

Requirements for 1st Gup - Black Stripe

I. Kicks

1. Jumping Spinning Crescent Kick
2. Double Side Kick

II. Poomse (Forms)

1. Taeguk Chil (7th) Jang
2. Three Other Forms

III. One Step Sparring

1. Five Spontaneous Attacks and Defenses

IV. Self Defense

1. Club defense
2. Gun defense

V. Combinations

1. Tornado kick - 3 Times Continuous

VI. Breaking

Three Boards with Different Techniques in Rapid Succession

VII. Sparring

1. Two Matches against 1 opponent
2. One Match against 2 opponents