

ORANGE BELT WITH 1 STRIPE REQUIREMENTS (7TH GUP)

BASICS BLOCKS:

English

1. Low Knife Hand Block
2. Center Knife Hand Block
3. Spear Hand Punch
4. Knife Hand Chop
5. 2 Hand X Low Block
6. 2 Hand X High Block
7. Ridge Hand Chop

Korean

- Ha Dan Soo Do Mahk Kee
 Choon Dan Soo Do Mahk Kee
 Kwan Soo Kong Kyuk
 Soo Do Kong Kyuk
 Ha Dan Ssang Soo Mahk Kee
 Sang Dan Ssang Soo Do Mahk Kee
 Yuk Soo Do Kong Kyuk

BASICS KICKS:

1. Back Kick
2. Roundhouse Kick
3. Hook Kick
4. Back Hook Kick
5. Hammer Kick
6. Jump Front Kick

- Dwi Cha Ki
 Tollyo Cha Ki
 Hu Ryo Cha Ki
 Dwi Hu Ryo Cha Ki
 Ahp Chik Ki
 E-Dan Ahp Cha Ki

FORM:

Kicho Hyung Oh Bu (Basic Form #5) Ideal Completion Time 50-55 sec Total # of Movements 56

Ee Jul Bong Il Bu (Nunchaku Form #1) *Ki Hap Locations # 1 Second to last forward & #2 backward – Total #2*

ONE STEP FIGHTING (IL SOO SIK):

Hands 7, 8, & 9

7	Get out of the way Block Chop	(Step 45° forward with right foot) (Left-hand in-out block chop) (Right out-in chop strike to the neck)
8	Block Grab Elbow	(Left-hand in-out block chop) (Grab hand with left hand) (Step in. Right elbow to left side of attacker's head)
9	Get out of the way Block Elbow Hammer Fist, Back Fist	(Step Back with the left foot) (Right-hand out-in block chop) (Slide in with a right elbow strike to the ribs) (Right hammer fist to the groin then back fist to the face)

Kicking 7, 8, & 9

7	Double Side Kick	(Turning right kick low, high)
8	Block Roundhouse Kick Back Fist Elbow	(Left-hand in-out block) (Right leg kick to ribs) (Right back fist the right side of attacker's head) (Turn counter clockwise. Left elbow to the head)
9	Start with left foot back Block Hook Kick Back Fist, Elbow	(Right in-out block chop) (Right hook kick to the face or stomach) (Right back fist to the face) (Spin counter-clockwise, Left elbow to the face)

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SELF DEFENSE (HO SIN SUL):

<i>--Perform the following grips--</i>	
Attack	Defense
1. Shirt Grab	
2. Double Shirt Grab	
3. Bear Hug	
4. Head Lock	

BREAKING: Jump Front Kick/E-Dan Ahp Cha Ki Front Kick/Ahp Cha Ki

ABOUT THE FORM

Name of Creator	Date of Creation	Ideal Completion Time	Point of Ki hap	Total # of movements	English
Kwan Ho Chon	1980's	50-55 sec	20,42	56	Basic Form #5
Kwan Ho Chon	1980's				Ee Jul Bong Ee Bu Nunchaku Form #1

TERMINOLOGY:

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| <ol style="list-style-type: none"> 1. Form #5 Name and Steps 2. American Flag a. Blue Represents-Vigilance, Perseverance, and Justice b. White Represents-Purity and Innocence 3. ATF Rules: #4 4. Full gear must be worn at all times when sparring. Sparring gear consists of Head, Hand, and Foot protection. Men will wear protective cups and all participants will use mouth guards. 4. Children Home Rule # 7&8 5. Basic Terms All Blocks and Kicks names. | <ol style="list-style-type: none"> Ki Cho Hyung Oh Bu 56 Steps Sung Cho Ki c. Red Represents-Hardiness and Valor d. 13 Stripes Represents-13 Original Colonies e. 50 Stars Represent-50 States |
|---|---|

English	Korean	English	Korean
Low Knife Hand Block	Ha Dan Soo Do Mahk Kee	Ridge hand Chop	Yuk Soo Do Kong Kyuk
Center Knife Hand Block	Choon Dan Soo Do Mahk Kee	Hook Kick	Hu Ryo Cha Ki
Spear Hand Punch	Kwan Soo Kong Kyuk	Back Hook Kick	Dwi Hu Ryo Cha Ki
Knife Hand Chop	Soo Do Kong Kyuk	Hammer Kick	Ahp Chik Ki
2 Hand X Low Block	Ha Dan Ssang Soo Mahk Kee	Jump Front Kick	E-Dan Ahp Cha Ki
2 Hand X High Block	Sang Dan Ssang Soo Do Mahk Kee		