

Student Task Book

9th Gup

Stances

Sitting Stance Signature _____ Date _____

Sitting Ready Stance Signature _____ Date _____

Intermediate Position
Correct Crossing
Finish Position

L-Stance Signature _____ Date _____

Spot and Step turning in various stances

Signature _____ Date _____

Defensive Techniques

Side Rising Kick Signature _____ Date _____

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

Forearm inward block Signature _____ Date _____

Intermediate position
Correct Crossing
Finish Position
Purpose Of Technique

Forearm guarding block Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Offensive Techniques

Side Front Snap Kick Signature _____ Date _____

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

Flat fingertip thrust Signature _____ Date _____

Intermediate position
Finish Position
Purpose Of Technique

Turning kick Signature _____ Date _____

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

Pattern

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 _____

Alone, One way, Hand Techniques

Self Defence Signature _____ Date _____

Release from grab to the wrist – Opposite Side (two techniques – Both sides)

Theory Paper Completed (minimum 75%)

Signature _____ Date _____

Instructors Signature _____

You are now ready to Grade to 8th Gup Good Luck!