

5th GUP GREEN BELT STUDY GUIDE

1. What year did Grand Master Shin come to the U.S.A.? 1968
2. Name the three kingdoms of ancient Korea, Where they were located and when they where founded

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| Silla Dynasty | Southeast Peninsula | 57BC |
| Koguryo | Northern Korea | 37BC |
| Paekche | Southwest | 18BC |

3. What Dynasty united the three kingdoms? Silla
4. What year where the three kingdoms united? 668AD
5. Name the 14 attitude requirements.

- 1) Purpose of training should be the enhancement of mental and physical betterment
- 2) Serious approach
- 3) All out effort
- 4) Maintain regular and constant practice
- 5) Practice basic techniques all the time
- 6) Regularly spaced practice sessions
- 7) Always listen and follow the direction of instructors or seniors
- 8) Don't be overly ambitious
- 9) Frequently inspect your own achievements
- 10) Always follow a routine training schedule
- 11) Repeatedly practice all techniques already learned
- 12) When you learn new techniques learn thoroughly the theory and philosophy as well
- 13) When you begin to feel idle, try to overcome this.
- 14) Cleanliness is required after training. Keep yourself and surroundings clean.

6. What does the brown belt represent?

Power, Stability, Agility, Weight, and Wisdom. This is a stabilizing stage both mentally and physically, analogous to the plants which curtail their growth and prepare to flower in late summer.

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| 7. Association Flag | Hyup Hoi Ki | 19. Leg | Da Ri |
| 8. Balance | Chung Shim | 20. Lower Abdomen | Dan Jun |
| 9. Endurance | In Neh | 21. Neck | Mok |
| 10. Fore Fist | Jung Kwon | 22. Philtrum | In Choong |
| 11. Arm | Pahl | 23. Solar Plexus | Myung Chi |
| 12. Chin | Tuck | 24. Waist | Hur Ri |
| 13. Elbow | Pahl Koop | 25. Wrist | Pahl Mok |
| 14. Fist | Chu Mok | 26. Wrist (back) | Sohn Doong Mok |
| 15. Foot | Bahl | 27. Wrist (inside-thumb side) | Ahn Pahl Mok |
| 16. Forehead | Ima | 28. Wrist (outside – pinky side) | Pak Pahl Mok |
| 17. Groin | Ko Hwan | 29. Jump Spinning Back Kick | Deah Dwi Tollyo Cha Ki |
| 18. Instep | Bahl Deoung | | |

30. Pyung Ahn Sam Dan # of Moves?

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