

1st Kup

- FWD** Walking Stance, Low Block, Rising Block, Reverse Punch
- BWD** L Stance, KHGB, Slip Front Foot, Walking Stance, Upper Elbow Strike
- FWD** Rear Leg, Front Kick/Turning Kick (same leg), Land L Stance, FGB
- BWD** First 3 Moves Of Won Hyo
- FWD** Side Kick, Reverse Side Kick, Land L Stance, FGB (change legs halfway through)
- BWD** Walking Stance, Double Hooking Block, Obverse Punch
- FWD** L Stance, KHGB, Front Leg Front Kick, Walking Stance, Flat Fingertip Thrust
- BWD** First 2 Moves Of Toi Gye
- FWD** Turning Kick, Reverse Turning Kick, (180), Land L Stance, FGB
- BWD** Walking Stance, X Fist Pressing Block, Twin Vertical Punch
- STATIC** Jumping Front Kick, Jumping Side Kick

Patterns

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|----------------------------|-----------------------------------|
| Examiner's Choice Pattern | All Together |
| Student's Choice Pattern | In Groups |
| Choong Moo | In Groups |
| <u>Set Sparring</u> | 2 Step Sparring & 1 Step Sparring |