**2nd 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** Page 1- Take home test portion

When questions are asked about how you would apply *Tang Soo Do*, we are looking for you to give complete answers that demonstrate your knowledge and understanding. You should write or type complete answers to each of these questions and turn these in to the instructor. The answers to the questions on this page will be graded as part of your written test.

* Why do we practice breaking?

* Discuss some important things you have learned through training, both physical and mental?
* Why do we require you to learn history, terminology, etc?
* What are some ways to increase your speed in techniques?

* What is mental discipline, and how do you develop it?
* What are some characteristics and responsibilities of a red belt?
* What is Moo Shim, and how does it apply to training?

* Discuss the importance of the seven tenets in everyday life.
* Why do we practice forms? What should we focus on when practicing forms?

Page 2- General Knowledge- This material will be tested at your 2nd Gup Written Test.

**Forms**

You must know the meaning, history, number of movements of all forms you have learned thus far:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Meaning | # of Moves | Creator | Place of Creation |
| Sae Kye Hyung Sam Bu |  |  |  |  |
| Pyung Ahn Cho Dan |  |  |  |  |
| Pyung Ahn E Dan |  |  |  |  |
| Pyung Ahn Sam Dan |  |  |  |  |
| Pyung Ahn Sa Dan |  |  |  |  |
| Pyung Ahn Oh Dan |  |  |  |  |

**History**

You must be able to give a complete history with dates and places. See the beginning of your gup manual, or previous study guides for this information.

Terminology:

What are vital points? How do you say vital points in Korean? Name at least 10 vital points.