



## Geup Testing Regulations

Geup	Belt	Test Items						
		기본 동작	검법	베기	격검 Sparring		Basic Fitness	
		Basic Movement	Gumbub	Cutting	Basic Gyukgum	Real Gyukgum	Push-Ups	Sit-Ups
8th Geup	White Belt	Basic Movements	Ssangsoo Gumbub #1	Candle Snuffing [1 piece], Mokgum, Straight cut	Ssangsoo Gyukgum #1	Attack & Block 6 Motion	4 X	4 X
7th Geup	Yellow Belt	Stance Focus #1	Ssangsoo Gumbub #2	Paper Cutting, Bamboo Sword, Left horizontal cut	Ssangsoo Gyukgum #2		6 X	6 X
6th Geup	Green Belt	Stance Focus #2	Ssangsoo Gumbub #3	Paper Cutting, Bamboo Sword, Right horizontal cut	Ssangsoo Gyukgum #3		8 X	8 X
5th Geup	Blue Belt	Cutting Focus #1	Ssangsoo Gumbub #4	Throw Cutting Mokgum, Straight cut	Ssangsoo Gyukgum #4	Single Attack & Block	10 X	10 X
4th Geup	Blue/Red Belt	Cutting Focus #2	Ssangsoo Gumbub #5	Candle Snuffing [2 pieces], Mokgum, Straight cut	Ssangsoo Gyukgum #5	Double Attack & Block	12 X	12 X
3rd Geup	Brown Belt	Defense Focus	Ssangsoo Gumbub #6	Paper Cutting, Bamboo Sword, Left diagonal cut	Ssangsoo Gyukgum #6		14 X	14 X
2nd Geup	Red Belt	Thrusting Focus	Ssangsoo Gumbub #7	Paper Cutting, Bamboo Sword, Right diagonal cut	Ssangsoo Gyukgum #7		16 X	16 X
1st Geup	Red/Black Belt	Stance & Cutting Focus	Ssangsoo Gumbub #8	Throw Cutting, Mokgum, Right downward cut	Ssangsoo Gyukgum #8		18 X	18 X
1st Dan Preperation	Red Belt w/Stripe	Ssangsoo Gumbub No.1-8 / Wood Breaking / 16 Finger Push-Ups						
1st Dan 8th Geup	1 Stripe	Baldo Chakgum #1	Ssangsoo Gumbub #9	Candle Snuffing [3 pieces], Mokgum, Straight cut	Ssangsoo Gyukgum #9	Attack & Block 12 Motion	20 X	20 X
1st Dan 7th Geup	2 Stripes	Baldo Chakgum #2	Ssangsoo Gumbub #10	Paper Cutting, Kagum, Left & Right horizontal cut	Ssangsoo Gyukgum #10		22 X	22 X
1st Dan 6th Geup	3 Stripes	Spinning Motion #1	Ssangsoo Gumbub #11	Paper Cutting, Kagum, Right & Left horizontal cut	Ssangsoo Gyukgum #11		24 X	24 X
1st Dan 5th Geup	4 Stripes	Spinning Motion #2	Ssangsoo Gumbub #12	Throw Cutting, Mokgum (in belt), Straight cut	Ssangsoo Gyukgum #12	Spinning Single Attack & Block	26 X	26 X
1st Dan 4th Geup	5 Stripes	Spinning Motion #3	Shimsang Gumbub #1	Candle Snuffing [1 piece], Mokgum, Horizontal cut	Shimsang Gyukgum #1	Spinning Double Attack & Block	28 X	28 X
1st Dan 3rd Geup	6 Stripes	Spinning Cutting #1	Shimsang Gumbub #2	Paper Cutting, Kagum, Left upward cut	Shimsang Gyukgum #2		30 X	30 X
1st Dan 2nd Geup	7 Stripes	Spinning Cutting #2	Shimsang Gumbub #3	Paper Cutting, Kagum, Right upward cut	Shimsang Gyukgum #3		32 X	32 X
1st Dan 1st Geup	8 Stripes	Spinning Cutting #3	Shimsang Gumbub #4	Throw Cutting, Mokgum (in belt), Right cut	Shimsang Gyukgum #4		34 X	34 X
2nd Dan Preperation	9 Stripes	Ssangsoo Gumbub #9-12 / Shimsang Gumbub #1-4 / Paper Cutting: Left and Right horizontal cut (minimum of 12 points) / 20 Finger Push-Ups						