



Trinity Martial Arts
Application For 3rd GUP Testing
Red Belt



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 7 & 8			HYUNGS/ FORMS - Pyahn Ahn 4 &5		
	7	8		P4	P5
Techniques	<input type="checkbox"/>	<input type="checkbox"/>	Techniques	<input type="checkbox"/>	<input type="checkbox"/>
Sequence	<input type="checkbox"/>	<input type="checkbox"/>	Sequence	<input type="checkbox"/>	<input type="checkbox"/>
Power	<input type="checkbox"/>	<input type="checkbox"/>	Power	<input type="checkbox"/>	<input type="checkbox"/>
Focus	<input type="checkbox"/>	<input type="checkbox"/>	Focus	<input type="checkbox"/>	<input type="checkbox"/>
IL SOO SIK DEH RYUN/ONE STEPS 5,7,9,11 & 13			HO SIN SOOL / SELF DEFENSE 7,9,13,14 & 15		
	5	7	9	11	13
Techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sequence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kyuk Pah / Breaking			Deh Ryun / Sparring		
Knifehand strike & Spinning Back Kick			Active Engagement		
Technique	<input type="checkbox"/>	<input type="checkbox"/>	Balance - Offense / Defense		<input type="checkbox"/>
Intensity	<input type="checkbox"/>	<input type="checkbox"/>	Advanced Techniques		<input type="checkbox"/>
Effectiveness	<input type="checkbox"/>	<input type="checkbox"/>	Focus		<input type="checkbox"/>
Focus	<input type="checkbox"/>	<input type="checkbox"/>			
Techniques / Terminology			Focused Kicking		
			1	2	3
Correct Terminology of Techniques	<input type="checkbox"/>		Techniques	<input type="checkbox"/>	<input type="checkbox"/>
Execution of Technique	<input type="checkbox"/>		Sequence	<input type="checkbox"/>	<input type="checkbox"/>
Focus of Techniques	<input type="checkbox"/>		Power	<input type="checkbox"/>	<input type="checkbox"/>
			Focus	<input type="checkbox"/>	<input type="checkbox"/>

WRITTEN TEST

BIBLE VERSE 1Cor 13:4-7/3 Principles of Tang Soo Do, 8 Key Concepts In Korean

Back of Form may be used.

