

Moo Son Tang Soo Do



3rd Gup Study Guide

General Knowledge

- What dynasty united the three kingdoms of ancient Korea in 668? Silla
- What is Mr. Francis' rank? 3rd Dan
- What are the examiners at a testing session called? Shim Sa Kwan Nim
- How soon before class should students arrive? 15 minutes
- What year was Grandmaster Shin born? 1936
- All gup students should help take down the flags and put equipment away after class.
- Students should **not** remind their instructor that it is time to test.

Hyungs (Forms)

- What form do you need to know to test for 5th Gup? Pyung Ahn E Dan
- What form do you need to know to test for 3rd Gup? Pyung Ahn Sah Dan
- How many moves are there in Pyung Ahn Cho Dan? 22
- When performing group hyungs, if two students are about to run into each other, the junior rank should yield to the senior rank.
- When performing group hyungs by your own count, you should try to stay at the pace of the senior ranking student.

Techniques & Terminology

- What should you do with your head while doing a front break fall? Keep your head pulled up
- Why do we practice one-step sparring? Gain focus, timing, and distance control
- What is the goal of doing jump kicks? Cover distance and land lightly
- Why do we stretch before class? Generally loosen muscles and joints
- What does "Bahl Poto Oly Ki" mean? Front stretch kick
- What does "Il Soo Sik Dae Ryun" mean? One-step sparring
- What does "Ja Yu Dae Ryun" mean? Free sparring
- What does "Ho Sin Sul" mean? Self-defense