

Student Task Book

7th Gup

Defensive Techniques

Outer Forearm High Wedging Block

Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Palm Downward Block Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Offensive Techniques

Middle Reverse Punch Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Straight Fingertip thrust Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Back Piercing kick Signature _____ Date _____

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

Patterns

Do San Signature _____ Date _____

Dan Gun Signature _____ Date _____

Chon-JI Signature _____ Date _____

Sparring

Three Step Sparring Signature _____ Date _____

With partner one way foot techniques

Self Defence Signature _____ Date _____

Release per Do-San, Movement 7
Release from lapel grab with one hand
Release from lapel grab with two hands

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 6th Gup Good Luck!