

## 10<sup>th</sup> Gup Requirements

### 10TH

#### Patterns

4-directional punch (Saju-Jirugi)  
4-directional block (Saju-Makgi)

#### Kicking

Front rising kick (Apcha Olligi)  
Front snap kick (Apcha Busigi)  
Side Rising kick (Yopcha Olligi)

#### Blocking

Outer forearm low block (Bakat Palmok Najunde Makgi)  
Knifehand low block (Sonkal Najunde Makgi)  
Inner forearm middle block (An Palmok Kaunde Makgi)

#### Striking

Walking stance front punch (Gunnun so Ap Jirugi)  
Sitting stance punch (Annun so Jirugi)

#### Stances

Attention stance (Charyot Sogi)  
Parallel ready stance (Narani Junbi Sogi)  
Walking stance (Gunnun Sogi)  
Sitting stance (Annun Sogi)

#### Sparring

No sparring required at 10<sup>th</sup> Gup

