIDE KICK
ONE BOARD JUMP ROUNDHOUSE KICK
ONE BOARD REVERSE PUNCH

4TH GUP TO 4TH GUP GREEN UPGRADE (TWO BLACK STRIPE)

FORMS: FROM GI CHO HYUNG IL BU
TO PYUNG AHN O DAN

PYUNG AHN SAM DAN

PEACEFUL CONFIDENCE FORM NO. 3

1. LOOK LEFT , LEFT HAND INSIDE/OUTSIDE BLOCK BACK STANCE.
2. BRING RIGHT FOOT TO LEFT FOOT, SIMULTANEOUSLY RIGHT HAND INSIDE/OUTSIDE BLOCK , LEFT HAND LOW BLOCK .
3. LOOK OVER RIGHT SHOULDER , RIGHT HAND INSIDE/OUTSIDE BLOCK BACK STANCE.
4. BRING LEFT FOOT TO RIGHT FOOT, SIMULTANEOUSLY LEFT HAND INSIDE/OUTSIDE BLOCK RIGHT HAND LOW BLOCK
5. LOOK LEFT , STEP LEFT FOOT FRONT STANCE , LEFT HAND DOUBLE REINFORCE BLOCK.
6. STEP FORWARD WITH RIGHT FOOT , RIGHT HAND SPEAR HAND ATTACK AND "KIHOP."
7. KEEPING YOUR EYE STRAIGHT LEFT FOOT COMES AROUND IN FRONT, RIGHT FOOT TURNS TO SIDE, HANDS ON THE HIP , LEFT HEEL POINTED UP.
8. LOOK OVER LEFT SHOULDER , LEFT HAND COMES OVER THE TOP HAMMER STRIKE HORSE STANCE.
9. STEP RIGHT FOOT FRONT STANCE , RIGHT HAND MIDDLE PUNCH AND "KIHOP."
10. LOOK OVER LEFT SHOULDER BRING LEFT FOOT IN TURN 180 DEGREE BREATHING MOTION HANDS ARE ON YOUR HIP.
11. RIGHT FOOT OUTSIDE/INSIDE KICK AS YOU LAND INTO HORSE STANCE RIGHT ELBOW STRIKE , SAME HAND OVER THE TOP HAMMER STRIKE AND BRING BACK TO HIP.
12. LEFT FOOT OUTSIDE/INSIDE KICK AS YOU LAND INTO HORSE STANCE LEFT ELBOW STRIKE , SAME HAND OVER THE TOP HAMMER STRIKE AND BRING BACK TO HIP.
13. RIGHT FOOT OUTSIDE/INSIDE KICK AS YOU LAND INTO HORSE STANCE RIGHT ELBOW STRIKE , SAME HAND OVER THE TOP HAMMER STRIKE AND LEAVE OUT.
14. LEFT FOOT STEP FORWARD INTO FRONT STANCE , LEFT HAND MIDDLE PUNCH.
15. INPLACE BRING RIGHT FOOT TO YOUR LEFT. STAYING DOWN LOW RIGHT FOOT SLIDES OUT TO A HORSE STANCE LEAVING LEFT HAND OUT.
16. STEP LEFT LEG 180 DEGREES, SIMULTANEOUSLY LEFT ELBOW STRIKE TO THE BODY AND RIGHT HAND PUNCH OVER YOUR LEFT SHOULDER STRIKING TO FACE.
17. LOOK ON A 45 DEGREE ANGLE BRING LEFT HAND DOWN IN FRONT AND RIGHT HAND ON RIGHT HIP, JUMP TO THE SIDE TUCKING HANDS TO THE OTHER SIDE OF THE BODY LAND MAKING RIGHT HAND ELBOW STRIKE TO THE BODY, AND LEFT HAND PUNCHING OVER RIGHT SHOULDER. KIHAP.
18. PUDO

SAME SIDE WRIST GRABS

1. BEND KNEES SLIGHTLY, PRESSURE UP AGAINST OPPONENT'S GRIP, STEP OT LEFT LEG AND BREAK GRIP, BRINGING LEFT HAND OVER TO RIGHT SHOULDER, LEFT BACKFIST TO FACE, SAME LEFT HAND HAMMERFIST TO THE GROIN, STEP TO FRONT STANCE, RIGHT RIDGE-HAND STRIKE TO SIDE OF HEAD.

2. SIMULTANEOUSLY, YOUR GOING TO MOVE LEFT HAND COUNTERCLOCKWISE SO THAT YOUR NOW GRIPPING THE TOP OF YOUR OPPONENT'S WRIST, AT THE SAME TIME YOUR STEPPING WITH YOUR LEFT LEG TO FRONT STANCE, AND RIGHT HAND CHOP DOWN ON YOUR OPPONENT'S LEFT SHOULDER BREAKING COLLARBONE, SAME HAND GRIP AROUND THE NECK THRUST RIGHT KNEE INTO SOLAR PLEXUS.

3. RIGHT HAND GRABS YOUR OPPONENT'S RIGHT HAND STEPPING LEFT LEG ACROSS YOUR OPPONENT'S BODY EXTEND HANDS OUT SO THAT YOU ARE SHOULDER OFF SHOULDER WITH YOUR OPPONENT, THIS WILL BRING YOUR OPPONENT'S HAND TO YOU SO YOU CAN GRAB IT WITH YOUR RIGHT HAND, TWIST AND FOLLOW THROUGH WITH YOUR RIGHT FOOT TWISTING YOUR OPPONENT'S INTO A WRIST BEND, LEFT HAND PUNCH TO FACE RIGHT FOOT ROUNDHOUSE KICK TO THEIR BODY, LANDING RIGHT FOOT IN FRONT INTO A BACKSTANCE.

4. BRING LEFT HAND UP CLOCKWISE AROUND YOUR OPPONENT ARM, BRING YOUR RIGHT HAND UP GRABBING YOUR OPPONENT'S RIGHT HAND, TWIST YOUR OPPONENT'S ARM AROUND STEPPING BACK WITH THE RIGHT LEG SO THAT THE ARM IS EXTENDED OUT WITH THE ELBOW POINTED UP, PUSH HAND SO THAT YOU GIVE PAIN TO YOUR OPPONENT'S HAND, RIGHT FOOT SNAP FRONT KICK TO THE FACE LANDING FORWARD RIGHT ELBOW STRIKE TO THE BACK OF OPPONENT'S NECK.

INTERMEDIATE ONE STEPS

9. RIGHT FOOT FRONT KICK BRING SAME LEG BACK BEHIND YOU PIVOTING ON YOUR LEFT FOOT, RIGHT FOOT BACK KICK TO THE RIB RETRACT THE FOOT LAND FORWARD INTO A 45 DEGREE HORSESTANCE, RIGHT HAND OPEN-HAND BLOCK TWIST THE HIP LEFT HAND PUNCH TO THE FACE, LEFT HAND CLEAR YOUR PARTNER'S HAND DOWN, RIGHT HAND COMES IN AN UP AND DOWN COUNTERCLOCK WISE PALM-STRIKE TO THE FACE, LANDING INTO A HORSESTANCE.

10. IS THE OPPOSITE OF #9 BUT STEPPING LEFT LEG BACK FIGHTINGSTANCE (YOUR OPPONENT IS PUNCHING WITH HIS LEFT HAND)