

UM Taekwondo

Geup Requirements

(10th geup testing for 8th geup, white belt testing for yellow)

Attendance: 1 class/week

Fundamentals:

Low Block	Front Up Stretch	Inside Block	Back Leg Round Kick
Low Punch	Front Snap Kick	Outside Block	Cross behind side stretch
High Block	Inside Crescent	Side Chop	Cross behind side kick
High Punch	Outside Crescent	Dbl. Forearm Guard	Axe Kick

Basic Stances: Front Stance, Back Stance, Horse Riding Stance/chochom seogi, Walking Stance

Sparring/Kyorugi Fundamentals:

Bouncing	Shuffle Forward/Shuffle Backward	Pivot step forward
Pivot Step backward	Switching	Sparring Guard

Poomse:

Taeguk II Jang

One Step Sparring: Challenge and accept properly

Breaking/Kyokpa: Axe Kick or Cross Behind Side Kick

Tae Kwon Do Knowledge:

1. **Doro-so** means to turn around or "about face"
2. **Cheryut** means to come to attention
3. **Baro** means to return to your ready stance
4. **Joombi** means to get into your ready stance

UM Taekwondo

Geup Requirements

(8th geup testing for 6th geup, yellow belt testing for green)

Attendance: 1.5 classes/week

Fundamentals: *all earlier requirements apply

Single Outside Knife Hand Block	Reverse inside block walking stance
Pivot Side Kick	Reverse Punch
Jump front snap kick	Double Knife Hand Block
Low block/reverse punch combo walking stance	Reverse knife hand strike to neck (TG3)
Outside knife hand block/reverse punch**	

**Transition from back stance to front stance must be shown

Sparring/Kyorugi Fundamentals: *all earlier requirements apply

Offensive Cut Kick	Fast Kick	Shuffle Forward Round Kick
Side Step	Apbal	Axe Kick
Defensive Cut Kick		

Poomse: *all earlier poomse apply

Tae Guk Yi Jang Tae Guk Sam Jang

One Step Sparring: Must use fundamentals and all be different

Contact Sparring: Use of sparring fundamentals

Tae Kwon Do Knowledge:

1. The five tenets of Tae Kwon Do are: Courtesy, Integrity, Self-Control, Perseverance, and Indomitable Spirit.
2. Students should be able to count to 10 in Korean: **Hana, Dul, Set, Net, Dusult, Yusult, Ilgup, Yuldul, Ahoop, Yul**

UM Taekwondo

Geup Requirements

(6th geup testing for 4th geup, green belt testing for blue)

Attendance: 1.5 classes/week

Fundamentals: *all earlier requirements apply

Spear hand	Outside hammer block (back stance)	Back fist
Palm Strike	Reverse inside check block	Scissor block
Horizontal Elbow	High block/side kick/braced elbow	Outside/Low block combo(#8)

Sparring Fundamentals: *all earlier requirements apply

Cover Punch	Padachagi	Back kick	Shuffle Axe Kick
Fast cut kick	Cut-flip kick	Back Leg Double	
Front leg/Apbal Double			

Poomse: *all earlier poomse apply

Tae Geuk Sa Jang	Tae Geuk Oh Jang
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One Step Sparring: *all earlier requirements apply

Right hand/left hand challenge from on guard

Contact Sparring: Use of sparring fundamentals

Breaking/Kyokpa: Back kick

UM Taekwondo

Geup Requirements

(4th geup testing for 2nd geup, blue belt testing for red)

Attendance: 2 classes/week

Fundamentals: *all earlier requirements apply

Outside knife block to face in front stance (TG6)
Double outside hammer block front stance

Sparring Fundamentals: *all earlier requirements apply

Nadoban	Cover Punch - round kick counter	Rear Hand Punch
Lead Hand Punch	Front Leg Hook	Rear Leg Hook

Poomse: *all earlier poomse apply

Tae Geuk Yuk Jang Tae Geuk Chil Jang

One Step Sparring: *all earlier requirements apply

Contact Sparring: Use of sparring fundamentals

Breaking/Kyokpa: Hand Technique (Knife hand/punch/palm strike)

UM Taekwondo

Geup Requirements

(2nd geup testing for 1st geup, red belt testing for red stripe)

Attendance: 2 classes/week

Fundamentals: *all earlier requirements apply

Step Flying Side Kick

Offensive freestyle kicking with footwork

Sparring Fundamentals: *all earlier requirements apply

Reverse Nadoban

Poomse: *all earlier poomse apply

Tae Geuk Pal Jang

One Step Sparring: *all earlier requirements apply

Contact Sparring: Use of sparring fundamentals

Back Kick Counter from open side attack

Slide Back Apbal

Breaking/Kyokpa: 2 board combination (shuffle side kick, back leg axe kick)

UM Taekwondo

Geup Requirements

(1st geup testing for 1st dan, red stripe testing for black)

Attendance: 2.5 classes/week

Fundamentals: *all earlier requirements apply

Freestyle kicking with footwork (offensive & defensive)

Sparring Fundamentals: *all earlier requirements apply

Lead Hand Punch

Cover Punch - round kick counter

Rear Hand Punch

Poomse: *all earlier poomse apply

Koryo

One Step Sparring: Unspecified number of one steps: multiple hand and foot combinations using previous fundamentals

Contact Sparring: Use of sparring fundamentals Multiple Consecutive Sparring Rounds

Breaking/Kyokpa: Spin Hook Kick (aerial or non-aerial)
3 board combination (front kick, palm strike, back leg axe kick)

Note to students:

Students preparing for the last step before black belt must know that much is expected. All requirements from previous belts (10th geup to 1st geup) will be required as well as a few unknowns that may be asked of you. Anything asked of the student that is not listed on the requirement page is something that each student should be able to do if they draw on their knowledge up until that point.

****Note to students:** By this rank, students should be aware that other requirements are needed before black belt can be achieved.

- Student instruction during weekly classes
- Minimum physical requirements
 - Jumping Jacks (goal to black belt: 100 in 2 minutes)
 - Push Ups (goal to black belt: 50 in 2 minutes on toes/75 knees)
 - Mountain Climbers (goal to black belt: 50 in 2 minutes)
 - V-Ups (goal to black belt: 25 in 2 minutes)
 - 1 minute continuous burpees