

Student Task Book

5th Gup

Stances

X-Stance Signature _____ Date _____

Defensive Techniques

Twin Knifehand block

Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Double forearm block

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Palm hooking block

Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Hooking kick Signature _____ Date _____

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

Offensive Techniques

Front elbow strike Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Back snap kick Signature _____ Date _____

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

Vertical kick Signature _____ Date _____

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

Twisting Kick Signature _____ Date _____

High – Middle- Low

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

Side pushing kick Signature _____ Date _____

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

Patterns

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 _____

Hooking kick – reverse hooking – twisting kick

Free Sparring Signature _____ Date _____

Self Defence Signature _____ Date _____

Release from two-hand wrist grab from behind
Release from two-hand shoulder grab from behind

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 4th Gup Good Luck!