

## **8TH GUP TO 7TH GUP BLUE**

10 classes to test for RED, WHITE and BLUE stripes - 20 classes to test

### **Red Stripe Forms**

Basic Form Number 2  
Basic Form Number 5

### **White Stripe - 1 Steps**

Blue Belt Number 1  
Blue Belt Number 2  
1 Defense against Round Kick  
(Adults Right and Left)

### **White Stripe - Hard Grabs**

Front & Rear Bear Hug Defense  
2 Hand Front and Rear Choke Defense  
1 Arm Rear Choke Defense  
Front Hair & Rear Hair Grab Defense

### **White Stripe - Soft Grabs**

Single Wrist Grab Arm Bar  
Double Wrist Grab Hammerlock  
Side Shoulder Grab Shoulder Lock  
Side Shoulder Grab Deep Arm Bar

### **White Stripe - Escapes**

Wrist Grab Escape  
Double Wrist Grab Escape  
2 Hands Grabbing 1 Escape  
Lapel Grab Escape  
Side Shoulder Grab Escape

### **Blue Stripe**

Called off hand techniques from forms  
Ground Linear Kicking Combination:  
Stepping Front-Spinning Side-Turning Back-Step  
through Back  
Ground Circular Kicking Combination:  
Stepping Outside Crescent-Stepping Inside  
Crescent-Skip up Hook-Spinning Round-Turning  
Heel  
Jump Circular Kicking Combination:  
Jump Round, Butterfly  
Jump Linear Kicking Combination:  
Jump Front, Jump Turning Back, Flying Side

### **Orange Stripe – Throws and Take Downs**

Foot Sweep  
Dead Tree  
Shoulder Drop  
Shin Take Down

### **Black Stripe**

5 Sparring Classes

### **Green Stripe - Fitness**

Tie Your Own Belt (Juniors)  
20 Palm Push Ups  
40 Crunches  
30 Jumps Over Target  
1.5 Minute In Horse Stance  
15 Seconds in Front Stance  
15 Seconds in Back Stance

### **Yellow Stripe – Board Breaking**

1 Board Step Through Back Kick  
1 Board Standing Elbow

### **Essay Requirements**

None

**Word Definition:** Courage – on exam

**Uniform:** White w/ patches

## **8TH GUP BLUE – 7TH GUP BLUE 1 STEPS WORKSHEET**

### Blue Belt #1 – (Right Face Punch Attack)

Side step to the left with left foot in a front stance and execute a right knifehand Block Grab  
Execute a right ball of the foot round kick  
Step forward and arm bar  
Standing left chop to head- Kiyap

### Blue Belt #2 – (Left Face Punch Attack)

From Fighting Stance:  
Inside Crescent kick side kick  
Turning Elbow

Round Kick Defense:

Step Forward with Right Foot General Defense- Sweep-Stomp

Seminars / Certificates Earned

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## 8TH GUP BLUE – 7TH GUP BLUE TEST APPLICATION

*Parents, please take a few moments to help your child complete this form.  
Forms are due 1 week prior to exam – late forms subject to \$10 late fee.  
**Incomplete forms will be returned.***

STUDENT'S NAME: _____	
RANK TESTING TO: _____	STUDENT'S AGE: _____
BELT SIZE ( <i>found on current belt</i> ): _____	
EXAM FEE: _____ <input type="checkbox"/> Check <input type="checkbox"/> Cash <i>or</i> <input type="checkbox"/> Charge (card on file <input type="checkbox"/> yes <input type="checkbox"/> no)	

### ALL STUDENTS

*All Students* – Do you practice at home?    yes    no

*All Students* – My goal is to take my Black Belt Exam on: date: \_\_\_\_\_

*All Students* – Circle the areas that you or your child has improved on since starting the program.

Discipline	Focus	Perseverance	Confidence	Coordination
Courage	Attitude	Fitness / Health	Works with Others	Stretch

*All Students* – Courses Completed / Certificates Earned: \_\_\_\_\_

*All Students* – Tournament Division(s) Competed in: \_\_\_\_\_

**Black Belt Club Member** (*Blue and Higher*)                       Yes     No     Give me Information

### JUNIOR STUDENTS

*Junior Students* – Please list 3 extra chores accomplished to pay for the testing fee:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Junior Students* – Does someone else help you practice at home?                       yes     no

*Parents* – Is your child doing well in school & doing their homework?                       yes     no

*Parents* – Would you like to have a conference with your child's instructor?                       yes     no

**8TH BLUE - 7TH BLUE EXAM**

Student's Full Name: \_\_\_\_\_

Age: \_\_\_\_\_

Parent's Full Name: \_\_\_\_\_

My Goal is to earn my 6<sup>th</sup> Gup Green Belt by (Approximately 2-3 Months)

