

**Adam Gibson's Martial Gym (Superfoot System)-Promotion Test Requirements**

<b><u>RANK(BELT)</u></b>	<b><u>DESCRIPTION OF REQUIREMENTS</u></b>	<b><u>FEE</u></b>
<b>YELLOW-STRIPE (10TH GUP)</b>	<b>HAPKIDO: STRAIGHT WRIST-GRAB(1-5) BASICS: STANCES, BLOCKS, KICKS, &amp; PUNCHES.</b>	<b>\$38</b>
<b>YELLOW (9TH GUP)</b>	<b>PATTERN: TAE GEUK EL-JONG(#1) 1-STEP-SPARRING: JAB DEFENSES(1-5) HAPKIDO: STRAIGHT WRIST-GRAB(1-5) FREE SPARRING: ONE OPPONENT BREAK: 1 BOARD-FRONT KICK</b>	<b>\$43</b>
<b>ORANGE (8TH GUP)</b>	<b>PATTERN: TAE GEUK E-JONG(#2) 1-STEP-SPARRING: REVERSE PUNCH(1-5) HAPKIDO: CROSS WRIST-GRAB(1-5) FREE SPARRING: TWO OPPONENTS(SEPARATELY) BREAK: 1 BOARD-ROUNDHOUSE KICK</b>	<b>\$48</b>
<b>LIGHT BLUE (7TH GUP)</b>	<b>PATTERN: TAE GEUK SAM-JONG(#3) 1-STEP-SPARRING: REAR HOOK-PUNCH(1-5) HAPKIDO: SINGLE COLLAR-GRAB(1-5) FREE SPARRING: THREE OPPONENTS(SEPARATELY) BREAK: 1 BOARD-SIDEKICK</b>	<b>\$53</b>
<b>GREEN (6TH GUP)</b>	<b>PATTERN: TAE GEUK SA-JONG(#4) 1-STEP-SPARRING: BACKFIST(1-5) HAPKIDO: DOUBLE COLLAR GRAB(1-5) FREE SPARRING: ONE OPPONENT(SEPARATELY) TWO OPPONENTS(SIMULTANEOUSLY) BREAK: 1 BOARD-TURN BACK KICK</b>	<b>\$58</b>
<b>PURPLE (5TH GUP)</b>	<b>PATTERN: TAE GEUK O-JONG(#5) 1-STEP-SPARRING: BACK-LEG FRONT KICK(1-5) HAPKIDO: SIDEWAYS SHOULDER-GRAB(1-5) FREE SPARRING: TWO OPPONENTS(SEPARATELY) TWO OPPONENTS(SIMULTANEOUSLY) BREAK: TWO BOARDS-AXE KICK</b>	<b>\$63</b>

\*Test Candidates should be attending a minimum of 3-4 days a week to be eligible for testing. The higher the belt, the more training time is required to be properly prepared.

**PRACTICE...PRACTICE....PRACTICE!!!!!!!**

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**BROWN (4TH GUP)**      **PATTERN: TAE GEUK YOOK-JONG(#6)      \$73**  
1-STEP-SPARRING: REAR-LEG ROUNDHOUSE KICK(1-5)  
HAPKIDO: TWO-HANDED CHOKE(1-5)  
FREE SPARRING: FOUR OPPONENTS(SEPARATELY)  
BREAK: KNIFEHAND STRIKE/or  
SPINNING BACKFIST(TWO BOARDS)

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**RED (3RD GUP)**      **PATTERN: TAE GEUK CHIL-JONG(#7)      \$83**  
1-STEP-SPARRING: LEAD-LEG SIDEKICK  
(1-5)  
HAPKIDO: SIDE HEAD-LOCK(1-5)  
FREE SPARRING: ONE OPPONENT(BLACK-BELT)  
BREAK: REVERSE PUNCH(TWO BOARDS)/or  
JUMP FRONT KICK(TWO BOARDS)

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**RED/BLACK STRIPE (2ND GUP)**      **PATTERN: TAE GEUK PUL-JONG(#8)      \$93**  
**1-STEP-SPARRING: TURN BACK-KICK(1-5)**  
**HAPKIDO:** The entire Hapkido System  
**FREE SPARRING:** TWO OPPONENTS(SIMULTANEOUS)  
ONE OPPONENT(BLACK BELT)  
BREAKS: Jump Roundhouse Kick(Two Boards)  
& Spinning Hook-Kick(One Board)

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**DAN-BO(BLACK BELT) (1ST GUP)**      **\$108**  
**PATTERN:** KORYEO  
**HAPKIDO:** The entire Hapkido System  
**FREE SPARRING:** -TWO BLACK BELT OPPONENTS (separately)  
-TWO OPPONENTS(SIMULTANEOUSLY)  
**BREAKS:** Hammer-Fist (3 Boards) & Skip Sidekick(5 Boards)  
**TRAINING HOURS:** 75-100 HOURS in class(Taught by a 1<sup>st</sup> Dan or higher)-Open-Mat Classes and training at home cannot be counted as proper Training Hours)  
\*(50% or half of the Required Training hours must be taught by the Head-instructor)  
**TEACHING HOURS:** Assist teaching 50 Children's Classes-Minimum  
**ATTITUDE:** Disrespect, talking-back to the Head-Instructor or any Instructor is completely unacceptable. Rules cannot be bent to achieve this belt.  
**"Black Belt is a Privilege-not a Right!!"**

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**1ST DAN(BLACK-BELT)**      **\$150**  
**PATTERN:** KORYEO  
**1-STEP-SPARRING:** 10 SELF DESIGNED TECHNIQUES  
**HAPKIDO:** 10 SELF DESIGNED TECHNIQUES  
**KNIFE SELF DEFENSE:** 10 SELF DESIGNED TECHNIQUES  
**TRAINING HOURS:** 150 HOURS MINIMUM  
**TEACHING EXPERIENCE:** 50 HOURS MINIMUM (Adults & Children)  
**Superfoot System Requirements:** Kicking and Punching Combinations, Exercises and Drills.