



5215 Bakman Avenue \* North Hollywood, CA 91601 \* (818) 755-4573 \* www.Karate4KidsUSA.com

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3rd GUP
Red Belt Test

Terminology: Key Concepts #1-6 / Articles of Faith #1-6

- Forms: [ ] Kee Cho Hyung Il Bu, [ ] Kee Cho Hyung Ee Bu, [ ] Kee Cho Hyung Sahm Bu,
[ ] Pyung Ahn Cho Dan, [ ] Pyung Ahn Ee Dan, [ ] Chil Sung Ee Roh,
[ ] Pyung Ahn Sahm Dan, [ ] Pyung Ahn Sa Dan, [ ] Pyung Ahn Oh Dan

45° Blocks: #1-6 with kicks

Self-Defense Techniques (Ho Sin Sool): #1-25

One-Step Sparring (Il Soo Sik Dae Ryun): #1-25

Breaking Techniques (Kyok Pa)

- Kick: Step-Behind Side
• Strike: Hammer Fist

Instructor Comments

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