



Bear Path Martial Arts

Tae Kwon Do, Chung Do Kwan

Timothy Blaylark 3rd Dan, Head Instructor

5th Gup Test Requirements

Required Kick combinations

Techniques you must develop proficiency in to be promoted from 5th gup Purple belt to 4th gup Blue belt.

1. Front leg hook, doban Dolryo Chagi, Yop Chagi. Step forward spin hook kick
2. 360 degree outside Crescent Kick
3. Jump front, round kick. Back leg back kick other leg spin hook
4. Switch feet twice. Front leg hop round kick, spin Backfist
5. Flying double round kick

"Use four ounces to move four tons." - Musashi



5th Gup Test Requirements

1. 11 commandments of Tae Kwon Do
2. Korean terminology
3. Name the key element to speed and power.
4. The meaning of Taeguk Oh-jang.

Physical:

1. Taeguk Oh - Jang and all previous poomse
2. Kick steps
3. Knife Defense
4. Tech - Requirements - Stances, Kicks, Foot Sweeps
5. Sit - Ups/Crunches 50
6. Kyupka. 2 boards > hand
7. Sparring ISKA rules

It takes more skill to fight for what you want than it does to wait for someone to give it to you. - Bear Claw



Purple Belt Knife Defense

Before getting into a situation involving a knife it is imperative that one understands the gravity of a situation in which one is defending oneself against a deadly weapon. First, if even the smallest opening to escape presents itself, one must use it. Incapacitate the attacker if possible, but understand that escape is the main goal/objective. Second, if the opportunity does not present itself, you must then use your skill set to create that opportunity for escape. If possible ensure he/she can do you no further harm. Lastly, if you are unfortunate enough to be forced to use your skills against an armed attacker, having dispatched the assailant, IMMEDIATELY contact the police with a detailed description of the incident, the attacker and whatever injuries you inflicted so that they may locate and detain the criminal and to legally protect you from prosecution by way of self defense.

1. Lunge attack (torch grip)

Defense: Step offline using outside bone block (keeping major arteries and veins away from blade). Low kick to the lead knee, secure weapon arm with both hands, Low yop Chagi to knee/calf area to unbalance attacker. Place one hand on head to guide attacker down. (In a real situation this thrusting to the ground would be slamming the attacker head first into the ground.) Step on hand and remove weapon.

2. Out to in cross cut (any grip)

Defense: Step offline and parry attack. Secure Weapon arm, palm strike to break attacker's elbow. Ahp Chagi to thigh area then hammerfist to ear or back of head, while pulling on secured arm, take down. Once arm is on the ground kneel or step on arm and remove weapons.

3. Out to in cross cut (ice pick grip)

Defense: Simultaneous outside knife hand block while stepping off line, straight punch to solar plexus. Step in online rising elbow strike to chin, then strike to elbow of weapon arm. Having broken arm "settle into" your opponent with your hip to their groin area and execute a shoulder throw. Upon opponent's landing, stomp kick to head and step on weapon hand then remove weapon.

Giving up was never an option, quitting doesn't register, we keep moving until the fight is over or the goal is reached. - Bear Claw



5th Gup Purple Belt Single Step Kick Steps

Attacks for numbers 1 and 2 are single rear leg Ahp Chagi. Attacks for numbers 3 and 4 are single leg Dolryo Chagi. Attack position is from Kyorugi Seogi instead of Ap Goobi Seogi. This is to facilitate kicking.

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

1. Hop back and execute an Ahre Yeot Pero Makgi. Grab Achilles tendon with right hand (which should be on the outside of the leg) and step back with the left foot. Maintain this Jupgi with right hand and spin Me - Joomock Chigi to temple. Reverse direction and switch holding hand, right Yop Chagi to lower shin for takedown. Fold foot under arm and restrain free leg with right foot for a Baal Jupgi.
2. Quickly block the incoming Ap Chagi with a right leg stop kick (Dolryo/Yop Chagi combo) The first kick stops the momentum the second pivots and goes to the middle section. Left leg Dwi Chagi, then Na ro pong.
3. Left Moo doo Makgi. Counter by striking with a right leg Ap Chagi BEFORE the Dolryo lands. Opponent will drop his/her kicking leg to maintain balance. Left sweeping Dolryo Chagi to the attacking leg. Drop spin Guligi Chagi directly to back of knee to affect a take down. If attacker falls forward then Koa Chagi, if backwards then Nerie Chagi to the back of head.
4. Momtong Ahn Makgi, spin Eolgul Guligi Chagi, Dolryo Chagi, Ahre Yop Chagi to the knee, without putting foot down. Then front hand Dung Joomock Chigi other hand Me Joomock Chigi to the temple.

Warriors being men of knowledge, know that we can change no one, that change is inevitable and the best we can hope for is to perfect ourselves in this life time.

Ashida Kim



Promotional Exam from 5th Gup Purple Belt to 4th Blue Purple Belt.

Written test

Name _____ Date _____

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

2. Write the English translation for the following terms.

- a. Yeot Pero Makgi _____
- b. Jupgi _____
- c. Me Joomock Chigi _____
- d. Mo - li _____
- e. Baal _____

3. Write the Korean translation for the following terms.

- A. Net Block (also Gathering Block) _____
- B. Inside _____
- C. Outside _____
- D. Axe Kick _____
- E. High Double Side Kick _____

4. Name the Book written by Musashi

5. Name the book written by Sun Tzu
