

Requirements for 3rd Gup - Red Stripe

I. Kicks

1. Double Kicks
 - a. Front-Round
 - b. Double Round (middle-high, high-middle)
 - c. Hook-Round

II. Poomse (Forms)

1. Taeguk Yuk (6th) Jang
2. Two other Forms

III. One Step Sparring

1. Seventeen thru Twenty

IV. Self Defense

1. Bear Hug
2. Hook Punch
3. Straight Punch

V. Combinations

1. Six Kick Combination, both sides

VI Breaking

Adult - Two Boards together with any Kicking Technique

Child - Two Boards separately with 2 Different Kicking Techniques

VII. Sparring

1. Four Matches

