

3rd Dan

- FWD** Double Side Kick, Reverse Side Kick, Land L Stance, FGB (change legs)
- BWD** Walking Stance, X Fist Pressing/X Knifehand Rising Block, Twist Hands Reverse Punch (Yoo Sin)
- FWD** Reverse Hooking/Side Kick Combination, Land L Stance, FGB
- BWD** Walking Stance, Double Forearm Block, Reverse Low Block (Yoo Sin)
- FWD** Sitting Stance, Back Hand Strike, Inward Crescent Kick (hitting palm), Side Kick Same Leg, Land Sitting Stance, Back Hand Strike (Yoo Sin)
- BWD** Fixed Stance, U Shape Punch (Yoo Sin)
- FWD** Rear Leg, Front/Turning Kick Combination, Axe Kick (same leg)
- 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, 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 Side Kick, Jumping Turning Kick, Jumping Reverse Side Kick

Patterns

Coloured Belt Pattern	Examiners Choice	All together
1st or 2nd Dan Pattern	Examiners Choice	All together
1st or 2nd Dan Pattern	Examiners Choice	All together
Sam Il, Choi Yong, Yoo Sin		In groups
<u>Set Sparring</u>		1 step