

Student Task Book

10th Gup

Belt Tied Correctly Signature _____ Date _____

Stances

Attention Stance Signature _____ Date _____

Bow Signature _____ Date _____

Parallel Ready Stance Signature _____ Date _____

Walking Stance Signature _____ Date _____

Defensive Techniques

Walking Ready Stance Signature _____ Date _____

Intermediate Position
Correct Crossing
Finish Position

Forearm Low Block Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Knifehand Low Block Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Inner Forearm Middle Side Block Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Front Rising Kick Signature _____ Date _____

Finish Position
Purpose Of Technique

Offensive Techniques

Forefist front Punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Front Snap Kick Signature _____ Date _____

Principle of Kick
Foot Position (attacking Tool)
Overall finish position
Purpose of the Technique

Fundamental Exercises

Four Direction Punch (Right Side) Signature _____ Date _____

Four Direction Punch (left Side) Signature _____ Date _____

Four Direction Block (Left Side) Signature _____ Date _____

Four Direction Block (Right Side) Signature _____ Date _____

Self Defence Signature _____ Date _____

Release from grab to the wrist – Same Side (two techniques – Both sides)

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 9th Gup Good Luck!