

GREEN BELT 6TH KUP



GOING FOR 5TH KUP - BLUE TAG



PATTERNS - POOMSAE

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

BASICS

1. TWIN GUARDING BLOCK
LOW SECTION (BACK STANCE)



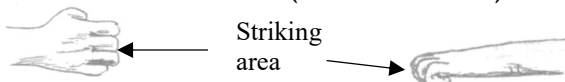
2. KNIFE HAND HIGH BLOCK,
KNIFE-HAND STRIKE AT THE SAME
TIME, TO NECK - (LONG STANCE)



3. HAMMER FIST (LEFT &
RIGHT STANCE)



4. FLAT FIST PUNCH (BACK STANCE)



5. FINGERTIP STRIKE
PALM HEEL BLOCK AT
THE SAME TIME
(LONG STANCE)



PADDLE KICKING

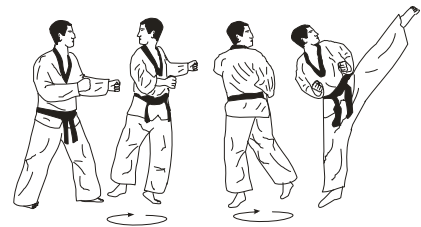
FREE STYLE MOVING FORWARD AND
BACKWARDS AND SIDE STEPPING,
DEMONSTRATING MORE ADVANCED KICKING
ACCURACY AND STANCE MOVEMENT

- SWITCHING
- STEPPING
- SLIPPING
- SIDE STEPPING
- SPINNING

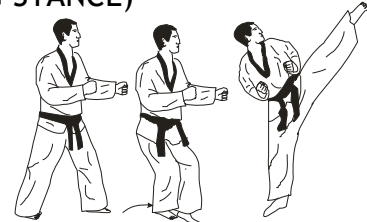
6. BACK FIST - FORWARD STRIKE (LONG
STANCE)

7. FIGHTING STANCE - SWITCH ON THE
SPOT - TURNING KICK

8. SPINNING TURNING KICK - (FIGHTING
STANCE)



9. SLIPPING KICK - TURNING KICK
(FIGHTING STANCE)



10. SIDE KICK - BACK KICK (FIGHTING
STANCE)

SPARRING

- 1 FOR 1 KICKING
- 1 STEP SPARRING
- SEMI FREE SPARRING
- FREE SPARRING (NO CONTACT)