



Official Sabumnim Martial Arts Academy Gup Testing Form

Print Clearly



Student's Name: _____ Student ID: _____ Date of birth: _____

Phone/Cell: _____ Email: _____

Testing For: 9th-Yellow - 8th-Purple - 7th-Orange - 6th-Green - 5th-Blue - 4th-Brown - 3rd-Red - 2nd-Red/Black

Belt Size: _____

Parent/Guardian: _____ Pre-Test Examiner: _____

Breathing (<i>Don Jon Ho Hop</i>) 1 - 2 - 3 - 4 - 5 - 6 - 7		P F	Basic Punching (<i>Kwon Sul</i>) 1-2-3-4-5-6-7-8-9		P F	Kicking <i>Jok Sul</i>		P F	Falling <i>Nak Bop</i>		P F			
Weapons <i>Moo Gi</i>		P F	5 Directional Block <i>Kwon Bob # 1 - 2</i>		P F	Advance Punching (<i>Kwon Sul</i>) 1 - 2 - 3 - 4 - 5		P F	Sparring <i>GyoRooGi</i>		P F	Breaking <i>Kuk Pha</i>		P F

Rank	Self-Defense		Forms		Comments
10th - 9th Gup White to Yellow	SDF #1 1-2-3-4-5-6-7	P F	<i>HwaYongSool #1</i> Side Fall	P F	
9th - 8th Gup Yellow to Purple	SDF #2 1-2-3-4-5-6-7	P F	<i>HwaYongSool #2</i> 1 hand Side Fall	P F	
8th - 7th Gup Purple to Orange	SDF #3 1-2-3-4-5-6-7	P F	<i>HwaYongSool #3</i> Tie your own belt Front Roll stay down/ stand Up	P F	
7th - 6th Gup Orange to Green	SDF #4 1-2-3-4-5-6-7	P F	<i>HwaYongSool #4</i> Spin Fall	P F	
6th - 5th Gup Green to Blue	SDF #5 1-2-3-4-5-6-7	P F	<i>HwaYongSool #5</i> Step forward Front Fall	P F	
5th - 4th Gup Blue to Brown	SDF #6-15	P F	Fighting Form <i>HwaYongSool #6</i> Front Fall	P F	
4th - 3rd Gup Brown to Red	Front Clothing Grab: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10	P F	Fighting Form Back Fall	P F	
3rd - 2nd Gup Red to Red/Black	Back Clothing Grab: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10	P F	Fighting Form <i>HwaYongSool #8</i> <i>Kum Sool #1-4</i>	P F	
2nd - 1st Dahn Red/Black to Black	Judo Throws Defense from Throws	P F P F	Fighting Form <i>HwaYongSool #9</i> <i>Kum Sool #5-8</i>	P F	