



Middleburg Martial Arts

2360 Blanding Blvd.
Middleburg, FL 32068
904-291-1335

RED/ BLUE BELT (1st Interim Gup Test)

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NAME _____ DATE _____

1. What is the meaning of red belt?
 - a) Blood, life, energy, attention, and control. Power and techniques begin to bloom and ripen.
 - b) Blood, life, energy, attention, weight, and wisdom. The plant that curtail their growth and prepare to flower in the late summer.
 - c) Mastery, respect, calmness, dignity, and blood. Prepare mind and body for the final step.
2. What is the name of the young aristocrats?
3. What was the dynasty that overthrew the Silla dynasty?
4. Grandmaster Shin has six fields of expertise. Name four.
5. When was Grandmaster Shin recognized as Grandmaster?
6. Name two places that Grandmaster has taught at?
7. Tang Soo Do means?
8. Sun Bae is?
 - a) Jr. member
 - b) Sr. member
 - c) Dan holder
 - d) Gup holder
9. In what year did the Silla dynasty unite the three kingdoms?
10. Who originated the five codes?



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11. What is the formal name of Tang Soo Do?

12. When was Grandmaster Shin recruited into the Korean air force?

13. Name the five codes of Tang Soo Do.

14. Name the seven tenets of Tang Soo Do.

15. What is the 8th attitude requirement and what does it mean?

16. Name four things that you can do to help the dojang and lower ranking belts.
 - a)
 - b)
 - c)
 - d)

17. Who is the major group who developed martial arts?
 - a) Oga Haw Dan
 - b) Hwa Rang Dan
 - c) Muk Dun Whan
 - d) Koguryo

18. What year was Grandmaster Shin born?
 - a) 1942
 - b) 1926
 - c) 1935
 - d) 1936



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19. How many moves are in Bassai?
- a) 60
 - b) 53
 - c) 52
 - d) 32
20. What does Ssang Soo Sang Dan Mahk Ki?
- a) High block, fighting stance
 - b) Low two hand x block
 - c) High two hand x block
 - d) Low block, front kick
21. What is the meaning of the blue belt?