

## **Requirements for 5<sup>th</sup> Gup - Blue Stripe**

### I. Basics

#### Front Stance

1. Spearfinger Thrust
2. Scissors
3. Swallow Tail

### II. Poomse (Forms)

1. Taeguk Sah (4th) Jang
2. Two other Forms

### III. One Step Sparring

1. Nine thru Twelve

### IV. Self Defense

1. Push Defense
2. Lapel grab
3. Front Choke
4. Rear Choke

### V. Combinations

1. Front Kick, Roundhouse Kick, Spinning Side Kick, Double Punch
2. Skip Side Kick, Back Kick, other side Back Kick

### VI. Breaking

1. One Board with any Kicking Technique

### VII. Sparring

1. Two Matches

