

BLUE BELT 4TH KUP

GOING FOR 3RD KUP - RED TAG



PATTERNS - POOMSAE

TAEGEUK 5 (OH JANG) 4 (SAH JANG) 3 (SAM JANG) 2 (YEE JANG), 1 (IL JANG)

BASICS

1. LOW SECTION 'X' BLOCK
(LONG STANCE).



2. MIDDLE SECTION WEDGING
BLOCK (LONG STANCE).



3. SCISSOR BLOCK
(LOW-MIDDLE)
(LONG STANCE).



4. 'C' SHAPED BLOCK
(MIDDLE-HIGH)
(BACK STANCE).



5. MIDDLE THUMBSIDE BLOCK & PUNCH - AT
SAME TIME (BACK STANCE).

6. LOW BLOCK, FINGERTIP STRIKE - AT THE
SAME TIME (LONG STANCE).

7. TWIN MIDDLE SECTION GUARDING BLOCK
(CAT STANCE)

8. CRANE STANCE
(EXECUTED SLOWLY
TO ABOUT 5 SECONDS)



9. KNEE STRIKE (GUARDING)

10. JUMP FRONT KICK (FIGHTING STANCE)

11. SLIPPING FORWARD SIDE KICK

12. PUSH KICK, HOOK KICK, REVERSE
TURNING KICK

13. TWIST KICK
(FIGHTING STANCE).



14. FORWARD JUMPING
KICK (CANDIDATES CHOICE).

15. SPINNING TURNING KICK FRONT LEG.

SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING - INCLUDE 5 LEG TECHNIQUES WITH TENSION
- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)
- WTF FREE SPARRING - WTF COMPETITION RULES (CONTROLLED CONTACT, WEARING BODY ARMOUR)

SELF DEFENCE - DISPLAY A RANGE OF BASIC WRIST LOCKS & RESTRAINING TECHNIQUES FROM

- COLLAR GRAB
- WRIST GRAB
- BEAR HUG