Trinity Martial Arts
Application For 6th GUP Testing
Green 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 4 & 5		
	4	5
Techniques		
Sequence		
Power		
Focus		

HYUNGS/ FORMS - Pyahn Ahn 1 & 2		
	P1	P2
Techniques		
Sequence		
Power		
Focus		

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

HO SIN SOOL / SELF DEFENSE 2, 4, 6, & 8				
	2	4	6	8
Techniques				
Intensity				
Effectiveness				
Focus				

WRITTEN TEST
BIBLE VERSE EPH. 2:8-9 / 11 EMPHISIS ON MENTAL TRAINING