

Student Task Book

3rd 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!