**4th GUP TEST STUDY GUIDE**

This study guide is designed to prepare you for your written examination. The answers to the questions below are found in your gup manual. If you have any questions about the material, be sure to ask a class instructor. You are also responsible for anything on previous study guides.

**General Knowledge**

1. What is the name of our art?

2. Why do we practice One Steps? Name 3 specific things that we should improve by practicing One Steps.

3. . What does the brown belt represent?

6. *Form: Pyung Ahn Sam Dan*

 A. # of moves

 B. Creator

 C. Year Created

 D. Place Created

 E. Meaning

 F. Original Name

1. List the 14 attitude requirements:

A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

K.

L.

M.

N.

**History**

1. Name the three ancient kingdoms of Korea and the years they were founded.

2. Which dynasty united the three kingdoms? When?

3. Who was Wang Kun?

4. Who is Hwang Kee?

5. In what year was the Mooyae Dobo Tongji written?

6. In what year did Grandmaster Shin come to the USA ?

|  |  |
| --- | --- |
| 1. Examiner2. Association3. Two finger spear hand4. World5. Breaking6. One finger spear hand | 7. Groin8. Outside/inside block9. Fist10. One step sparring11. Chin12. Jumping axe kick kick |