



9th Gup, YELLOW BELT

Student's Name _____

GENERAL REQUIREMENTS

1. Must be a member in good standing of the E.H.A.
2. Minimum of 15 classes prior to grading.

GENERAL KNOWLEDGE

1. Name and rank of instructor.

NAK BOP (Breakfalls)

1. Ap Nak Bop (Front Breakfall)
2. Ap/Yop Nak Bop (Reverse side)

HAND STRIKING TECHNIQUES

1. Punching in Horse stance.
2. Palm striking in horse stance.
3. Spear hand in horse stance.
4. Ridge hand in horse stance.
5. Twin knife hand strike in horse stance.
6. Hae Jun Sudo in horse stance (Circle knife hand).

JOK SUL

1. 45 Degrees Ap chagi.
2. Shovel kick.
3. Inside circular kick.
4. Outside circular kick.
5. Side stamp in cat stance.
6. Cross-step side kick in horse stance.

HYUNG

1. Dan Gun Hyung

KIBON SUN SUL

1. Basic throw.
2. Nerve hold with wrist lock behind back and shovel kick.
3. Diagonal takedown.
4. Basic wrist lock.
5. Basic elbow lock.
6. Wrist twist and elbow strike to face.
7. Strike to sternal notch.
8. Ram arm technique.
9. Basic hip throw.

KYOK PA

Ap chagi

Examiner's Comments:-

General Knowledge	Nak Bop	Hand Strikes	Jok Sul	Hyung	Kibon Soo	Kyok Pa
/10	/10	/10	/10	/10	/10	/10