

# 6th Kup

## **FWD**

First two moves of Won Hyo

## **BWD**

Walking stance, low block, rising block, reverse punch

## **FWD**

Walking stance, straight finger tip thrust, release, spin, high back fist side strike (24)

## **BWD**

Fixed stance, side punch

## **FWD**

Bending stance, side kick, land L stance, knife hand guarding block (28)

## **BWD**

L stance, inward middle outer forearm block, slip the front foot into walking stance, high back fist side strike

## **FWD**

Kicking off the rear leg, front kick, side kick, turning kick (alternating legs) land L stance, knife hand guarding block

## **BWD**

Walking stance, circular block

## **PATTERNS**

Examiner's choice

Won Hyo

## **Sparring**

3 step sparring 8-10

3 step semi free sparring **Basic**

Focus Kicks: Side Kick & Turning Kick