



MIDDLEBURY
MARTIAL ARTS
ACADEMY

Study Guide for Gups



Orange Belt



TEST REQUIREMENTS FOR ORANGE BELT

8TH GUP ORANGE TO 7TH GUP ORANGE (BLUE STRIPE)

ALL BASIC HAND TECHNIQUES
INCLUDING
LOW OPEN HAND BLOCK
CENTER OPEN HAND BLOCK
SPEAR HAND STRIKE
BACK STANCE AUGMENTED BLOCK
FRONT STANCE AUGMENTED BLOCK
YUK JIN KONG KIUK
ALL BASIC KICKING TECHNIQUES
INCLUDING
BACK KICK , HOOK KICK , REVERSE HOOK KICK ,
HOP SIDE KICK
HOP HOOK KICK , JUMP FRONT KICK ,
FORMS: PYUNG AHN CHO DAN
CHIL SUNG EE RHO
INTERMEDIATES ONE-STEP #1-4
CROSS HAND GRAB #1 AND #2
ONE BOARD KICKING TECHNIQUE

7TH GUP ORANGE TO 6TH GUP GREEN

ALL BASIC HAND TECHNIQUES
ALL BASIC KICKING TECHNIQUES
FORMS: PYUNG AHN CHO DAN
CHIL SUNG EE RHO , PYUNG AHN EE DAN
INTERMEDIATES ONE-STEP #1-8
CROSS HAND GRAB #1 - 4
ONE BOARD HAND TECHNIQUE
ONE BOARD KICKING TECHNIQUE

PYUNG AHN CHO DAN

PEACEFUL CONFIDENCE FORM NO. 1

- 1. LOOK LEFT, STEP LEFT FOOT, LEFT HAND LOW BLOCK**
- 2. STEP FORWARD, RIGHT HAND MIDDLE PUNCH**
- 3. LOOK OVER RIGHT SHOULDER, RIGHT FOOT STEP 180 DEGREE, RIGHT HAND LOW BLOCK, PULL BACK AND SNAP WRIST, BACK FIST TO PARTNERS GROIN, HORSE-STANCE, SCOOP RIGHT HAND OVER THE TOP RIGHT FOOT SLIDES IN TOWARDS LEFT FOOT, HAMMERFIST, KNEES LOCKED.**
- 4. STEP FORWARD, LEFT HAND MIDDLE PUNCH**
- 5. LOOK LEFT, STEP LEFT FOOT 90 DEGREES, LEFT HAND LOW BLOCK, OPEN HAND 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 "KIHAPI"**
- 9. LOOK OVER LEFT SHOULDER, LEFT FOOT STEP 90 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, LEFT FOOT STEPS 90 DEGREES, 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 "KIHAPI"**
- 17. LOOK LEFT, RIGHT HAND ON THE HIP, LEFT HAND CROSS THE BODY, LEFT FOOT STEPS 90 DEGREES, LOW OPEN HAND BLOCK BACK STANCE**
- 18. LOOK RIGHT AT 45 DEGREES, RIGHT FOOT STEPS BACKSTANCE LOW OPEN HAND BLOCK**
- 19. LOOK AT 135 DEGREES RIGHT FOOT STEPS BACKSTANCE LOW OPEN HAND BLOCK**
- 20. LOOK LEFT AT 45 DEGREES, LEFT FOOT STEPS BACKSTANCE, LOW OPEN HAND BLOCK**
- 21. PUDO**

