



# PROMOTIONAL EVALUATION

## 2<sup>nd</sup> GUP to 1<sup>st</sup> GUP

(Red Belt to Black Stripe)

Test Date: \_\_\_\_\_

Test Fee: \$35

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

Height: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Weight: \_\_\_\_\_

Phone: \_\_\_\_\_

Belt Size: \_\_\_\_\_

In consideration that there may be a risk involved at the test, I hereby release the President, Master Instructor, Instructors, Members, and authorized guest from all responsibilities and all claims for injuries I may receive while taking this test. I agree that the testing fee is not refundable under any circumstances.

Any Physical Problems: \_\_\_\_\_

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

**PATTERN (TUL)** Hwa-Rang      **POWER ( )**      **STANCE ( )**      **TECHNIQUE ( )**

Ready Stance: Closed Ready Stance Type C      Movements: 29      Diagram: I

### KICKS

( ) Kicking pattern with Hwa-Rang

Kicking Sets: **15 kicks for you and 15 kicks for your partner (pre-arranged)**

### STEP SPARRING

no contact

- ( ) **lbo**      2 step sparring      1 way advanced (3 counters)
- ( ) **llbo**      1 step sparring      5 - flying kicks
- ( ) **libo**      1 step sparring      5- jump techniques (3 counters - 2 feet - 1 hand)

### 1 step – Jump techniques

- ( ) **Attacker** - hand attacks – ready stance position ; Foot attacks / L-stance guarding block
- ( ) **Defender** - block & counter with jump techniques (2 foot, 1 hand or 1 foot, 2 hands) 3 counters (advance)

Note: defender finishes in guarding block

### SELF-DEFENSE

- ( ) Demonstrate six pressure points against a passive partner
- ( ) Demonstrate two pressure points against an attacking partner

### BREAK

- 360' Twimyo-Dwitcha-Jirugi** (Jump Back Piercing Kick)      ( ) 3 Boards (Adult) / 2 boards Junior
- Yon-Sok-Chagi** (Consecutive Kick)      ( ) 3 station break - 2 boards per station
- Ap-Cha-Busigi** (Front Kick)      ( ) 3 Boards (Adult only)
- Dollyo-Chagi** (Turning Kick)      ( ) 3 Boards (Adult only)

**APPEARANCE**      Uniform ( )      Belt ( )      Patches ( )      Other ( )

**VERBAL ( ) (Information on the back)**  
Student need to join the ITF/ATFI - \$20.00 lifetime membership.

**Pass ( ) ; Probation ( )**  
**New Rank: 1<sup>st</sup> Gup - Black Stripe**

\_\_\_\_\_  
Instructor

\_\_\_\_\_  
Examiner

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STACK:

432.682  
358.446  
432.706  
358.463