



# Beginners Program

## Belt Exam Syllabus

### 9th Gup: From White to Yellow/white Belt

We do some one on one work with our new students to help get them through this initial and critical learning stage.

Therefore, in order for us to allocate the appropriate time that is required to work one on one with you we need to **BOOK IN a time and a day** for the Tip Test.

**So please, to avoid disappointment, do not request a Tip Test that has not been pre-arranged.**

Also, please do not expect to do a Tip Test on the day that you receive your 6th black Attendance Tip. Remember, this is when you book your Tip Test

In each Tip Test we will see how many of the following units you can pass. When you demonstrate your knowledge sufficiently for each unit we give you a mark and then sign it. 'P' means pass, 'P+' is a good pass and 'D' is a distinction.

In each Tip Test we try and cover as many units as possible. When all of the units below are marked and signed you are then ready for promotion, providing you fill out and return the 'Gup Application Form' below.

Remember, you can't 'fail' this test! It's just a matter of how long it takes.

**Please bear in mind the more questions you ask and the more you practice, the quicker you will move through this syllabus and move up to the next belt.**

**If you are not sure about something, ASK!**

### How to get your first belt (Yellow/white belt)

- 1) Accumulate six (6) black attendance tips
- 2) Book your Tip Test at reception.
- 3) Attend and pass your Tip Test to receive skill tip.
- 4) Repeat above steps until all of the skills have been passed. This should take between 1-3 Tip Tests.
- 5) [Print and complete all relevant sections of the 'Gup Promotion Application Form'](#) on the bottom page of this section before returning it to the administration desk
- 6) Attend Belt Graduation Ceremony

Please remember that each skill tip represents a competency in learning.

However, *continual* practice and being present in class on a *regular* basis is the key to achieving and maintaining this.

**TRUST THE PROCESS.... IT WORKS!!**

#### NOTES:

Student's may only receive 1 x Tip per day.

Either 1 x Black Attendance Tip after a class or 1 x coloured Skill Tip on the day of a Tip Test

When all skill tips for a belt are earned, subsequent attendance tips received before the student's actual belt graduation ceremony do NOT accumulate or carry over onto the next belt.



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<b>Student Creed</b>	<b>Result</b>	<b>Signed</b>
<b>1st</b> paragraph of Student Creed		
<b>2nd</b> paragraph of Student Creed		
<b>3rd</b> paragraph of Student Creed		
<b>4th</b> paragraph of Student Creed		
<b>Entire</b> Student Creed (word for word) Must be done with confidence and loudly!		
<b>Terminology</b>	<b>Result</b>	<b>Signed</b>
Dobok		
Dee		
Dojang		
Gwangjangnim		
Sahbonim		
<b>Uniform</b>	<b>Result</b>	<b>Signed</b>
Belt Tying		
<b>Fitness Techniques</b>	<b>Result</b>	<b>Signed</b>
Push ups		
Sit ups		

Approved by..... Date:.....

**Note:** You must have at least 6 black attendance tips on your belt to be eligible for a Tip Test. You must pass all of these units for a belt pro-



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Stances (Sogi)	Result	Signed
Attention (chair-ee-ot Sohgi)		
At Ease Stance		
Choombi Stance		
Horse riding Stance		
Guarding Stance		
Horse Riding Stance Hand Moves	Result	Signed
Punching (single middle punch)		
Punching (double middle punch)		
Punching (Triple punch: low, middle, high)		
* Note: ensure you: 1) Change arms with each punch 2) Pull each non punching fist back to your belt 3) Ensure the forearm of your punching arm AND pulling arm slides against your torso with each punch		
Rising Face Block		
Outside Body Block		
Low Block		
Basic Movements	Result	Signed
Basic movement. <b>Drill - 1</b> (See below)		
* Note: ensure you pull each non punching fist back to your belt and that the forearm of your punching arm slides against your torso with each punch.		
Guarding Stance Hand Moves	Result	Signed
Jab Punch (single punch, same arm as forward leg)		
Cross Punch (single punch, same arm as back leg)		
Jab, Cross combination Punch (double punch)		
Kicking (Chagi)	Result	Signed
Front Snap Kick		
Axe Kick		
Outside Swing Kick		

Approved by..... Date:.....

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<b>Forward Stance Theory</b>	<b>Result</b>	<b>Signed</b>
<b>Forward Front Stance:</b> Explain & demonstrate		
a) it's purpose		
b) feet position		
c) knee position		
d) shoulder position		
e) How to turn with 'front foot on train tracks to tight rope, pivot, then to train tracks' (If you are not sure about this move then ASK)		
<b>Basic Forward Stance Hand Moves</b>	<b>Result</b>	<b>Signed</b>
Single Middle Punch (same arm & same leg)		
Rising Face Block (same arm & same leg)		
Outside Body Block (same arm & same leg)		
<b>Self Defence (Hosinsul)</b>	<b>Result</b>	<b>Signed</b>
Wrist Grab Escape 1 (If you are not sure about this move then ASK)		



### Basic Movement Drill – 1

#### White Belt to Yellow/white Belt

4 Movements

- 1. L Rising block**
- 2. R Rising block**
- 3. L Middle punch**
- 4. R Middle punch (Gihap)**

- Ensure that you forcibly breathe IN through the nose on the first move and OUT through the mouth on the second. Alternate this breathing with every move.
- Remember to use both arms to exaggerate the 'preparation of EVERY move by using:
  - 1) 'Elbow to elbow' to form an 'X' with your arms for rising blocks.
  - 2) Pulling the opposite arm wrist to the belt as a counter reaction for each punching movement or 'Push & Pull'.

Approved by..... Date:.....

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# Gup Promotion Application

Please present this completed form to your instructor  
**ONE WEEK BEFORE** Your Belt Graduation

Student Name: ..... Current rank/belt:.....

Graduation date:.....

- 1 Do you attend classes on average twice per week? Yes  No
  - 2 Do you practice at home on a regular basis? Yes  No
  - 3 Do you understand and can you recite your Shire Martial Arts student creed? Yes  No
  - 4 Have you introduced a new member or helped out in a Shire Martial Arts activity? Yes  No
  - 5 Have you shown improvement in: Yes  No 
    - a) Your school or workplace?
    - b) Physical fitness? Yes  No
- List 3 areas in everyday life where you have shown improvement from your Martial arts training
- Yes  No

1..... 2..... 3.....

The sections below must be completed by SMA Junior students who are 13 yrs old and under

### These questions are to be completed by a parent or carer

- 1 Has the student expressed gratitude to parents for paying their tuition fees or driving them to class? Yes  No
- 2 Does the student show respect to parents and family members? Yes  No
- 3 Does the student regularly and cheerfully complete their household chores? Yes  No

List 3 areas in everyday life where your child has shown improvement from your Martial arts training

1..... 2..... 3.....

Parent/guardians signature: .....

### These questions are to be completed by your school teacher

- 1 Does the student show respect to teachers and fellow students? Yes  No
- 2 Does the student regularly complete homework assignments and work to the best of their ability? Yes  No
- 3 Would you like an Instructor from Shire Martial Arts to talk to your class about bullying? If so please use the contact details below to either phone or e-mail us. Yes  No

Teacher's signature: .....

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