CHIL SUNG EE RHO SEVEN STAR FORM NO. 2

1. LOOK LEFT, STEP LEFT FOOT, LEFT HAND LOW BLOCK AND RIGHT KNIFE HAND
2. EXTEND HANDS OUT, RIGHT UPWARD KNEE STRIKE, WHILE MAKING DOWNWARD DOUBLE KNIFE HANDS, RIGHT / LEFT PUNCH
3. LOOK RIGHT, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND LOW BLOCK AND LEFT KNIFE HAND
4. EXTEND HANDS OUT, LEFT UPWARD KNEE STRIKE, WHILE MAKING DOWNWARD DOUBLE KNIFE HANDS, LEFT / RIGHT PUNCH
5. LOOK LEFT, STEP LEFT FOOT 90 DEGREES, LEFT HAND DOUBLE REINFORCE BLOCK
6. STEP FORWARD WITH RIGHT FOOT, RIGHT HAND HORSESTANCE PUNCH
7. STEP FORWARD WITH LEFT FOOT, LEFT HAND HORSESTANCE PUNCH
8. STEP FORWARD WITH RIGHT FOOT, RIGHT HAND HORSTANCE PUNCH AND "KIHAP"
9. LOOK LEFT, STEP LEFT FOOT 90 DEGREES, LEFT HAND CENTER OPEN HAND BLOCK
10. STEP FORWARD WITH RIGHT FOOT, RIGHT HAND MIDDLE PUNCH.
11. LOOK RIGHT, STEP RIGHT FOOT 180 DEGREES, RIGHT HAND CENTER SOO DO
12. STEP FORWARD WITH LEFT FOOT, LEFT HAND MIDDLE PUNCH
13. LOOK LEFT, STEP LEFT 90 DEGREES, CROSS HANDS AND BREATHE.
14. PULL BOTH HANDS TO HIP, (PALMS FACING AND TOUCHING THE BODY), RIGHT FRONT KICK, LAND FORWARD AND BREATHE.
15. BRING BOTH HANDS TO HIP, (PALMS FACING AND TOUCHING THE BODY), LEFT FRONT KICK, LAND FORWARD AND BREATHE.
16. BRING RIGHT HAND BACK TO HIP, (PALM UP ON HIP), RIGHT LEG FRONT KICK, LAND IN A FRONT STANC, RIGHT HAND MIDDLE PUNCH, AND "KIHAP"
17. LOOK LEFT, STEP LEFT FOOT 90 DEGREES, LEFT HAND LOW BLOCK BACK STANCE.
18. STEP FORWARD WITH RIGHT FOOT, RIGHT HAND HIGH PUNCH
19. LOOK OVER RIGHT SHOULDER, RIGHT FOOT STEPS 180 DEGREES, RIGHT HAND LOW BLOCK BACK STANCE
20. STEP FORWARD WITH LEFT FOOT, LEFT HAND HIGH PUNCH
21. PUDO

PYUNG AHN EE DAN

PEACEFUL CONFIDENCE FORM NO. 2

1. LOOK LEFT DOUBLE BLOCK BACK STANCE , DROP RIGHT HAND DOWN , RIGHT UPPERCUT PUNCH . STEP LEFT FOOT HORSE STANCE PUNCH.
2. LOOK RIGHT DOUBLE BLOCK BACK STANCE , DROP LEFT HAND DOWN , LEFT UPPER CUT PUNCH , STEP RIGHT FOOT HORSE STANCE PUNCH.
3. BRING LEFT FOOT HALF WAY TO THE RIGHT FOOT, TUCK RIGHT LEG UP FOR SIDE KICK.
4. EXTEND RIGHT LEG SIDEKICK, RETRACT LEG, HOLDING THE LEG UP LOOK OVER LEFT SHOULDER FALL BACK LANDING LEFT HAND CENTER OPEN HAND BLOCK
5. STEP FORWARD WITH RIGHT FOOT, RIGHT HAND CENTER OPEN HAND BLOCK
6. STEP FORWARD WITH LEFT FOOT, LEFT HAND CENTER OPEN HAND BLOCK
7. STEP FORWARD WITH RIGHT LEG, RIGHT SPEAR HAND ATTACK AND "KIHAP"
8. LOOK LEFT , STEP LEFT FOOT 90 DEGREES, LEFT HAND CENTER OPEN HAND BLOCK
9. STEP WITH RIGHT FOOT 45 DEGREES, RIGHT HAND CENTER OPEN HAND BLOCK
10. LOOK RIGHT, STEP RIGHT FOOT 135 DEGREE, RIGHT HAND CENTER OPEN HAND BLOCK
11. LOOK LEFT, STEP LEFT FOOT 45 DEGREES , LEFT HAND CENTER OPEN HAND BLOCK, SLIDE LEFT FOOT OUT INTO A FRONT STANCE, RIGHT HAND INSIDE/OUTSIDE BLOCK
12. RIGHT FOOT FRONT KICK, LAND LEFT HAND MIDDLE PUNCH , SAME HAND INSIDE OUTSIDE BLOCK.
13. LEFT FOOT FRONT KICK, RIGHT HAND MIDDLE PUNCH.
14. STEP RIGHT FOOT FORWARD RIGHT HAND DOUBLE REINFORCE BLOCK FRONT STANCE
15. LOOK OVER LEFT SHOULDER, LEFT FOOT STEP 90 DEGREES, LEFT HAND LOW BLOCK INPLACE SAME HAND CENTER OPEN HAND BLOCK, FRONT STANCE
16. LOOK RIGHT AT A 45 DEGREES, RIGHT FOOT STEP, RIGHT HAND HIGH BLOCK
17. LOOK OVER RIGHT SHOULDER, RIGHT FOOT STEP 135 DEGREES, RIGHT HAND LOW BLOCK INPLACE SAME HAND CENTER OPEN HAND BLOCK, FRONT STANCE
18. LOOK LEFT AT A 45 DEGREES, LEFT FOOT STEP, LEFT HAND HIGH BLOCK AND "KIHAP"
19. PUDO

