

Student Task Book

6th Gup

Stances

Bending ready stance A Signature _____ Date _____

Fixed Stance Signature _____ Date _____

Close Stance Signature _____ Date _____

Close ready stance A Signature _____ Date _____

Defensive Techniques

Inner forearm circular block

Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Crescent kick Signature _____ Date _____

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

Offensive Techniques

Fixed stance side punch

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Knifehand inward strike

Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Pick shape kick Signature _____ Date _____

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

Downward Kick Signature _____ Date _____

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

Reverse Turning Kick Signature _____ Date _____

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

Reverse hooking kick Signature _____ Date _____

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

Patterns

Won – Hyo Signature _____ Date _____

Do San Signature _____ Date _____

Dan Gun Signature _____ Date _____

Chon-JI Signature _____ Date _____

Sparring

One Step Sparring Signature _____ Date _____

Crescent Kick – back piercing kick – twisting kick – reverse turning kick

Free Sparring Signature _____ Date _____

Self Defence Signature _____ Date _____

Release from bear hug from behind – over arms
Release from bear hug from behind – under arms

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 5th Gup Good Luck!