Trinity Martial Arts
Application For 1st GUP Testing
Red Belt with 2 Blue Stripes

Testing Fee $20.00
Your Rank _____
New Rank _____

Name _____ AGE _____
e-mail _____ Phone # _____

The following testing requirements are the minimum for promotion to the next belt rank. It is important that the student maintains proficiency in all skills and techniques covered during previous tests. Students may be asked to perform skills / techniques from any previous test. All Black Belts will be asked to perform a full range of skills and techniques from basic, intermediate and advanced levels.

BASIC DRILLS

	1	3	5	7	9	10
Techniques						
Sequence						
Power						
Focus						

HYUNGS/ FORMS - Basia & Nihanji 1

	Basia	N1
Techniques		
Sequence		
Power		
Focus		

IL SOO SIK DEH RYUN/1STEPS 9,11,13,15 & 17

	9	11	13	15	17
Techniques					
Sequence					
Power					
Focus					

HO SIN SOOL / SELF DEFENSE 12,15,17,18 & 19

	12	15	17	18	19
Techniques					
Intensity					
Effectiveness					
Focus					

Kyuk Pah / Breaking

Step behind Side Kick Hook Kick Combo

Technique	
Intensity	
Effectiveness	
Focus	

Deh Ryun / Sparring

Active Engagement	
Balance - Offense / Defense	
Advanced Techniques	
Focus	

Techniques / Terminology

Correct Terminology of Techniques	
Execution of Technique	
Focus of Techniques	

Focused Kicking

	1	2	3
Techniques			
Sequence			
Power			
Focus			

WRITTEN TEST

BIBLE VERSE Exo. 2 Ten Commandments, 8 Key Concepts and 10 Articles of Faith in Proper Order

Back of Form may be used.