

# Student Task Book

## 3<sup>rd</sup> Gup

### Defensive Techniques

**X-Fist pressing block**      Signature \_\_\_\_\_      Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

**W-Shape block**      Signature \_\_\_\_\_      Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

### **Double forearm low pushing block**

Signature \_\_\_\_\_      Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

### **Knifehand low guarding block**

Signature \_\_\_\_\_      Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

**Flying crescent kick**      Signature \_\_\_\_\_      Date \_\_\_\_\_

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

### Offensive Techniques

**Backfist side back strike**      Signature \_\_\_\_\_      Date \_\_\_\_\_

Intermediate position  
Correct crossing  
Finish Position  
Purpose Of Technique

**Upper elbow strike** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

**Upset fingertip thrust** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

**Twin side elbow thrust** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

**Upward kick** Signature \_\_\_\_\_ Date \_\_\_\_\_

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

## **Patterns**

**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**

**One Step Sparring** Signature \_\_\_\_\_ Date \_\_\_\_\_

Flying techniques.  
Back kick – Reverse turning kick – Vertical kick

**Free Sparring** Signature \_\_\_\_\_ Date \_\_\_\_\_

**Self Defence** Signature \_\_\_\_\_ Date \_\_\_\_\_

Defence against backfist strike  
Defence against hook punch

**Breakfalling** Signature \_\_\_\_\_ Date \_\_\_\_\_

Side – front - Back

**Destruction** Signature \_\_\_\_\_ Date \_\_\_\_\_

Front snap kick – Turning kick – Side piercing kick

**Theory Paper Completed (minimum 75%)**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Instructors Signature** \_\_\_\_\_

**You are now ready to Grade to 2nd Gup Good Luck!**