

1st Dan

- FWD** L Stance, Low KHGB, Slip Front Foot To Walking Stance, Circular Block
- BWD** Walking Stance, Double Forearm Block, Reverse Low Block (Kwang Gae)
- FWD** Double Turning Kick, Land L Stance, FGB
- BWD** L Stance, Horizontal Punch
- FWD** Rear Leg, Pressing Kick, Middle side kick (same leg) land in L Stance, Inward Knifehand Strike (Kwang Gae)
- BWD** L Stance, U Shape Grasp (Po Eun)
- FWD** Twist Kick, Land Walking Stance, Double Punch (Gae Baek)
- BWD** L Stance, X Knife Hand Checking Block , Single Upward Punch (Middle Knuckle), Opposite Hand To Shoulder
- FWD** Turning Kick, Jumping Side Kick, Land In Walking Stance Twin Vertical Punch, Pull Back To L Stance, FGB (Gae Baek)
- BWD** Walking Stance, No 9 Shaped Block
- FWD** Front Leg, Hook Kick, Turning Kick, Rear Leg Axe Kick, Land L Stance, FGB
- BWD** Walking Stance, Rising Block, Low Block, Double Arc Hand (Gae Baek)
- STATIC** Jumping Front Kick, Jumping Turning Kick, Jumping Side kick

Patterns

One Coloured Belt Pattern
One Coloured Belt Pattern
Kwang Gae, Po Eun, Gae Baek

Examiner's Choice
Student's Choice

All Together
In Groups
In Groups

Set Sparring

1 Step Sparring