

4th Dan +

- FWD** Double Side Kick, Reverse Side Kick, Land L Stance, FGB (change legs)
- BWD** In Rear Foot Stance, Inward Outer Forearm Block, Slip Back Foot Into Walking Stance, Low Section Inward Palm Block (Tong Il)
- FWD** Reverse Hooking/Side Kick Combination, Land L Stance, FGB
- BWD** Walking Stance, Slow, High Obverse Reverse Knifehand Block, Slow, Reverse Middle Reverse Knifehand Block, Fast, Double Middle Punch Combination (Tong Il)
- FWD** Sitting Stance, Back Hand Strike, Inward Crescent Kick, Hitting Palm, Side Kick Same Leg, Land Sitting Stance, Back Hand Strike (Yoo Sin)
- BWD** Walking Stance, High Obverse Underfist Strike, Middle Reverse Palm Pushing Block (Tong Il)
- FWD** Rear Leg, Front/Turning Kick Combination, Axe Kick Same Leg, Land L Stance, FGB
- BWD** Walking Stance, (Middle Section) Reverse Inward Outer Forearm Block , (High Section) Obverse Punch (Sam Il)
- FWD** Twisting Kick Land Walking Stance, X Fist Pressing/Rising Knifehand Block (Eui Am)
- BWD** Walking Stance, Knifehand Rising Block, Circular Block, Middle Obverse Punch (Choi Yong)
- FWD** Rear Leg, Pressing Kick, Middle side kick (same leg) land in L stance, Inward Knifehand Strike (Kwang Gae)
- BWD** Walking Stance, Rising Block, Low Block, Double Arc Hand (Gae Baek)
- STATIC** Jumping Front Kick, Jumping Turning Kick, Jumping Side Kick, Jumping Reverse Side Kick

Patterns

Coloured Belt Pattern	All Together
1st or 2nd Dan Pattern	All Together
1st or 2nd Dan Pattern	All Together
1st or 2nd Dan Pattern	All Together
1st or 3rd Dan Pattern	All Together
Se Jong, Tong Il, Ul Gi	In Groups

Set Sparring

1 step