

Bear Path Martial Arts
Tae Kwon Do, Chung Do Kwan
Timothy Blaylark 3rd Dan, Head Instructor



Written Test
6th Gup Green Belt to 5th Gup Purple Promotional Exam

Name _____ Date _____

1. Explain the philosophy of Taeguk Sah-Jang and how it affects the way the poomse should be performed.

2. Write the English translation for the following terms.

- A. Il Bong _____
- B. Son-kut Chigi _____
- C. Koa Chagi _____
- D. Pil Sung _____

3. Write the Korean translation for the following terms.

- A. Hammer fist _____
- B. Hook Kick _____
- C. School of the Blue Wave _____
- D. Walking Stance _____

4. Name the three styles of martial arts we draw on primarily for the basis of our training.

5. Name the current president of the WTF.



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6th Gup Green Belt

Required Combinations

Techniques you must develop proficiency in to be promoted from 6th Gup Green Belt to 5th Gup Purple Belt.

1. Back leg front, round kicks. Other leg Twi-o Chagi. Other leg spins hook kick.
2. 360 Degree back kicks for 2 minutes
3. Front hand back fist, other hand straight punch. Back leg sidekick other leg spin axe kick.
4. Switch feet. Back leg axe kick front hand Backfist, other hand ridge hand.

Throwing combinations

1. Momtong Makgi, Ahp Chagi to mid section, Hip throw.
2. Ahre Makgi, Yop Chagi to support leg, sweep
3. Step off line Sonnal Makgi, Yop Chagi, and other foot Dolryo Chagi to back of lead leg then wrist throw.

Breath control is the key to meditation, which can be defined as the of consciously altering the state of mind.

– Ashida Kim

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6th Gup Green Belt

Il Bong Step Sparring

Single stick one step sparring requirement to be promoted to 5th gup Purple Belt. Attack: Same as one step sparring techniques. All techniques are written with Il Bong starting in right hand unless otherwise specified.

Defenses:

- 1. Ice pick grip: Step online into Ahp Seogi. Left outside Momtong Sonnal makgi, grab. Use short end to straight thrust to solar plexus. Rising long end reinforced elbow strike to chin. Hook long end under lead leg and pull while also pulling secured arm in opposite direction for the takedown.**
- 2. Ice pick grip: Step left leg straight back. Reinforced Sonnal eolgul makgi. Left Dwi Chagi to midsection. Spin Il Bong strike to head; continue spinning right leg 360 degrees to spin hook kick.**
- 3. Torch grip: Step right foot back. Left rising Sonnal eolgul makgi to grab. Long end middle thrust to armpit. Bend arm out slightly, downward axe kick to collarbone. Step forward slide bong to rest on your forearm. (Figure 4 lock) Apply pressure for take down.**
- 4. Torch grip: Step offline left hand to inside palm block. Out to in bong string to middle follow with right foot Dolryo Chagi. In to out bong strike to back of lead knee. Snapping out to bong strike to head.**

The weapon is a tool to be used efficiently and effectively; otherwise it will be of little value, even in the hands of a master. – Miyamoto Musashi

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Basic Martial Physiology 6th Gup Green Belt **Combat Anatomy 2**

Target Region

used

Eyes

Floating ribs

Jugular notch

Armpits

Clavicle

Possible effects when

Shock. Temp. to perm loss of Vision. Death.

Loss of wind. Temp. loss of Trunk mobility. Broken ribs Leading to internal bleeding.

Simple gag reflex.

Strangulation. Death.

Shock. Systematic shutdown of arm. Internal bleeding, loss of consciousness.

If broken: Complete loss of Ability to use arms. Internal Bleeding leading to death.

You must learn these targets with your body as well as your mind, so that you strike the vital targets without thinking when you defend yourself. You must also exercise **EXTREME** caution when working techniques that strike these areas.

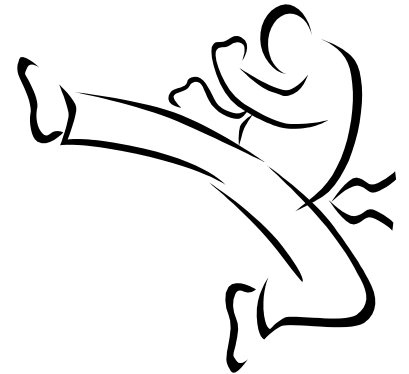
A warrior must be proficient in all the tools of his trade.

Musashi

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6th Gup Green Belt to 5th Gup Purple Belt Test Requirements

Written and/or verbal:

- 1. Basic Vital Targets 2nd group.**
- 2. Korean Terminology.**
- 3. Name elements it takes to generate power.**
- 4. The meaning of Taeguk Sah-Jang.**

Physical:

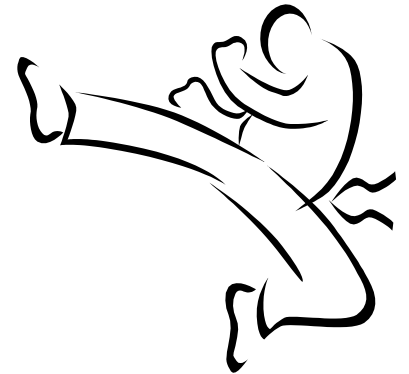
- 1. Taeguk Sah-Jang and all previous Taeguks.**
- 2. Il Bong Steps**
- 3. Hon sin sool – Self Defense**
- 4. Tech reqs. Holding stances for 30 seconds, kicks, blocks and hand techniques.**
- 5. Push-ups 50 men and women. 25 children.**
- 6. Kyupka –break Examiners choice**
- 7. Sparring 5 minutes. 2 minutes free spar to include grappling.**

You must check with the instructor a week prior to go over testing requirements and set schedule for test.

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6th Gup Green Belt Hon sin Sool – Self Defense

- 1. Offense: Locking arms under the elbows from behind.**
Defense: Step out to the right. Sidekick to inside of knee. Free left arm and step out with left foot begin to establish arm bar w/left hand. Drop left elbow into kidney. Leverage arm w/right hand for submission.
- 2. Off: Final Position of previous technique**
Defense: Spinning with pressure of hold, bend locked elbow then spin elbow to head. Front kick motion to shin then sweep. Punch to back of neck 3rd cervical vertebrae.
- 3. Off: Left headlock (open stance) – side head lock**
Defense: Right hand upward ridge hand to groin. Left hand pull locking arm away to loosen grip. Simultaneously reach right hand up and secure hold on head (thumb hooks under jaw with fingers on the face or forehead avoiding mouth). Knee strike to back of Offender's knee (with follow through) while pulling head down for take down.
- 4. Off: Drunk man's hold on right arm**
Defense: Lean forward and straighten arm out straight upward. Left hand tiger mouth strike to the back of neck between 3rd and 4th cervical vertebrae. Thread opponent through the arch mad by arms turning him into a leveraged side arm lock for takedown or throw.

Combat must never be a thing of pride or stubbornness.

Miyamoto Musashi