\_\_\_/\_\_\_/\_\_\_

*The marks below are for instructors to fill out. They represent an appraisal of your child's achievement and effort toward master of the skills and knowledge for the rank of Yellow Belt as established by **The Way Institute of Martial Arts**.*

√=Correct / Circled items need work  
 1=Poor / 2=Needs Work / 3=Good / 4=Very Good / 5=Excellent

**Uniform / Success Manual / Word Definition**

- |  |   |                                       |                                       |
|--|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Appropriate Uniform | <input type="checkbox"/> Clean and correctly tied | <input type="checkbox"/> School Patch | <input type="checkbox"/> Flag Patches |
| <input type="checkbox"/> Success Manual      | <input type="checkbox"/> Courage Definition       |                                       |                                       |

**Class Behavior:**

	1	2	3	4	5	Comments
Polite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Energy Level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Obeys Rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Listens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Respectful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**Class Behavior:**

	1	2	3	4	5	Comments
Raises Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Tries Hard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Gets Along	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Bows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Practices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Yes Sir/Ma'am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

**FORMS (Red)**

**Forms GRADE**

FOCUS, STANCE, POWER, HEADSNAP, TIMING, THRUST, WIND-UP, FIRE

Basic Form #2 \_\_\_\_\_

Basic Form #5 \_\_\_\_\_

**PARTNER MATERIAL (White)**

**Partner GRADE**

**One Steps Punching**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**One Step Kicking**

R. \_\_\_\_\_ L. \_\_\_\_\_

**HARD SELF DEFENSE GRABS**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Rear Bear Hug  | <input type="checkbox"/> Rear 1 Arm Choke  | <input type="checkbox"/> Front Hair Grab |
| <input type="checkbox"/> Front Bear Hug | <input type="checkbox"/> Rear 2 Hand Choke | <input type="checkbox"/> Rear Hair Grab  |
| <input type="checkbox"/> Front Choke    |  |  |

**SOFT GRAB LOCKS**

- |   |  |
|---|--|
| <input type="checkbox"/> Crossing Wrist – Arm Bar | <input type="checkbox"/> Side Shoulder Lock    |
| <input type="checkbox"/> 2 Hands – Hammer Lock    | <input type="checkbox"/> Side Shoulder Arm Bar |

**ESCAPES**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Wrist Grab – Escape    | <input type="checkbox"/> 2 Hands vs. 1 – Escape | <input type="checkbox"/> Side Shoulder Grab |
| <input type="checkbox"/> 2 Hands vs. 2 – Escape | <input type="checkbox"/> Lapel Grab – Escape    |   |

**ORANGE – THROWS & TAKE-DOWNS**

**Throwing GRADE**

Foot Sweep                       Shoulder Drop                       Dead Tree                       Shin Take Down

**COMBINATIONS (Blue)**

**Combinations GRADE**

**LINEAR**

Front \_\_\_\_\_ Side \_\_\_\_\_ Back \_\_\_\_\_ Side \_\_\_\_\_  
Front \_\_\_\_\_ Back \_\_\_\_\_ Side \_\_\_\_\_

**CIRCULAR**

Outside \_\_\_\_\_ Inside \_\_\_\_\_ Hook \_\_\_\_\_ Round \_\_\_\_\_ Heel \_\_\_\_\_  
Round \_\_\_\_\_ Butterfly \_\_\_\_\_ Heel \_\_\_\_\_

Hand Combination \_\_\_\_\_

Target Holding \_\_\_\_\_

**SPARRING (Black)** *Grade from Class Participation* \_\_\_\_\_

**Sparring GRADE** \_\_\_\_\_

**TOURNAMENTS & SEMINARS**

**GRADE**

Tournament Patch (1 at Green to go to Red)                      Yes                      No

Seminars / Certification Completed (4 required for Black Belt) \_\_\_\_\_

**BREAKING (Yellow):** 1<sup>st</sup> Try=5 / 2<sup>nd</sup> Try=4 / 3<sup>rd</sup> Try=3 / 4<sup>th</sup> Try =2 / 5<sup>th</sup> Try=1 / Didn't Break=0

Hand \_\_\_\_\_ Foot \_\_\_\_\_ **GRADE** \_\_\_\_\_

**Exam Comments:** \_\_\_\_\_

**Candidate for Black Belt Club**                       Yes                       No                       N/A

**Conference is Requested**                       Yes                       No

**Overall Feedback**                      **1 2 3 4 5**  
     \_\_\_\_\_

**Results:**                       Pass                       Partial Pass \_\_\_\_\_                       Please retake exam on \_\_\_\_\_

**Graded By:** \_\_\_\_\_ **Rank** \_\_\_\_\_