

Kentucky Taekwon-Do Club



2024 8th Gup

Requirements

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8th Gup Test Requirements

- **Patterns:**
- Saju Jirugi
- Saju Makgi
- Chon-Ji
- **Kicks:**
- Front kick
- Turning kick
- Side Kick
- High Flying Front Kick
- High Flying Turning Kick
- **Punches:**
- Jab
- Reverse
- Back Fist

- **Stances:**

- Walking stance
- Attention stance
- Parallel stance
- L – Stance

- **Rolls:**

- Shoulder roll
- Dive Roll
- Roll Smack the matt

- **Pattern Interpretations:**

- **Saju Jarugi** – four directional punches. 14, movements.
- **Saju Magki** – four directional blocks. 16 movements.
- **Chon-Ji** - Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner.

- **Belt Interpretations:**

- White belt signifies innocence, as that of a beginning student who has no previous knowledge Taekwon-Do
- Yellow belt signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

- **First two student instructor relationship rules:**

- 1st Student Instructor relationship rule:
 - Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- 2nd Student instructor relationship rule:
 - A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.

- **First two training secrets of Tae-kwon-Do:**

- To study the theory of power thoroughly.
- To understand the purpose and meaning of each movement clearly.

- **Knowledge:**
- Uniform in Korean – Do-bak
- Gym – Do-jang
- President for GTF – Honoree GM Linda Park
- President for U.S.GTF – Senior Master Tony Skinner
- Count to twenty in Korean
- Say “thank you” in Korean – Kum-Sum-MeDah
- Assistant Instructor – Bo-Sabum-Nim
- Founding father of Global TKD
- **A students character:**
- **Gratitude** – It’s when you feel thankful for the good things in your life. This could be often take for granted, like having a place to live, food, clean water, friends, and family. Gratitude is taking a moment to reflect on how lucky you are when something good happens, whether it's small or big.

\$ 35.00 8th Gup test fee

