

Self-Defense for Gup Promotion

To test for...

9th gup, white/yellow

1. Same side single wrist grab
2. Opposite side single wrist grab
3. Two hands grabbing one wrist

8th gup, yellow

1. Double wrist grab both wrists being grabbed (front)
2. Double wrist grab both wrists being grabbed (behind)
3. Single lapel grab

7th gup, yellow/orange

1. Two hand lapel grab
2. Shoulder grab
3. Elbow grab
4. Two hand choke (front)
5. Two hand choke (behind)
6. Pony tail grab (behind)

6th gup, orange

1. Headlock
2. Reverse headlock
3. Forearm choke (behind)
4. Choke against wall
5. Belt grab
6. Hair grab (front)

5th gup, orange/green

1. Bear hug from front (arms free)
2. Bear hug from front (arms pinned)
3. Bear hug from behind (arms free)
4. Bear hug from behind (arms pinned)
5. Full nelson
6. Buddy grab

4th gup, green

1. Same side wrist grab
2. Opposite side single wrist grab
3. Two hands grabbing one wrist
4. Double wrist grab both wrists being grabbed (front)
5. Two hands grabbing both wrists (behind).

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6. Single lapel grab
7. Two hand lapel grab
8. Two hand choke (front)
9. Two hand choke (behind)
10. Choke against the wall
11. Forearm choke (behind)
12. Headlock

3rd gup, brown

1. Reverse headlock
2. Shoulder grab
3. Elbow grab
4. Bear hug from front (arms free)
5. Bear hug from behind (arms free)
6. Bear hug from behind (arms pinned)
7. Bear hug from front (arms pinned)
8. Belt grab
9. Full nelson
10. Buddy grab
11. Hair grab (front)
12. Pony tail grab (behind)

2nd gup, brown

Required number of techniques listed above

1st Dan, black belt

Required number of techniques listed above