

# Student Task Book

## 8<sup>th</sup> Gup

### Stances

**L-Stance** Signature \_\_\_\_\_ Date \_\_\_\_\_

**Spot and Step turning in various stances**

### Defensive Techniques

**Outer forearm side block** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Correct Crossing  
Finish Position  
Purpose Of Technique

**Knifehand side block** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Correct Crossing  
Finish Position  
Purpose Of Technique

**Twin forearm block** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Correct Crossing  
Finish Position  
Purpose Of Technique

**Knifehand guarding block** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Finish Position  
Purpose Of Technique

## **Offensive Techniques**

**Knifehand side strike** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Correct Crossing  
Finish Position  
Purpose Of Technique

### **Reverse knifehand strike**

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

Intermediate position  
Finish Position  
Purpose Of Technique

**Side turning kick** Signature \_\_\_\_\_ Date \_\_\_\_\_

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

**Side piercing kick** Signature \_\_\_\_\_ Date \_\_\_\_\_

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

**Backfist High Side Strike** Signature \_\_\_\_\_ Date \_\_\_\_\_

Intermediate position  
Correct crossing  
Finish Position  
Purpose Of Technique

## Pattern

**Dan Gun** Signature \_\_\_\_\_ Date \_\_\_\_\_

**Chon Ji** Signature \_\_\_\_\_ Date \_\_\_\_\_

## Fundamental Exercises

Four Direction Punch (Right Side) Signature \_\_\_\_\_ Date \_\_\_\_\_

Four Direction Punch (left Side) Signature \_\_\_\_\_ Date \_\_\_\_\_

Four Direction Block (Left Side) Signature \_\_\_\_\_ Date \_\_\_\_\_

Four Direction Block (Right Side) Signature \_\_\_\_\_ Date \_\_\_\_\_

## Sparring

**Three step sparring** Signature \_\_\_\_\_ Date \_\_\_\_\_

With partner, one way, hand techniques

**Self defence** Signature \_\_\_\_\_ Date \_\_\_\_\_

Release from two-hand grab to one wrist  
Release from two-hand grab to both wrists

## Theory Paper Completed (minimum 75%)

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

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

**You are now ready to Grade to 7<sup>th</sup> Gup Good Luck!**