

Student Task Book

2nd Gup

Stances

Vertical stance Signature _____ Date _____

Close ready stance C Signature _____ Date _____

Sliding Signature _____ Date _____

Defensive Techniques

Palm pushing block Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Side front block Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Front checking kick Signature _____ Date _____

Principle of Kick
Foot Position (blocking tool)
Overall finish position
Purpose of the Technique

Side checking kick Signature _____ Date _____

Principle of Kick
Foot Position (blocking tool)
Overall finish position
Purpose of the Technique

Offensive Techniques

Upward punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Knifehand downward strike

Signature _____ Date _____

Intermediate position
Correct crossing
Finish Position
Purpose Of Technique

side elbow thrust Signature _____ Date _____

Intermediate position
Correct crossing
Finish Position
Purpose Of Technique

Mid – air kick Signature _____ Date _____

Principle of Kick
attacking Tool
Overall finish position
Purpose of the Technique

Patterns

Hwa – Rang Signature _____ Date _____

Toi-Gye Signature _____ Date _____

Joong-Gun Signature _____ Date _____

Yul-Gok Signature _____ Date _____

Won – Hyo Signature _____ Date _____

Do San Signature _____ Date _____

Dan Gun Signature _____ Date _____

Chon-JI Signature _____ Date _____

Sparring

Two Step Sparring Signature _____ Date _____

Free Sparring Signature _____ Date _____

Self Defence Signature _____ Date _____

Release per Hwa-Rang, Movement 11
Defence against double hook punches
Defence against a grab & hook punch

Rolling Breakfalls Signature _____ Date _____

Forward & Back

Destruction Signature _____ Date _____

Flying turning kick – Flying side piercing kick – Flying back piercing kick

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 1st Gup Good Luck