

## **Bear Path Martial Arts**

**Tae Kwon Do, Chung Do Kwan**

**Timothy Blaylark 3<sup>rd</sup> Dan, Head Instructor**



### **4<sup>th</sup> Gup Test requirements**

**Promotional Exam for promotion from 4<sup>th</sup> Gup Blue belt to 3<sup>rd</sup> Gup Blue belt**

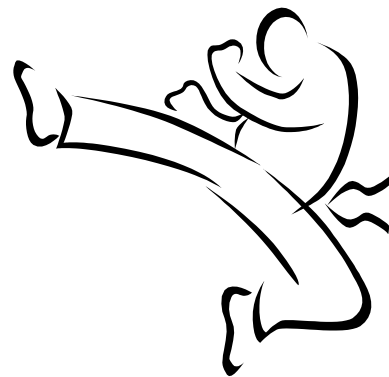
**Written and/or verbal:**

- 1. Korean terminology**
- 2. Paper on the following: Martial Arts and Daily Life.  
How the practice of the arts has affected your life. No more than two pages.**
- 3. The meaning of Tae Geuk Yuk Jang**

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#### **Physical requirements:**

**Taeguk Yuk Jang**

**2. Kick Steps**

**3. Ground defense**

**4. Tech-Reqs, Stances, kicks, blocks and hand techniques.**

**5. Push ups 50**

**6. Kyupka 2 boards>foot – power break**

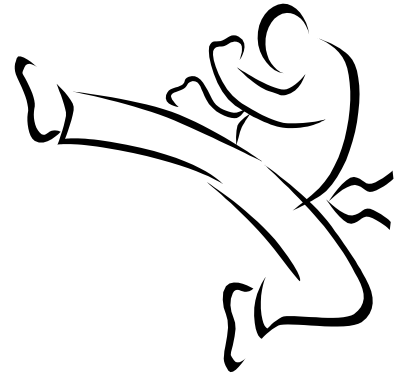
**7. Sparring**

**You must check with the instructor a week prior to go over testing requirements and set schedule for test. Unless dictated by weather, proper uniform and sparring gear is required for testing.**

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### **4<sup>th</sup> Gup Blue Kick Steps**

**Attacks for #1 and #2 are single rear leg Yop Chagi. Attacks for #3 and #4 are single rear leg Nerie Chagi. Attack position is Kyorugi Seogi instead of Ahp Goobi Seogi. This is to facilitate kicking.**

**Defense position is still Pyongi Seogi. All Techniques are written with right leg kicking.**

#### **1. Attack: Back leg Yop Chagi**

**Def: Right hand low circle out block. Reach under the lead arm and move in, placing right thumb knuckle against throat. Grab your right hand with your left and cinch this Jupgi for a submission. Note: Maintain pressure on carotid sheath for max effect.**

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### **2. Attack: Back leg Yop Chagi**

**Def: Step straight back with left leg upward Palmok Makgi. Be sure to hook arm so opponent's instep is safely tucked behind your arm. Secure this Jupgi by placing your left hand on top of your opponent's foot. Push leg straight back, then pull towards you and lift leg abruptly**