

3rd Kup

FWD

Side kick, spin into L stance, knife hand strike

BWD

L stance, low knife hand guarding block, slip front foot into walking stance, circular block (37)

FWD

Front leg, hook kick, side kick, rear leg, turning kick, land L stance, knife hand guarding block

BWD

Sitting stance, W shape block

FWD

L stance, knife hand guarding block, front leg, front kick, land in walking stance, high flat finger tip thrust (37)

BWD

Walking stance, X-fist pressing block, twin vertical punch

FWD

Turning kick, reverse turning kick (180°), land L stance, forearm guarding block

BWD

L stance, low section double forearm block, slip the front foot into walking stance, high grab (37)

FWD

Rear leg, front kick, turning kick (same leg), rear leg, downward kick, land L stance, forearm guarding block (change legs)

BWD

First 2 moves of Toi Gye

PATTERNS

Student's choice (not grade pattern)

Examiner's choice

Toi Gye

Sparring

2 step sparring 5-8

1 step sparring

Free sparring