

4th Kup

FWD

First 3 moves of Joong Gun

BWD

Walking stance, pressing block (32)

FWD

Turning kick, side kick (same leg), land L stance, forearm guarding block

BWD

L stance, high back fist side strike, release, slipping front foot into walking stance, high reverse punch (32)

FWD

Walking stance, double forearm block, pull back into L stance, side punch (32)

BWD

L stance, outer forearm waist block

FWD

Side kick, hooking kick (same leg), land L stance, forearm guarding block

BWD

L stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike (32)

FWD

Turning kick, reverse side kick, land L stance, forearm guarding block

BWD

Fixed stance, U shaped block

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Joong Gun

SET SPARRING

2 step sparring **4 to 6**

3 step semi free sparring

Free sparring