Trinity Martial Arts
Application For 4th GUP Testing
Green 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 6 & 7	6	7
Techniques		
Sequence		
Power		
Focus		

HYUNGS/ FORMS - Pyahn Ahn 3 & 4	P3	P4
Techniques		
Sequence		
Power		
Focus		

IL SOO SIK DEH RYUN / ONE STEPS 1, 3, 5, 7 & 9	3	5	7	9	11
Techniques					
Sequence					
Power					
Focus					

HO SIN SOOL / SELF DEFENSE 4,8,10,12 &13	4	8	10	12	13
Techniques					
Intensity					
Effectiveness					
Focus					

Kyuk Pah / Breaking	
Reverse Punch and Side Kick	
Technique	
Intensity	
Effectiveness	
Focus	

Deh Ryun / Sparring 2 On 1	
Active Engagement	
Balance - Offense / Defense	
Advanced Techniques	
Focus	

WRITTEN TEST
BIBLE VERSE Psalms 23 /11 Points of Emphisis on Physical Training

Back of Form maybe used.