

BLUE TAG 5TH KUP



GOING FOR 4TH KUP - BLUE BELT



PATTERNS - POOMSAE

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

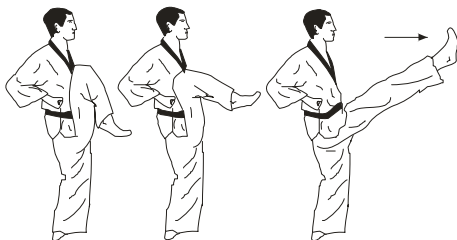
BASICS

1. LOW BLOCK (LONG STANCE) HAMMER FIST STRIKE (LEFT/RIGHT FOOT STANCE)

2. FRONT KICK - BACK KICK (FIGHTING STANCE)

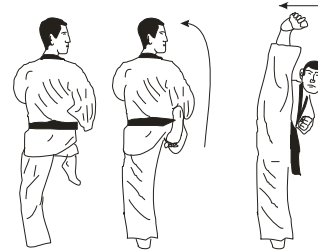
3. BACKWARD SIDE KICK (FIGHTING STANCE)

4. PUSH KICK (FIGHTING STANCE)



5. HOOK KICK (FIGHTING STANCE).

6. REVERSE HOOK KICK (FIGHTING STANCE).



7. BACK FIST (X STANCE) STEP BACK INTO FIGHTING STANCE.



8. SIDE KICK - BACK KICK - PUSH KICK.

9. OUT TO IN CRESCENT KICK (USING ONE LEG) THEN IN TO OUT CRESCENT KICK (USING THE OTHER LEG)

PADDLE KICKING

FREE STYLE MOVING FORWARD AND BACKWARDS AND SIDE STEPPING, DEMONSTRATING MORE ADVANCED KICKING ACCURACY AND STANCE MOVEMENT

- SWITCHING
- STEPPING
- SLIPPING
- SIDE STEPPING
- SPINNING
- COMBINING KICKING TECHNIQUES

SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING

- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)