



Belt Exam Syllabus

Yellow Tip Test

2nd Gup: From Red/white belt to Red Belt

Revised Techniques

Basic movements

Assisted Side Elbow Strike in Horse riding Stance	Ridge Hand Strike in Forward Stance
Inside Knife hand Strike in Back Stance	Outside Knife hand Strike in Back Stance

Sequences

<p>1: Back Stance with a L Single Knife hand Block. Stepping forward into</p> <p>2: R Forward Stance with a R Inside Elbow Strike. Pivot 180' & reverse</p>
<p>1: L Forward Stance with L Rising Block into</p> <p>2: R leg Chamber & hold position</p> <p>3: R Side Kick & R Side Punch then</p> <p>4: Recoil R leg back & hold position (leave R arm out in preparation for elbow target strike)</p> <p>5: Stepping Forward & landing in R Forward Stance with a L Elbow Target Strike. Pivot 180' & reverse</p>
<p>1: L Forward Stance with L Low Block followed by R Inside Block (Double movement)</p> <p>2: R Front Snap Kick then Recoil R leg back & hold in 'chamber' position</p> <p>3: Springing forward to land in Back twisted Stance with R Back Fist Strike & then <u>hold</u> position until 'Gumon' then</p> <p>4: Straightening knees and slowly twisting back to 'Choombi Stance' Pivot 180' & reverse</p>
<p>Ensure there is:</p> <p>1: Clear 'push & pull' action with all arm actions</p> <p>2: Clear body weight transition to generate power</p> <p>3: Accurate stances</p> <p>4: Controlled balance</p>

Tip:

If you are unsure of anything above:

- a) check out the lower belt's tests
- b) Ask an instructor



Belt Exam Syllabus

Yellow Tip Test

2nd Gup: From Red/white belt to Red Belt

Latest Techniques

Basic movements

Low Knife hand Block in Back Stance

Middle Cleaving Block In Forward Stance

Pivot 180' & reverse

Sequences

1: R Heel of hand Body Block in L Cat Stance,

2: R Front Kick Sliding back into L Cat Stance with a L Heel of hand Inside Body Block.

Pivot 180' & reverse

1: R Low Heal of Hand Pushing Down Block supported with L hand in L Cat Stance into,

2: R Back Fist Strike supported with L hand. Pivot 180' & reverse

1: Feet together (Moa Sohgi) with L hand covering R Fist (Bo Jumok), Stepping L Foot forward into

2: L Forward Stance with Scissor Block (Finish with L side down, R side up). Then,

3: Stepping forward into R Forward Stance with Scissor Block (Finish with R side down, L side up)

Ensure there is:

1: Clear 'push & pull' action with all arm actions

2: Clear body weight transition to generate power

3: Accurate stances

4: Controlled balance



Gup Promotion Application

If this is your final or 4th Tip Test for your current belt and you are going to be eligible for promotion, please complete and then present this 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:
 - a) Your school or workplace? Yes No
 - b) Physical fitness? Yes No

List 3 areas in everyday life where you have shown improvement from your Martial arts training

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:

Ph: 9531 7648 Email: tkdinfo@shiremartialarts.com.au Web: www.shiremartialarts.com.au

ABN: 60 116 069 848