CROSS HAND GRABS

- 1. STEP RIGHT FOOT INTO HORSE STANCE WHILE BRINGING RIGHT HAND ACROSS CHEST . RIGHT KNIFE HAND TO NECK , LEFT PALM HEEL TO FACE , RIGHT SPEAR HAND TO GROIN PULL BACK LEFT HAND FORWARD FIGHTING STANCE.**
- 2. BEND KNEES , TURN HAND UP , BRING LEFT ACROSS, STEP RIGHT FOOT WHILE MAKING LEFT KNIFE HAND TO NECK AND PULL RIGHT HAND BACK . TWIST HIPS RIGHT PALM HEEL TO FACE , LEFT SPEAR HAND TO GROIN , PULL BACK RIGHT HAND FORWARD FIGHTING STANCE.**
- 3. WITH LEFT THUMB POINTING DOWN GRAB THE LAST TWO KNUCKLES OF PARTNERS HAND, STEP RIGHT FOOT TO HORSE STANCE , RIGHT HAND MAKES COUNTER CLOCKWISE TURN , STEP RIGHT FOOT ACROSS PARTNERS RIGHT SIDE MAKING FRONT STANCE. RIGHT ELBOW TO THE FACE, SWITCH HANDS LOOK OVER LEFT SHOULDER, MAKE LEFT ELBOW TO THE BODY.**
- 4. RIGHT HAND GRABS PARTNERS WRIST WHILE YOUR LEFT HAND GRABS THE BACK OF PARTNER'S HAND. STEP LEFT FOOT ACROSS PARTNERS LEFT SIDE MAKING FRONT STANCE , SHOULDER TO SHOULDER. WITH RIGHT HAND GAIN CONTROL OF PARTNERS HAND. STEP LEFT LEG AGAIN WHILE BRINGING PARTNERS HAND ABOVE HEAD , LAND FRONT STANCE WITH LEFT LEG BEHIND, TUCK CHIN AND HEADBUTT.**

INTERMEDIATE ONE STEPS

- 1. STEP RIGHT FOOT MAKE LEFT OPEN HAND BLOCK, TWIST RIGHT PUNCH BODY , TWIST HIP AND LEFT PUNCH FACE. MAKE DISTANCE WITH LEFT FOOT AND MAKE RIGHT FOOT ROUND KICK , LANDING BEHIND IN FIGHTING STANCE.**
- 2. IS THE OPPOSITE OF #1 BUT STEPPING WITH LEFT LEG.**
- 3. TURN RIGHT HAND OVER ON HIP, STEP RIGHT FOOT MAKING RIGHT OUTSIDE INSIDE BLOCK, LAND IN OPPOSITE FRONT STANCE. TWIST LEFT PUNCH TO BODY THEN TWIST THE HIP AND RIGHT PUNCH TO FACE. MAKE DISTANCE WITH LEFT FOOT AND MAKE RIGHT SIDE KICK AND LAND BEHIND.**
- 4. IS THE OPPOSITE OF #3 BUT STEPPING WITH LEFT LEG.**
- 5. RIGHT LEG BACK FIGHTING STANCE . RIGHT FRONT KICK AND RETRACT , LAND WITH RIGHT OUTSIDE TO INSIDE BLOCK IN OPPOSITE FRONT STANCE. TWIST HIPS LEFT PUNCH TO FACE , LEFT HAND CLEARS PARTNERS HAND OUT OF WAY MAKE DISTANCE THEN LEFT INSIDE OUTSIDE DOWNWARD HEEL KICK, LAND BEHIND.**
- 6. IS THE OPPOSITE OF #5 BUT STEPPING LEFT LEG BACK FIGHTINGSTANCE.**
- 7. RIGHT LEG BACK FIGHTING STANCE , RIGHT OUTSIDE TO INSIDE CRESCENT KICK RETRACT, RIGHT SIDE KICK TO FACE, RETRACT, LAND IN FRONT STANCE LEFT PUNCH TO FACE , GRAB BEHIND NECK AND LEFT KNEE TO BODY , STEP BEHIND RIGHT ELBOW TO SPINE, LANDING IN HORSE STANCE, PULL LEFT HAND BACK ON HIP.**
- 8. IS THE OPPOSITE OF #7 BUT STEPPING LEFT LEG BACK FIGHTINGSTANCE (YOUR OPPONENT IS PUNCHING WITH HIS LEFT HAND)**