

2nd Kup

<p>FWD Double side kick (same leg), land L stance, knife hand guarding block</p> <p>BWD Walking stance, high twin vertical punch</p> <p>FWD Double turning kick (same leg), land L stance, forearm guarding block</p> <p>BWD Walking stance, pressing block (normal speed)</p> <p>FWD Walking stance, middle obverse punch, pull up and release with front leg side kick, land L stance, knife hand strike (29)</p> <p>BWD Walking stance, X fist pressing block , X fist rising block</p> <p>FWD Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block</p> <p>BWD L stance, twin forearm block, upward punch, slide into fixed stance, side punch, pull back into vertical stance, downward knife hand strike (29)</p>	<p>FWD Front kick, turning kick (same leg), rear leg, reverse turning kick (180°) land L stance, knife hand guarding block</p> <p>BWD L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29)</p> <p>2 kicks each leg Jumping front kick off back leg</p> <p>2 kicks each leg Jumping turning kick off back leg</p> <p>2 kicks each leg Jumping side kick off front leg</p> <p>2 kicks each leg Jumping reverse side kick</p> <p>Patterns Student's choice pattern Not grade pattern Examiner's choice patterns x 2 Hwa Rang</p> <p>Sparring Set sparring examiner's choice 1 step sparring Free sparring</p>
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