

# 2nd Kup

## **FWD**

Double side kick (same leg), land L stance, knife hand guarding block

## **BWD**

Walking stance, high twin vertical punch

## **FWD**

Double turning kick (same leg), land L stance, forearm guarding block

## **BWD**

Walking stance, pressing block (normal speed)

## **FWD**

Walking stance, middle obverse punch, pull up and release, front leg side kick, land L stance, knife hand strike (29)

## **BWD**

Walking stance, X fist pressing block – X fist rising block

## **FWD**

Side kick, reverse side kick, land walking stance, reverse punch, pull back L stance, forearm guarding block

## **BWD**

L stance, twin forearm block, upward punch, slide into fixed stance, punch, pull back into vertical stance, downward knife hand strike (29)

## **FWD**

Front kick, turning kick (same leg), rear leg reverse turning kick (180°) land L stance, knife hand guarding block

## **BWD**

L stance, obverse middle punch, slip front foot into walking stance, X fist pressing block (29)

## **2 kicks each leg**

Jumping front kick off back leg

## **2 kicks each leg**

Jumping turning kick off back leg

## **2 kicks each leg**

Jumping side kick off front leg

## **2 kicks each leg**

Jumping reverse side kick

## **Patterns**

Student's choice pattern

Not grade pattern

Examiner's choice patterns x 2

Hwa Rang

## **Sparring**

Set sparring examiner's choice

1 step sparring (Advanced)

Free sparring